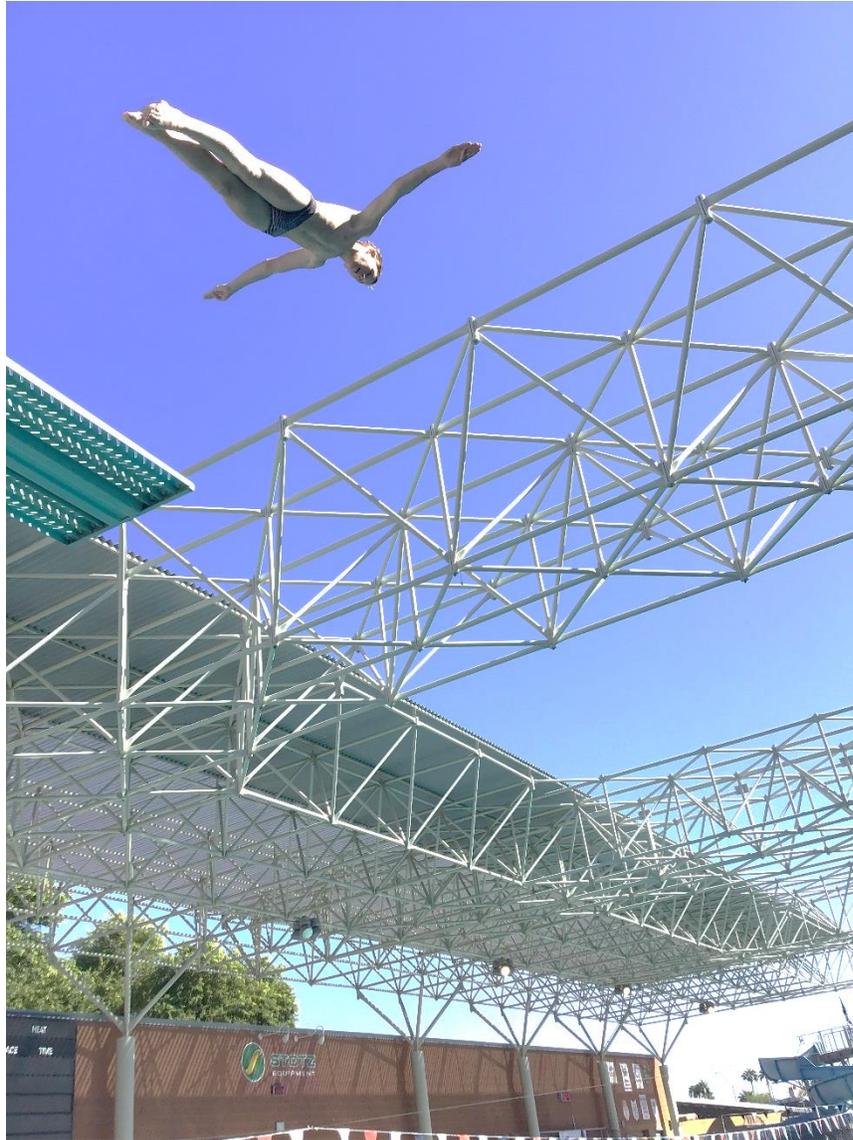


Silver Fins Diving Team Handbook



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SECTION 1: General Information

Introduction



Your child is now a member of the Silver Fins Diving Team. The decision to join this program requires a commitment from your child as well as a commitment from you, the parent.

It is simply amazing how much personal growth our children gain from our investment of time and money in sport participation. They not only gain in strength and athletic ability, but also poise, self-confidence, and sportsmanship. The smile you see when they have done their best makes all the work worth the effort.

Overview of Diving

Competitive diving consists of four events – 1-meter springboard diving, 3-meter springboard diving, platform diving, and synchronized diving. The number and types of dives performed in competition depends on the level, age, and gender of the diver.

Silver Fins Diving Team is a member of AAU, YMCA and USA Diving (USAD). USAD govern the sport in USA Team members for Olympic Competition. All these associations determine the rules and regulations of the sport and provide education for coaches, judges and parents. These organizations have many years of experience in establishing competence levels that safely prepares a diver for the next higher level. All our meets are sponsored by one of these associations. Our primary national meet is YMCA Nationals held in April.

