**General Pool Rules & Expectations**

1. **Give your best effort at all practices**
2. **Please be on time. We understand that sometimes there are unforeseen circumstances that cannot be avoided, but please try your best to be on time.**
3. **If you are going to be late, or miss practices you must notify your coach as soon as possible.**
4. **Follow and obey your coach’s direction at all times**
5. **Observe all pool rules.**
6. **Do not play on mats or diving equipment without your coach being present, unless specific coach’s orders require you to do so.**
7. **Do not enter the water without your coach’s permission and without a lifeguard on duty.**
8. **Always wait for your coach to tell you when to dive from the boards and platforms.**
9. **Treat all teammates with respect and encouragement at all times.**
10. **Absolutely no gum while practicing or glass bottles on pool deck.**
11. **Leave bags and belongings against wall near the 3meter side of pool.**
12. **Absolutely no foul language. If caught saying anything inappropriate you will be asked to leave practice.**
13. **Hot tubs are off limits and only to be used by the college team**
14. **Cold tubs are to be used with the permission of coaches.**

**Beginner Class**

1. **PRICE.**

**$110.00/month 2 days a week, Tuesday and Thursday 5:30pm-7.00pm**

***CHECKSPAYABLE TO “Tennessee Aquatics Diving”***

**Please place checks in the drop box no later than the 3rd of each month.**

**Timely payment of fees enables payment of our coaches and the pool use fees in a timely manner!**

1. **ATTENDANCE.**

**Communication with coach is required if you are going to be late or absent from any practice. Attendance is taken at the start of every practice.**

1. **PROGRESS.**

**Coaches will teach the proper fundamental skills for the divers level of ability. A diver will be invited to the next level when they have shown a strong understanding of what is being taught.**

1. **AAU DIVING MEETS. The first priority of this squad is to perfect fundamental skills which will build a strong foundation for the rest of the diver’s career. Based on availability divers in this group will compete in one or two competitions a year. All participants in the Beginner team are required to register through AAU Diving. This can be done at** [**http://www.diveaau.org/**](http://www.diveaau.org/)
2. **WORK OUT OBSERVATION AND COACH DISCUSSION. Parents, siblings and friends are to observe all practices and have any discussions with the coach upstairs unless invited for discussion with the coach on deck. Please ensure any discussions with the coaches take place before or after official practice time.**
3. **TRAVEL EXPENSES AND FEES.**

**All of the coach(s) expenses during competition will be shared by the parents of those competing. Expenses and fess will include flight or gas mileage, car rental if needed, meals, hotel, and coaching fees. Coaching fee is $20.00/diver per competition. Travel expenses and fees will be given via email invoice post competition.**

1. **TEAM APPAREL.**

**All team Members are expected to have and wear team suits during competition. Warm ups and t shirts during days of competition are optional for the Beginner team but strongly recommended. Warm ups and suits can be purchased from Swim and Tri swim shop in town.** [**https://www.swimandtri.com/**](https://www.swimandtri.com/)

**Intermediate Class**

1. **PRICE.**

**$170.00/month 4 days a week, Monday, Tuesday, Thursday, Friday 5:00pm-6.30pm**

***CHECKSPAYABLE TO “Tennessee Aquatics Diving”***

**Please place checks in the drop box no later than the 3rd of each month.**

**Timely payment of fees enables payment of our coaches and the pool use fees in a timely manner!**

1. **ATTENDANCE. Communication with coach is required if you are going to be late or absent from any practice. Attendance is taken at the start of every practice.**
2. **PROGRESS.**

**Coaches will teach the proper fundamental skills for the divers level of ability. A diver will be invited to the next level when they have shown a strong understanding of what is being taught. This class will focus on taking fundamentals to higher level boards such as 3 meter and platform. The focus will be springboard.**

1. **AAU DIVING MEETS. The first priority of this squad is to safely perfect fundamental skills, which will build a strong foundation for the rest of the diver’s career. When given the opportunity to, divers in this group will compete in one or two competitions a year. All participants in the Beginner team are required to register through AAU Diving. This can be done at** [**http://www.diveaau.org/**](http://www.diveaau.org/)
2. **WORK OUT OBSERVATION AND COACH DISCUSSION. Parents, siblings and friends are to observe all practices and have any discussions with the coach upstairs unless invited for discussion with the coach on deck. Please ensure any discussions with the coaches take place before or after official practice time.**
3. **TRAVEL EXPENSES AND FEES.**

**All of the coach(s) expenses during competition will be shared by the parents of those competing. Expenses and fess will include Flight or gas mileage, car rental, meals, hotel, and coaching fees. Coaching fee is $20.00/diver per competition. Travel expenses and fees will be given via email invoice post competition.**

1. **TEAM APPAREL. Junior Olympic Team Members are expected to have and wear team suits, warm ups and t shirts during days of competition. Warm ups and suits can be purchased from Swim and Tri swim shop in town.** [**https://www.swimandtri.com/**](https://www.swimandtri.com/)

**Junior Performance Team**

1. **PRICE.**

**$205.00/month 4 days a week, Monday, Tuesday, Thursday, Friday 4:00pm-5.30pm**

***CHECKSPAYABLE TO “Tennessee Aquatics Diving”***

**Please place checks in the drop box no later than the 3rd of each month.**

**Timely payment of fees enables payment of our coaches and the pool use fees in a timely manner!**

1. **ATTENDANCE. Minimum of 3 practices per week is required to remain in this training group.**

