

SLEEPY HOLLOW BATH & RACQUET CLUB, INC. 2018 DIVE TEAM HANDBOOK

Welcome to the 2018 edition of the SHBR Dive Team Handbook. We are happy to have you as a diver and your parent's participation with the team. Diving, like any sport, is a disciplined and demanding sport that requires proper instruction, attitude, and concentration. It also requires lots and lots of positive encouragement! Our coaches will provide fun and enthusiastic instruction and positive encouragement. The diver must provide the attitude and concentration. All of us, especially the parents, must assist in providing positive encouragement. Remember, our mutual goal is to provide a fun environment where divers can learn, be motivated, and unlock the hidden talent in the diver. Let's all work toward that goal!

Please fill out the combined registration and emergency contact form on the SHBR website. SHBR is fortunate that we do not charge for team participation, but you *must* register. The information is important because team rosters are subject to scrutiny at every Meet AND because SHBR must have the emergency form on file for insurance purposes. Please take a moment to complete this form online at www.SHBR.org.

In addition, the Northern Virginia Swimming League, which serves as the sponsor of our competitive swimming and diving in and among community swimming pools in Northern Virginia, requires submission of an NVSL Participation Waiver. All athletes (parent or guardian for minors) on our dive roster must submit a completed and signed copy of this document prior to their first dive team practice or meet. The waivers are kept on file to satisfy the NVSL Team Insurance requirements. Copies of the form are emailed to registered divers and are also available from the Dive Rep(s) or Coaches. If your child(ren) also register for swim and you sign up via the Swimtopia website, you do not need to fill out a separate dive waiver; having one copy of the form registered with SHBR is sufficient.

This year we will compete in NVSL Division V. It is a terrific opportunity for the team, and we expect our team will have several close meets. Our team has had declining numbers in that last few years – as have several NVSL dive teams - and we are always recruiting new divers. If you know of anyone that might be a good candidate for the team, please encourage them to come by and give it a try. Most important is that all team members come to practice so that you are prepared for the meets.

We cannot run this program without your help! Did you know that it takes a minimum of eight officials and ideally eleven to effectively run a dive meet? Each team provides half of the complement. In order for the program to continue, we must groom new volunteers to provide the needed support now and, in the years, to come. **ALL PARENTS ARE STRONGLY ENCOURAGED TO ATTEND THE VOLUNTEER CLINICS** so that we can meet our team obligations.

Our primary means of communication will be email. Once the season begins, divers who provide an email address will receive regular information and once competition begins, divers who provide emails will receive weekly updates on team information.

If you have questions or suggestions, please contact the SHBR Parent Dive Team Representative(s) at diving@shbr.org.

SHBR DIVE FREQUENTLY ASKED QUESTIONS

Who is eligible to be on the SHBR dive team? Any child up to the age of 18 who is a member in good standing, who can pass the swim test to go off the board, is eligible to be a team member. Team members must obey all club rules and specific instructions from the coaches and team reps. Disruptive behavior in meets or practice WILL NOT BE TOLERATED. If a child is causing a disruption and posing a distraction for the coaches, there is potential for injury. That is not acceptable and the offending child, in the sole discretion of the coach and dive reps, will be dismissed from practice. If a parent is not available for a child 10 and under, the child will sit behind the coach until a parent returns.

What does good standing mean? It is required that you be a fully paid member of SHBR for your diver to participate with the team. According to NVSL rules, all members must be in good standing prior to participating in any event, including practices. Please be certain that your summer dues or summer membership is fully paid before sending your child to practice and you have registered for the team. Your cooperation will avoid putting the coaches in the awkward position of having to turn him or her away, avoid hurt feelings and the associated embarrassment for everyone. Violations can cause the entire season to be forfeited.

What is the difference between an “A” meet and a “B” meet? An “A” meet is a meet that counts in our standings within the NVSL Dive league. The outcome of these meets will determine our standings in the Division. The year-end standings help determine the Division in which SHBR will compete for the next season.

A “B” meet is primarily for divers that are not yet ready for the full competitive regimen. It is meant to give a pressure-free opportunity to divers to try a new dive and have a meet atmosphere. **All** divers are eligible to compete in the “B” meets with ribbons for those who are not also “A” meet competitors. The same rules will apply to participants in the “B” meets as the “A” meets so we expect this will be a truly competitive event for everyone. This is especially true for first time divers to get the feel of competition without the pressure of team scoring.

Who decides if my child is an “A” or “B” level diver? What meets should we attend? The Head Coach will work with your diver to determine if they have the requisite skills for a given meet. Per league rules, each team is allowed a maximum of 32 divers for dual meets. In the other major meets similar numbers and additional rules apply. The Coach

determines how to best allocate those slots to provide the best opportunity for each diver and for the team as a whole.

