



*Eagle Diving Program*

*2019 - 2020 Team Handbook*

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## *Letter from Head Coach Jeremy Sisemore*

Dear Divers and Families,

My name is Jeremy Sisemore, and I am excited to be in my first season with the Eagle Diving Family as your head diving coach. I have experience as a competitive springboard and platform diver having dove competitively in the State of Texas for 4 years, 4 years at The University of Missouri on scholarship, and then also working as a competitive diving coach in Saint Louis for 2 Universities and a club program called Clayton Diving Alliance.

I look forward to a fun-filled and successful season at Eagle Diving. I hope each diver will learn and improve their skills as well as the values of teamwork, sportsmanship, grit, courage, respect, and setting high standards. My goal is to create a positive, supportive, competitive, and fun team culture for every member.

This Team Handbook is meant to be a guide to where the ESA Swimming and Diving Teams will be going in the future. It is also intended to help new and old membership to understand how Eagle Diving will operate on the “wet” side and “dry” side of the program. Please familiarize and review all policies in the Eagle Diving Handbook.

Thank you for being a part of Eagle Diving, whether your diver is a developmental diver or national level diver. I hope that you find this information useful throughout the season. We are looking forward to working with all of you to build a successful program for the divers.

I am excited to see what the new season brings to Eagle Diving.

## About ESA and Eagle Diving

ESA Swimming was established in August 2006 with the goal of building a Swimming, Diving, and Water Polo community in the geography near Humble ISD. It is a non-profit organization that features a competitive age group and senior swim and diving team that offers athletes in the Humble area an opportunity to excel in the sport of Swimming and Diving.

As a member of USA Diving, the goal of Eagle Diving is to provide every member an opportunity to improve Diving skills and achieve success at his or her ability level. Eagle Diving creates an environment where Diving excellence is pursued with courage and always with safety as a top priority.

Eagle Diving trains out of two pools located at Atascocita High School and Humble High School with practices offered during the week to all ages and abilities. The Team attends local, regional and national USA Diving meets and events.

Over the years, ESA Swimming has been a top 18 and under program in Gulf Swimming and USA Swimming. In 2015 and 2016 ESA Swimming was Nationally Recognized as a Bronze Medal Club of Excellence. ESA is a level four-club recognition program, which is the highest in USA Swimming. We are excited to bring that same level of excellence to our Diving Program.

Eagle Diving's staff of professional coaches is all certified by USA Diving, and provides high quality technique instruction for all ages and abilities. All of Eagle Diving's staff has access to the most comprehensive training and certification programs for youth coaches in the United States.

## Core Values

Respect our Teammates, our Coaches and have Self Respect  
Safety is a top priority for our divers  
Pursuit of excellence in USA Diving, with Courage  
Show Grit to overcome obstacles and achieve success  
Joy found in Effort, Teamwork and Team Spirit  
Set high Standards, rather than enforcing rules  
Value the journey, not the Destination

## Vision Statement

To be a model club in the Houston Area as well as within USA Diving

## Our Mission

Our Mission is to inspire our athletes to pursue personal and team excellence through the sport of Diving

## Where we are now (ESA Swimming)

- ESA expanded to include USA Diving in 2020
- Currently, over 175 USA Registered Swimmers for ESA
- Virtual Club Ranking Short Course Yards 485
- Virtual Club Ranking Long Course Meters 521
- Three Main Pools (Atascocita, Humble, and Summer Creek H.S.)
- We offer a competitive level for every 18 and under age and ability
- TAGS Team Overall Score of 32<sup>rd</sup> at Age Group Long Course State
- TAGS Team Overall Score of 18<sup>th</sup> at Short Course State

## Diving Team Objectives Year One

(March 2020 – August 2021)

- Build the Diving Club to over 20 Divers
- Build program on 2-levels (10 and Under Age Group & 11 and Up Ages)
- Take 10 or more divers to their first 3 US Diving Competitions
- Train our High school Age Divers to compete and qualify for finals at Invitational Meets and District or Regionals.
- Goal to help a few of our divers qualify to compete at State Championships!
- Create a more engaged relationship between parents and coaching staff by increasing communication.(Completed)
- Team Handbook on website(Completed)
- Establish a Strong Social Media Presence for our members using Twitter and Facebook(Completed)
- Continue with yearly Professional Team Photo(Completed)

## Team Objectives Year Two to Four

(2021 - 2024)

