

THE KITCHENER-WATERLOO DIVING CLUB MANUAL

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Mission Statement

The Kitchener-Waterloo Diving Club believes in helping each diver achieve personal excellence. We value a supportive and safe environment that encourages and inspires all of us to learn new skills and be the best we can be.

Introduction

Welcome to the Kitchener-Waterloo Diving Club (KWDC). We hope that your involvement with the club will be enjoyable and rewarding, as it has been for many others before you. The purpose of this manual is to provide members with a better understanding of the sport of diving, and the K-W Diving Club's organization and operation.

Club Profile: Our Club and Facilities

The divers at the KW Diving Club have the opportunity to practice and perfect their skills both in the water and on land.

Water

Waterloo Memorial Recreation Complex

(Swimplex/ Rec. Centre)
101 Father David Bauer Dr.,
Waterloo, ON

The KW Diving Club operates primarily out of the Waterloo Memorial Recreational Complex. The facilities at this pool include two 1m springboards, two 3m springboards and one 5m tower. Competitive, Recreational and Learn to Dive divers train regularly at this pool.



The KW Diving Club also runs Learn to Dive classes out of the Breithaupt Centre pool and the Cameron Heights Collegiate Institute pool. Both of these pools have one 1m springboard.

Breithaupt Centre

350 Margaret Ave.,
Kitchener, ON

Cameron Heights

301 Charles St. East,
Kitchener, ON

In order to dive platform, some of the divers from the KW Diving Club travel to the Etobicoke Olympium or the London Aquatic Centre once or twice a week. These pools both have a full tower complex (3m, 5m, 7.5m and 10m towers). Pool time is shared with the diving teams in Etobicoke/Toronto and London during these practices.

Land

KW Diving Club Dryland Training Centre

5 Manitou Dr., Unit #102
Kitchener, ON
(corner of Fairway Rd. and Manitou Dr.)

The KW Diving Club's dryland centre is one of the best in Ontario. Along with a large assortment of mats, the dryland centre has two trampolines and two dryboards. The dryland centre is equipped with two harnesses; one over a dryboard and one over a trampoline.

Dryland Centre Information

Cleaning

The task of keeping the dryland centre clean is shared by all members of the KW Diving Club. Each diving family takes on a three week shift during which they keep the facility in good order. A schedule showing whose turn it is to clean the centre is sent out in the Club's newsletter. The duties for cleaning the centre should include:

1. cleaning both bathrooms (cleaning supplies are in the bathroom cupboard)
2. emptying the bathroom garbage bags into the big garbage in the bathroom cupboard
3. vacuuming the main areas of the centre
4. washing down the cubbies at the front door if they need it
5. general tidying of the centre (recycling empty water bottles left behind)

These tasks will probably only need to be done one or two times during a three week cleaning period. When it is your time to clean the centre, the cleaning can be done at your convenience. See a coach for a key to the dryland centre at the beginning of your three weeks; when you are finished your time period, you can put your key in the mailbox at the training centre and leave by the back door. Your coach can show you how. Your time and effort in this matter is truly appreciated. Any questions regarding cleaning the dryland centre can be directed to Janice Moore at c.j.m@sympatico.ca.

Water and Snacks

Divers may bring their own water bottle to dryland and fill it from the water cooler at a cost of 25 cents a bottle. A variety of snacks are available at the training centre for a reasonable price. The snacks are part of our fundraising initiative. Please remember to pay for your snacks so that we can keep the prices low.

Contact Information

The KW Diving Club does not have a full-time office. Inquires can be directed to our club via;

- email (see executive contact information in appendix)
- snail mail
 - o 5-420 Erb Street W., Suite 444
Waterloo, ON.
N2L 6K6
- telephone
 - o 519-749-3990 (registration inquires)
 - o 519-886-8159 (all other questions)

A coach or a member of the executive will respond to your inquiry at the earliest convenience.



