

California Diving Academy Team Assignments & Commitments

NOTE ~ this excerpted is from the more detailed Rules document you will find during the registration process. Please carefully review all of the components for which you are committing.

Every CDA diver wishing to take ongoing lessons will be evaluated and offered a place on a Team (see teams below). Team assignments are dynamic and at the sole discretion of CDA's Coaches. Each Team has a fixed minimum weekly practice requirement, schedule, and locations. Assignment to any team is first by invitation from CDA, then confirmation/commitment by the diver and family to meet the requirements of that team.

NOTE ~ *assignment and/or ongoing inclusion to any CDA Team is revokable by CDA at any time, for any reason deemed appropriate and/or necessary in the sole opinion of and in the best interest of CDA, its members, coaches, administration, vendors, etc. To join, be assigned to, advance to, or remain on any CDA team, each diver MUST have the ongoing support, or recommendation, of a CDA coach and administration.*

Development Team (DevTeam) ~ Levels 1-5:

- DevTeam (DT) offers training from 1.5-4.5 hours/week across 1-3 days/week and is open to all divers (<18). The DT is comprised of those learning to dive, many high school divers, or those with other activities that are equal to, or a higher priority than diving. Training in this group, is focused on the individual and what progressive skills and dives that person needs to continue developing their diving skills. For most the DT is the gateway for being considered to join one of CDA's other teams.
- The DT is a 1-year financial commitment billed monthly with a 60-day cancellation fee in the event a diver wishes to withdraw from the program.
- The competitive commitment for DevTeam members is focused on local meets (within approximately 100 miles) and, if qualified, a DT member may be invited to the USA Diving Region and/or the AAU RWB-qualifier and/or other "away" meets that CDA may participate in from time-to-time.
- The diver's attendance at practice requirements are more flexible, but with CDA's scheduling flexibility DT members are expected to be at >50% of their requested practices. During the high school season (for those on their HS diving team), diver may reduce attendance at CDA practice sessions to 25%.
- DT members will be required to attend one 30-minute semi-private (3 divers) dryland sessions per quarter (no charge). Additional private/semi-private training is encouraged.
- DT members and parent(s) will be required to attend one 15-minute private video meeting with their coach per quarter (no charge).

Region Team (RegTeam) ~ Levels 1-3:

- RegTeam (RT) offers training from 6-7.5 hours/week across 2-4 days/week and is by invitation only. The RT is comprised of those with a passion for diving who want to continue advancing their diving skills and progressions, BUT do not have the time (yet) or commitment to make diving a higher priority.
- The RT is a 1-year financial commitment billed monthly.
- The practice commitment requires attendance at >80% of all scheduled practices (50% during the high school season for high school divers).
- The competitive commitment for RegTeam members includes local meets, 50% of ad hoc “away” meets...specifically: the USAD and AAU national series which will include national overnight travel.
- Non-diving activities are required to be scheduled around most of the competitive diving season (March-August). While there is some flexibility for RT members around local meets, RT members are required to hold open dates around specific events (AAU RWB (Qualifier & Nationals, AAU Nationals, and USAD Regions). Currently, these national level diving events and qualifiers are typically not announced years, a year, or even 6-months in advance. We have history of when they’ve been held. Unfortunately, +/- a couple/few weeks, there is only one event with a fixed date annually. The AAU RWB National is held over the “Memorial Day weekend. Otherwise following are the historical date ranges for the “big-6,” but they are not guaranteed to be, as follows:
 1. AAU RWB Qualifier ~ Mid-to-Late March (**REQUIRED IF CDA PARTICIPATES**)
 2. USAD Regional Meets ~ Mid-to-Late April (**REQUIRED**)
 3. AAU RWB Nationals ~ Late May (Memorial Day Weekend)
 4. USAD Zone Meets ~ Mid-to-Late June
 5. AAU Nationals ~ Mid-to-Late July (**POSSIBLY REQUIRED**)
 6. USAD Nationals ~ Late July-Early August

NOTE: if diver qualifies to move on, personal activities may need to be rescheduled.

- RT members may request additional practice training time (month-to-month) via CDA’s “ExtraHours” program.
- RegTeam members are rising stars within CDA. As such, RT members may be offered opportunities to participate in CDA’s San Ramon LTD summer program as volunteer assistant coaches. In addition, RT members may be invited to attend occasional promotional events with the team as representatives of and to promote CDA.
- RT members will be required to attend one 60-minute semi-private (3 divers) dryland sessions per quarter (no charge). Additional private/semi-private training is encouraged.
- RT members and parent(s) will be required to attend one 30-minute private video meeting with their coach per quarter (no charge).