- Build the Base by increasing membership by ten-percent.
- Aspire to help our divers earn college scholarships
- Compete as a Top 3 Diving Program in all of Houston
- Compete for ALL our local divers above and beyond other programs
- Develop Divers that can compete at a State or Junior Olympic Level
- Eagle Diving has a presence at National Level Meets

## Team Objectives Year Four to Six

(Sept 2024 – Aug 2026)

- Continue building our program by 10-15% year over year
- Expand program by adding coaches and facilities
- Expanding to 4 Levels of Athlete within our program
- Travelling to meets nationally, and throughout state of TX.
- Develop Future USA Diving National Team and USA Olympic Team Members as well as Collegiate Scholarship winners
- Fundraising and building dry-land facilities and/or other helpful equipment

## Joining the Team

Sign up for Eagle Diving at [eagleswimmingassociation.com](http://eagleswimmingassociation.com). You will need to create an account in Team Unify, our web-based swim team software. You will be charged your first month's dues and the Eagle Diving annual registration fee in order to complete the team registration. Future monthly dues will be collected on the first of the month.

- **Verify your email address**  
You will receive a welcome email. Please verify that your email address is correct. We will be sending lots of important information to the address.
- **Include your cell phone number**  
It is highly encouraged that you include and verify a cell phone number for SMS messages. This is how we will contact you in the event of a pool closure or another time-sensitive emergency

# Fees / Membership Diving Dues

## **Eagle Diving Registration Fee – The annual registration fee includes:**

- ☐ **Eagle Diving Registration** – Divers receive an Eagle Diving team shirt. (Registration fees: first Diver \$60, two Divers \$120, & \$25 for each successive Diver beyond two)
- **USA Diving** – Membership is required for all members of any USA Diving Team. USA Diving provides insurance, allowing Divers to participate in practices and meets as well as take advantage of other programs offered by USA Diving. Annual Registration is \$75 for each Diver.

**Monthly Dues (Diving)** – Dues will be deducted from your account on the first of the month. You may change your payment method at any time by logging into your Team Unify Account on the ESA website

We have two scheduled breaks, one week in March coinciding with spring break and two weeks in August. In order to simplify the billing process dues are calculated on an annual basis and divide by twelve. Therefore, even when the team is on a break, monthly dues remain the same.

### **Family Cap**

- Families with three Divers will pay no more than \$400
- Families with four or more Diver will pay no more than \$450
- There is a \$10 discount on monthly dues for a second Diver and every Diver after that.



**Transfer from other US Diving Teams-** Eagle Diving will waive dues until your commitment is done with previous team or up to three months (whichever is less) for families transferring onto the Eagle Diving team from another US Diving team. Proof must be shown to the Treasurer. Please email proof of payments and agreement to [treasurer@eagleswimmingassociation.com](mailto:treasurer@eagleswimmingassociation.com)

**Cancel Eagle Diving Membership –** The deadline to notify Eagle Diving of your intent to cancel your membership is 11:59 PM on the 20th of each month. When such notice is provided you will be required to pay for the following month's dues. This is effectively a 1-month notice. Notices submitted after the deadline will be applied to the next month's deadline. This requirement is essential for team resource and expense planning purposes.

For example if you provide notice on the 19th of Month 1, your membership will continue until the end of Month 2. If you provide notice on the 22nd of Month 1, that notice will be applied to the deadline of the 20th on Month 2 and your membership will cease at the end of Month 3.

Please email the Intent to Quit Form (located on the team website) to [treasurer@eagleswimmingassociation.com](mailto:treasurer@eagleswimmingassociation.com)

**Eagle Diving Members Diving in the summer will not be allowed to suspend their accounts for the month of August.**

**Returning Eagle Diving Membership -** Families rejoining Eagle Diving will need to send the Returning Notification Form (located on the team website) to Head Coach and Treasurer. Please note that upon rejoining the team all families will have to pay the Team reinstatement Fee (\$75).

## Team Training Philosophy

Eagle Diving is built on these training best practices: Safety, Fundamentals, and Progression Training. Divers will learn strong fundamentals related to board-work, the forward and back approach, basics like front jumps, back jumps, and how to do head-first entry properly. We teach simple dives and proper fundamentals for all simple dives of each category: Front, Back, Reverse, Inward, and Twisting before divers slowly advance in level to include 1 somersault, 1 ½ somersaults, 2 somersaults, 2 ½ somersaults and for some 3, and 3 ½ somersaults.