I need to talk to the coaches! What is the best time for that? Other than exchanging pleasantries during practice, please do not try to engage the coaches in a conversation during dive team practice. There is a lot going on, and the divers need the coaches' attention.

Misunderstandings or miscommunications should be addressed early before they become a more genuine issue. If you have questions or concerns, please raise them earlier rather than later.

Our coaches will be available following any practice session or after meets to discuss philosophy and any of the other elements associated with diving as a sport and your diver. You may contact the Head Dive Coach via the email shbrdivecoach@gmail.com.

Additionally, the Dive Team Representative(s) are available for questions, concerns, or suggestions. You may contact them via the email diving@shbr.org.

When are the meets? They seem to be at various times and places. All evening meets starting times have been listed as 5:00 PM but this may change as we get closer to the actual date of the meet. **Specific starting times for each meet will be provided but you can depend on this as a planning tool.**

For away meets, divers should be at the "away" pool one-hour prior to the start time of the meet for warm-ups. Divers can usually catch a ride from other team member parents and team reps if worked out ahead of time.

If my child is not diving why should I attend the meet? Even if they are diving, I don't know enough about the sport and if they are with the coaches it seems like a waste of time for me to be there. Besides, it scares me! We would like all divers to come to meets whether they are diving or not. This helps build a team experience for everyone. The participants enjoy the encouragement from other teammates and those not diving should observe and learn from the experience.

You should be there to learn more about the sport and better understand what is going on. Through participation, your concerns will be alleviated. See "Words Specifically for Dive Parents" below. Knowledge helps overcome fear and will help avoid transferring your fears to your diver.

Also, we need help at meets. There are several positions and officials' roles that need to be filled. Many hands make light work!

WORDS SPECIFICALLY FOR THE DIVE PARENTS

Relax, your children are in great hands. Diving is a safe, fun, and exciting sport, despite what may appear to be terrifying feats of death defying danger. We remain proud of the fact that there has **never** been a serious (i.e. debilitating or fatal) injury associated with NVSL or US Diving. Almost all the injuries reported in the press are the result of horseplay and not organized diving. Make sure your diver understands the difference.

No matter what your child's dream may be, it is important that it is his or her dream. It is our job as parents, organizers, and coaches to see that those dreams are nurtured and help them become true.

Through diving your child can acquire:

- Improved athletic skills
- A positive self-image
- Improved social skills from interacting with teammates and coaches
- An ability to deal with success and disappointments, and
- Sportsmanship and leadership skills

Diving is a sport that is best performed when the athlete is relaxed. To reduce stress, it is important that the divers self-esteem (or the parents') does not depend on the outcome of a meet or the performance of a particular dive. Win or lose, a diver must know that he or she has the support of his or her parents.

To learn more about the sport you can go to www.usadiving.org, where they have a great deal of information regarding rules of the sport, how it is judged, and information on all the dives which are competed.

WORDS SPECIFICALLY FOR THE DIVERS

Put your faith and trust in the coaches. They have done this before and have done it themselves. They know what will happen if you do things properly or incorrectly.

- Try to be on time for practice.
- Perfect practice makes for perfect dives – when we talk about practicing hard we mean concentrating on what the coaches are telling you to do and doing it the best you can.
- If you do not understand it is okay and just let the coaches know. Some of the language is new and may be different so saying if you are confused may help not just you but others as well.
- Try listening to coaches when they are instructing the other divers because you may learn something that is helpful to you.
- Be ready when it is your turn and always talk to the coaches.
- If you are in doubt about what dive you are supposed to do in a meet, ask the judge or referee to repeat the dive.

Always remember that even the very best divers sometimes have a bad day. One thing you should understand is that even the best in the world, along with anyone else who ever flew off a diving board, eventually “smacks!” While it stings, it does not last long, does no permanent damage (Mom and Dad will especially be happy to hear this), and the sting goes away quickly. We call a “smack” the water giving you a high five. So, when it happens to you, don’t let it bother you for more than the few moments that it takes to go away. No one will remember that you did it, but they will remember how you faced the adversity to triumph!

The portable raised platform provides a stable platform from which to practice some skills from the edge of the pool at the direction of the coaches. It is not a toy. It should remain stored beside the judges stand when not directed to be used by the coaches.

Last but not least, it is okay to be afraid, but it is important not to give into your fear. Have a healthy respect for the board and the water. Trust your coaches and you will unleash the thrill of the sport and learn to fly!

SPORTSMANSHIP IS EVERYONES RESPONSIBILITY

Both NVSL Swimming and Diving offer team Sportsmanship Awards. SHBR Diving has won this award numerous years. This is a matter of immense pride for SHBR and specifically our team.