**Communication with coach is required if you are going to be late or absent from any practice.**

1. **USA DIVING MEETS. The first priority of this squad is to safely prepare for USA Diving sanctioned meets. Although AAU diving is certainly encouraged it is not the priority, as is preparation on 1 meter, 3 meter and platform for USA Diving regional, zone, national meets in addition to other USAD invites. All participants in this level are strongly encouraged to compete in USA Diving meets. To do so; all divers must be registered members of USA Diving “Competitive Gold Membership”.**  
   *A Competitive Gold membership allows for athlete participation in region, zone, and national Championships.*  **This can be done through** [**www.usadiving.org**](http://www.usadiving.org)
2. **COMPETITION.**

**Regionals, Zones, and Nationals are the 3 most important meets of the season. A diver must compete in regionals and place top 15 to qualify to the zone meet. The top 10 divers from the zone competition will qualify to USA Junior National Championships. Any meets outside of these three major competitions will depend on location and availability of facilities.**

1. **TRAVEL EXPENSES AND FEES.**

**All of the coach(s) expenses during competition will be shared by the parents of those competing. Expenses and fess will include Flight or gas mileage, car rental, meals, hotel, and coaching fees. Coaching fee is $20.00/diver per competition. Travel expenses and fees will be given via email invoice post competition.**

1. **TEAM APPAREL. Junior Olympic Team Members are expected to have and wear team suits, warm ups and t shirts during days of competition. Warm ups and suits can be purchased from Swim and Tri swim shop in Knoxville at a discount price. Tennessee Diving shirts can be purchased from your coach for $15.00 a shirt.** [**https://www.swimandtri.com/**](https://www.swimandtri.com/)

**Junior Olympic Team**

1. **PRICE.**

**$225.00/month 5 days a week, Monday, Tuesday, Thursday, Friday 5:30-7:00pm**

**Wednesdays 5:00-7:00pm**

***CHECKSPAYABLE TO “Tennessee Aquatics Diving”***

**Please place checks in the drop box no later than the 3rd of each month.**

**Timely payment of fees enables payment of our coaches and the pool use fees in a timely manner!**

1. **ATTENDANCE. A minimum of four of five training sessions per week during the school year and a minimum of seven of nine training sessions per week during the summer sessions are required to remain in this training group. Communication with coach is required if you are going to be late or absent from any practice.**
2. **USA DIVING MEETS. The first priority of this squad is to prepare for USA Diving sanctioned meets. Although High school diving is certainly encouraged it is not the priority, as is preparation on 1 meter, 3 meter and platform for USA Diving regional, zone and national meets. All participants MUST BE REGISTERED MEMBERS OF USA DIVING “Competitive Gold Membership”.**  
   *A Competitive Gold membership allows for athlete participation in region, zone, and national Championships.*  **This can be done through** [**www.usadiving.org**](http://www.usadiving.org)
3. **COMPETITION.**

**Regionals, Zones, and Nationals are the 3 most important meets of the season. A diver must compete in regionals and place top 10 to qualify to the zone meet. The top 10 divers from the zone competition will qualify to USA Junior National Championships. Any meets outside of these three major competitions will depend on location and availability of facilities.**

1. **TRAVEL EXPENSES AND FEES.**

**All of the coach(s) expenses during competition will be shared by the parents of those competing. Expenses and fess will include Flight or gas mileage, car rental, meals, hotel, and coaching fees. Coaching fee is $20.00/diver per competition. Travel expenses and fees will be given via email invoice post competition.**

1. **TEAM APPAREL. Junior Olympic Team Members are expected to have and wear team suits, warm ups and t shirts during days of competition. Warm ups and suits can be purchased from JAWS swim shop in Knoxville at a discount price. Tennessee Diving shirts can be purchased from your coach for $15.00 a shirt.** [**https://www.swimandtri.com/**](https://www.swimandtri.com/)
2. **JO divers are required to sign the “Commitment form” to participate in this group.**

**USA DIVING**

* **Any dates, times and list of major events will be posted on** [**www.usadiving.org**](http://www.usadiving.org)
* **This website is great for planning travel, hotels and viewing competition times for all major events.**

**DIVE MEETS**

* [**www.divemeets.com**](http://www.divemeets.com) **is where everyone will need to sign up for USA Diving meets.**
* **You will receive a login name after registering; this will allow you keep track of your competition scores and results for the rest of your diving career.**

**AAU DIVING**

* [**www.diveaau.org**](http://www.diveaau.org) **is where you will sign up for your AAU Membership.**
* **AAU diving focuses on beginner and skill level competition.**

**TEAM WEBSITE**

* [**www.tnaquatics.com**](http://www.tnaquatics.com) **is where you will find all and any information about our program.**
* **The website will post updates, events, and weather cancelations as needed.**
* **If you do not want pictures posted of your child please notify your coach.**

**SWIM and TRI**

* [**www.swimandtri.com**](http://www.swimandtri.com) **is where you will find team apparel and anything you need for practices.**
* **Let the shop know you are with Tennessee Diving when making orders.**

**FACEBOOK PAGE**

* [**www.facebook.com/Tennesseediving**](http://www.facebook.com/Tennesseediving)
* **This page is for family and followers who want to keep up with the program through pictures and updates.**
* **If you do not want pictures posted of your child please notify the coach.**

**INSTAGRAM**

* [**@tndiveteam**](https://www.instagram.com/tndiveteam/?hl=en)
* **Tag your team photos under #tnaquatics or #tndiveteam**
* **If you have team photos from meet you would like to share please let use know and we will get them posted!**