The Eagle Diving training program is an age sensitive, developmentally appropriate, progressive training program that emphasizes muscle memory and repetition training, visualization techniques and more. The training program is unique because Coaches and Athletes will work together on their goals weekly, monthly, and yearly. This method will hold accountability on every member of the club and will help build our athletes for the long term and provide a stable progression in the program.

The Eagle Diving coaching staff recognizes and embraces the different developmental phases of our Divers and progressively adapts training to best meet needs at every level. The underlying foundation for our physical training program is built upon core values that include: Respect, Goal Setting, Pursuit of Excellence, Courage, Grit, Joy found in Effort, Teamwork and Team Work, High Standards, and the value of the journey.

The dry land program is based on an extremely adaptive, progressive, and preventive program that will connect the “dry” side to the “wet” side. The objectives of each dry-land session will be to prevent injury, develop functional strength, develop muscular endurance and improve explosive power. Each dry land session will be based on a “Win the workout” approach.

The coaching staff believes at the end of the journey all-physical limitations are eradicated and the Diver is ready technically, tactically, physically and psychologically to compete and win.

## Practice Groups

Eagle Diving is a competitive swim team offering training for Divers of all ages. Divers are placed in to a practice group geared towards challenging them and developing their abilities. The most current information about coaches and practice times can be found at [eagleswimmingassociation.com](http://eagleswimmingassociation.com).

### Age Group 1 (10 and Under)

\$125permonth

Must know how to swim, and be able to do a head-first entry, forward and backward jumps into deep end, and exit pool unassisted.  
(Approximately, 5th Grade & below)

Eagle Diving's first level of competition, AG 1 is still technique-based. Divers in this practice group are generally ages 10 & under and are beginning to learn all 5 diving categories while slowly increasing their difficulty level. Divers at this level are learning the basics of diving and how to do front and back approaches and learning to do simple dives in all 5 categories. Divers in AG 1 generally participate in 2-3 meets per season.

**Workout Days/Times:** Mon & Wed, 6:30-7:15 PM at Humble H.S.;  
Saturdays 11:00 - 11:45 AM at Atascocita H.S.

## Age Group 2 (11 and Up)

\$160permonth

Must know how to swim, and be able to do a head-first entry, forward and backward jumps into deep end, and exit pool unassisted. Should be able to do a forward somersault, a back somersault, and do 1 dive from each of the 5 categories. (Approximately, 6th Grade & above)

AG 2 is an intermediate to advanced level of diving where participants will learn more intricate skills to compete in High School Diving and at a State Level. It is the goal of Eagle Diving to help prepare our divers to reach their own personal goals, and for some that includes qualifying for State, diving in U.S. Junior Olympics, National Meets, and work towards earning Collegiate Scholarships. Divers in this practice group are generally 11-18 years old, compete in 3+ meets per season.

**Workout Days/Times:** Mon & Wed - 7:15-8:30 PM at Humble H.S., and Saturdays 11:45-1:15 at Atascocita H.S.

## Behavior Guidelines for Diver and Parents

**The Following behavior guidelines identify principles Eagle Diving expects all members (Divers, coaches, parents) to demonstrate and uphold. These remind us of why we are involved in youth sports, especially in the midst of competition.**

1. Strive to make every team activity serve as training for life.
2. Respect the integrity of swim officials by assuming decision is based on honest, objective evaluation of performance. Only coaches may approach meet officials for clarification of rulings.
3. Promote good sportsmanship by setting an example and by helping others to do likewise. Eagle Divers win gracefully, lose graciously and congratulate their opponents either way.
4. Assist the coaches in conducting effective practices by ensuring Divers arrive and leave on time, and bring the proper equipment.
5. Arrive at meets in time for check in, stretching and warm-ups.
6. Assist the coaches by not talking with or motioning to Divers during practices unless clearing it with a coach first.
7. Opposing teams, including their Divers, coaches, and fans, want the same positive experiences for their Divers as we do. Help Eagle Diving achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
8. Know and uphold Eagle Diving's, standards, regulations, board and coach directives, and by-laws that are designed to maximize the experience for all Divers and parents.
9. Realize that Divers become easily confused when coached by parents and benefit most from positive reinforcement of the professional coaching staff's instruction and advice. Your unconditional love and support before and after races will help them best.
10. Support your professional coaches as they strive to do what is best for each Eagle Diver, our expectations and method are based on USA Diving and The American Swim Coaches Association and other recognized authorities.

