**Tennessee Aquatics Diving**

**Junior Olympic Commitment Form**

**Congratulations! You have been invited to be part of the Junior Olympic level.** You are committing to the TNAQ Values of Excellence if you are willing to accept the expectations described below. This honor involves the highest level of commitment from our coaching staff, and divers will be held to the highest standard of expectations.

**Participation in the Junior Olympic level of the Tennessee Aquatics Diving Club is a privilege that comes with responsibility. In committing to this training group, it is important to recognize that you are occupying a valuable spot on one of the very best diving clubs in the nation. You have been individually selected to represent this team on a national and possible international level. Your image, brand, and decisions all affect the group, program, and coaching staff as a whole.**

*I will perform all tasks asked of me to the best of my ability and with all of my effort on a daily basis. This includes tasks to be performed both inside and outside of practices (i.e. dryland, conditioning, warm up, making corrections, flexibility training, nutrition, strong school study habits, etc.). I understand that I will be asked to leave practice if I am not meeting daily expectations on the level of effort it takes to be the best that I can be.*

*I understand that the entire program is looking up to me as an example on how to act and how to perform on a daily basis. I will show respect to my coaches and my teammates at all times. I will set the bar high for the rest of the divers in the program by demonstrating a strong work ethic and a positive attitude. I will make a commitment to making practices a positive environment on a daily basis regardless of matters I may be dealing with outside of practice.*

*I will commit myself to attending 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. I understand that in committing to the JO training group, I am occupying a valuable spot in this training group at the exclusion of another diver and this commitment spans from September to early August. If I plan to miss practice, I will let my coach know in advance and not after practice has started.*

*I will make the commitment to practice and compete with Tennessee Aquatics Diving Club throughout the entirety of the season ending with competition at all Junior and Senior national and international level competitions for which I am qualified for. I understand my spot will be filled, and I will not be asked to return if I choose to leave the team for other activities before season has ended.*

*I will not participate in contradicting activates that may hinder my safety or progression in the sport of diving. Cross training can be a great resource to reach future goals with the exception of participating in sports that may have a direct negative impact on my diving skills. Example: playing baseball, swimming, and rock climbing are great forms of cross training. However, “G Tramp”, Parkour, and excessive weight lifting can hinder my progress and safety in the sport and are not permitted while being a member of the JO team.*

*I understand the proper nutrition required to fuel my body. I will limit the amount of fried foods, fast foods, and soft drinks while eating healthier, energy-producing foods during the day and before practice. I will make my best effort to eat high-protein foods immediately after every conditioning session. I will get a minimum of seven hours of sleep each night to ensure my body is able to recover properly.*

***I am physically, mentally, and emotionally ready to accept the challenges of the Tennessee Aquatics Diving Club. By signing below, I understand that if I do not uphold these commitments that I may be dismissed from the Junior Olympic Group and placed in another group.***

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