



COAST DIVERS

Coast Divers Team Handbook

MEMBERSHIP RULES, COMPETITION REQUIREMENTS AND EXPECTATIONS

Coast Divers is composed of many divers, ranging in ability from Novice to Senior and Junior Olympic. To organize and train dedicated athletes, we have broken our program down into “teams.” Each level is designed to challenge the diver’s talents and capabilities while at the same time taking into consideration the inherent differences and needs of each level, psychologically, emotionally, physically and socially. By doing this, we are able to assure each diver a program that is geared toward long-term success. Anyone interested in participating in diving instruction is eligible for membership, regardless of age or ability.

The Coast Divers Program is divided into two categories: competitive and non-competitive. Usually, divers interested in diving competitively advance through an evaluation session. After completion of the beginning, intermediate, and advanced group lessons, the young athlete may be ready to join the Novice Team. For more advanced divers who desire to join the Coast Divers Junior Olympic (JO) Diving Team, tryouts with the Coaching Staff can be arranged. Each new diver is placed in his or her proper instructional group, according to age and ability. JO and Senior team membership is limited to available space.

All divers are expected to...

1. Attend every practice from beginning to end (90% attendance is expected, chronic lack of attendance may warrant regrouping or termination of membership.).
2. Put forth at least 100% effort and have a positive attitude and willingness to learn.
3. Pay attention and follow coach instructions. Be prepared to dive when it is your turn.
4. Arrive to practice with goals in mind.
5. Verbally and emotionally support other Coast Divers members.
6. NEVER interfere with the instruction of others. Be respectful.
7. Refrain from bullying, ridiculing, teasing or using foul or inappropriate language.
8. Inform coaching staff regarding any harmful, destructive or inappropriate behavior or Conduct.
9. Attend all required meets.
10. Wear Coast Divers team attire at required competitions.
11. Be registered at all times with USA Diving, and the AAU.

Adult divers and parents of minor divers are expected to...

1. Support their diver’s commitment. (Daily attendance - 90%, arrive on time, proper attire [shorts, sneakers, warm-ups])
2. Support team training throughout the entire year, especially prior to competitions.
3. Pay dues and fees by the 1st of each month.
4. Participate in fundraisers and fulfill their family’s annual fundraising commitment.
5. Volunteer to help at Coast Divers-hosted meets and fulfill their family’s team service hours requirement.
6. Never interfere with the coaching staff when instruction is occurring.

7. Attend general membership and special meetings.
8. Insist that your child supports his or her teammates and refrain from negative behaviors.
9. Attend all required meets and/or arrange for transportation.
10. Support your coaching staff and program. Communicate directly to the coaching staff.

regarding specific areas of concern in a respectful and productive manner. Refrain from indirect and negative communications between families that are detrimental to the positive spirit of the Coast Divers Team & Staff. Ongoing negative behavior will not be tolerated and may result in being dismissed from the team by decision of the High-Performance Director/Head Coach.

COAST DIVERS TEAM GROUP DESCRIPTIONS AND REQUIREMENTS

“The Green Team” and “The Orange Team” are the Junior Olympic and Novice competitive teams for Coast Divers, respectively.

All divers are expected to attend required competitions. Area meets (i.e. Invitationals) help prepare our athletes to learn how to compete prior to National Qualifying events (i.e. Regionals & Zones). Divers are expected to train, with at least 90% attendance, especially prior to competitions.

Vacations should be scheduled after the National Season. Do not make the mistake of assuming your diver will not qualify for a National Championship event. Vacations or “breaks” prior to competition adds extreme anxiety to an already stressful situation. This lack of preparation potentially diminishes performance levels and can also be unsafe or injurious to a diver. Contact the coaching staff to discuss the optimal time to schedule vacations.

Divers are allowed to go to a diving camp/clinic (Example Ripfest) once a year provided they attend these camps after the last day of the last national meet of the year, that Coast Divers will be competing in.. Attending a camp during any other time frame will result in being immediately removed from Coast Divers. Further, fees will NOT be prorated due to camp attendance at any time. Divers need to stay with the program in order to get ready for the most important meets of the season. Divers are NOT allowed to train with another program for extra practice time.

Notify the coaching staff well in advance if a diver in Elite, Gold or Silver groups will not be participating in a particular competition. Divers who elect not to train prior to competitions (excluding injury, illness or extraordinary circumstances), or who elect not to participate in required competitions, especially national qualified events, will be re-grouped OR REMOVED FROM THE TEAM to create space for those divers who are willing and prepared to represent the team wholeheartedly for the entire season.

The Green Team (JO Group):

The Green Team is comprised of our Junior and Senior Olympic divers, predominantly Jr. High, High School, and/or College age (13 and up).

This selection is made by **coaches' discretion**; selection will be made by specific criteria demonstrated throughout the season. Attendance, competitive dive lists for National JO and Senior competition, commitment, attitude and willingness to learn will be evaluated for Green Team acceptance.

Monthly Fees: The monthly fees for The Green Team, are \$395 per month, and always subject to change.

Annual Admin Fees: There will be a yearly administration fee of \$500 for our Green Team divers, which will be due either at sign up, or September 1st (whichever comes first).

Annual Fundraising Fees: Divers on our Green Team will be required to meet a \$1000 fundraising goal per year. A buyout is available if families do not wish to participate in fundraising. At the end of the year, the amount leftover that was not covered by fundraising will be billed to the parents and must be paid before the diver continues training with Coast Divers

The Orange Team (Novice Group):

Novice diving competition has been developed to allow new and less experienced divers an opportunity to compete with other divers at their ability level and to allow a diver to start competing at any age level. Age groups are 7 & Under, 8-9 (or 9 & Under), 10-11, 12-13, or 14-18. Novice diving is designed to develop interest and stimulate improvement in the sport of diving.

The Novice events are offered at Association and Invitational meets. Also, Novice divers may elect to compete in Junior events if the diver is able to execute the list of dives required by his/her age- group category. However, once a Novice diver participates in a JO event, they are not allowed to go back to Novice unless they "age up".

Monthly Fees: The monthly fees for The Orange Team, are \$295 per month, and always subject to change.

Annual Admin Fees: There will be a yearly administration fee of \$300 for our Orange Team divers, which will be due either at sign up, or September 1st (whichever comes first).

Annual Fundraising Fees: Divers on our Orange Team will be required to meet a \$500 fundraising goal per year. A buyout is available if families do not wish to participate in fundraising. At the end of the year, the amount leftover that was not covered by fundraising will be billed to the parents and must be paid before the diver continues training with Coast Divers

The Grey Team (Senior/Masters Group):

Novice diving competition has been developed to allow new and less experienced divers an opportunity to compete with other divers at their ability level and to allow a diver to start competing at any age level. Age groups are 7 & Under, 8-9 (or 9 & Under), 10-11, 12-13, or 14-18. Novice diving is designed to develop interest and stimulate improvement in the sport of diving.