11. Maintain open and honest communication among all members of the Eagle Diving Family. We reach our common goals by working together.
12. Refrain from illegal or inappropriate behavior that detracts from the positive image of the team or is detrimental to our performance objectives.

## Volunteer Policy

Parent support and involvement is vital to the success of our team. We don't have the same parent volunteer policies as ESA Swimming but there may be times when we call upon parents to help as needed and we appreciate your support as it is required.

## Team Policy

### Safe Sport

Eagle Diving and USA Diving are committed to fostering a fun, healthy and safe environment for all its members. Each policy and procedure eliminates a possible situation in which abuse could occur. For that reason, we have placed in effect the following policies. You also can find all these Policies more in depth on the ESA website.

### **USA Diving Mandatory Travel Policy, Electronic Communication Policy, Bullying Policy.**

- An athlete may not travel alone with a coach. This includes travel trips, rides to and from practice, or any other travel. In the event an athlete must alone travel with a coach, the parents must give express written permission to the coach. Such situations should always be the rare exception, if ever.
- An athlete may never stay alone in the same hotel room with a coach.

- A coach may not sit beside an athlete on a bus or on a plane or in a van.
- A coach may not meet with an athlete in a closed room for any purpose or any closed space for any purpose.
- A lone coach may not enter athletes' rooms on travel trips. All curfew and safety checks must be made with at least one coach / chaperone of the same sex as the athletes in the room.
- Coaches may not communicate electronically with an individual athlete except to convey practice information.
- Peer to Peer electronic, physical, and all other bullying will not be tolerated and may result in suspension from the team.

### **Diver Safety (Athlete Drop Off and Pick Up)**

Eagle Divers who are 10 years old or younger must be dropped off and picked up at the front door of the pool.

Divers who are 13 and older can be picked up and dropped off in the parking lot.

Parents must arrive no later than 15 minutes prior to the end of the scheduled practice time for their Diver.

Coaches typically leave 15 minutes after the deck is cleared.

### **DECK POLICY**

The pool deck and the pool is a classroom/training area for our Divers. We ask that parents and Divers respect the following rules while at the high schools.

- Parents must remain in the designated viewing areas during practice
- Parents should refrain from giving instruction or coaching their Divers during practices.

- All swim bags and personal belongings must be kept in an organized fashion on the pool deck or in locker rooms. Bags should not block doors or entryways at the high school.
- Athletes are not allowed to leave swim bags in the locker rooms at natatoriums overnight.
- Divers are not allowed to change on deck no exceptions

## **LOCKER ROOM POLICY**

Locker rooms are provided at both facilities for Divers to shower and change. Divers must be respectful of locker rooms AT ALL TIMES. This includes:

- No use of cell phones or cameras in the locker rooms.
- No horseplay, running or other dangerous actions in the locker rooms.
- Maintain a noise level that is acceptable of being in an indoor environment.

## *ESA Fundraising*

In order to keep monthly dues at a minimum, our team relies heavily on various types of fundraising.

**Swim/Dive Meets-** We host various swim meets throughout the swim season. Your volunteer efforts at these meets are critical in running a smooth meet (so teams keep coming back to our meets). We also ask that you bring water, soda, etc. to donate to the meet, as well as hospitality items. You will be able to sign up to bring these donation items on the team website in the volunteer sign-up area for each meet.

**Swim-A-Thon** – Swim-a-Thon raises needed money for the team while supporting the USA Swimming Foundation. Divers ask family members, friends, and neighbors to pledge a certain amount of money per length



of the pool swim or to make a flat tax-deductible donation in support of the team. Divers can earn participation and incentive awards, and we have extra fun with food and games. **(May do something similar or different for Eagle Diving.)**

**Business Sponsorships** – Families can help our team reach our business sponsor goal! Businesses who sponsor will receive advertisements posted at our home swim meets, in our meet documents, on our website, and on social media. Parents, for every \$500 worth of business sponsors you bring in, you will be awarded 1 volunteer credit! Sponsorship packets are available on our website.

**Energy Company Grants/Company Matching Programs** – Eagle Diving is a non-profit 501(c) 3 organization. If your employer offers any of these programs, please let Kayla Verret know. (volunteer@eagleDivingassociation.com)

**Party/Banquet Fund Donation** – Money raised as part of the Party/Banquet Fund donation will be earmarked to directly support the December holiday parties, the annual End of Season Banquet, and other fun team activities. This year your \$5 donation will include an ESA Water Bottle or a \$7 donation for an ESA Car Magnet.

