



GC DIVERS TEAM INFORMATION:

About our club: GC Divers is the number one competitive diving program in the country offering programs that range from diving lessons through Jr and Sr. National levels. We utilize three very well-equipped facilities in Southlake, Keller and Lewisville. We work very closely with these facilities to provide convenient times for all our programs and appreciate the pool time we've secured. We expect all our athletes and parents to help us maintain these relationships by following all facility rules and conduct. We have a great group of coaches that support our programs. Our coaches often work with divers at various levels and it is not uncommon for athletes to work with multiple coaches as they progress. This is good for our coaches and good for the athletes who have the opportunity to work with different coaching styles

There are 3 different levels of diving on the GC Divers team. We have divers new to the sport (Future Champions and novice level), those training to compete at the regional and high school level (Junior Olympic), and those aiming for national and international competitions (National Training).

- 1. Future Champions and Novice Level (N):** Future champion and novice level are introductory levels of competitive diving. At this level the focus is on building strong fundamentals and is the stage where divers are establishing their base skills. Novice divers are only required to attend local meets but are encouraged to attend as many meets as possible. There are about 4 local meets each year. Novice divers usually train 2x-3x a week. Novice divers are asked to sign up for at least one-week long team morning camp in the summer.
- 2. Junior Olympic Level (J.O.):** Junior Olympic divers have learned the necessary dives to compete at the J.O. level for their age groups. The diver's coach will let them know when they have learned all of their required dives and they are ready for competition. J.O. divers are expected to attend all of the local meets and regionals in both spring and summer. J.O. divers are encouraged to attend away meets in order to gain experience and prepare for the regional level meets. Junior Olympic divers usually train 3x per week.
- 3. National Training Team- National Elite Team (NT):** Divers in this group are committed to 4 - 6 days of diving each week. These divers' goals include National championships and international travel. Attendance in this group is extremely important as each night builds on the one before. These divers are required to attend all local meets, regional meets and national level meets they qualify for during the season. Divers are expected to attend a championship meet at the end of summer.

College bound divers

GCD encourages divers to go beyond high school diving to college level diving. We are contacted by college coaches on a regular basis who are recruiting our divers. We have established an excellent reputation and the college coaches know they can trust our recommendations. We have had divers compete at many of the top colleges around the country: Stanford, Purdue, Duke, University of Virginia, University of North Carolina, SMU, Texas A&M, Univ. of Arkansas, Univ. of Nevada, TCU, Houston, UT, LSU, Princeton, Harvard, The Air Force Academy, Navy, Wisconsin, Univ. of Missouri, UCLA, Alabama, Townsend, Liberty, Dartmouth, Kentucky, and many more. Diving is an excellent way of opening the door to a great education. With this said, we do expect our high school seniors to train and compete through their senior summer to arrive at college in top shape and to finish up the competitive season with GC Divers. In this way, we keep our reputation for sending prepared athletes to the colleges. The higher our team places at the national level, the more college coaches look to us for prospective divers. We have placed in the top 5 teams for over 10 years.

Team monthly fees:

Novice level 1-2 days \$145/mo.
Advanced Novice or Junior Olympic 3 days \$210/mo
National training team 4 days \$275/mo
National training team 5-6 days \$325/mo
National Elite team 5-6 days \$330/mo

Additional programs:

Platform training 1 day a week \$85/mo
Morning dryland training 1 day a week \$25/mo
Morning dryland training 2 days a week \$50/mo
Morning dryland training 4 days a week \$65/mo
Trampoline classes 1x a week \$45/mo

Team fees are due by the first of the month. After the 5th of the month, please add a \$25 late fee. Divers who are over one month behind in fees will not be able to participate until their fees are current. Each month, our team fees are used to cover the coaches' fees and pool rentals. We must have time to allow payments to process to pay pools on time and maintain access to the facility.

Team Annual Registration Fee: Due at the start of the season Sept. 1st.

(This includes their AAU registration for Sept. 1 through Aug. 31)
Future Champions and Novice level divers (2x a week divers) \$150
Advanced Novice & Junior Olympic level divers \$275

Meet Fees:

There is coaches' fee for divers attending the meets. The fee will be \$10 per event. Most meets will be 2 events: 1 meter and 3 meter. The national championship meets sometimes have prelims and finals.

Coaches' travel and equipment purchases:

The annual registration fee goes towards coaches' travel to meets, club registration, equipment, required insurance as well as coaches' annual training and certifications. Monthly team fees only cover coaches' payments and pool rentals and do not cover this additional expense. The divers' annual registration is used to cover these expenses.

Team outfitting:

Divers are expected to purchase a team competition suit. Boys may choose to wear Jammers (bicycle style shorts) or Speedo style. Either style is appropriate for competitions. Divers will also purchase a team T-shirt and have the option of warm ups and backpacks.

Competition Schedule:

The meet schedule will be made available in the fall. The first part of the season is for training and getting dives ready for the meets.

Team mailboxes:

There is a TEAM FEES folder in the front of the file box. You can put your monthly tuition in this folder. Fees can also be mailed to GC Divers 1101 Crockett Ct. Southlake, TX 76092 but the preferred payment is online through monthly invoices.

Communication:

We try to use email messages whenever possible. **Please provide us with your current email and let us know if this changes during the season.** Meet information, results and schedule changes are sent via email. We also use the GC Divers website at www.gcdivers.com. If you click on calendar, it is updated regularly. Meet information will also be posted on the calendar allowing you to plan for upcoming competitions. Krista does all scheduling, so please email her with any questions or concerns at gcdivers@msn.com.