The Novice events are offered at Association and Invitational meets. Also, Novice divers may elect to compete in Junior events if the diver is able to execute the list of dives required by his/her age- group category. However, once a Novice diver participates in a JO event, they are not allowed to go back to Novice unless they “age up”.

Monthly Fees: The monthly fees for The Grey Team, are \$250 per month, and always subject to change.

Annual Admin Fees: There will be a yearly administration fee of \$300 for our Grey Team divers, which will be due either at sign up, or September 1st (whichever comes first).

Annual Fundraising Fees: Divers on our Grey Team will be required to meet a \$500 fundraising goal per year. A buyout is available if athletes do not wish to participate in fundraising. At the end of the year, the amount leftover that was not covered by fundraising will be billed to and must be paid before the diver continues training with Coast Divers.

Blue Team (Lessons Program):

Our lessons program is open to anyone (under 18) who wants to learn how to dive. Divers will start here, before moving through the ranks of the Orange and Green Teams.

Monthly Fees: The monthly fees for The Blue Team, are \$200 per month, and always subject to change.

Annual Admin Fees: There will be no yearly administration fee for our Blue Team.

Annual Fundraising Fees: There will be no yearly fundraising fees for our Blue Team.

Lesson Try-out Policy:

When a child/parent wishes to “try-out” for lessons, the “try-out” must be scheduled through contacting the Head Coach. The fee for a “try-out” is \$20 and the child must show proof of registration with AAU Diving, prior to being allowed to participate.

USA DIVING COMPETITION REQUIREMENTS JO

Springboard Requirements

9 & Under Boys and Girls (five dives).

The contest shall consist of three voluntary dives from different groups and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c) and will be assigned the true degree of difficulty for each dive, followed by two optional dives from different groups with a degree of difficulty limit of 2.2 on one meter and 2.6 on 3-meter.

11 & Under/10-11 Boys and Girls (six dives).

For one meter and three-meter springboard, divers will perform three (3) voluntary dives and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c) and will be assigned the true degree of difficulty, followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.2 on one meter and 2.6 on 3 meter.

12/13 (FINA Group C)/13 & Under Girls (eight dives).

For one meter and three-meter springboard, divers will perform five (5) voluntaries from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1 meter and 1.9 on 3 meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. For the back/reverse voluntary, one (1) must be tuck and one (1) must be pike. Followed by three (3) optional dives from different groups with a limit of degree of difficulty of 2.4 for one-meter optional dives and 2.8 for three-meter optional dives.

12/13 (FINA Group C)/13 & Under Boys (eight dives).

For one meter and three-meter springboard, divers will perform five (5) voluntaries from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1 meter and 1.9 on 3 meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. For the back/reverse voluntary, one (1) must be tuck and one (1) must be pike. Followed by three (3) optional dives from different groups with a limit of degree of difficulty of 2.4 for one-meter optional dives and 2.8 for three meter optional dives.

14/15 (FINA Group B) Girls (eight dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by three (3) optional dives, from different groups without limit.

14/15 (FINA Group B) Boys (nine dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by four (4) optional dives, from different groups without limit.

16-18 (FINA Group A) Girls (ten dives). For one and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by five (5) optional dives from four groups without limit.

16-18 (FINA Group A) Boys (eleven dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by six (6) optional dives from five groups, with one group being repeated, without limit.

Platform Requirements

9 & under Boys and Girls (4 dives on 5-meter only).

Divers shall perform two (2) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 3.4, followed by two (2) optional dives from different groups with a degree of difficulty limit of 2.6.

10-11/11 & Under Boys and Girls (five dives on 5-meter only).

Divers shall perform three voluntary dives from different groups with a cumulative degree of difficulty not to exceed 5.4, followed by two optional dives from different groups with a degree of difficulty limit of 2.6.

12/13 (FINA Group C)/13 & Under Girls (six (6) dives on 5- or 7.5-meter only).

Divers shall perform four (4) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 7.6, followed by two (2) optional dives from different groups with a degree of difficulty limit of 2.8.

12/13 (FINA Group C)/13 & Under Boys (seven (7) dives on 5- or 7.5-meter only).

Divers shall perform four (4) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.8.

14/15 (FINA Group B) Girls (seven dives on 5-, 7.5-, or 10-meter). Divers shall perform four

(4) voluntary dives with total degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups without limit. At least five different groups must be used in the competition.

14/15 (FINA Group B) Boys (eight dives on 5-, 7.5-, or 10-meter). Divers shall perform four

(4) voluntary dives with total degree of difficulty not to exceed 7.6, followed by four (4) optional dives from different groups without limit. At least five different groups must be used in the competition.

16-18 (FINA Group A) Girls (nine dives on 5-, 7.5-, or 10-meter). Divers shall perform four

(4) voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by five (5) optional dives from different groups without limit. At least five different dive groups must be used in the competition.

16-18 (FINA Group A) Boys (ten dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by six (6) optional dives from different groups without limit. All six dive groups must be used in the competition.

AAU Age Group Requirements

9&Under (Group E): Boys & Girls – 3 voluntaries, 1 optional. Max. Vol DD: 5.4 on 1m & 3m

10-11 (Group D): Boys & Girls – 3 voluntaries, 2 optionals. Max Vol DD: 5.4 on 1m & 3m

12-13 (Group C): Girls – 5 voluntaries, 2 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

Boys – 5 voluntaries, 3 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

14-15 (Group B): Girls – 5 voluntaries, 3 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

Boys – 5 voluntaries, 4 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

16-18 (Group A): Girls – 5 voluntaries, 4 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

Boys – 5 voluntaries, 5 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

*Age groups are determined by the divers' age on December 31st of each year. Senior Springboard Requirements

(A) Men's 1-Meter Competition: (1) The men's 1-meter springboard semifinal competition shall comprise of six dives with a minimum degree of difficulty of 15.4, of which one shall be selected from each group plus an additional dive which may be selected from any group.

(B) Men's 3-Meter Competition: (1) The men's 3-meter quarterfinal, semifinal and final competition shall comprise six dives with a minimum degree of difficulty of 16.8, of which one dive shall be selected from each group plus an additional dive which may be selected

(C) Women's 1-Meter Competition: (1) The women's 1-meter springboard semifinal competition shall comprise five dives from different groups with a minimum degree of difficulty of 11.4.

(D) Women's 3-Meter Competition: (1) The women's 3-meter quarterfinal, semifinal and final competition shall comprise five dives from different groups with a minimum degree of difficulty of 13.2

Senior Platform Requirements

(A) Men's Platform:(1) The men's platform quarterfinal, semifinal and final competition shall comprise six dives from different groups with a minimum degree of difficulty of 16.3.

