



2021 SHBR
Dive Team Handbook

Updated: March 22, 2021



Special Rules for 2021

With the second year affected by the COVID-19 Quarantine, SHBR Diving is required to take special precautions to protect our divers, staff, and obey local, state, and federal governing ordinances during the Quarantine. This special insert summarizes changes to the program due to these conditions.

Meets

There will be meets with other pools this year. The particulars of how the meet will operate depends on many factors, including: host club rules, current guidance from NVSL, local, and state health authorities. The Dive Representative will send out any special rules before each meet so we are prepared as much as we can be.

Operations

We will follow all current policies for entering, exiting, and being on Club property when involved in SHBR Dive events. These guidelines for safe use are carried over from last year and are expected to be in effect in 2021 (any or all of these may be amended as the situation permits):

- Divers scheduled for practice must be on time to enter the pool. We cannot guarantee that divers who arrive late will be permitted entry to the pool grounds.
- An authorized adult or siblings over the age of 16 must be present to pick up the diver when the practice is scheduled to end. Late pickup will result in that diver losing the ability to participate in future practices. Please check updated club policy for entering and exiting the facility.
- People entering the club will be asked screening questions to ensure that they are well and unlikely to pass the virus to others.
- We are permitted a limited number of divers at any one time so that we can maintain a 10-foot distance between them during practices and meets.
- Everyone except the divers is required to wear a face mask.
- Divers should never wear a mask when actively diving but must put one on during breaks from diving.

Warning

As this is a rapidly changing situation, please be aware of current SHBR policies. Any updates to SHBR club rules may overtake policies in this handbook. Please be aware that the Club is following guidance from the Governor's office, the CDC, and Virginia Department of Health. Violations of Executive Orders could result in being expelled from the pool or result in punishment as a class one misdemeanor. Health Commissioners may also seek injunction in court.



Welcome

This handbook is for families interested in diving at Sleepy Hollow Bath & Racquet. It has been updated for the summer of 2021. We hope this will answer any questions you have about the dive program but if it does not you may contact the Dive Representative at diving@shbr.org or the Aquatics Board member at aquatics@shbr.org.

Thanks for reading and I sincerely wish you a fun summer on the board at SHBR!

James Wilkins

SHBR Dive Representative

Contents

Special Rules for 2021.....	2
Welcome.....	3
Introduction.....	4
Governance.....	4
Participation.....	4
Requirements.....	5
Practices.....	5
Meets.....	5
Meet Requirements.....	6
A Meet Schedule.....	7
Family Involvement.....	7
Communications.....	8
Scholarship.....	8
For the Families.....	8
For the Divers.....	9
Sportsmanship Is Everyone's Responsibility.....	10
Success is Measured in Many Different Ways.....	11
Awards Policy.....	11
Frequently Asked Questions.....	12



Introduction

“Diving is a leap of faith plus gravity.”

— Gabrielle Zevin

Diving is a sport that nearly everyone can try but fewer master. The primary goal of the SHBR Dive Team is to nurture kids who want to try diving for fun as well as those who want to compete at the highest levels — because sometimes a diver in the first group later joins the second group.

As such, we rely on the coaches, staff, team members, and their families to keep SHBR Dive a fun, positive, learning environment for all levels and ages. Unlike many team sports, it’s often the novices that get the most cheering! We hope to foster this supportive attitude throughout our practices, meets, and other activities.

Governance

The SHBR Dive Team operates under the auspices of the Northern Virginia Swimming League (<https://dive.mynvsl.com/>). They provide rules, insurance, and general governance over the swim and dive meets for most of the clubs in the greater area.

Their Dive Handbook will be here: <https://dive.mynvsl.com/handbook.pdf> (not yet posted as of 3/22/2021)

We also follow all rules put forth by SHBR in our Club Rules and Bylaws (login required to see <https://shbr.org/membership/documents/>). When we visit other clubs, we will be good ambassadors and respect their property.

Participation

All members of SHBR may join the dive team if they are age 18 or younger (specifically the diver’s age on June 1 of the current year).

2021 Special Allowance

Since we did not have a competitive season in 2020, NVSL is allowing senior divers who aged out since 2020 to dive in the 2021 season. Please see the SHBR Dive Representative for details if you have a 2020 Senior diver who wants to join in for 2021.



New, and especially younger divers, will be asked to perform a swim test to ensure they are safe in the pool. The test is given by the head coach and generally consists of seeing if the diver is able to:

- Safely go (jump or dive) off the end of the diving board unassisted
- Swim to the ladder or pool side and get out of the pool

A diver that may not be ready to join the team at the beginning of the year may re-apply with the Diving Representative at any time during the dive season.

Requirements

There is a checkbox during your annual registration to identify families who are interested in joining, or just finding out more about SHBR Dive. Clicking on that will register your diver and us to get more information about your diver and provide emergency contact information.

You will be required to complete a participation waiver from both NVSL and SHBR. The waivers are kept on file to satisfy the NVSL Team Insurance requirements. 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.