Roland Lipki
Co-Head Coach
Tier II and Tier III
K-W Diving Club

Coaching Qualifications: Theory Level III diving
Full Level II Diving
Full Level I trampoline
Course Conductor Qualifications
DIVING PRE-LEV 1 since 25/09/2005

Coaching Experience Roland has been coaching since 1986, and has been in the position of Head Coach for the K-W Diving Club since 1992.

Role as a Head Coach Currently, Roland concentrates on Level II and III competitive divers, preparing them for meets, identifying those divers ready to move up to a higher competitive level.

He also oversees the Recreational and Learn to Dive programs, and works with the Learn to Dive instructors to further develop their teaching skills.

Roland works closely with the Executive on all issues relating to the welfare and future development of the Club.

Characteristics His passion for the sport, along with his genuine concern for every diver in the club, regardless of their level, is a personal quality that sets him apart.



Rob Wells

Co-Head Coach

Tier I

K-W Diving Club

Coaching Qualifications

Fully certified Level II
Fully certified comp-intro
Trained comp-dev
CPR - certified

Coaching Experience

In 1995 Rob began coaching Learn to Dive in Montreal. He also coached Learn to Dive at the Pointe Claire Diving Club and at a recreational diving club just outside of Montreal. In 1997, he moved to London and coached both Learn to Dive and recreational diving at the Forest City Diving Club. He became a full time coach at London in 2000, coaching at the national level

Rob began coaching at the KW Diving Club at the beginning of the 2006 season. At the KW Diving Club, he has taken divers to both the Junior and Senior Nationals every year. At the Age Group Nationals in 2007, one of his divers won gold on Tower and silver on 3 meter, which earned the diver a place on Junior National Team going to Junior Pan Am's. In 2009, Rob had 4 divers qualify for Senior Nationals, 4 divers qualify for Junior Nationals, 3 divers attain top twelve at Nationals, with one of those divers earning triple silver. One of his divers achieved International Scores, and traveled to Aachen Germany and will attend this year's Junior Pan Am's. Two of his divers were named to the 2009 Ontario Team for the Canada Games.

Characteristics

Rob is devoted to the sport of diving, and his divers know it. They know that he is willing to give 110%, and from that, they follow his lead.

Expectations of Athletes and Coaches

Athletes

All Athletes are expected to:

1. Come to diving prepared to train physically as well as mentally.
2. Attend practices regularly.
3. Support and motivate one another; negative attitudes are not welcome.
4. Work to achieve and maintain optimum skill level.
5. Work in a positive manner with the coaches.

Coaches

Coaches are expected to:

1. Maintain a professional attitude towards parents and athletes.
2. Maintain coach-athlete-parent confidentiality.
3. Maintain and upgrade their technical knowledge.
4. Keep the well-being of the athlete the first priority.

Conflict Resolution

When a conflict arises between an athlete and the coach, we suggest that the conflict be resolved by the following steps:

1. Arrange a meeting with the coach (child may or may not be there). Request that the head coach be present. Try to reach an agreement through open communication.
2. If the conflict cannot be resolved, the President of the board of directors may be asked to become involved.

PARENT-COACH COMMUNICATION GUIDELINES

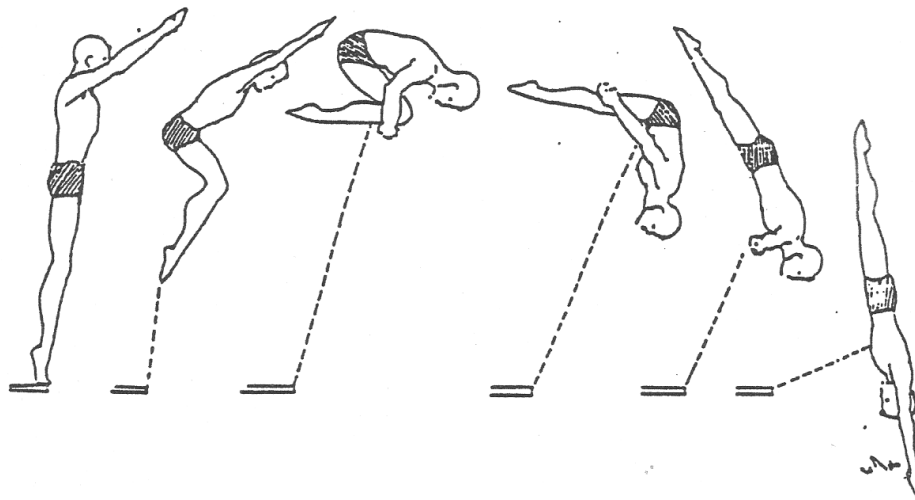
PARENTS:

1. Please direct all inquiries regarding divers' progress, training schedule, discipline etc., directly to the coach. A meeting may be scheduled. Using the coaches' time while practice is in session is **not permitted**.
2. It is not in the best interest of the Club to disrupt a training session from the stands (i.e. give instruction/ coach, distract divers, etc.).
3. We encourage you to contact the club president immediately if concerns are not being addressed by coaching staff.
4. Please be aware that information is sometimes handed out to divers on the deck; be sure you receive it from your child.
5. Please check your email regularly for any important Club information.

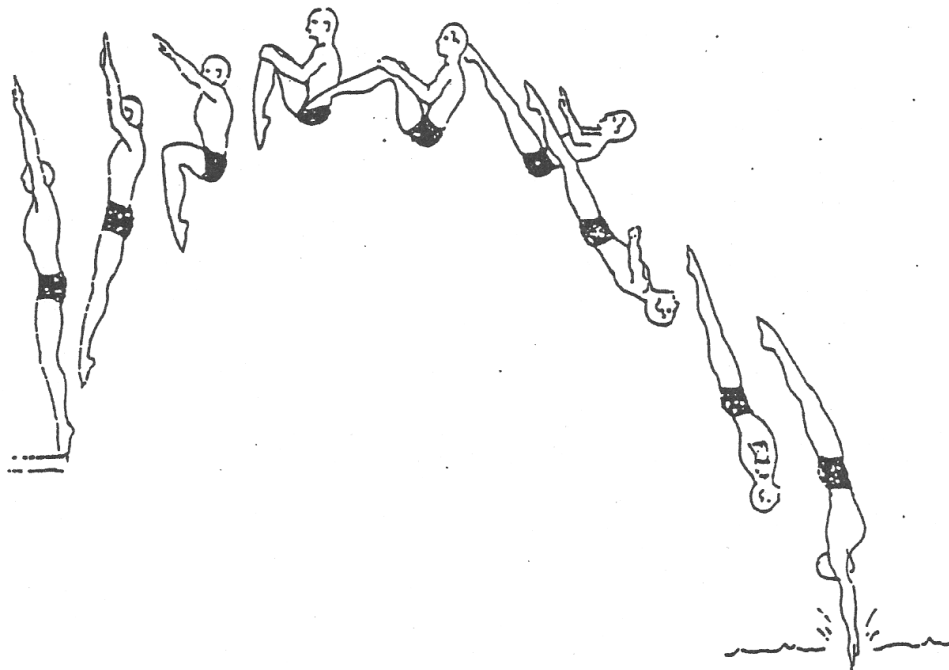
Introduction to Diving

Some Basic Dives

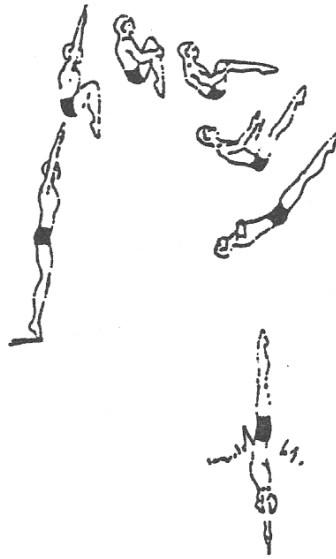
Forward Dive in Tuck Position (101C)