**Silent Auction** – The second way we raise money each year to help keep the cost of our annual End of Season Banquet as low as possible is by holding a silent auction. Each practice group will again get to donate toward building fantastic silent auction baskets, and you'll be able to bid once again on private lessons with our coaches!

**Amazon Smile** – Amazon Smile is a simple and automatic way for you to support the ESA Swimming & Diving every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to the Eagles.

**The first time you go to smile.amazon.com, you will have to choose your charity to support. ESA Swimming and Eagle Diving are listed as Eagle Aquatics INC.**

**If you shop from your iPhone or iPad, you will need to do the following once on each device in order to create an app to shop through AmazonSmile:**

1. Open Safari and type smile.amazon.com in the web address field at the top. AmazonSmile will open
2. Sign in with your account email address & password
3. Click search all charitable organizations: Type Eagle Aquatics Inc
4. Choose Eagle Aquatics Inc and click SELECT
5. Choose the middle [share] icon with an upward arrow at the bottom of your device screen and then click +Add to HomeScreen
6. Type the name you want for your icon such as AmazonSmile or Amazon-ESA

Click this icon from your phone or iPad to browse and shop Amazon (as opposed to the Amazon app). Your Account on AmazonSmile is identical to your account on Amazon - you can see your cart, past purchases, wishlists, etc.

## Staying Connected

### Websites & Apps

**EagleSwimmingAssociation.com** – Almost everything you need to know about ESA and Eagle Diving can be found here. You will find a list of upcoming events & swim and diving meets, important updates from the coaching staff, and lots of helpful information about the world of Diving. Make sure you log into your Team Unify account so you have access to all the team information.

**OnDeck (for swimming)** – On Deck is a mobile app that keeps you connected to ESA. You can sign up for volunteer shifts, keep up with ESA events, and find your Diver's best times. OnDeck is a free app available in the Google Play Store or the Apple App Store. Sign in using the User ID and password you created when registering for the team.

**Deck Pass (for swimming)** - All Swimmers can track their times with the logbook and even keep track of their personal goals through Deck Pass and Deck Pass Plus. USA Diving members can also look up their times and recent meets, check their IMX scores, and see all of the Deck Pass patches they've earned. The deck pass application can be downloaded on any mobile device. *(Included with USA Swimming Registration)*

**Meet Mobile** – The Meet mobile app can be used during many swim meets to get meet results in real time, to view psych sheets, and to get lane assignments. Meet Mobile is available in both the Apple App Store and the Google play store.

**Twitter** – Important practice information, such as pool closures or amended practice times, can be found on Twitter. Our Twitter handle is @ESASwim

**Facebook** – Fun Pictures and upcoming events can be found on Facebook. Follow us by clicking on the Facebook link at eagleswimmingassociation.com

**Instagram** – ESA is also on Instagram. Find us on Instagram at eagle\_Swimming\_association

**MeetBop** – A few swim meets utilize the MeetBop app to provide real time updates on the meet timeline. The app provides updates on what event / heat is currently in the water. MeetBop is available in both the Apple App Store and the Google Play Store.

### *Staying Connected with Weekly Chlorine*

**The Weekly Chlorine is meant to be a week by week update for the parents. The weekly chlorine will have all of the following information below. This updated will go out on Sunday at 12pm. If you are not receiving the weekly chlorine please check the website with the tab weekly chlorine.**

- Practice Schedule or changes
- Swim Meet Schedule and Swim Meet Deadlines
- Upcoming Events
- Announcements
- Swimmer Spotlights
- Swimming Related Articles

If you are not receiving the Weekly Chlorine contact Coach Matt at [coachsanspree@eagleswimmingassociation.com](mailto:coachsanspree@eagleswimmingassociation.com)

## *Team Apparel and Gear*

Below is a list of required gear for each training group:

### **Development and Age Group 1 (10 and Under)**

- Appropriate Swimming/Diving Suit for practice & competition
- Swim Camois (Shammy, Shammies) – athletic towel

### **Age Group 2 (11 and Up)**

- Appropriate Swimming/Diving Suit for practice & competition
- Swim Camois (Shammy, Shammies) – athletic towel
- Potentially, a warm Parka for outdoor or travel meets
- Duffel bag, dryland shorts, pants, shirts, etc.

We are proud to partner with D&J Sports Inc. You can purchase any of these items as well as team suit through D&J Sports.