Zone Team (RegTeam) ~ Levels 1-2:

- ZoneTeam (ZT) offers training at two levels (minimums of either 10.5 or 12.5 hours/week across 3-6 days/week). Similar to the NatTeam, ZT members are either highly skilled divers now or have the opportunity to be part of this group by way of commitment, potential, and grit. The ZT is the main gateway to the NatTeam.
- The ZT is a 1-year financial commitment billed monthly.
- The practice commitment requires attendance at >80% of all scheduled practices (75% during the high school season for high school divers).
- The competitive commitment for ZoneTeam members includes local meets, 75% of ad hoc “away” meets...specifically: the USAD and AAU national series which will include national overnight travel. Non-diving activities are required to be scheduled around the entire competitive diving season events (March-August); ZT members are required to specifically hold open times around: AAU RWB (Qualifiers & Nationals), AAU Nationals, USAD Regions, Zones, and Nationals. Currently, these national level diving events and qualifiers are typically not announced years, a year, or even 6-months in advance. We do have history of when they have been held in the past. Unfortunately, plus-or-minus a couple/few weeks, there is only one event with a fixed date annually...the AAU RWB National which is held over the “Memorial Day weekend. Otherwise approximate and historical date range expectations for the “big-6” are, but are, not guaranteed to be, as follows:
 1. AAU RWB Qualifier ~ Mid-to-Late March
 2. USAD Regional Meets ~ Mid-to-Late April
 3. AAU RWB Nationals ~ Late May (Memorial Day Weekend)
 4. USAD Zone Meets ~ Mid-to-Late June
 5. AAU Nationals ~ Mid-to-Late July
 6. USAD Nationals ~ Late July-Ealy August

NOTE: remember, the above represents approximate and historical data.

- ZT members may request additional practice training time (month-to-month) via CDA’s “ExtraHours” program.
- ZoneTeam members are among the best of who and what CDA is and offers. As such, ZT members are required to participate in CDA’s San Ramon LTD summer program as volunteer assistant coaches. In addition, ZT members will be required to attend occasional promotional events with CDA as representatives of and to promote CDA.
- ZT members will be required to attend one 30-minute semi-private (2 divers) dryland sessions per month (no charge). Additional private/semi-private training is strongly encouraged.
- ZT members and parent(s) will be required to attend one 60-minute private video meeting with their coach per quarter (no charge).

National Team (NatTeam):

- The NatTeam (NT) requires training minimums of at least 15 hours/week across 4-6 days/week. Divers in this group must demonstrate commitment to diving and have clearly chosen diving as their #1 activity beyond their education.
- NT is a 1-year financial commitment billed monthly.
- The practice commitment requires attendance at >90% of all scheduled practices (including 80% of their CDA practice and meet requirements during the high school season ~ for high school divers).
- The competitive commitment for NatTeam members includes all local and ad hoc “away” meets. In addition, NT members must attend all USAD and AAU national series (as they qualify) which will include national overnight travel.
- Non-diving activities are required to be scheduled around the entire competitive diving season (typically March-August). In addition, there will be a few local meets and events requiring NatTeam members attendance and participation.
- NatTeam members are CDA’s highest-level ambassadors and represent the best of who and what CDA is and offers. As such, NatTeam members are required to participate in CDA’s San Ramon LTD summer program as assistant coaches. In addition, NatTeam members will be asked to attend, as part of the team, occasional promotional events to represent and promote CDA.
- NT members may request additional practice training time (month-to-month) via CDA’s “ExtraHours” program.
- NT members will be required to attend one 30-minute private dryland sessions per month (no charge) and one 30-minute semi-private (2 or 3 divers) session per month (no-charge). Additional private training is strongly encouraged.
- NT members and parent(s) will be required to attend one 30-minute private video meeting with their coach per month (no charge).

