



SCD Team Handbook
2021-2022

Welcome to Santa Clara Diving!	3
Mission Statement	3
General Information	3
SCD Coaches	4
Training Groups	4
Competitive Program	4
JO (Junior Olympic)	4
Pre JO	5
Developmental	5
Lessons Program	5
High School Program	5
Evaluations	5
Membership Agreement	6
Volunteer Hours Requirement	7
Team Gear	7
Advancement (for Competitive and Lessons Groups)	7
SCD Athlete Code of Conduct	9
PART I – GENERAL CODE OF CONDUCT	9
PART II – ADDITIONAL MEET CODE OF CONDUCT	10
PART III -- VIOLATION OF THE CODE OF CONDUCT RULES	10
Additional Expectations for Divers in the JO 1 and JO 2 Groups	11
Expectations for SCD parents	11
Missing Practice	11
SCD's contagious illness policy	12
Medication	12
Injuries and Insurance	13
Diving Meets 101	14
Register at Divemeets.com	14
What Age Group Is My Child In?	15
Before the Meet Starts...	15
The Competition	16
After the Event, A Parent May Want To	16
What To Take To The Meet	16

How to Prepare Your Child for a Competition	17
How to Handle a Poor Performance	17
High School Diving	17
Diving in College	18
Beginning the Fall of your Sophomore Year	18
Additional Advice	18
Additional Resources	19

Welcome to Santa Clara Diving!

In this handbook, you will find all of the information pertinent to becoming a member of the team.

Mission Statement

Santa Clara Diving Club is committed to developing local youth into exceptional athletes who are competitive locally, regionally, and nationally in springboard and platform diving. The experienced coaching staff will provide a safe and fun learning environment for divers to fulfill their potential. There is a large emphasis on providing life-long skills to athletes in the program including sportsmanship, time-management, and work ethic. SCD promotes overall physical fitness while helping divers face challenges, set goals, and learn to handle competition and difficult situations.

General Information

Santa Clara Diving is a year-round competitive springboard/platform diving club. Divers of all ages and skills are welcome to try out, however space is limited. SCD is one of the top diving clubs in California, consistently producing top divers at both the local and National levels.

Involvement in diving offers a wide range of opportunities and learning experiences including:

- The opportunity to develop skills, confidence, and pride in your abilities.
- Learning to face challenges and overcome fears.
- Learning to use your mind to develop your body.
- The experience of being a team member.
- Developing self-discipline.
- The opportunity to meet other athletes.
- The opportunity to become a regional and national competitor.
- The opportunity to pursue diving in college and possibly earn a full or partial athletic scholarship.

USA Diving is the National Governing Organization for our sport. At the junior level (18 years old and younger) divers are classified as:

- Learn-to-dive: first-time divers learning the fundamentals of diving
- Future champions: more advanced than beginners, competing in introductory level competition with an emphasis on basic skills

- Junior Olympic: experienced divers competing in high-level competitions involving the most difficult dives/skills

Our top divers have been invited to attend and compete for our nation's finest universities. In the past few years, SCD divers have gone on to compete for Stanford University, University of Southern California, U.C. Berkeley, U.C. Davis, University of North Carolina, University of Utah, Columbia University, Cornell University, NYU, Northwestern University, Boston University, Harvard University, Yale University , University of Hawaii, Cal Poly, and the U.S. Air Force Academy, .

SCD Coaches

Head Coach & Program Director: Todd Spohn

Email: coachtodd@santaclaradiving.com

Assistant Coach: Megan Au

Email : coachmegan@santaclaradiving.com

Assistant Coach: Ryan McIntosh

Email: coachryan@santaclaradiving.com

Assistant Coach: Collin Pollard

Email: coachcollin@santaclaradiving.com

Assistant Coach: Alex Kiaie

Email: coachalex@santaclaradiving.com

The primary form of contact with the coaching staff is email. That is the easiest way to answer any questions and concerns. If there is anything urgent, please feel free to text or call Coach Todd at (949) 636-4798. SCD coaches are also available for a brief in-person meeting before or after practice. For the safety of our divers, we ask that all parents refrain from conversing when we are coaching. You may also request an in-person meeting that can be scheduled per your request. If you ever have a question, comment, or concern please do not hesitate to ask or communicate it.