GC Divers closed group Facebook page. You must request membership into the group GC Divers. Once a member, you can see info about upcoming meets and events and see photos from past events and competitions. You must be a member to view this group's Facebook postings. Parents are able to post on this site as well in order to communicate with other parents.

Changes in schedules:

Parents must notify **Krista Klein** in writing or via email to make any schedule change requests. These requests must be made 2 weeks prior to the end of the month in order to go into effect for the following month. We will do our best to accommodate these requests. Please email gcdivers@msn.com with your changes. Dive coaches on deck are not able to confirm schedule changes nor can they be responsible for passing on information about requests to Krista. Parents need to communicate their changes directly in order for the schedule change to go into effect by the following month.

Make ups: Generally, we don't do make-ups for team practices missed. However, if the coaches feel that a diver has fallen too far behind or has had an extended illness we will try to arrange for some make up time. If we must cancel classes, we try to reschedule the divers into another class. If you are aware of a scheduling conflict that will last for the entire month, we can try to change your diver's schedule for the month or season. We

just can't change schedules week by week or day by day. Regular school holidays are not made up, but often we will offer additional practice times if we can get pool time during holidays.

Conduct at practice:

We expect the divers to be courteous and respectful to the coaches and their team mates. We have a great group of divers in the program and want everyone to be supportive of each other. If a diver is seen to be disruptive, he or she may be asked to sit out. You will be notified if this happens. If the disruption continues, he/she may be asked to change classes or depending on the situation, may be asked to move back into the lessons or be removed from the program.

Parent conduct:

Any questions or concerns about the team, practice, scheduling, or group placement should be brought directly to the attention of Krista. A phone call or conference can be set up via email at gcdivers@msn.com. A parent displaying conduct disruptive to the team will be asked to refrain from coming to watch practices.

Fear of dives:

Every diver will come across a dive that will worry them. This is very normal. If your son/daughter seems very nervous about a particular dive, please email Krista and let her know. She will let the coach know so that the dive can be learned gradually and the fear can be overcome. With over 200 dives possible, there is always something else to work towards. Diving is extremely fun in that there are different skills to work on and it is seldom boring!

Patience:

Many athletes come into diving and want to learn new dives every practice. Divers and parents must realize the importance of improving on each skill before moving on to the next one. If divers skip skills, they lack form and eventually reach a roadblock having not mastered each progression. We have excellent divers because of our focus on correct technique.

Joining USA Diving:

Please consider registering as a USA diving member. This is the best way to learn about the sport of diving. All Jr. Olympic divers register under USA Diving at www.usadiving.org. But novice divers should also register at the lowest registration level and then you receive online newsletters about what is going on in the diving community. You will also receive a diving magazine with great articles and info on all levels of diving. Remember to register under GC Diving as your team and the Northwest Texas diving association. J.O. divers will need to register in order to compete at the regional level.

Divemeets.com

Once you receive this year's AAU# via email, please go to www.divemeets.com to register your diver or update your account. If you are new to the team, please make sure your information is correct on the next form, as it will need to match their divemeets.com profile. Meets will be entered online through www.divemeets.com.

If you have any additional questions, please email Krista Klein at www.gcdivers@msn.com

Please remember that fees are due at the first of each month. The yearly fees are due once a year at the beginning of the diving season in September. Coach's meet fees will be due the week after a competition.

I have read the team information for 2018-2019. I understand schedule changes and requests must be made in writing by mail or email to Krista Klein at gcdivers@msn.com two weeks prior to the end of the month in order to have it reflected in the next month's billing. Please make sure you get an email confirmation of the changes.

Diver's Name: _____

Parent's Signature: _____ Date: _____

If you are are a returning team member and your information has not changed since last Sept, you may skip this section.

Information needed for Team Roster and AAU Registration

Diver's Name _____

(This name will be used for the AAU registration and must match on divemeets.com. This is the name an announcer will announce at the meets)

D.O.B _____ **mm/dd/yyyy**

Current email address (es) for team communication: *Please write carefully so that we can read your email address:*

Phone # (Please list best contact #) _____

Address _____

City _____ **Zip** _____

Parent(s) Name (s): _____

____ Please mark here if you would NOT like your child's name and contact information listed on the team roster.

2018-2019 Medical Release Form:

All divers are required to have a medical release form on file at the swim center. We use a school facility and this is a requirement for all sports and clubs utilizing the school's equipment. Please return this signed, to the team fees box at the pool before Sept. 1. You may also scan and email the form to gcdivers@msn.com.

Please list any pre-existing injuries or conditions that we need to be aware of:

If a diver has an injury from another sport or activity at home, please send him/her to practice with a note. Practices will be adjusted. A Dr's release may be required to return to regular training.

Medical Release

Diver: _____ Date of Birth: _____

Parent or Guardian Authorization:

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)

Family Physician: _____ Phone: _____

In case of emergency contact:

Name Phone Relationship to Diver

Name Phone Relationship to Diver

Please list any allergies/medical problems, including those requiring maintenance Medication. (i.e. Diabetic, Asthma, Seizure Disorder)

The purpose of the above listed information is to ensure that medical personnel has details of any medical problem which may interfere with or alter treatment.

Mr./Mrs./Ms.

_____ Date: _____

Authorized Parent/Guardian Signature
