



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)

Lander Diving Club Code of Conduct:

All participants in the Lander Diving Club are expected to adhere to the *Athlete Code of Conduct*. Lander Diving Club should be a fun and engaging atmosphere, where divers not only learn and improve their diving skills and techniques, but also life skills. Any athlete or parent that fails to adhere to their respective Code of Conduct may be removed from the team and forfeit any current registration.

Attendance:

Divers are expected to attend the practices for which they register. Practices are scheduled and staffed based on registration, so in order for us to be most effective, we must know who will be at practice.

- **Schedule adjustments:** We are aware that our participants have busy lives and may occasionally need to change their scheduled practice days. Please contact Coach Faith with any potential schedule adjustments that you may require with as much advance notice as possible. We will do our best to be flexible, but changes must be communicated before a missed practice.
- **Extended Absences:** Please communicate any extended absences due to injury, illness,

vacation, etc. via email to Coach Faith with as much advance notice as possible. Please include the reason for missing practices, and the dates that you will be absent.

- **Make-Up Practices:** Make-up practices need to be approved ahead of time by Coach Faith.
- **Practice Changes/Cancellations:** The online calendar will be updated regularly, and it is your responsibility to check it for changes or cancellations.
www.landerdivingclub.com/calendar If there is no one registered for a particular day or time at the close of registration, the practice schedule will be updated accordingly.
- **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.

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.

Payment Policies:

- **Program Fees:** 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. Payment is due by the first day of practice and is payable to Lander Diving Club (LDC). If payment is not received by the 10th of the month, a \$5 late fee will be charged. Payment plans are available for some programs by pre-approval.
- **LDC Membership Fee:** For divers participating in LDC, there is an annual \$25 individual or \$35 family registration fee. This fee is due at the time of registration and is valid through the calendar year. The fee helps cover equipment costs to enhance the training experience for all team members.
- **Prorated Fees:**
 - If a diver is approved to start in the middle of a session, Lander Diving Club will

be happy to prorate his or her fees.

- LDC will not prorate or discount fees for divers that take extended vacations, breaks, or divers that quit during a season for reasons other than illness or injury.
- If a diver is injured or ill for more than two weeks of a season, LDC will credit the diver for the amount of time missed from practice. This must be approved and arranged with Coach Faith, and divers will be able to attend additional practice during the session or a credit may be given to a future session.
- **Cancellation Policy:** Once you have completed online enrollment, you may cancel up to 10 days before the session begins.
- **Scholarship:** Please email Coach Faith, landerdivingclub@gmail.com or 307.851.3168, before registering to request if a scholarship is available. You must provide proof of qualifying for government assistance in order to qualify. Divers who qualify for a scholarship will pay their AAU diving membership plus \$10 of the program fees.

Grievances:

Lander Diving Club strives to have an open communication policy with all participants. If at any time, you feel you would like to leave the program or have any other concerns with you or your diver's participation with LDC, please notify Coach Faith of what your concerns are so we can schedule a meeting to discuss how to proceed. Addressing those concerns at a practice or on the pool deck does not allow Coach Faith to appropriately address your concerns. We certainly do not want any unhappy divers participating with us, but diving is a sport where athletes do experience challenges and are learning to overcome fear.

Hand Spotting Policy:

Hand spotting is a technique used to help divers learn basic posture and somersaulting skills. It involves the coach manipulating the athlete in the air with his or her hands. The primary goal of hand spotting is diver safety. By hand spotting, the coach can help the diver complete the somersault while at the same time lessen the impact on landing. Only Lander Diving Club staff members who are trained in hand spotting techniques are allowed to hand spot. Lander Diving Club staff use landmarks on the body around the hips, shoulders and legs to spot. Please note safety is always the top priority. As a member of Lander Diving Club it is your choice whether or not we hand sport your child. No diver will lose an opportunity or status based on the decision to not be hand spotted.

World Aquatics Age Determination:

A diver's age as determined by World Aquatics (FINA), the International Governing Body for Aquatic Sports, is their age on December 31st of the current year.

AAU Membership:

An AAU athlete membership is required for all Lander Diving Club divers. Membership is obtained at the AAU website, aausports.org . Select Lander Diving Club as your club.

USA Diving Membership:

A USA Diving competitive athlete membership is required if a diver wants to go to an USA diving Regional meet.

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 30-45 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 videos 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.

Meet Policies:

During the season, a series of competitions/meets will be scheduled. Some meets are local, developmental meets and some are AAU, Regional, Zone and National level meets that will require traveling. Attendance at the local meets is strongly encouraged for Lander Diving Club team members, as it is part of an athlete's development as a well rounded diver. The AAU, Regional, Zone and National level competitions are also wonderful opportunities, and they are also encouraged for those divers ready to attend, based on LDC coach recommendations. Pertinent information concerning competitions, including fees, lodging and travel, will be provided prior to each event.

- Most competitions will have registration fees, which divers and their families will be responsible for covering. These are not included in program fees.
- There may be additional costs for attending competitions out of state to cover coaching fees as well as travel expenses for coaches.
- Divers are also responsible for their own travel arrangements and costs for each meet.
- Any diver participating in a meet is required to have their own transportation. Following the United States Olympic Committee's Safe Sport Program, endorsed by USA Diving, LDC coaches cannot provide transportation to athletes.
- While attending meets, LDC coaches are only responsible for the divers time spent at the pool for warm-ups and the actual competition. Outside of that time, families are expected to make arrangements for a parent, guardian, or chaperone to attend with their diver.
- All divers are expected to follow the **LDC Code of Conduct** when traveling to and attending competitions. The coaching staff reserves the right to dismiss any diver from a meet for any Code of Conduct violations.