Training Groups

Competitive Program

JO (Junior Olympic)

The JO program is the top tier of our program. The athletes in this program train four to six days per week and attend Local, Regional, Zone, National, and, if qualified, International competitions. These athletes are the “ambassadors” of our team. This program is made up of proven competitors and potential National qualifiers. It has a 1-year financial and competition commitment, but will be billed monthly. The JO groups are by coach’s invitation only.

Pre JO

This program is designed to prepare divers to compete at the JO level. Athletes selected to join the Pre JO program show excellent potential to be successful at the JO level. The Pre JO program is by coach’s invitation only.

Developmental

The developmental groups are an introduction to our competitive program. Divers invited to join these groups will work towards mastering their fundamental skill progressions, preparing them for higher level diving. The developmental program is by coach’s invitation only.

Lessons Program

The Lessons Program is for athletes who are interested in trying out the sport of diving. The main focus of the Lessons Program is on safety, fun, exercise, and learning the basic skill progressions. Lessons divers are highly encouraged to attend Local Association meets throughout the year.

High School Program

The High School Program is for divers ages 14 and over (or 8th-12th grade) who are interested in training year-round to compete in the 1 meter springboard for their respective high school dive team.

Evaluations

All potential new divers must first attend an evaluation. Here, athletes will be put through our testing, which consists of a series of drills both in and out of the pool. Evaluations are free, and are held regularly throughout the year.

To attend a free evaluation, simply complete our [online form](#). We will reach out to schedule a day and time to attend. On the day of the evaluation, please bring a swimsuit, towel and exercise clothes.

Depending on how the athlete performs in their evaluation, they will be placed on a waiting list to join one of our programs.

Membership Agreement

Upon joining SCD, members must pay the SCD annual registration fee, USA Diving membership registration, and the non resident fee if applicable. Members will be billed monthly dues, and a travel fee if applicable.

- **Annual Registration Fee** (\$100): New and returning families will pay an Annual Registration Fee of \$100 at the beginning of the season in September. This will be charged when completing the Online Registration. The Annual Registration Fee includes one SCD t-shirt per diver (new and returning). The Annual Registration fee is non-refundable.
- **Non-Resident Youth Sports Participation Fee** (\$25): The City of Santa Clara requires SCD to collect \$25 annually from every "non-resident" participant in our program. If you are a resident of the City of Santa Clara, or if your child is enrolled in the Santa Clara Unified School District, this fee does not apply to you. This will be charged when completing Online Registration.
- **USA Diving Registration Fee**: An annual USA Diving membership registration is required of all divers. This registration must be completed by each family for each diver before January 1, 2021, or before the first day of practice with SCD if joining later. You can register [here](#). JO and Pre JO divers should select the "Competition Athlete" membership. All other divers should select the "Athlete" athlete membership.
- **Monthly Dues**: Monthly dues are billed at the beginning of each month and must be paid by credit card. A \$20 late charge will be assessed if dues are not collected by the 15th of the month. SCD will send an email each month detailing all charges (including dues, dive meet fees, other team related fees, etc.). Dues

are based upon a four-week month, and upon an annualized basis. A month with 5 weekends is considered make-up time for the club's various closures throughout the year (Thanksgiving, winter break, etc.) SCD does not prorate fees for partial months. During a period of prolonged illness or injury, a diver's fees may be waived for up to two months. After two months, the diver will be required to pay full monthly dues in order to keep their spot in the program. Individual situations will be considered on a case-by-case basis.

- **Make-up Practices:** no make-up practices will be offered for individual schedule conflicts.
- **Travel Fee:** Travel fees are to be determined.
- **Multi-athlete discount:** SCD offers a discount for families with more than one active, year-round diver. Families with two divers may deduct \$20.00 per month from the family's dues; families with three divers may deduct \$40.00 per month, etc.
- **Withdrawal:** If a diver wishes to withdraw from the program, a change of status must be requested via email to [Coach Todd](mailto:Coach_Todd) (copy treasurer@santaclaradiving.com) 15 days prior to the month you intend to stop diving. This way, the diver will avoid being charged for the following month. For example, if you intend to quit in December, we must receive your withdrawal request no later than November 15th. A diver who elects to withdraw and then return will be subject to the annual registration fee. There are no exceptions.