(B) Women's Platform: (1) The women's platform quarterfinal, semifinal and final competition shall comprise five dives from different groups with a minimum degree of difficulty of 13.2

TEAM MEMBERSHIP TERMS AND AGREEMENTS

During the registration process the following terms are agreed to and accepted as part of the terms of membership to Coast Divers. I agree to the terms and conditions of the following Coast Divers Team Membership agreement. I understand that team membership is an ANNUAL commitment to be paid in twelve monthly installments, due the 1st of each month for the entire dive season during the months of September through August.

Any new diver, even one returning to the team for any reason, is considered to be "probationary" for the first three months. During that time frame the diver will be evaluated by the coaching staff who has the discretion of releasing the diver for any reason during the probationary period.

If my diver is unable to attend workouts, the monthly installment is still due in order to retain full team status and guarantee a spot on the team. Invoices are sent on the 1st and dues billed on the 5th.

Exceptions are granted for physical/medical restrictions as a result of a condition or injury.

Medical Injuries: In order for my diver to qualify for medical leave my diver must be prescribed physical limitations by their primary care physician or medical specialist that restrict their participation in any dryland or water training for at least 2 months. Medical leave must be approved by the Coast Divers coaching staff. I understand that during the first 2 months of medical leave (with coach approval) my diver's monthly dues will be reduced by 50%. Beginning the 5th month of medical leave, dues will drop to zero, if and only if, a doctor's note is provided to the coaching staff. The fundraising portion of the monthly obligation will not be reduced and must be paid each month.

If installments are not kept current a diver will be suspended from the team and may not rejoin the team until all delinquent charges are paid in full. This term and condition are also subject to space availability and a diver will not be assured of a position in the previous training group if the diver has been let go from the team.

Notice of “change of status due to medical leave” must take place prior to the 1st of each month. In the event a diver is injured and goes into medical leave during any time in a given month, fees will NOT be prorated.

MONTHLY DUES AND LATE PAYMENTS AND ANNUAL REGISTRATION

If dues payment is not received by the 1st of each month, the family and coach will be notified via email regarding the past due balance and a late fee of \$20 will be invoiced and applied to the account.

Returned checks will be charged an additional \$25 NSF fee.

Any account with more than one returned check during a season will be required to pay prior to the 25th of the previous month via cashier's check only. Personal checks will not be accepted.

ANNUAL FEES: ***

Green Team - \$500 per year (Due Sept. 1st every year)

Orange Team - \$300 per year (Due Sept. 1st every year)

Grey Team - \$300 per year (Due Sept. 1st every year)

Travel and National Meet Fees*** -

For ALL national and travel meets families will be billed \$125 per day per coach for coaching fees, plus travel expenses. The total amount will be added up after the meet, and split among the families attending the meets. Due no more than 3 days after the last day of the meet.

Annual and national/travel fees cover payment for our coaches in terms of salary and any travel fees that they may incur. More information can be found in the “Coast Divers Fee Outline and Agreement”

FUNDRAISING AND PARTICIPATION POLICY

There are several Coast Divers-sponsored events that occur throughout the year, with the success of such events being dependent on volunteer participation by members and their families. It is expected that each member-family contributes by volunteering to actively participate in the planning and execution of hosted meets and fundraisers.

The documented annual fundraising requirements listed under the “Coast Divers Fees Outline and Agreement.”

FUNDRAISING COMMITMENT AMOUNTS

Each diver is required to fulfill their annual fundraising obligation:

\$500 - Orange and Grey Team

\$1000 - Green Team

Each year the team will host various fundraising events to assist your diver in raising funds to fulfill your fundraising obligations. Proceeds in excess of the annual fundraising commitment that cannot be applied to diving tuition will go 100% to the club.

The club provides families opportunities to meet their fundraising obligations.

Dive-a-thon

Dive-a-thon sales - Monies raised through Dive-a-thon can be applied toward fundraising commitments for the current year only.

Various other fundraisers will be done each year to help cover the fundraising costs for each family.

Additional family fundraising opportunities must be reviewed and approved by the dive committee before being applied and credited to the athlete's account.

Coast Divers will host two or more dive meets each year. In order to successfully host these meets, each family from the Green Team and Orange Team is required to volunteer at these meets and fulfill the requirements for each of those as specified in the "Volunteer Hours Commitment."

DIVE MEETS AND COMPETITION

Meets are held year-round. The coaching staff will determine the team's competitive schedule.. Meet information is distributed via email, and is available on the website, well in advance of the deadline date. The coaching staff will determine which meets are appropriate for our divers to attend, as well as the criteria for participation. Divers must meet established criteria for each competition and must have the coaches' permission in order to participate. Divers MUST compete in all meets assigned to them by the coaching staff.

Divers must wear Coast Divers team apparel to both home and away dive meets, and all team members are required to purchase a team suit, shirt, and warmups. All scheduled competitions must be attended unless arrangements are made in advance with the Head Coach. It is the responsibility of each diver to submit his or her dive sheet(s) and entry fee on divemeets.com or other entry website before the entry deadline; late fees are very costly.

GENERAL COAST DIVERS RULES AND REGULATIONS

1. Team membership, placement and grouping are at the discretion of the Head Coach. The Head Coach has full power to accept or reject the application of any person for membership.

2. All scheduled practices and meets must be attended unless arrangements are made in advance and approved by the coaching staff. Continual lack of attendance may result in suspension from the team. Each diver needs to arrive at his or her scheduled workout group on time. Continual tardiness may result in suspension unless coordinated with the coaching staff.
3. All team members who are attending high school are required to maintain academic eligibility as per CIF rules. A minimum 2.0 GPA is required. Coaches may require team members to bring them copies of their report cards. A Diver may not participate in any AAU or USA Dive meet if their GPA is below a 2.0.
4. Team suits are required to be worn at all meets by all divers. In addition to the team suit, team warm ups are required to be worn by all divers who are members of the Green Team.
5. For National team members, National Team attire is to be worn at Nationals, no exceptions. Workout attire is to be worn at every practice and suits and attire must fit properly and present a professional and MODEST appearance. Divers failing to dress appropriately will be asked to sit out until proper attire is worn. Always wear appropriate running shoes, shorts or sweats, bathing suit and towel.
6. Parents, family, and friends are not allowed on the pool deck during workouts without the coaches' permission. Parent/coach conferences are welcomed but should be arranged, in advance, by appointment.
7. Transportation to local meets and practices is the responsibility of the diver/parent and arrangements must be made in advance with another adult driver. Coaches are not allowed to transport divers.
8. Team membership can be terminated at the discretion of the Head Coach.
9. Bathroom policy and rules: The bathrooms are only occasionally checked by staff; generally speaking, they are not monitored by staff who are busy coaching. In the event an athlete needs to use the restroom during a training session, every effort will be made to have that athlete accompanied by another athlete. However, it is NOT the responsibility of the staff to ensure this policy is followed. Athletes will be given 5 minutes for a bathroom break. In the event the athlete does not return within the policy timeframe, once he/she returns, the athlete will be asked to sit out the rest of the practice.