Seniors & Elite Team:

- The Senior & Elite (S&E) program is designed for divers wishing to see just how far they can go in competitive diving. This is a 1-year financial commitment billed monthly. Divers on the S&E team are highly skilled divers wishing to train “full-time” and compete both nationally and internationally. Diving is their #1 priority beyond education.
- The S&E team requires attending 20+ hours/week of CDA practice across 5-6 days/week. In addition to group sessions, training will include either private or small-group sessions before 2pm at both dryland and the pool. The S&E team represents CDA’s highest level of commitment and dedication to a diver’s training and competitive opportunities.
- Divers in this group are typically home-schooled or remote schooled, are at least 13 years old, and have clearly chosen diving at the highest level as their #1 priority.
- The practice commitment requires attendance at all of their scheduled CDA practices (including during the high school season for high school divers).
- The competitive commitment for S&E members includes all local and ad hoc “away” meets. In addition, S&E divers will be competing against national and Olympic divers by entering national and international competitions year-round. S&E members must attend all USAD and AAU national series (as they qualify). Moreover, CDA will seek opportunities and expect attendance in appropriate USAD Junior and Senior Nationals, PanAm Games, or various other national/international events in which an S&E team member may qualify for, or is invited to attend. These events will include national and international overnight travel.
- Non-diving activities are required to be scheduled around all diving activities year-round.

Masters Team:

- The Masters program is open to all divers of any skill level (beginner to advanced) over the age of 18. Masters may select training from 1-6 hours/week across 1-4 days/week. Masters includes those learning to dive as well as divers of intermediate or advanced skills who are not interested in our S&E program and simply want to learn more while having fun diving. Training in this group is focused on the individual and what progressive skills and dives that person needs to continue developing their diving progressions.
- The Masters program is a 1-year financial commitment billed monthly with a 60-day cancellation fee.
- There are many local meets that include Masters divers. Masters are automatically qualified for and may selectively choose (or not) to compete in events where their group is offered the opportunity to participate. There are also a number of Masters-Only competitions in the USA and around the world. It is a great group of people.

Make-up Sessions ~ CDA allows each diver the opportunity to request a schedule best suited to their specific circumstances. **Therefore, no make-up sessions will be offered.**

PRACTICES and MEETS

Diver agrees that practice is the cornerstone of success and advancement in any endeavor - diving is no different. Although competition is one obvious momentary test of a diver's ability and progress, CDA places a higher value on personal accomplishments (PB/PR) and progress attained during regular practices where the diver's commitment, values, potential, trust, and foundation for achievement are established, developed, and reinforced.

IMPORTANT NOTE:

RegTeam, ZoneTeam, NatTeam, and S&E Groups admitted into these groups and who accept the commitment understand that personal and/or medical appointments, vacations, and other activities must not interfere with their training and/or meet schedule per that group's minimum involvement requirements for practices and meets.

VOLUNTEER REQUIREMENT

| Minimum Volunteer Commitments (per Week, Month, Year ~ by Team) | | | | | |
|--|---------------------|--------------------|----------|---------------------|--------------------|
| TEAM | MIN VOL HOURS/MONTH | MIN VOL HOURS/YEAR | TEAM | MIN VOL HOURS/MONTH | MIN VOL HOURS/YEAR |
| DevTeam | 1 | 12 | ZoneTeam | 3 | 36 |
| RegTeam | 2 | 24 | NatTeam | 4 | 48 |
| Masters | 1 | 12 | S&E | 8 | 96 |

NOTE: some positions/projects require more time during certain periods while having no requirements at other times. Some positions require time on a fixed schedule of some sort.

FUNDRAISING REQUIREMENTS

| Minimum Fundraising Commitments (per Year ~ by Team) | | | |
|---|----------|----------|------------|
| TEAM | AMOUNT | TEAM | AMOUNT |
| DevTeam | \$200.00 | ZoneTeam | \$300.00 |
| RegTeam | \$300.00 | NatTeam | \$400.00 |
| Masters | \$200.00 | S&E | \$1,000.00 |

CLUB/TEAM APPAREL REQUIREMENTS

| California Diving Academy ~ Apparel minimum "Kit" requirements by Team | | | | | | | |
|--|----------|----------|----------|---------|---------|----------|-------------------------------------|
| ITEMS | DevTeam | RegTeam | ZoneTeam | NatTeam | S&Eteam | Masters | Parents, Family, and All Supporters |
| Team Suit | Y | Y | Y | Y | Y | Y | N/A |
| T-Shirt (with registration) | Y | Y | Y | Y | Y | Y | Optional |
| 35L Team Bag | Optional | Y | Y | Y | Y | Optional | Optional |
| WarmUp Suit | Optional | Y | Y | Y | Y | Optional | Optional |
| Parka | Optional | Optional | Optional | Y | Y | Optional | Optional |