Volunteer Hours Requirement

Each family in the Competitive program (JO, Pre JO, Developmental) has a volunteer hour requirement. For the 2021-2022 season, it is 6 hours per family, as detailed on the Volunteer Hours page of our website. Any unworked volunteer hours will be billed at the rate of \$50 per hour. Families with multiple divers in the competitive program are required to volunteer just 6 hours.

Team Gear

When competing, we want to represent our unified SCD club pride. Visit the [SCD team online store](#) to purchase team gear. The following team apparel is required by all participants in each specified training group:

- Required for Competitive Program: Team warm ups, swimsuit, and t-shirt
- Required for Lessons Program : Team swimsuit if participating in diving meet, and t-shirt

*No team gear required for (non-JO) High School divers and athletes in the Learn To Dive program.

Advancement (for Competitive and Lessons Groups)

Our program at Santa Clara Diving is skills based. This means that our divers are instructed in a set of skills and when the skill set is mastered the diver advances to the next level in the club.

With each level of advancement, there is also an increased time and financial commitment required from the diver. The coaches will explain the time and financial requirements for each group whenever a diver is about to move up a level.

Divers advance at different rates. Some divers progress slowly at first and then make quick progressions after two or three years of diving. Others will progress quickly, then spend a long time at one level as he/she adjusts to their growing body and other challenges from outside the pool. The most important thing to remember is that everyone will progress at his/her own pace. There is no standard time for "leveling up". When the diver is ready, they will be moved up to the next group. Some divers may plateau for a long time and become frustrated, but as with any sport, it requires dedication and commitment to succeed.

Support your diver in making good decisions that will help them grow and mature. Be supportive by continuing to focus on the long term goals of the diver. If the time comes where the diver feels that it is time to stop diving, please take the time to discuss the decision with their coach.

The following is an informative article by 8-time USA Olympic Coach, Ron O'Brien that will help new divers and parents understand the way that we teach diving and why:

The Domino Effect, by Dr. Ron O'Brien

Throughout my coaching career I have heard many parents questioning the value of the coach spending significant time on basic fundamentals. Why is my kid doing all those front and back jumps when there are a lot of dives he/she could be learning? Jumps and tuck dives don't win competitions, degree of difficulty does! Why isn't my child doing a back one and a half instead of a back dive tuck?

These are all valid questions and statements. However, they indicate a lack of understanding about how the sport of diving works. Diving is a very high-level skill sport, more dependent on good fundamentals than other more mainstream sports. Football, baseball, softball, basketball, track, etc. are all built on normal childhood activities and skills like throwing, catching, running, and jumping. In diving, there are a few walking steps taken in the approach and a jump from the end of the springboard or platform. These are the only somewhat natural movements involved in the sport. Even the jumping part is different because the jump is from a catapult (springboard) or from a platform 16 or more feet in the air.

This is not normal or natural. In addition, the jump has to be performed with the arms in an overhead starting position (after the arm swing).

This is not normal jumping technique. Jumping in most any other activity involves swinging the arms overhead as the legs extend. In diving the arms swing overhead before the knees complete their extension. Therefore, virtually every movement in diving has to be learned with no previous experience on which to draw. Diving is also a sport that reflects the "domino effect".

That is, dominoes lined up side by side will all fall, one after the other, once the first one falls. The skills in diving are lined up like dominoes. If the first component of a dive is performed incorrectly, the rest the skills will begin to fall apart.

One off-balance or out of position error early in a dive most often results in a poor overall dive. These errors can be very subtle and unobservable to the inexperienced spectator. What most people see if they are not an expert is the result of the error and not the error itself. Most of these problems occur before the diver is even in the air.

Keep in mind that before the diver leaves the springboard or platform, height, distance, and speed of somersault are already determined and cannot be altered.

