



MARLINS DIVING CLUB

About the Marlins Diving Club

The Greenwich Family YMCA Marlins Diving Club is a non-profit community based organization offering diving instruction from the beginner level to the senior competitive level. We are located in downtown Greenwich, CT at the Greenwich Family YMCA's brand new 50-meter Olympic Aquatics Center. The Marlins diving program emphasizes positive learning in a safe, fun, and competitive environment and a chance for all levels to participate at local, regional, and national events. It is the mission of the Marlins Diving Club, in conjunction with the Greenwich Family YMCA, to provide the community with an opportunity to experience and excel at the great Olympic sport of springboard diving while enabling each participant to reach their maximum potential in the areas of physical and emotional strength, competitiveness, companionship and team spirit.

Team Requirements

Registration:

- All divers will be required to register with the Amateur Athletic Union (AAU – www.aausports.org team code **MPDI48XKB8**) and have a current Greenwich Family YMCA membership. Please e-mail or bring a copy of your AAU membership card to the Head Diving Coach before participating in diving activities.
- Parents and divers will be required to fill out the team registration form and waiver and release of liability for both Marlins Diving and USA Diving prior to participation in any diving activities.
- Full payment for each session including program costs and team fees will be required prior to participation in any diving activities.
- Parents and divers must read and sign the acknowledgement of team requirements.

Team Levels

Team levels are determined by a combination of age and ability. There will be the opportunity to move to advanced levels from session to session and all levels will have the opportunity to compete throughout the season. Placement for all levels will be determined by analysis through a scheduled evaluation.

Lessons – designed for the beginner diver with no diving experience as an introduction to the sport. Basic skills and fundamentals will be emphasized. Lessons will last 1 hour and be held on Saturdays from 9am-12pm.

Bronze – designed for the beginner diver with some diving experience. Basic diving skills and fundamentals will be emphasized while introducing new dives on 1-meter and an introduction to 3-meter. Practices will run 2 days a week and last one hour.

Silver – designed for the intermediate diver with competitive diving experience. Silver divers will continue to work on fundamentals while introducing new dives on both 1 and 3-meter boards. Silver divers will practice 3 days a week for 1 ½ hours.

Gold – designed for the advanced diver with local and regional diving experience. Gold divers will work on a full list of 1 and 3-meter dives and train throughout the season with the goal of qualifying for USA and AAU nationals. Gold divers will practice 4-6 days a week for 1 ½ hours and will have the additional requirement of a 1 hour strength and conditioning session held on Saturday mornings from 9-10am.

Masters – designed for adults 18 and over who would like the opportunity to continue diving and training at their own pace. Masters divers can train up to 3 days a week for 1 ½ hours and will have the chance to compete throughout the season.

Evaluation

Evaluations will be required for all new divers for the purpose of placement in the program. Evaluations will take place every Saturday morning at 10am and go for approximately one hour. Evaluations will be conducted by the head diving coach and consist of an analysis of basic diving skills such as forward approach, back press, line-ups, and basic dives. Level placement will be determined at the sole discretion of the head diving coach. If there is a disagreement with placement, in some cases a re-evaluation may be scheduled for the following week. There will be the opportunity to move to advanced levels from session to session.

Program Sessions

Sessions for each level will normally run ten weeks. Due to the timing of the opening of our new pool, the first session will run eight weeks. After the New Year, ten week sessions will begin and their will be [3] ten week sessions leading into the summer season.

Program Costs and Team Fees

The following is the program costs depending on your level of diving. These fees reflect an 8 week session. There is an additional annual team fee of **\$175.00** assessed to each level which covers the cost of equipment and coaches fees for team travel. Greenwich Family YMCA membership and AAU registration is also required and separate from the program fee.