D & J Sports | (281) 370 7946 | [djsports.com](http://djsports.com) | [becky@djsports.com](mailto:becky@djsports.com)

## Team Contacts

The team website is the best place for the most current information. Please check it often. In addition, you will receive weekly emails from the coach and occasional emails from the Board of Directors. These contain important information, so be sure to read them as soon as possible.

If you have a question here are some helpful contacts:

- **Diving Head Coach** – Jeremy Sisemore  
[Jeremy@asaptalentservices.com](mailto:Jeremy@asaptalentservices.com)
- **President of Board of Directors** – David Pink  
[coachpink@eagleswimmingassociation.com](mailto:coachpink@eagleswimmingassociation.com)
- **Billing Questions** – Stephanie Woods  
[treasurer@eagleswimmingassociation.com](mailto:treasurer@eagleswimmingassociation.com)
- **Swim-A-Thon / Banquet** – Contact Lisa Ozenne  
[blozenne@comcast.net](mailto:blozenne@comcast.net)
- **Volunteer Question** – Contact Kayla Verret  
[volunteer@eagleswimmingassociation.com](mailto:volunteer@eagleswimmingassociation.com)
- **Business Sponsor Question** – Quin Heavrin  
[sponsorship@eagleswimmingassociation.com](mailto:sponsorship@eagleswimmingassociation.com)
- **Merchandise Question** – BonnieSmith  
[merchandise@eagleswimmingassociation.com](mailto:merchandise@eagleswimmingassociation.com)
- **Swimming Questions** – Head Coach Matt Sanspree  
[coachsanspree@eagleswimmingassociation.com](mailto:coachsanspree@eagleswimmingassociation.com)

## Code of Conduct

The purpose of this code is to promote a safe, positive, and productive team environment at Eagle Diving. All team members including Divers, coaching staff, and parents are required to adhere to this code during team-sponsored events including, but not limited to practice, meets, travel meets or other team gatherings.

1. Team members are expected to exhibit good sportsmanship at all times. They shall show courtesy and respect toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
2. Eagle Diving and USA Diving Code of Conduct prohibit bullying. Generally, bullying is the use of aggressions, whether intentional or not, which hurts another person. Bullying results in pain or distress. Divers are expected to respect one another.
3. Divers are to refrain from inappropriate physical contact at team activities and events.
4. During competition, questions or concerns regarding decisions made by meet officials are directed to the Head Coach or Coach on Deck.
5. USA Diving prohibits deck changing. Athletes are expected to use available change facilities.
6. Eagle Diving acknowledges the University Interscholastic League Concussion Management Protocol. The link is to the [University Interscholastic League Concussion Management](#) for more information.
7. Divers are expected to follow all of the rules and regulations outlined in our Safe Sport and MAAP policies.

## Parent Code of Conduct

Eagle Diving is a family-friendly team. Your experiences in our program and the development of your athlete depend on a positive partnership between the parents, coaches, and athletes.

1. Demonstrate good sportsmanship at practices and competition. Be proud of your child's achievements however small or large.
2. Fulfill any volunteer and fundraising obligations, as required by the team.
3. Maintain good financial standing with Eagle Diving as per our team handbook.
4. Respect the aims and objectives of Eagle Diving in practices and competitions. This includes supporting the team as well as your child.
5. Allow staff to instruct and coach your child without interference during practice and competition.
6. Any concern that parents have should be addressed to the staff. If the concerns are on the administrative side of the team, address the Head Coach or Board of Directors.
7. Recognize how any social media posts represent Eagle Diving. Refrain from any public posts that would reflect the program in a negative manner.
8. Address any concerns with other members of the team, including staff, when you are not in the presence of your child.

Enjoy your time as a member of our team! Enjoy the time your child participates in Diving! Enjoy the various meets and events that our team offers and participates in!



## Discipline

Violation of any of these rules will result in disciplinary action as determined by the coaches, which may include expulsion from the team. Other penalties include, but are not limited to the following:

- A verbal warning.
- A coach will contact the parent.
- Suspension from practice for a period of one week. (There will be NO prorated fee for monthly dues.)
- A Diver may not be allowed to participate in future meets or travel events.
- Violations occurring during a travel meet may result in dismissal from the trip and immediate return home at the athlete's expense.
- Expulsion from the team.

Athletes have the right to appeal disciplinary actions through the process established within Eagle Diving and/or The USA Diving codes.