If the diver has a consistent error early in the takeoff, the result will be consistently poor dives. The common problems of being out too far from the board, too close to the board, not high enough, off to the side, twisted, can't make the dive, or can't do a more difficult dive, will not go away by doing the dive over and over.

The best way to alleviate an error is by breaking a complex skill (i.e., front two and half

somersault) down into more manageable, simpler skills. The diver can then practice correctly and/or concentrate more effectively on changing a mistake. Practicing jumps, takeoffs, tuck dives, come outs, somersaults, and entries are essential to learning correct technique.

It takes a lot of repetitions to make correct performance a habit. Conversely, if the diver does a lot of dives without correcting errors early on, then poor technique becomes ingrained and is virtually impossible to correct later. There's a big difference between "teaching dives" and "teaching how to dive". Teaching dives is much simpler, quicker and easier for the coach to do. Teaching dives quickly and adding degree of difficulty can result in early success in competition, because degree of difficulty is important.

However, in this scenario, the diver usually has a myriad of mistakes that have become uncorrectable and success in competition is short-lived.

Teaching/Learning how to dive takes more work, patience, and persistence. This type of teaching and coaching is much more demanding and time-consuming. However, it results in the diver being able to reach his/her potential at a later stage of development.

My motto for young drivers has always been: " Learning a dive FIRST is not important. Learning it BEST is what counts."

SCD Athlete Code of Conduct

The purpose of this code is to promote the best possible individual, team, and competitive diving program. This code is a set of rules to help establish a friendly, safe, and productive diving environment.

PART I – GENERAL CODE OF CONDUCT

1. All participating team members will abide by this code of conduct.

2. All members will respect the coaches. This includes giving them their full attention when they are speaking and giving instructions.
3. All members will arrive at practice and competition activities early enough to start on time.
4. All members will treat each other with respect and have good sportsmanship. Foul language or name-calling is not permitted. Disrespectful, indiscreet or destructive behavior will not be tolerated. It is the responsibility of each diver to not partake in unwanted behavior.
5. Pushing, hitting, kicking, and other intentional unwanted touching or interfering is not permitted.
6. Running or other horseplay activity is not allowed.
7. All divers will wait inside the training facility until a parent comes in and picks them up. Divers are not to wait outside unless supervised by an adult or coach. Parents must pick up within 15 minutes of the end of scheduled practice.
8. We are a drug free organization; using alcohol, non-prescription illegal drugs, or tobacco is not permitted.
9. Parents, siblings and friends are not allowed on the pool deck during workouts or at competitions without the coaches' permission.
10. All athletes are expected to participate in all designated championship meets they are qualified for.
11. Parents are responsible for their own conduct. Aggressive behavior or language, either through the form of emails, phone calls, voice mails, text messages, social media postings, or any other form of communication towards any member of the SCD coaching staff will be grounds for immediate termination from the program.

PART II – ADDITIONAL MEET CODE OF CONDUCT

1. Parents are responsible for their own personal conduct as well as their children's when representing SCD at competitions. Coaches are only supervising those athletes during warm-up and their actual event.
2. Any curfews issued by the Head Coach at team travel events will be obeyed. Curfew is not enforced if the participant is with parents.
3. Male and female divers may not be in each other's room on any team trip unsupervised, with the exception of having the door fully open and/or adult supervision.
4. All participants and their parents have a responsibility to do their best to ensure that this Code of Conduct is adhered to and to help ensure the safety of these Program participants.
5. All participants are expected to wear designated team suits, T-shirts, and warm-ups during all competition and awards ceremonies.

PART III -- VIOLATION OF THE CODE OF CONDUCT RULES

1. At the discretion of the Head Coach and/or Assistant Coach, any or all of the following penalties will be applied:
2. For General Code of Conduct Rules 2 – 7, a three-step disciplinary action will be taken. First offense; a verbal warning. Second offense; a time out or appropriate discipline action at the discretion of the coach. Third offense; diver will be removed from practice and must immediately change. A call to a parent will be made by the coach. Depending on the severity of the misconduct, the coach does have the option to go immediately to step three, and a formal inquiry may be initiated.
3. Diver may be scratched from the meet.
4. Diver may be sent home immediately from practice or meet at his own expense. If there is extra expense, it will be the diver's responsibility.
5. Diver may be suspended from the team until the diver and parents have had a conference with the Coach, and appropriate disciplinary actions have been implemented.