Understanding Dive Numbers

Basic Dive Group, the First Digit in the Dive Number:

The first digit indicates the basic dive type, specified by a number from 1 to 6. These basic dive types are:

Forward (1); Back (2); Reverse (3); Inward (4); Twisting (5); Armstand (6)

The first four dive groups all use three-digit numbers, which have specific meanings.

Somersault or Flying, the Second Digit

The second digit of the dive number will always be 0 or 1. This indicates that the dive is either a normal somersault (0), or is a "flying dive" (1), which is rarely seen in competition.

Half Somersaults, the Third Digit

The third digit in the dive number is of more interest, as it indicates how many half-revolutions the diver is making. A dive labeled a 204, in other words, is a back dive with two full somersaults.

Dive Position, the Final Letter

Finally, dive number will end in the letter A, B, C, or D, which refers to the dive position – straight, pike, tuck, or free.

A: Straight position dive with no bend at the knees or hips (considered the hardest of the four).

B: Pike position dive with knees straight but a tight bend at the hips (considered to be of medium difficulty).

C: Tuck position dive, where the body is folded up in a ball (considered to be the easiest position).

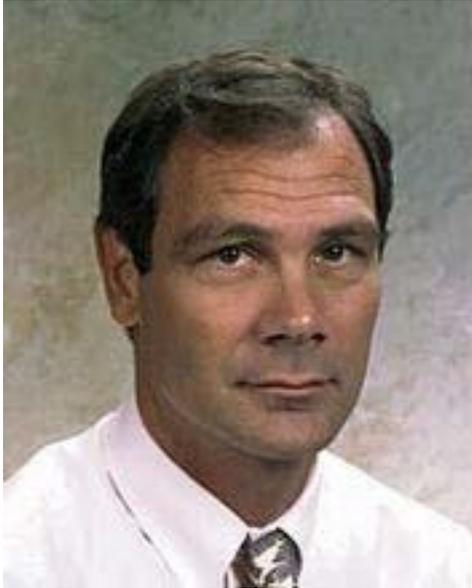
D: A "free" dive, which is a twisting dive where the position changes during the dive.

Group 5 Dives

Twisting dives all are identified with four-digit numbers. The first digit, 5, identifies the dive as one from the twisting dive group. The second digit indicates the group (1–4) of the underlying movement. In other words, this number shows whether the dive is from the forward, back, reverse, or inward position. The third digit indicates the number of half-somersaults, and the fourth indicates the number of half-twists in the dive.

For example, in a dive identified as 5337D, the first number (5) identifies it as a twisting dive. The second digit (3) indicates that the dive is from the reverse position. The third digit (3) indicates one and a half somersaults. The last digit (7) indicates that the dive has three and a half twists. The final letter (D) identifies the dive as being a free dive.

SECTION 2: Coaches



Head Coach: Bill Hunter competed in springboard diving and swimming during his High School years in New Jersey along with Cross-Country and Spring Track. After many years' hiatus from diving, he re-engaged when his son entered the sport at Agua Fria High School, where Mr. Hunter was an assisted coach. Bill has coached both novice and Junior Olympic divers to National Competition, and prepared High School athletes for NCAA Collegiate Competition. He is a recipient of the Arizona AAU Coach of the Year award.

Mr. Hunter earned a Bachelor of Science degree from Rutgers University.



Assistant Coach: Autumn Fotta competed in High School springboard dive , Cross country, and Track and Field, and Clarion University's Division II Diving Team. During College, she coached at the Clarion, PA YMCA.

Autumn Graduated Summa Cum Laude with a BS in Biology from Clarion University and current is a student at the School of Veterinary Medicine at Midwestern University.