Lessons: 8 week session <u>1 day per week</u> - 1 hour practice_____	\$160.00
Bronze: 8 week session <u>2 days per week</u> - 1 hour practice_____	\$320.00
Silver: 8 week session <u>3 days per week</u> - 1 ½ hour practice_____	\$520.00
Gold*: 8 week session <u>4 days per week</u> - 1 ½ hour practice_____	\$720.00
Masters: 8 week session <u>3 days per week</u> - 1 ½ hour practice_____	\$560.00

*Gold team members will have the opportunity to pay a flat fee for the season. To be eligible you must begin by the start date of November 5, 2007 and be committed through June 15, 2008. Please contact the Head Coach for details.

Refunds

Refunds will be given at the discretion of the Head Diving Coach and the Greenwich Family YMCA administration. Refunds will only be given under special circumstances once the session has begun.

Make-ups

Parents and divers are strongly encouraged to adhere to their schedule on a weekly basis during the session. However, in the event a make-up or switch is necessary, a one week notice will be required. Make-ups must be made within the session. Make-ups will not be allowed to “carry over” from a previous session.

Practice and Training

Diving training for all levels will include a combination of dry land conditioning and drill work, dry board and belt spotting, one and three-meter diving training with an emphasis on basic diving fundamentals while learning new dives, video analysis through the use of TIVO - delayed recording system, and the improvement of competitive skills.

Practices and training will be goal and result oriented, designed to build a strong foundation while guiding each diver toward reaching their maximum potential and competitive readiness.

Progressive diving levels have been formed to ensure that the classes are built around the same age and ability and kept to a maximum of 10 divers for a small coach-to-diver ratio, ensuring each diver is given the one-on-one instruction they need.

Practice Expectations

The most important aspect of the Marlins Diving Club is the practice environment. By following these suggestions, the proper atmosphere will be created to give each diver the opportunity to achieve their maximum potential:

1. Safety first! Never dive without a coach on deck supervising.
2. Have fun!
3. Come to every practice on time.
4. Be coachable. Look at your coach before and after each dive and listen carefully to their instructions and follow their direction at all times.
5. No Balking!
6. Be ready to dive when it's your turn.
7. Dive with courage. Accept and meet challenges.
8. Point your toes!
9. Maintain a positive attitude at all times during practice.
10. Support your teammates. Encourage them and compliment them.
Applaud a good or new dive.

Parents

The Marlins Diving Club and the Greenwich Family YMCA recognizes and values the important and central role that parents and guardians play in each diver's life.

Due to safety concerns and in an effort to maintain proper supervision of the divers on the boards, coaches and athletes only will be allowed on the pool deck during practice times. There will be a designated viewing area for spectators. It is essential that there are no distractions or interruptions during the workout and that the divers and coaches are allowed to focus on the practice. Also, please no flash photography while divers are on the boards. Parents will have the opportunity to schedule discussions with the coaches. Your cooperation is greatly appreciated.

Attire

Every diver is encouraged to wear competitive 'speedo' swim suits and 'jammers' to all practices and competitions. Each practice will begin with dry land training and shorts and t-shirts are allowed to be worn for that portion. For the safety of each diver, all jewelry, including watches, should be removed for practice. Appropriate swimwear will be required to participate. Team apparel and team suits with Marlins logo as well as aqua towels ["sammy's"] will be available for purchase. Please refer to the order form inside your registration packet.

Attendance

Attendance will be taken at the beginning of every practice for each level. Parents and divers will be required to sign in and out. Attendance at practice is a key element for a successful session. Please arrive 10 minutes before the start of your scheduled practice, ready to dive. Lateness, early dismissals and missed practices are a disruption to the training environment and to the rest of the divers and will only be allowed when absolutely necessary or under emergency situations. Please see **make-ups** if you need to miss or switch a practice.

Acknowledgement

Please sign and date the following acknowledgement and understanding of Marlins Diving Club team policies and information and hand in to the Head Diving Coach:

I have read and understand the team requirements as set forth by the Marlins Diving Club and the Greenwich Family YMCA and agree to abide by all the policies as a condition for participation with the Marlins Diving Team:

Diver _____ Date _____

Parent _____ Date _____