Additional Expectations for Divers in the JO 1, JO 2, and JO 3 Groups

- Communicate late arrivals or absences via text PRIOR to the start of practice. Text Todd at 949-636-4798.
- Attend at least five days per week, on average. Lower attendance or consistently late arrivals may result in being moved to another group.
- Train fast and effectively (30-seconds per-dive pace). Consistently slow divers may be moved to another group.
- Stay on task throughout practice. Your top priority is to stay focused on maximizing your productivity and staying on-task during practice. In addition, don't be a distraction to your teammates.
- Do not plan family vacations from April 1 through mid-August. Daily attendance during this period is especially important. Exceptions may be allowed the week immediately following Regionals and the week immediately following zones. See Todd prior to making definitive plans during those weeks.

Expectations for SCD parents

- Communicate with coaches any questions, comments, concerns before or after practices, not during.

- Be your child's biggest cheerleader, always offer positive encouragement (see Tim Elsmore's article What Parents Should Say as Their Kids Perform).
- Allow coaches to do ALL the coaching. In addition, parents, family, and friends are not permitted on the pool deck during workouts without permission from the coaching staff. This policy is primarily for safety reasons.

Missing Practice

No make-up practices will be offered for individual conflicts.

All scheduled practices must be attended unless arrangements are made in advance with the Head Coach. If you are running late or will be absent, you must notify the Head Coach immediately via phone call, text message, or email.

Tardiness, early dismissals, and missed practices will only be allowed when necessary and with prior approval from the Head Coach. This allows parents and coaches alike to know the whereabouts and safety of the diver.

Lack of attendance or repeated tardiness may result in suspension from the Team by the Head Coach. Each diver needs to arrive at his or her scheduled workout group on time, preferably five minutes early. Parents play a critical role in having the athlete comply with attendance policies.

There may be occasions when a diver experiences difficulty being consistent with training due to natural and expected circumstances (i.e., injury, illness, family, other extra-curricular activities, school, vacations, etc.). However, a consistent pattern of lack of motivation, drop in attendance, incompleteness of workouts, reluctance to learn and advance, or disrespectful attitude will not be tolerated by the Head Coach. If behavior is not corrected, the diver will be removed from the group, so as to protect the training environment for those who are prepared to work to reach their individual goals.

SCD's contagious illness policy

We ask that parents be vigilant and considerate regarding potentially contagious illnesses. Please make sure that your child does NOT attend practice if there is any chance that they have a contagious condition. If a diver is showing signs or symptoms of sickness, he or she shall stay home from practice until he or she is cleared by a physician, or is completely symptom free. The coaches reserve the right to monitor our

athletes' health. If an athlete shows signs of illness, the coach may ask the diver to sit out, for the safety of the club.

Symptoms of common flu and other illnesses include fever, sore throat, nasal discharge, coughing, and rash. Please be aware if your child has such symptoms, and have him or her stay home from practice.

[County of Santa Clara Public Health list of communicable diseases/conditions](#)

Medication

Any medication dispensed to your child must be brought to practice and competition in its original prescription container. Staff will not be responsible for dispensing medication or monitoring medication schedules, nor do we assume any responsibility associated with medications.

Injuries and Insurance

While the SCD Board of Directors and coaching staff will make every effort to create a safe participation environment for its' members, accidents and injuries can and will occasionally occur. This is because the sport of diving and its associated training activities involves risky acrobatic moves and physical contact.

All members receive accident and injury insurance coverage through USA Diving, Inc. This insurance coverage is secondary, however, to each individual member's personal insurance. Following an accident or injury, the USA Diving policy may cover expenses not covered by the member's primary personal insurance. Because the USA Diving insurance is only secondary coverage, all SCD members must maintain and offer proof of personal insurance coverage as a condition of membership.