YWSF Dive Club Founder and Visiting Coach: **Barbara Nejman** competed in the sport of springboard and platform diving for 18 years and has been a diving coach for well over 40 years. She competed in the U.S. National Championships while still a senior in High School. A 26-time finalist in national diving championships, she was named the Outstanding Women Diver in 1969. A Gold medalist in the 1973 Pan-American Games, she was a member of the United States' 1976 Women's Olympic Diving Team, finishing eighth in Montreal in the three-meter springboard. Barb was inducted into the Cleveland Sports Hall of Fame in 1978 and is a past president of the Arizona Diving Association and Director of Arizona AAU.

Barb has coached 3 Olympians; 40+ State High School Championship finalists; as well as coaching Junior Olympic, High School and College teams. She was awarded Coach of the Year in Arizona, New York, Pennsylvania, and Ohio.

Barbara Nejman graduated from Clarion University in 1973 with a degree in Education. In addition to teaching at Notre Dame Preparatory in Scottsdale, Nejman has participated in most Olympic Days events around the Valley, has been on the selection committee for National All-American High School Diving for many years.

Expectation of Coaches

We feel honored that you have chosen Silver Fins to assist your child in their sport development, and we strive to daily improve our understanding and service to those we serve. We are pleased that our diving coaches are safety certified with AAU and USA Diving and are perpetually on a learning curve -- this curve not only includes teaching skill development, but also includes modeling respect, appropriate rapport, and integrity in and out of the training and competition venues

SECTION 3: Dress Code



Male Team Members

Practice: Brief style swimsuit and shammy.

Competition: Team brief style swimsuit or black, team sport shorts or black, and team t-shirt. Team sport shorts and t-shirt should be worn over the swimsuits when not competing or training at competitions and at all award ceremonies.

Female Team Members

Pool: One-piece swimsuit and shammy.

Competition: Team one-piece swimsuit or black, team sport shorts or black, and team t-shirt. Team sport shorts and t-shirt should be worn over the swimsuits when not competing or training at competitions and at all award ceremonies.

Jewelry

For safety reasons, all jewelry is to be removed for training and competition.

SECTION 4: Athlete/Parent Information

Team Parents - General

Having a child on a competitive team can be more stressful for the parents than for the athlete. We watch our children work hard and struggle to meet goals and we want their hard work to be rewarded positively. We all want our children to do well and feel good about themselves and their accomplishments. At times we may want to go beyond being a parent and try to overly involve ourselves in the sport, which can lead to problems with the coaches, the team, other parents, other athletes, and your child. To help avoid these problems, some guidelines for parents are listed below. These guidelines apply during workouts as well as at competitions.

Please do not coach your child.

Please leave the training of your child to the coach. You may not know what the coach is working on with your child at any given time. Interfering in the training process can be confusing to the athlete and disheartening to the coaches. Unless a coach has asked for assistance from a parent, let the coach do the coaching.

Please do not go out on pool deck at training or competitions. This is a safety issue, unless there is an emergency that needs the coach's attention. If you have a personal concern about your child, please understand that practices and competitions are not the time to talk with the coach about them. Set up a time with the coach when you can discuss issues calmly and privately.

Emotional Issues

Parents should discuss with their child the emotional roller coaster of competition – the highs and the lows. Help them to understand that when they are training or competing, they must exert control over those emotions. Whenever an athlete cries, whines, or in some way “throws a fit”, it disrupts the workout or competition. Allow the coach to handle the situation. He/she will notify you should he feel your assistance is needed.

Health Information & Current Issues

A current medical health form should be on file with Silver Fins. Inform Bill Hunter, Organizing Coach, or the coach on duty of any immediate health concerns (medical or emotional) privately before a practice or by e-mail. For all traveling, please have an up-to-date **Emergency contact form** filled out for BOTH your child's bag and for the coaches.

