

The Lander Diving Club

Welcome to the Lander Diving Club. The information contained in this handout will provide you with everything you should know regarding lessons and team membership, as well as other facets of the program.

The Policies and Procedures, as well as the Code of Conduct have been implemented so that there is a clear understanding of what is expected of both athletes and parents involved in this program. Please keep this information as it may be helpful to refer to it from time to time.

As you enter a new and exciting sport it is imperative that communication be a top priority if we are going to reach your athlete's goals, and the goals of the program. Therefore, if you have any questions regarding anything as it pertains to this program or our child, please email us at landerdivingclub@gmail.com.

I look forward to this challenging journey as we teach and develop young athletes in our program to not only reach their full potential as divers, but to help their character development, self confidence level and positive self-image.

Faith Hamilton, Head Coach and Team Administrator
(307) 851-3168
landerdivingclub@gmail.com



Lander Diving Club Policies and Procedures

Lander Diving Club has adopted specific policies and procedures, which are necessary for the proper, orderly and effective operation of the program. We advise all parents to take the time to review these policies. All athletes and parents are expected to know and abide by these policies.

Reminders to Parents:

The Lander Diving Club offers a well-rounded regimen that includes proper stretching, exercise conditioning, and dryland stations, in addition to water training. Each of these areas are essential in teaching proper skills and in training sound divers with a good foundation. Divers as well as parents must recognize that divers need to develop in a controlled skill progression. Support and patience will contribute greatly to the athlete's long term success.

Equipment Needed:

Divers should have the following at every practice:

- A swimsuit
- Comfortable clothes and tennis shoes for dryland training
- Chamois/sport towel (optional)

General Policies:

By participating in LDC activities, including practices, meets and social events, all athletes and parents agree to the following policies and the Code of Conduct. Participation in a meet is a de-facto agreement to abide by the policies outlined below. Policies may be changed without notice. Failure to abide by these policies may result in disciplinary action by the board of directors.

Practice Location:

Bruce Gresly Aquatic Center
450 South 9th St
Lander WY 82520

Dryland Only Workouts

CarQuest
735 Lincoln
Lander WY 82520

Viewing:

Parents are welcome to watch practice. We ask when practice starts that you view from the

bleachers and do not interrupt practice. If you need to talk to the coach, please do so before or after practice.

USA Diving Membership:

A USA Diving athlete membership is required for all Lander Diving Club divers. Membership is obtained at the USA diving website, www.usadiving.org. Select the *Rocky Mountain Association*, then you can select *Lander Diving Club* as your club. To participate in USA Diving sanctioned events, a diver must have Competitive Blue or Competitive Gold membership.

Payment:

Payment is due on a monthly basis and is dependent on the number of practices per week. Included in this payment calculation is the recognition that some months have more weeks than others. Additionally, some months have holidays and times when coaches are not available, where we will not have practice. Although the number of training days changes slightly on a monthly basis, over the course of several months this evens out. Because of this, payment due is the same regardless of the number of weeks or holidays in a particular month. LDC does not pro-rate payment regardless of how many practices an athlete attends. Payment is due by the first day of practice and are payable to Lander Diving Club (LDC).

If payment is not received by the 10th of the month, a \$5 late fee will be charged.

For an up-to-date listing of practices, closures, meets, and other events please refer to email notices and the calendar.

Attendance:

Attendance is essential for skills progression and success. If an athlete has excessive unnotified absences, their parent will be notified and their attendance discussed. If no improvement is made, the board may decide to dismiss this athlete to open up a spot for another diver on the waiting list.

Be on time! It is important to show up to practice on time so you do not miss warm-up and stretching, which is essential to maintain good training practices. If a diver is more than 15 minutes late without prior notice, they will not be allowed to practice that day.

Once an athlete has registered for certain practice times/days, they must attend those practices for which they have registered for that training cycle. Divers cannot show up to other training times, unless approved by the coach ahead of time for an appropriate reason. Divers that arrive late to their training times will be dismissed at the culmination of their normally scheduled practice time.

Practice Structure:

To help the divers to reach their full potential, the lessons are structured to optimize the use of both dryland and in water training to help the divers develop fundamental skills and progressions effectively and safely. Each lesson will be an hour and a half in length and follows the following format:

- First 30-40 minutes: warm-up, stretching, strength training and dryland
- 80-90 minutes: in water skills training

Levels 1-4:

Divers are learning the fundamental skills that are the basis for all dive groups. It is essential to develop strong fundamentals early on so progressions have a strong base to grow from. If fundamentals are not learned or not learned properly, it can be difficult and/or unsafe for a diver to learn advanced skills.