HOME MEETS

Home meets require the participation of every Coast Divers family with children participating in Green or Orange Teams. Advance preparations include sending out information, publicizing the event, obtaining food for coaches' hospitality, and scheduling meet scorekeepers, registrars, and computer operators. During home meets, some jobs may include selling merchandise, booster club activities/support, announcing, manually keeping score, using the computer scoring system, attending to the hospitality area, and working at the registration & awards table. Volunteer hours

from each family are required for these home meets. Please see the Volunteer Hours Agreement for each family's requirements.

AWAY MEETS

Parents or designated guardians of divers who are 13 years or younger are required to travel and board with their diver.

The parent or guardian must arrange for a chaperone if unable to travel to the meet with the diver. Both parents and diver must sign the Team Travel Code of Conduct. Although the club may recommend hotels for everyone to stay in, parents are ultimately responsible for housing, transporting, and monitoring their children during diving competitions. If a parent cannot attend, HE or SHE (not the coach) will be responsible for making arrangements for his or her child to stay with another family.

The Head Coach may designate and enforce a curfew. Whether at home or away meets, all team meetings and workouts are required. The Coaching Staff strongly recommends staying at the designated meet hotel, if at all possible, to facilitate team communication, bonding, transportation, getting to breakfast, workout, and team meetings on time. Staying in the same hotel is especially beneficial to newer or more inexperienced families who are traveling.

It is strongly encouraged that divers and their families stay in the "team hotel" at away competitions so that communication, meetings and special events are more easily managed.

COAST DIVERS TEAM CODE OF CONDUCT

The purpose of this code is to promote the best possible individual, team, and competitive diving program by establishing a set of conduct rules to help ensure a friendly, safe and productive diving environment. The code is further designed to promote a favorable image of Coast Divers. This code is generally accepted by teams nationwide and is supported by USA Diving and the AAU.

GENERAL CODE OF CONDUCT – ATHLETE

1. All members will respect the coaches. This includes giving them their full attention when they are speaking and providing instruction without back talk or arguments.
2. All members will arrive on time at practices & competitions early enough for designated stretches and warm up.
3. All members will treat each other with respect and display good sportsmanship. Foul language or name-calling is not permitted. Disrespectful, indiscreet or destructive behavior will not be tolerated. Any form of sexual harassment WILL NOT BE TOLERATED.
4. Running or other horseplay activity is not allowed.

5. Athletes must notify the coach on deck if the parent has not arrived to pick them up within 15 minutes of the end of a scheduled practice or event.
6. All athletes are expected to participate in all designated championship meets they qualify to attend.
7. Coast Divers is a drug free organization; using alcohol, non-prescription illegal drugs or tobacco is not permitted.
8. All members are expected to wear designated team suits, T-shirts, and warm-ups during all competitions unless otherwise cleared with coaching staff.
9. All members are expected to win with character and lose with dignity. This means greeting fellow competitors in the same manner regardless of the place or score you receive.
10. NO Cell Phones during practice time, including dryland. Cell phone use is for emergency only.
11. Social Media restrictions, divers are not allowed to post any inappropriate language, posts/text. This is considered a form of bullying.

GENERAL CODE OF CONDUCT – PARENTS

Youth sports programs play an important role in promoting the physical, social and emotional development of children. It is essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in or at practices, competitions or related team events should be positive models of good sportsmanship and lead by example demonstrating fairness, respect and self-control.

1. Parents, Guardians or family members should not engage in unsportsmanlike conduct with any coach, parent, participant, official or other attendee.
2. Parents, guardians or family members should not encourage their child or other person to engage in unsportsmanlike conduct with any coach, parent, participant, official or other attendee.
3. Parents will not engage in any behavior that may endanger the health, safety or well being of any coach, parent, participant, official or other attendee.
4. Parents, guardians or family members should not encourage their child or other person to engage in any behavior that may endanger the health, safety or well being of any coach, parent, participant, official or other attendee.
5. Parents, Guardians or family members should not engage in the use of profanity at team facilities, events and social media affiliated with the Coast Divers.

6. Parents, Guardians or family members will treat any coach, parent, participant, official or other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
7. Parents, Guardians, or family members will encourage child to treat any coach, parent, participant, official or other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
8. Parents, Guardians or family members will not engage in any verbal or physical threats aimed at any coach, parent, participant, official or any other attendee.
9. Parents, Guardians, or family members will not encourage children to treat any coach, parent, participant, official or other attendee to engage in any verbal abuse or physical threats aimed at any coach, parent, participant, official or any other attendee.
10. Parents, Guardians, or family members will not use non-prescription illegal drugs or alcohol during or while attending a team related event. This includes being under the influence when in the presence of coaches, parents, participants, officials or any other attendees.
11. Parents, Guardian or family members will not permit or encourage a child or any other person to use non-prescription illegal drugs or alcohol during or while attending a team related event.
12. Parents, Guardian or family members are responsible for their own personal conduct as well as the conduct of their children when representing Coast Divers at competitions, practices and related events, or anywhere in public when they are wearing Coast Divers identifying gear.
13. Although indirect, and gossip cannot be prohibited, it is strongly encouraged that parents communicate directly to the coaching staff regarding specific areas of concern in a respectful and productive manner to preserve the positive, family atmosphere of Coast Divers

TRAVEL CODE OF CONDUCT

Traveling to meets in other cities is an excellent way to test a diver's developing skills while also enjoying the benefits of visiting new places and making new friends. Parents or designated guardians of divers who are 13 years or younger are **REQUIRED** to travel and board with their diver.

1. The parent or guardian must arrange for a chaperone if unable to travel to the meet with the diver. Both parents and diver must sign the Team Travel Code of Conduct each year. Although the club may recommend hotels for everyone to stay in, parents are ultimately responsible for housing, transporting, and monitoring their children during diving competitions.
2. If a parent is unable to attend, HE or SHE (not the coach or another family) will be responsible for making arrangements for his or her child. Please inform the office and coaches if your diver

will be traveling with another family or designated responsible adult and communicate contact information accordingly.

3. In an emergency, it's important for the traveling coaches to be able to reach a responsible party for each diver. All contact information and arrangements for transportation are the sole responsibility of the parent. Your child is your responsibility ultimately so please make sure all aspects of the trip and properly communicated and firmed up prior to travel.

4. In addition, if you are not traveling with your diver, make sure the responsible party has a medical consent form to provide authorization during an emergency as well as a copy of your diver's medical card and any and all pertinent medical information such as drug allergies etc.

5. Any traveling Coast Divers coach may designate and enforce a curfew. Whether at home or away meets, all team meetings and workouts are required. The coaching staff strongly recommends staying at the designated meet hotel, if at all possible, to facilitate team communication, bonding, transportation, getting to breakfast, workouts, and team meetings on time. Staying in the same hotel is especially beneficial to newer or more inexperienced families who are traveling.