Athlete Responsibilities

Attitude:

- Be enthusiastic, whether doing exercises, conditioning, drills, learning new skills or practicing old skills.
- Accept constructive criticism in a positive way. The coach is instructing what needs to be corrected in order to improve performance.
- Work extra hard to overcome any weakness or improper techniques that may be hindering progress. Realize that these weaknesses or improper techniques will cause deductions during competitions as well as prevent skill acquisition that is dependent upon improving a weakness or correcting technique.
- Work well independently. If given a drill, skill, or assignment to practice, work on it whether a coach is watching or not. Practicing correctly is the only way to accomplish a skill correctly.
- Use time efficiently. There is so little time and so many skills to practice. Use every available minute of workout time to improve these skills.
- When corrected on a skill, try to make the correction before the next turn.
- Be courteous, kind, and positive to all fellow team members.
- Share equipment and duties equally with all team members.
- Positive, efficient behavior is important in effective sport and self-development. Breaches in positive training behavior include: (1) disrespectful responses to coaches, athletes, and parents; (2) responding with a defiant “NO” when asked by a coach to execute a training skill, drill, or dive; (3) horseplay; (4) not following directions; (5) not making eye contact with a coach when a coach is given corrections/remarks; and (6) hiding or wasting time in the water or in the warm showers.
- We understand that athletes can have their “moments” and have allowed for these moments in our training approach. On a per practice basis, a coach will give an athlete a warning on the first breach. On the second breach, the athlete will be asked to sit out of practice for five minutes. On the third breach, the athlete will be asked to call his/her parents and leave practice.

Competitions:

- At each competition all team members must have a team training (warm-up) swimsuit, team competition swimsuit, team t-shirt, and team warm-up outerwear. Each competitor, when traveling with his/her parents, must arrive at the competition site at the time specified by the coach. A late competitor for competition or warm-ups may not be allowed to compete.
- During competition, the athlete must stay on the pool deck or athlete holding area with the team and/or coach. No one leaves the pool deck without coach permission.
- Athletes must be in team outerwear warm-ups for awards.
- Parents and divers should not openly criticize scores or judges. Errors are addressed by the coach.
- Athletes are expected to control emotional outbursts over disappointments or frustrations. It is a part of being a disciplined individual. Losing is as much a part of competing as winning, and our team members are expected to be gracious whether winning or not.
- Athletes are expected to respect competition and its warm-up sessions and practices. Not attending a scheduled warm-up or competition practice without previous arrangement with a coach could result in the athlete being scratched from the competition. Being inattentive to the work ethic of competition could result in the athlete being scratched from the competition.

Attendance:

- Be on time for practice. Arrive at least 5 minutes before you are to be out on the gym floor or the pool deck. If you are tardy you are responsible for completing warm up from start to finish for 15 minutes before training on the equipment.
- Regularly attend practice.
- Inform the coach before a practice begins if a team member cannot attend a regularly scheduled practice or is going to be late. Being late for practice is a tremendous disadvantage to the athlete. It puts the athlete behind in the day's practice and affects the rhythm of the overall team practice.

- Please inform the coach at the beginning of practice if the athlete must leave early.
- Please do not leave the gym or pool deck without permission.
- Let coaches know when athlete will be missing a practice at the start of a week if possible.
- Divers are expected to be responsible for their own commitment to the sport and team and are expected to attend all practices and level appropriate meets and events. There are situations when a choice needs to be made between diving practice/event and another activity or function. We consider excused absences to be required school functions, religious obligations, family emergencies, family vacations, injury, and illness. Unexcused absences and tardies are things like oversleeping, dropping by Starbucks, did not feel like practicing, procrastinated homework, etc. If a coach or coaches feel that too many practices are being missed, tardy, or left early, without an excused reason, then a conference will be held with the diver and parents to assess how the situation can be improved.



Parent Responsibilities:

- **Athlete Attendance:** Practice is critical to success in the program. If your child will miss practice for any reason, please call the gym or the coach. If your child is injured, you should confer with the coach as to what amount of time at practice will be most beneficial to the athlete.
- **Support:**
- **Of Coaching Staff** -- The success of the diving program is directly related to the support of the parents; your continued support, respect and confidence of the staff is needed.
- **Of Athletes and Parents** -- Most parents provide wonderful support for one another. Sometimes this does not occur: Under NO circumstances should a parent ever approach another parent's child or take it upon himself or herself to correct, discipline, or make comments regarding another child's performance, unless it is to show encouragement and congratulations. Failure to comply with this could result in your child's immediate expulsion from the team.
- **Medical or behavioral issues:** In order to effectively coach an athlete, coaches need to be aware of any medical, emotional or behavioral issues of the athletes. Parents should disclose any of these issues to the Organizing Coach. With the written consent of the parents, the Organizing Coach can then share this information with the other coaches.
- **Volunteering:** If your child is diving in a home meet, the parents are expected to volunteer at that meet. Failure to volunteer may result in additional assessments against your diver(s) account. If your child is not participating in a home meet, parents are still strongly encouraged to volunteer to support the entire dive team. We are a small team, and it takes a lot of volunteers to organize and run a meet efficiently and effectively.
- **Parent/Coach Relationship:** A positive parent/coach relationship is an essential part of a competitive sport. If a conference is needed, for any reason, please call the coach to schedule a time. If you are not satisfied with a situation, please talk to the coach, rather than talking among other parents. It only takes a small spark to start a fire, and a small breeze to blow it out of control. Coaches will have the final decision.
- **Involvement:** Parents are encouraged to share the joy of their child's accomplishments, support them at times of disappointment, encourage them to persist, and provide an on-going model for commitment and good spirit.

- **Fundraisers:** Part of the function of our booster club is to provide physical and financial support so the athletes can compete. It is also responsible for providing financial support so that the coaches can coach at competition and encourage these athletes when they travel to meets. Therefore, parents are expected to participate in fundraising activities. Approximate fundraising responsibilities are \$500 per athlete. Shortfalls from fundraising could result in an increase in fees or additional “special” fees.
- **Meet Attendance and Registration:**
- It is the parents’ responsibilities to provide transportation to all meets (in-town and out-of-town) for your athlete and possibly coaches. If a parent cannot attend a meet with their athlete, then it is the parent’s responsibility to find another team parent or guardian who can attend the meet with their athlete. A coach will not attend the meet with an athlete in lieu of a parent. It is the parents’ responsibility to register their athlete for a meet. For a new diver, the coaches will provide the list of dives. For those athletes in group 1, the athlete is expected to know which dives they will be competing and are therefore responsible for communicating these dives to their parents so they can register on Dive Meets. For additional information, please refer to “Meet Registration” outlined further in this document.



SECTION 5: Meet Registration

(It's a Parent's Responsibility!)

DiveMeets Registration:

USA Diving - www.divemeets.com

AAU Diving - www.cleanentries.com

You will use these site to register for most dive meets. It is like opening a bank account. You cannot make a deposit or write a check until you open an account. DiveMeets and cleanentries are the same. You may enter a meet online until you open a DiveMeets and cleanentries account. You only register once, and it is free.

To Register - You will need to give your child's general information, then select the "Organization Memberships" - you will check both **USA Diving** membership boxes. Next you will click on the enter button and you will be asked to select "**Team Affiliation**" - **Silver Fins Diving** and your "**Coach**" - **Barbara Nejman**. This site is a great place to learn about dive scoring, set up a personal diver profile (with photo if you'd like), and keeps track of your athlete's progress in meet events.

When registering for a specific meet, you will be provided with entry level type (Novice, intermediate, etc.), age group (FINA rules - see below), board and specific dive numbers from the coach. It is YOUR responsibility to register your youth for the meet. Please make sure that your youth is registered at least 8 days before the meet. [Note that you must have the appropriate level membership to USA Diving BEFORE you may complete registration. DiveMeets will let you know if you lack the proper memberships. After you register for a meet, the coach can view and make dive changes if necessary with no penalty to you.

FINA age group rules: Your child will compete in an age group range. This 'age group' is determined by the **age your child will be on December 31** of the year they compete. That means that if your child is 15 yrs old now but has a birthday and turns 16 sometime this year (even if it was on December 30th), then they would compete in the ages 16 to 18 group. A 15 yr old that turns 16 on January 1 of the following year would compete with the 14-15 age group this year.

If an athlete is trying to qualify for a meet in a following year, they must compete in the age group in which they will be the following year (e.g., a 15 year old who is competing in December 2013 but trying to qualify for USD Nationals in July 2014 would compete in the 16-18 age group in December 2013 because that is the FINA age they will be at the time of the competition in July 2014).