If a member suffers from an accident or injury as a result of participation in SCD activities, proper procedure is for the member to notify an SCD coach immediately. If the member's injury is serious enough to warrant a possible insurance claim, the SCD coach will complete any and all necessary accident/incident reports and will send those reports to USA Diving. Following receipt of those reports, USA Diving will forward them to their insurance providers, who will then contact the injured member directly to begin the process of settling the claim.

Diving Meets 101

Divers at all levels and abilities have the opportunity to compete, and demonstrate the skills that they have worked long and hard to perfect.

Invitationals are open for all team members, they will usually offer Future Champion competition as well as JO and Senior.

Synchro Nationals (if we attend) is for JO divers with a synchronized diving partner who meet the DD requirement for their age group.

Regionals is for JO divers only and is the qualifying event for Zones. All JO team members are expected to attend.

Zones (junior and senior zones are combined) is for qualified JO divers and any diver meeting the DD minimum for senior competition. Athletes may compete in their age group as well as seniors if they qualify. This is the qualifying event for Nationals (both Jr and Sr).

Nationals is for age group divers who place in the top 10 in each junior event from zones, as well as the top 6 finishers in the senior competition.

The end of our season is after Nationals in mid August. We take a two-week break at the end of August.

The following suggestions are geared to help you through your first few diving meets. These are general rules. You should always check with your Coach to find out specifically what he or she expects of divers and their parents.

Register at Divemeets.com

All SCD divers who will be competing must also have profiles on www.divemeets.com. These are free and needed to register for any and all competitions throughout the year. You can also visit divemeets.com to view upcoming meets, past meet results, and diver profiles.

Diver profiles include every meet they've competed in, the scores, and dive sheets from each competition as well as the option for a picture, team affiliation, and graduation

year. When registering for the first time, you will need the diver's USA diving number as well as team name and coach name. All divers must register with their specific coach.

What Age Group Is My Child In?

For an Age Group Meet, a diver's age as of the last day of the current year determines the age group for that meet. Thus, if your child turns 14 on the last day of the current year, your child will compete in the 14-15 age group for that entire year.

Before the Meet Starts...

- Make sure your child gets a good night's sleep and a healthy meal prior to the competition.
- Be sure that you know what time the Coach expects you at the pool. Give yourself plenty of traveling time so that your child will arrive at the pool before the scheduled warm-up begins. It's better to be safe than sorry.
- If the meet is an "away" meet, make sure the Coach has your cell number so that he or she may get in touch with you if needed.
- USA Diving insurance regulations do not allow parents on deck unless they are serving in an official capacity (i.e., working the scoring table).
- Have your child contact his/her Coach so that they know you have arrived. Follow the Coach's instructions on what to do next. It is important to remember that Coaches are generally very busy at meets, but will spend time with each child when it counts the most - during their warm-up and during their event.
- Find the registration table. If your child is registered, check in and pick up a diving sheet(s). If your child is not registered, you should pay the registration fee, fill out all appropriate entry forms. Most all meets have become part of the www.divemeets.com system in which dive sheets are filled out online.
- Diving sheets describe what dives your child will be doing and in what order. They are used by the announcer and the scoring table to record scores. If your child has never before filled out a diving sheet, and does not know how to do it, check with the Coach. Sometimes, a more experienced diver from your team will be available to help your child. Some Coaches recommend filling out a practice sheet the week before the meet and reviewing it together.
- Once diving sheets are filled out, turn them in at the appropriate place (usually the registration table or look for large envelopes hanging on the wall).

The Competition

It is important for every diver to know when their event begins, and at what time the Coach expects them to be ready to compete.

Once the event has begun, the diver should know their order in the event, and always be prepared to dive when their name is called. Usually, the announcer will call both the current diver and the 'on deck' diver (i.e., the next diver in the dive order).

All questions concerning a judge's call, the conduct of a meet, or the meet results should be directed to the Coach. The Coach will pursue the matter through the proper channels.

If you are looking for something to do, check with the parents' organization running the meet. You may be able to help in some way, such as working at the scoring table, or you may want to bring a good book or some work from home. For information about types or dives, body positions, or judging, see Diving 101 on [USA Diving's website](#).