6. On trips requiring overnight lodging, team members may be required to stay in rooms or designated areas assigned by the coaching staff. All divers are required to stay in the same hotel that the coaching staff resides in the absence of the diver's parent or legal guardian. A parent, legal guardian or designated chaperone must stay in the room with the diver(s) if the diver(s) are a minor. NO Exceptions.

7. Everyone must be in their assigned room at the designated curfew time and no one except assigned roommates are allowed in the room after curfew time. Appropriate curfews will be established for each trip by the coaching staff.

8. Smoking, use of alcoholic beverages or any drugs other than those prescribed by a physician or approved by a parent or coaches are NOT permitted. The Head Coach can require a drug test of any diver.

9. Indiscreet, destructive, disrespectful or any other behavior considered to be detrimental to the team will NOT be tolerated.

10. When certain meets require traveling out of town, the coaching staff will supervise the travel arrangements for divers not traveling with their parent or legal guardian. The team will travel together if at all possible, especially for international meets.

11. Family Activity Policy

- When at a competition, ancillary family entertainment activities must be scheduled AFTER the diver is finished with daily competition requirements so that the diver is rested and ready to compete.

12. Additional rules may apply at certain meets and are at the discretion of the coach, meet director or event coordinator.

13. All Divers must wear Coast Divers team apparel to all home and away dive meets. (Team apparel can be purchased online during coordinated opportunities throughout the year.)

If this Code of Conduct is violated, one or all of the following courses of action may be taken:

1. The diver may be withdrawn from the competition.
2. The diver may lose all team privileges including all monies given for the trip.
3. The diver may be sent home at his/her expense.
4. The diver may be suspended from the team for a length of time depending on the severity of the infraction.
5. The diver may be dismissed from the team.

SUPERVISION POLICY

Parents need to inform Coaching Staff prior to workout, if divers will not be in attendance, or will be arriving late or leaving early!

All divers must personally “check-in” with a Coast Divers coach upon arrival, and personally “check- out” with a Coast Divers coach upon departure. All divers need to check with a Coast Divers coach prior to leaving the deck for the restroom, to ensure the whereabouts and safety of your child, especially younger divers. (Occasionally divers will “hide out” in the restroom to avoid dryland training or may excuse themselves to the restroom to avoid certain dives or tell a coach they need to leave early to get out of a workout).

A minor child who has a license to drive to and from practice must remain at practice until the designated practice finishing time. If a diver must leave practice early, a parent/guardian must have a written note or personal phone call to the Coast Divers coaching staff explaining the situation. E-mail is acceptable if it is sent at least 24 hours in advance (coaches will not have access to email while on deck).

INDEPENDENT PHYSICAL EDUCATION: (I.P.E. Forms for Jr. High and High School Divers)

Coast Divers Parents of Jr. High and High School Divers: often School Districts and/or Independent schools will allow for “0” period, where a student may elect to begin school ~, 6:30am, and receive P.E. credit, off campus (at the Marguerite Aquatics Center).

Coast Divers Coaching Staff will act as the off campus P.E. instructor for attendance and grades. Parents are to be extremely respectful with your school district personnel, principles and/or

teachers regarding I.P.E. requests. This opportunity is a privilege! Coast Divers needs to protect this privilege with courtesy and gratitude. Let your coaching staff assist you in filling out the appropriate paperwork, or any other assistance you may need. Each district/school might have different requirements. Usually the following will be required:

1. IPE form
2. Coast Divers Coaching Resume
3. Team Objectives (on letterhead)
4. Proof of National Participation and ranking (AAU/USA dive meet website)
5. Quarterly Grade Form

HIGH SCHOOL TEAM PARTICIPATION:

MEMBERSHIP TERMINATION

If a member no longer desires to participate in Coast Divers activities, the member must provide a notice of membership termination to the Head Coach. The notice should be in writing (email is acceptable). The Head Coach can, at any time, terminate anyones membership from Coast Divers.

RETURNING TO COAST DIVERS AFTER TERMINATION

A former member desiring to rejoin Coast Divers after their termination date shall be treated as a new member once again. Returning members must pay any outstanding fees from his or her previous membership term before rejoining Coast Divers. There will be a 3 month “probationary period” for the returning athlete. During this time, the coaches will assess the athlete (attendance, attitude, adjustment, etc.) and determine if a permanent placement will be made. If you left Coast Divers to train with any other club in the Southern Pacific Association (Region 12) , re-admittance to Coast Divers will be rejected.

In the rare event that the Head Coach decides to terminate the membership of a diver, the termination shall be considered permanent and the member will not be allowed to rejoin Coast Divers.

INACTIVE DIVER FEES

There may be an occasion when a diver desires to take time off from practice and competition. Monthly dues are not intended to be a “fee for service” and are charged every month of the year. Divers may be placed on “Inactive Status” at the discretion of the Head Coach, if the following conditions apply. If divers decide to take time off without going through the “Inactive Status” steps, any further membership with Coast Divers will not be allowed. Inactive Diver Fees will be 50% of the normal monthly fees.

DIVING FOR DUMMIES:

DIVE GROUPS

There are six groups of dives. The first four are classified by the direction the diver rotates.

- 1) Forward group: The diver faces the front of the board and rotates toward the water. Dives in this group vary from simple front dives to difficult forward, four and one half somersaults.
- 2) Backward group: Dives in the backward group begin with the diver on the end of the board, with his or her back to the water, so as to rotate away from the board.
- 3) Reverse group: Formerly called “gainers,” these dives begin with the diver facing the front of the board but then rotates toward the board.
- 4) Inward group: The diver stands on the end of the board with his or her back to the water and rotates toward the board.
- 5) Twisting group: Any dive that uses a twist (excluding armstands) is included in this group.

There are four types of twists: forward, backward, reverse, and inward.

- 6) Armstand group: The diver assumes a handstand position on the edge of the platform before the dive. (Armstand positions are never used on the springboard.)

BODY POSITIONS

A dive may be performed using one of the following four positions.

- 1) Pike: The legs are straight with the body bent at the waist. Like the straight position, arm placement is dictated by the particular dive or by the choice of the diver.
- 2) Tuck: The Body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.
- 3) Straight: No bend at the waist or knees. Depending on the dive, there may be an arch in the back. Arm placement is the diver’s choice or is defined by the dive performed.
- 4) Free: Indicates the diver’s option to use any of the above three positions, or combinations thereof, when performing a twisting dive.

SYNCHRONIZED DIVING

In the past, synchro was common only in aquacades and diving shows. But today, synchronized diving (or synchro diving) has become one of the most popular diving events in the world. Introduced internationally at the 1995 FINA World Cup, synchro diving eventually became a full-medal Olympic sport with its debut at the 2000 Games with four events: men's synchro 3-meter, men's synchro platform, women's synchro 3-meter, and women's synchro platform. Mixed gender synchronized diving is also contested at select events.

Synchro includes two divers performing the same dive from the same level board. For a platform dive, divers take off from opposite sides of the platform. For a springboard dive, divers take off from their own, adjacent boards.