Diving is highly competitive sport that requires keen mental skills along with many physical skills. There is a very little margin for error. The ability to be totally focused for a dive is essential, not only to achieve high scores but to avoid injury. Therefore, it is important that everyone do their best to not distract divers as they compete or practice to ensure everyone’s safety. Everyone should be paying attention to what is happening on the boards, attempting to learn something about technique, polishing our judging skills, or simply enjoying the beauty of the graceful dive.

Please avoid unnecessary movement and noise about the deck during the competition. This is especially true if the movement is within eyesight of the diver on the board. Divers should not be doing stretching or drills associated with their dive within eyesight of the diver on the board. This is a matter of simply good manners. No one wants to be distracted when they are trying to concentrate. You expect this during your performance and no less will be required of you during our opponents’ performance. Deliberate acts intended to distract a diver will not be tolerated and will be dealt with accordingly.

After the diver has been announced, before the dive is announced and after the diver is in the water, it is appropriate to cheer, stomp, whistle, and applaud. Team support is an essential element that cannot be overlooked. It is one of those synergistic events where the sum of the parts is greater than the whole. Team spirit and support can lift and individual’s performance to levels not otherwise attained. In addition, it feels good! Who among us does not like to have someone calling our name, urging us on, or cheering our success? Any ideas for how to get more enthusiasm into our meets to show team spirit are

welcome. Let's discuss how we can exercise some creativity within the bounds of diving etiquette.

Let's also understand that diving is a subjective sport that is judged by human beings. There are some things that judges really like (lots of height) and some things they do not like (not pointing your toes). But the people that are judging the event are giving their time and effort and deserve our respect. If you disagree with a judge's score that is okay, but it is inappropriate to make comments about the judges. It is also inappropriate to make comments about your own performance loud enough for others to hear, especially the judges. Save the self-criticism for private talks with the coaches.

There are good and bad judges and there are good and bad scores. Not everyone sees the dive the same way. We attempt to balance things out. There are five people scoring. The high and low scores are eliminated while the remaining scores are averaged. With all of that, sometimes it just does not turn out to be what we think is fair. That comes with the sport! If you are upset about the judging, you should talk to your coaches but **NEVER** complain to or make comments about the referee or the judges.

Meets are not a place for horseplay. If on-team members are determined to be disruptive or interfering with the competition, they will be asked to leave the team area.

In short, respect for our teammates, meet officials, and our opponents is expected! Please try to be a good sport toward everyone.

SUCCESS IS MEASURED IN MANY DIFFERENT WAYS

NVSL has spawned an enormous number of successful divers at every level of the sport. These levels include summer development/recreation, high school, collegiate (at Division 1, 2 and 3), National U.S. Diving levels, and the Olympics. There is no end to where this might lead your child. In diving, as in any endeavor, as one progresses it becomes more difficult and more demanding in terms of time, skill, and effort. Success in one area does not translate automatically to success in another. While some skills are easily applied, they may not immediately demonstrate success. Keep this in mind and it will make for a less stressful and more rewarding adventure in discovery for you and your diver.

The best summer vacations we have are those where we learn something we did not know about ourselves in a way that is fresh, exciting, and fun!

AWARDS POLICY

This guide is published to clarify the basis for how team awards are granted. All awards are based on performance in the meets and with the team. Awards are broken into three categories: Participant, Scorer, and High Scorer within each age group for girls and boys. As previously mentioned, all divers are expected to come to practice every day **but at least twice per week**. If you do not practice and have not made specific arrangements with the coaches, you cannot dive in meets and there is no team award.

There may be times when a diver is asked to “dive up.” It is allowed under NVSL rules and is an honor. It should not be viewed as a means to promote a diver at the expense of another diver. Diving-up means that the diver has the skills and ability to score points in the older age group that will be valuable to the team. We take this into consideration when calculating the high point awards within the diver’s appropriate age group for team awards. If he or she does not win in the upper age group event, the last dive performed by the diver in the meet is eliminated. If the diver’s resulting total score is high enough to have scored team points within the proper age group, the diver who dove-up will receive the appropriate points in the team awards calculation. Of course, the SHBR diver who did not “dive-up” but who scored points for the team in the meet will also get credited with those points in the awards calculation. This applies to team awards only and not for determining the meet score and outcome. In this fashion, no diver is hurt, and it encourages divers to help the team score when appropriate.

All divers and their parents are encouraged to participate in the year-end awards. If you cannot attend, please contact one of the coaches or the Dive Rep to make arrangements for picking up your diver(s) awards. Awards may be collected by other teammates but only if prior arrangements have been made with the Dive Rep. If you are not able to attend the awards celebration and you do not make arrangements for pick-up we will place your diver’s awards at the SHBR front desk and you will be responsible to pick up the award.