Approaches, hurdles and water entry are the focus for this group, as well as beginning to learn the different dive groups and positions. Basic tumbling is also taught to help in skill progression later on, and safety skills.

Level 5-8 and Junior Olympic (JO):

Divers are fine tuning their fundamentals as well as learning skill progression in all dive groups (forward, back, reverse or gainer, inward and twist). The different diving positions are taught in all dive groups. The divers learn how to “spot” somersaulting and twisting actions and improve on their entries.

Pictures & Video:

From time to time, employees, coaches or other representatives of LDC may take pictures or video of athletes during practice, meets and other LDC events. LDC reserves the right and permission to copyright and/or publish these photos and/or videos. Photos or video may be used for advertising, art, social media and/or any other lawful purpose.

Injury Policy:

1. If you are injured in such a way that it interferes with your training for two weeks or more, you must see a doctor.
2. While an athlete is recovering from an injury, they must be receiving treatment from appropriate doctors (Physical Therapist, Chiropractor, Sports MD, Surgeon, etc.) in order to be cleared to return to practice.
3. Modified workouts will be given in conjunction with following doctor's prescribed

treatments. Athletes must be actively working to become healthy in order to receive these modified workouts.

4. Serious injury or illness is defined as those that take an athlete out of training completely for a minimum of several months at a time.

Pool Rules:

All divers will follow pool rules and listen to and be respectful of the lifeguards. They are here to keep us safe!

Divers are not allowed on the pool deck without a coach or lifeguard present.

Bruce Gresly Aquatic Center and Lander Diving Club are not responsible for the loss, theft or damage to personal property. Please secure personal belongings appropriately.

The use of all audio and video recording devices is prohibited in changing areas, restrooms and locker rooms.

Athlete Travel:

Athletes traveling as a part of LDC shall be held to the highest standard of personal conduct. The general rule for travel is to use common sense. If you would not do something with your parents or your coach present, do not do it on the trip. Along with this general rule, all athletes shall be expected to follow the following rules.

1. Absolutely no drugs, including alcohol, will be permitted on trips. If an athlete is found in possession of any of the aforementioned items they will immediately be sent home from the trip at their own expense. Further travel after such an offense will be suspended and serious discussion will occur as to the offending athlete remaining on the team.
2. Team chaperones and coaches are responsible for the wellbeing of the team for the entirety of the trip. Because of this, all athletes must obey the team chaperones and coaches at all times. In order to preserve the safety, quality and sustainability of our team, disobedience to chaperones and coaches will not be tolerated.
3. Curfews will be strictly enforced. No diver will be allowed outside of their room after the time appointed by the chaperone and the coach.

All of these rules are in place to preserve the safety of our team. Any violation of these guidelines, or behavioral misconduct, will be grounds for immediate dismissal from the meet, being sent home at the athlete's expense and possibly being removed from the team.

We implore all our athletes to use their best judgment in all decisions while on meets. Remember that you are a part of a very special group and that your behavior, good or bad, reflects directly upon the team. We have always been blessed to have a very intelligent group of athletes on our team. We invite you to use that intelligence and to conduct yourselves in such a way that will encourage respect and pride that you and the team deserve.

Team Travel:

For all traveling meets that LDC attends, members of LDC are encouraged to travel and lodge as a team. LDC athletes are required to compete as a team to further cultivate the team atmosphere that is so fundamental to our culture.

For appropriate meets, LDC will arrange chaperones responsible for supervising athletes during the entire duration of the trip. Children 12 years of age or younger require a parent/guardian traveling with and chaperoning their child throughout the duration of the meet and for overnight trips. If you are interested in chaperoning a meet, please contact LDC. The need for and number of chaperones will be evaluated on a meet by meet basis.

Coaches expenses for JO meets will be paid as per LDC protocol.

Meet Policies:

As a member of LDC, athletes may attend Wyoming Series and USA Diving meets. Some meets require certain lists, Degree of Difficulty (DD), score or achieving a certain place. Athlete's attendance at these meets is at the discretion of the LDC coaches.

By participating in any training or team travel, all athletes and parents agree to abide by all LDC policies, including those listed below:

- Registration and fees for any meet are the responsibility of the individual athlete
- Register with the Meet Director before the entry deadline through one of the following methods. The method of registration varies by Meet Director.
 - Register, enter dive lists and pay entry fees online, most commonly at www.divemeets.com
 - Mail registration forms, dive sheets and entry fees to Meet Director.
- Payment for meet expenses is due before the first day of travel to meet.