DIVE NUMBERS

Dives are described by their full name (e.g. reverse 3 1/2 somersault with 1/2 twist) or by their numerical identification (e.g. 5371D), or "dive number."

Specific dive numbers are not random—they are created by using these guidelines:

- 1) All dives are identified by three or four digits and one letter. Twisting dives utilize four numerical digits, while all other dives use three.
- 2) The first digit indicates the dive's group: 1 = forward, 2 = back, 3 = reverse, 4 = inward, 5 = twisting, 6 = armstand.
- 3) In front, back, reverse, and inward dives, a '1' as the second digit indicates a flying action. A '0' indicates none. In twisting and armstand dives, the second digit indicates the dive's group (forward, back, reverse).
- 4) The third digit indicates the number of half somersaults.
- 5) The fourth digit, if applicable, indicates the number of half twists.
- 6) The letter indicates body position: A = straight, B = pike, C = tuck, D = free.

Examples:

107B = Forward dive with 3 1/2 somersaults in a pike position

305C = Reverse dive with 2 1/2 somersaults in a tuck position

5253B = Back dive with 2 1/2 somersaults and 1 1/2 twists in a pike position

JUDGING - The Basics

The scoring system and the five basic elements of a dive: The Starting Position, The Approach, The Take-Off, The Flight, and The Entry.

Scoring System:

Scores in all diving meets use a range from one to ten, in 1/2-point increments. The score of each dive is calculated by first adding the total awards of three judges. This is known as the raw score. The raw score is then multiplied by the degree of difficulty of the dive and you have the total diver's score for the dive.

Diving meets must be scored using a minimum of three judges, but can be scored using as many as nine judges. Collegiate diving contests allow the use of two judges in a dual meet. Using the simplest method of scoring: when more than three judges are used, the highest and the lowest scores awarded are dropped and the raw score is determined by the remaining three awards. This same manner of determining the raw score can be used for a seven or nine-member judging panel.

In most international competitions where a judging panel contains more than five judges, the dive score is calculated using the 3/5 method. This process involves multiplying the sum of the middle five awards by the degree of difficulty and then by .06. The result is the equivalent of a three-judge score.

Sample Scoring For a Five Judge Panel

Scores: 6.5, 6, 6.5, 6, 5.5

Low (5.5) and High (6.5) Scores Dropped Raw Score = 18.5 (6.5 + 6 + 6)

Raw Score (18.5) x Degree of Difficulty (2.0) Total Score for the Dive = 37.0

Because of the subjectivity involved in judging, it is advisable to have more than three judges involved in a contest. This helps to eliminate any bias that one or more judges might have and give an accurate representation of dive.

Criteria for Judging a Dive

0: Completely Failed

1/2 - 2: Unsatisfactory

2 1/2 - 4 1/2: Deficient

5 - 6 1/2: Satisfactory

7 - 8: Good

8 1/2 - 9 1/2: Very good

10: Excellent

Note: This is the FINA judging scale. High school and NCAA competitions use a slightly different scale.

Five Basic Elements of a Dive

When judging a dive, five basic elements need to be considered with equal importance before awarding a score.

Starting Position: A dive is to be judged once the diver assumes the starting position on the springboard or platform. This may be standing facing the water for forward approaches, with the diver's back to the water at the end of the springboard or platform for backward approaches, or in preparation for a forward or backward handstand take-off on the platform. Depending on the dive, the diver should be standing straight with the head erect, and the arms straight and steady in a position of the diver's choice.

The Approach: The diver shall, on front approaches, move to the end of the springboard in a smooth motion showing good form. Using no less than three steps, the diver shall execute a forward hurdle from the last step. A hurdle is the jump to the end of the board and must be executed from one foot. The back approach is characterized by a series of arm swings used to initiate momentum. At no time during the back approach shall the diver's feet leave the springboard or platform. If the diver begins the approach from the starting position and stops, the diving referee will declare a balk and two points will be deducted from each judge's score. If the diver again starts the approach and stops, the dive will be considered failed and no points will be awarded.

The Take-Off: After completing the forward approach and hurdle, the take-off should show proper balance and control, and initiate a safe distance from the board. The diver must leave the springboard from both feet. On a platform take-off, the diver may leave the platform surface from one foot.

The Flight: The flight of the dive should be smooth and graceful and at no time should the dive move to the left or the right of the springboard or platform, or shall any part of the diver touch either the springboard or platform. During the dive, the body shall be carried in one of the four acceptable positions: tuck, pike, straight, or free.

The Entry: The entry into the water, whether it is a head-first or feet-first entry, shall be vertical or as close to vertical as possible. The diver's body shall be straight, the legs together, and the toes pointed. The arms must be extended over the head and in-line with the body on head-first entries. On feet-first entries the arms shall be straight and at the diver's side.

Judging diving is a subjective endeavor. What that means is that it is essentially personal opinion, so the more informed a judge is of the rules and the more experience they possess, the more consistent the scoring will be.

DIVING VOCABULARY:

Approach: Three or more steps forward to the end of the board before the hurdle and takeoff.

Armstand Dive: The diver executes a dive from an armstand position. The armstand takeoff represents a sixth group of dives used only in platform diving.

Back Dive: Takeoff from the end of the board with back toward water. Direction of rotation is away from the board.

Balk: An illegal movement by the diver:

1) False start in which a diver makes an obvious attempt to start the approach but does not complete

the dive.

2) Takeoff for the hurdle from both feet.

3) Loss of balance on an armstand dive causing feet to touch the platform.

Degree of Difficulty: Rating, ranging from 1.2 to 4.1, indicating the difficulty of executing a specific dive. The "DD" is multiplied by the sum of the judges' scores (after the high and low scores are dropped) to calculate the overall score for a dive.

Entry: The conclusion of a dive as the diver makes contact with the water. Could be either head (hands) or feet-first. Upon entry, the body should always be near vertical in a straight position with toes pointed. In a headfirst entry, arms should be stretched above the head, in line with the body with the hands close together.

Flying: Used to describe a dive in which the diver assumes a straight position from takeoff, or after one somersault in a 115C, before executing the remainder of the dive. The straight position must be held for at least one quarter of a somersault (90 degrees).

Forward Dive Takeoff from a standing or running approach, facing the water. Direction of rotation is away from the board.

Free Position: A combination of straight, pike, or tuck positions, to be used in twisting dives only as listed in the DD tables.

Hurdle: The final segment of the diver's approach to takeoff. Consists of a spring to the end of the board, taking off from one foot, and landing on two feet at the end of the board.

Inward Dive: Takeoff from a standing position at the end of the board, with back to the water. Direction of rotation is toward the board.

Judge: Diving official who scores each dive on a scale of 0 (lowest) to 10 (highest). Seven judges officiate major national and international competition in individual events. Eleven judges officiate during synchro events.