After the Event, A Parent May Want To

- Make sure the child is available for any award ceremonies if applicable.
- Tell your child what a great job they did and how proud of them you are.
- Help them to relax if they are preparing to dive in a second event.
- Make sure they are eating and/or drinking the proper foods.
- Once the diver has finished competing, check with the Coach before leaving (to find out about the next practice or warm-up times for any upcoming events).

What To Take To The Meet

- Swimsuits - one for warm-up and one for competition.
- A sammy or chamois towel, so that the diver may dry off in between dives.
- Towels - your diver will be there for a while, so pack at least two.
- Team outfit - warm ups, t-shirt and shorts if available.
- Playing cards, iPod, games - diver may have some free time between events.
- Food - don't count on the snack bar at the meet to provide nutritious foods. A cooler with healthy food such as fruit, yogurt, granola bars and juice is usually a better choice.
- For you - a book or some work from home. You'll have some free time in between warm-ups and events.

How to Prepare Your Child for a Competition

Most divers do not need a pep talk from their parents before a meet. Divers usually get excited about competing, and do not need to get “fired up.” Let the Coach set the mood and the tone.

Diving is a sport that is better performed when the athlete is relaxed. To reduce stress, it is important that the diver’s self esteem (or the parents’) does not depend on the outcome of a meet or the performance of a particular dive. It is important to remember that a poor performance at a competition is not a negative reflection on the diver or the parent. Win or lose, a diver must know that he or she has his or her parents support and approval.

How to Handle a Poor Performance

It is impossible for an athlete to give a top performance at every meet. Dealing with disappointment can be much more difficult than dealing with success. A parent should focus on some aspect of the competition that went well. Examples include performing a new dive for the first time in competition, or visible improvements such as a better toe point or higher jump. Allow your diver to be disappointed before trying to cheer them up. A diver needs to know that they can fail and still be supported. Then focus on upcoming events.

High School Diving

In California, the high school swim/dive season is in the spring, from early February through mid-May. Different schools and coaches may have different rules. Please know that high school diving can be a great experience for our divers, but it should NOT replace their club practices. SCD encourages athletes to join their high school dive teams. However, club diving should remain the higher priority. For those interested in diving in college, it is important to realize that college coaches do not place much value on high school meets and scores. A competitive one meter dive list isn’t enough to attract college recruiters. Continuing practice on 3M and platform is absolutely necessary all year long. There are some great high school coaches, but they may not always be in tune with our plan and training cycle. It is much more difficult to help an athlete peak at the right times if they miss too many club practices through the high school season.

Diving in College

Beginning the Fall of your Sophomore Year

First, make a list of schools that you are interested in (right size, geographically-desirable, have your intended major, etc.) and have Todd look over it to recommend the best schools on your list for diving (to help select what's best for YOU).

Second, make a good quality diving video of your optional dives on 1m, 3m, and platform to send to college coaches (2-3 of each dive). Voluntary dives are not necessary. Don't include scores, they don't matter to college coaches. Contact your coach if you would like assistance.

Third, send email and/or a short hand-written letter of introduction (1 page) to schools by February of your junior year expressing your interest. Include the following:

1. a transcript from grade 9-11 and courses in progress for grade 12
2. ACT and or SAT scores
3. Diving biography, personal resume, and intended major
4. MOST IMPORTANT: Good video of optional dives

Additional Advice

IMPORTANT: Please review this [NCAA Recruiting Information](#) packet on the college recruiting process for diving put together by Chelsea Ale along with this [companion video](#) on YouTube.

Also, get a current copy of [Guide for the College Bound Student-Athlete](#) from ncaapublications.com for more information.

Visit the website of the Universities and learn as much of the academics and the history of the diving program as you can. [College Diving Database](#).

College coaches are busy, and rarely do a great job of making/staying in contact with most recruits. Initiate contact and stay in contact regularly (monthly).

Keep expectations realistic. It's not easy to qualify for an athletic scholarship in diving. Only a select few divers in our club (national qualifiers in the 16-18 year olds events) will likely be offered athletic scholarships.