As of the writing of this document, the waivers not yet available. Once they are made available, they will be advertised in our newsletter (not yet posted as of 3/22/2021).

The registration and both waivers must be completed before your diver can attend a SHBR Dive Team practice or meet.

Practices

We will have a number of practices throughout the week. They will be posted on the SHBR [website](#) and the SHBR [Calendar](#). Since our season begins before school ends, we will have afternoon practices initially. Once school is out, we will add day time practices as well. In order to be considered a diver “in good standing” you are expected to attend practices during the week. Please send a note to shbrdivecoach@gmail.com if you cannot attend practice.

Meets

During the dive season, we will have **A Meets** and **B Meets**. A Meets are competitive and against divers from another pool in our division. B Meets are developmental and may be



intrasquad or with another pool. Generally, more experienced divers will participate in A Meets while B Meets are good for allowing newer divers to try out dives and get them more comfortable with what goes on during a meet.

A Meets are held on Tuesday evenings, starting in late June. We have 5 scheduled A Meets for 2021. We have not scheduled B Meets yet, as they are generally scheduled closer to opening.

While we do not yet know if some clubs, including SHBR, will have special rules for people attending meets (social distancing, limited attendance, etc.) this summer, there is no pool entry fee/guest pass required for family members watching meets at home or away.

There are other opportunities for competitive meets. NVSL has the following available to their divers:

- Wally Martin Memorial Meet, July 11 at 8:00 AM; This competition is for synchronized diving and 3 meter diving (synchronized is cancelled in 2021).
- Cracker Jack Meet Invitational, July 18 Fairfax Station at 8:00 AM; This is a huge, high-energy, multi-pool meet designed for newer divers.
- Division Individual Championship Meets, July 25; The top scoring divers in each division compete against each other.
- All-Star Meet, August 1 8:00 AM; The top divers from each division compete.

Meet Requirements

Girl and boy divers fall into the following age groups:

- Freshmen 10 and under
- Juniors 11 and 12
- Intermediates 13 and 14
- Seniors 15, 16, 17, and 18

Sometimes younger divers may be asked to “dive up” in an older group but an older diver is not permitted to dive in a younger group.



A Meet Schedule

2021 SHBR A Meet Schedule for Division V

- June 22 SHBR at Ravensworth
- June 29 Camelot at SHBR
- July 6 Rolling Hills at SHBR
- July 13 SHBR at Crosspointe
- July 20 Lakeview at SHBR
- July 25 Divisionals at Ravensworth

Family Involvement

We literally cannot run this program without your help. Did you know that it (ordinarily) takes eight to eleven officials to effectively run a dive meet? Each team provides half. In order for the program to continue, we extend a hearty invitation to new volunteers to provide the needed support now and in the years to come.

Adult family members are invited to free-of-cost NVSL clinics so you can learn how to help out with a meet. We need **Meet Workers** (collect and add scores, announce dives), **Judges** (award scores to dives), and **Referees** (experienced judges who determine if a dive was performed correctly and help with dive changes).

The following clinics are available for new meet officials for 2021:

Meet Workers

- June 6, 8:30 AM at Arlington Forest; also to be live streamed

Judges

- June 6, 10 AM at Arlington Forest; also to be live streamed
- June 15, 6:30 PM at Truro; also to be live streamed
- June 23, 6:30 PM at Camelot; also to be live streamed

Referees

- June 9, 6:30 PM at Truro; also to be live streamed
- June 13, 2 PM at Chesterbrook; also to be live streamed



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

Communications

Since we live in an information age and different types of communications are more effective for some, we have a number of ways for you to be notified about SHBR Dive Team goings-on.

- The SHBR website (<https://shbr.org/dive/dive-team/>) has general information, the SHBR waiver, and other communications.
- The SHBR Dive Newsletter (sign up here: <http://eepurl.com/gZi7LX>) has weekly updates on Dive.
- The SHBR Status Twitter account (<https://twitter.com/SHBRstatus>) provides notifications about up-to-the-minute news like weather closings and social events.

Scholarship

NVSL offers a number of scholarships for graduating high schoolers. Please see their page on scholarship for more information from last year (https://dive.mynvsl.com/documents?folder_id=26937)

For the Families

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 diver's 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.

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 Everyone's 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 team members are determined to be disruptive or interfering with the competition, they will be asked to leave.

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.

Awards Policy

This section describes 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 penalized, 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 Representative 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 Representative. 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.

Frequently Asked Questions

Who is eligible to be on the SHBR dive team?

Any child up to the age of 18 (and 19 year-old who dove last year) who is a member in good standing and who passes the swim team swim test is eligible to go off the board, and is eligible to be a dive team member. All children under the age of 8 must show proof that they have taken and passed the swim team test in order to participate. Any child who the coaches have concerns about the child's ability to swim to the ladder may be required to take the swim test again in order to keep the child and others safe. 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 is 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.

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" for more on this.

Also, we need help at meets. There are several positions and officials' roles that need to be filled.