Pike Position: A dive position in which the body is bent at the hips, legs straight at the knees, and toes pointed. Feet should be held together, while positioning of the arms is optional.

Platform: A stationary, non-bending diving platform that is at least 20 feet long and six and a half feet wide. (For synchronized diving, the platform should be a minimum of eight feet wide. Ten feet is preferred.) The platform height used in senior competition is 10 meters (approximately 33 feet). The platform structure typically also includes levels at three, five, and seven and a half meters that are used during training and in junior competition.

Referee: Manages the competition and ensures that all regulations are observed. Not a judge.

Reverse Dive: Takeoff from a standing or running approach, facing the water. Direction of rotation is toward the board.

Somersault: A movement in which a diver rotates the body on an imaginary horizontal axis through the hips. This move can be performed in a variety of combinations.

Springboard: An adjustable diving board that regulates “springiness,” either 1-meter (3’3”) or 3-meters (9’9”) above the water. The springboard projects at least five feet beyond the edge of the pool.

Straight Position: A dive position in which the body is straight without bending at the knees or hips, with feet together and toes pointed. Formerly called the “layout” position.

Takeoff: A diver’s lift from the board prior to execution of the dive. May be done from a forward (running or standing) or backward approach, or from an armstand position.

Tower: The entire diving platform structure.

Tuck Position: A dive position in which the body is bent at the waist and knees, with thighs drawn to the chest and the feet kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

Twisting Dive: Any dive with a twist. There are four types of twisting dives: forward, back, reverse, and inward.

HANDBOOK, CODE OF CONDUCT, AND RULES AND REGULATIONS AGREEMENT

My athlete and I have read all CODES OF CONDUCT and RULES AND REGULATIONS provided by Coast Divers in the Coast Divers Handbook, including but not limited to meet information, high school team participation, and termination information, and agree to all terms listed therein.

I hereby agree that if I fail to conform my conduct to the foregoing while attending practice, competitions or any related team event, I will be subject to disciplinary action at the discretion of the coaching staff and. Disciplinary action may include any or all of the measures listed based on the severity of the infraction.

Furthermore, I understand that my involvement with Coast Divers is at the complete discretion of the Head Coach, and subject to termination at any time for any reason.

The following measures are NOT in ascending order and any measure may be imposed immediately by the Head Coach based on circumstances and severity of infraction by the athlete or parents.

- Verbal Warning and/or Written Warning
- Restricted or modified practice (i.e. time out, request for written apology, etc.)
- Diver removed from practice, event or scratched from meet with no expense reimbursement provided.
- Suspension from events, practice or the team with corrective measures,
- Removal from the team

Parent Name _____

Parent Signature _____

Athlete Name _____

Athlete Signature _____

Date: _____

RELEASE OF LIABILITY

READ CAREFULLY - THIS AFFECTS YOUR LEGAL RIGHTS

In exchange for participation in the activity of Springboard and Platform Diving organized by Coast Divers, Coast Divers LLC, and HB Divers, Coast Divers, or HB Divers 4682 Warner Ave. Apt. A210 Huntington Beach, CA, 92649 (applicable to any and all past or future addresses used for Coast Divers, Coast Divers LLC, and HB Divers, Coast Divers, or HB Divers) and/or use of the property, facilities and services of Coast Divers, Coast Divers LLC, and HB Divers, I agree for myself and (if applicable) for the members of my family, to the following:

1. AGREEMENT TO FOLLOW DIRECTIONS. I agree to observe and obey all posted rules and warnings, and further agree to follow any oral instructions or directions given by Coast Divers, Coast Divers LLC, and HB Divers, or the employees, representatives or agents of Coast Divers, Coast Divers LLC, and HB Divers.

2. ASSUMPTION OF THE RISKS AND RELEASE. I recognize that there are certain inherent risks associated with the above described activity and I assume full responsibility for personal injury to myself and (if applicable) my family members, and further release and discharge Coast Divers, Coast Divers LLC, and HB Divers its representatives, employees, agents, contractors, for injury, loss or damage arising out of my or my family's use of or presence upon the facilities of Coast Divers, Coast Divers LLC, and HB Divers, whether caused by the fault of myself, my family, Coast Divers, Coast Divers LLC, and HB Divers or other third parties.

3. INDEMNIFICATION. I agree to indemnify and defend Coast Divers, Coast Divers LLC, and HB Divers, against all claims, causes of action, damages, judgments, costs or expenses, including attorney fees and other litigation costs, which may in any way arise from my or my family's use of or presence upon the facilities of Coast Divers, Coast Divers LLC, and HB Divers.

4. FEES. I agree to pay for all damages to the facilities of Coast Divers, Coast Divers LLC, and HB Divers, caused by any negligent, reckless, or willful actions by me or my family.

5. CONSENT. I,

(Name) _____ of

(Address) _____,

(City) _____,

California

(Zip Code) _____, consent

to the participation of my _____ (Relation to Athlete), (Participant

Name) _____, in the activity of Springboard and Platform Diving, and agree on behalf of the above minor to all of the terms and conditions of this Agreement. By signing this Release of Liability, I represent that I have legal authority over and custody of

(Participant Name) _____.

6. MEDICAL AUTHORIZATION. In the event of an injury to the above minor during the above described activities, I give my permission to Coast Divers, Coast Divers LLC, and HB Divers, or to the employees, contractors, representatives or agents of Coast Divers, Coast Divers LLC, and HB Divers to arrange for all necessary medical treatment for which I shall be financially responsible. This temporary authority will begin on _____ and will remain in effect until terminated in writing by the undersigned or when the above described activities are completed. Coast Divers, Coast Divers LLC, and HB Divers shall have the following powers:

- a. The power to seek appropriate medical treatment or attention on behalf of my child as may be required by the circumstances, including without limitation, that of a licensed medical physician and/or a hospital;
- b. The power to authorize medical treatment or medical procedures in an emergency situation; and
- c. The power to make appropriate decisions regarding clothing, bodily nourishment and shelter.

7. APPLICABLE LAW. Any legal or equitable claim that may arise from participation in the above shall be resolved under California law.

8. NO DURESS. I agree and acknowledge that I am under no pressure or duress to sign this Agreement and that I have been given a reasonable opportunity to review it before signing. I further agree and acknowledge that I am free to have my own legal counsel review this Agreement if I so desire. I further agree and acknowledge that Coast Divers, Coast Divers LLC, and HB Divers has offered to refund any fees I have paid to use its facilities if I choose not to sign this Agreement.

9. ARM'S LENGTH AGREEMENT. This Agreement and each of its terms are the product of an arms' length negotiation between the Parties. In the event any ambiguity is found to exist in the interpretation of this Agreement, or any of its provisions, the Parties, and each of them, explicitly reject the application of any legal or equitable rule of interpretation which would lead to a construction either "for" or "against" a particular party based upon their status as the drafter

of a specific term, language, or provision giving rise to such ambiguity. Accordingly, the Parties specifically reject the application of Cal. Civ. Code §1654 to this Agreement, as well as any other statute or common law principles of similar effect.

10. ENFORCEABILITY. The invalidity or unenforceability of any provision of this Agreement, whether standing alone or as applied to a particular occurrence or circumstance, shall not affect the validity or enforceability of any other provision of this Agreement or of any other applications of such provision, as the case may be, and such invalid or unenforceable provision shall be deemed not to be a part of this Agreement.

11. DISPUTE RESOLUTION. The parties will attempt to resolve any dispute arising out of or relating to this Agreement through friendly negotiations amongst the parties. If the matter is not resolved by negotiation, the parties will resolve the dispute using the below Alternative Dispute Resolution (ADR) procedure.

Any controversies or disputes arising out of or relating to this Agreement will be submitted to mediation in accordance with any statutory rules of mediation. If mediation is not successful in resolving the entire dispute or is unavailable, any outstanding issues will be submitted to final and binding arbitration under the rules of the American Arbitration Association. The arbitrator's award will be final, and judgment may be entered upon it by any court having proper jurisdiction.

12. EMERGENCY CONTACT. In case of an emergency, please call _____ (Relationship: _____) at _____ (Day), or _____ (Evening).

I HAVE READ THIS DOCUMENT AND UNDERSTAND IT. I FURTHER UNDERSTAND THAT BY SIGNING THIS RELEASE, I VOLUNTARILY SURRENDER CERTAIN LEGAL RIGHTS.

Dated: _____

Signature: _____

Name (Please Print) _____

PARENT/GUARDIAN MEDIA CONSENT FORM

We are sending you this parental consent form to both inform you and to request permission for your child's photo/image/video and name to be posted to the Coast Divers, Coast Divers LLC, and HB Divers, website and social media sites (instagram/twitter/youtube).

As you are aware, there are potential dangers associated with the posting of personally identifiable information on a web site since global access to the Internet does not allow us to control who may access such information. These dangers have always existed; however, we as a club want to celebrate your child and his/her success. The law requires that we ask for your permission to use the information about your child.

Pursuant to law, we will not release any personally identifiable information without prior written consent from you as parent or guardian. Personally identifiable information includes student names, photo or image, and locations and times of competitions.

If you, as the parent or guardian, wish to rescind this agreement, you may do so at any time in writing by sending a letter to the coaches and such rescission will take effect upon receipt by the coaches.

By signing this, I/We GRANT permission for this athlete photo/image/video and name to be published on the Coast Divers, Coast Divers LLC, and HB Divers, public Internet site and other social media sites.

Athlete Name: (please print) _____

Print name of Parent/Guardian: (print)

Signature of Parent/Guardian: (sign)

Relation to Student:

Date: _____

Divemeets Profile

All diving meets are run through www.divemeets.com. All divers are required to have a current divemeets profile.

How To:

1. Go to divemeets.com and click on
2. Scroll over 'Login' and click on 'get a divemeets id'.
3. Fill in all information
 - a. All divers must be AAU and USA divers (will need to input numbers)
 - b. Our region is 'southern pacific' and the club name is Coast Divers (might say Coast Divers).
 - c. For coach, please choose Kaeden Cogbill.

Volunteer Hours (For Team Divers Only):

In an effort to make things run smoothly and fairly for all Team Diver families, 40 volunteer hours per family will be required over the calendar year. Here are some guidelines of how this will work so families have some options on how to plan out volunteering at the meets.

- Hours can be completed however works out best for your family. If you know there is a home meet your family cannot attend you may bundle hours over another meet.
- Meet hours can be completed by multiple members of the family. If two of you sign up for separate jobs at one meet the 4 hours counts for both = 8 hours completed.
- Divers may not be eligible to complete volunteer hours as they will be given other jobs on the deck such as raffles and 50/50 pools. This may be met dependent.
- If it is necessary to have your diver complete volunteer hours they must be pre-approved before the volunteer sign ups are completed.

There will be penalties for two things...

- 1) signing up/committing and not coming to the meet.
- 2) not completing all 40 hours by the end of the calendar year.

The penalty will be \$10 per hour left unused.

If you have done something else for the team that you think should be counted toward your volunteer hours, please let the Head Coach know, and we will see about making that exception. We know everyone likes to help in different ways!

By signing below, I agree to the terms listed above.

Name Print

Signature and Date

PARENT SURVEY

Parent 1 Name(s): _____

Parent 1 Occupation: _____

Parent 2 Name(s): _____

Parent 2 Occupation: _____

Diver Name(s): _____

Computer proficiency: _____

Special skills: _____

Do you have any expertise or desire to help Coast Divers in any of the following areas (please check all that apply).

Website Expertise: _____

Travel Coordinator: _____

Printing: _____

Grant Writing Experience: _____

Art Design: _____

Journalism / Press Releases: _____

Floral Design / Decorations: _____

Obtaining Donations from local businesses: _____

Own a store or restaurant: _____

Catering business or experience: _____

Music business or experience or own equipment: _____

Own professional video or camera equipment: _____

Other: _____ Please explain _____

Have any older children that need to earn “community service hours” and help out with our dive meets or other events?:

(Please give us their names and ages)

Name _____

Age _____

Coast Divers Fee Outline and Agreement

Monthly Fees:

The Green Team - JO Team - \$395 per month

Divers may come to all practices offered per week. ONLY DIVERS IN THIS GROUP MAY COMPETE IN JO EVENTS!

The Orange Team - Novice Team - \$295

Divers will come to 4 practices offered per week (assigned by coaching staff).
Divers in this group will compete in novice events.

The Blue Team -Lessons - \$200 per month

Divers will come for two per week (assigned by coaching staff). Divers in this program will not be eligible to compete.

The Grey Team - Senior/Masters - \$250 per month

Divers will come to three or four sessions per week (assigned by coaching staff).
Divers in this group will compete in Senior/Masters events.

The Grey Team will also include our "Adult Lessons" for individuals over 18 years of age who wish to try diving.

Note: All monthly fees are non-refundable once paid, and subject to change. A \$25.00 per week late fee will be added for late payments.

Annual Admin Fees Sept-Aug:

Annual Fees** -

Green Team - \$500 per year (Due Sept. 1st every year)

Orange Team - \$300 per year (Due Sept. 1st every year)

Grey Team - \$200 per year (Due Sept. 1st every year)

Travel and National Meet Fees*** -

For ALL national and travel meets families will be billed \$125 per day per coach for coaching fees, plus travel expenses. The total amount will be added up after the meet, and split among the families attending the meets. Due no more than 3 days after the last day of the meet.

Fundraising Sept-Aug:

All families are **required** to help out in all fundraising, if you would like to be excluded from fundraising, there is a \$1000 annual buyout available.

Note: All annual and meet fees are non-refundable once paid, and subject to change. A \$25.00 per week late fee will be added for late payments.

By signing below, I understand and agree to all due dates and terms listed above:

Signature_____

Date_____