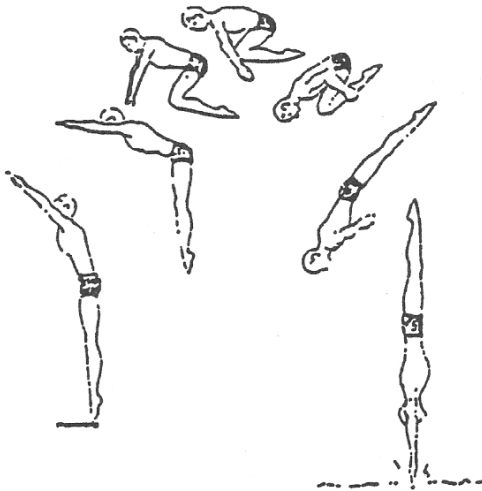
Back Dive in Tuck Position (201C)



Reverse Dive in Tuck Position (301C)



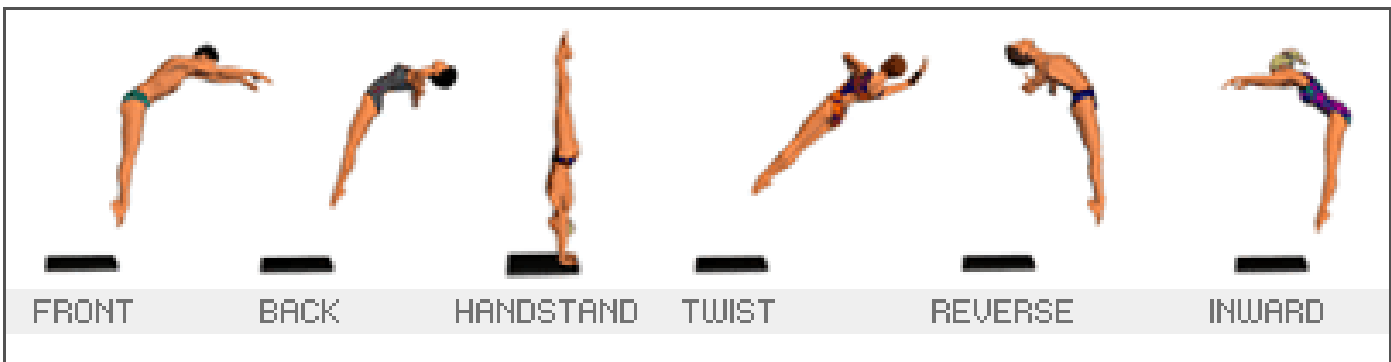
Inward Dive in Tuck Position (401C)



Groups and Positions

The dives performed by a diver are separated into groups;

1. **Forwards group (Front)** – a diver faces towards the water and rotates in a forward motion.
2. **Backwards group (Back)** – a diver has his/her back towards the water and rotates in a backward motion.
3. **Reverse group (Reverse)** – a diver face towards the water and rotates in a backward direction.
4. **Inward group (Inward)** – a diver has his/her back towards the water and rotates in a forward motion.
5. **Twist group (Twist)** – includes any dive with a twist whether it is in the forward, back, reverse or inward direction.
6. **Armstand group (Armstand or Handstand)** – (performed only on the platform) diver begins dive in the armstand (handstand) position on edge of tower; the armstand can face towards or away from water. Armstand dives can include a twist.



Government of Ontario. "Dive Directions." no date. Online image. [Plongeon](http://www.pausetoplay.ca/fr/e_get_active_diving.asp). Aug. 2009. <http://www.pausetoplay.ca/fr/e_get_active_diving.asp>.

Dives in each group can be performed in one of the following positions;

- A) **Straight** – the diver keeps his body in a straight position with legs together and toes pointed; arm position can vary.
- B) **Pike**- the diver bends only at the hips, keeping legs straight and together with toes pointed; arms may be held to the side (open pike) or may be grabbing legs (closed pike, used when doing somersaults).
- C) **Tuck** –the diver bends at the knees and hips, keeping toes pointed and legs together; the diver must grab their shins with their hands.
- D) **Free** – this position is only used in twisting somersaults and is not actually a defined position but a combination of the first three positions (the most common combination is pike and straight).

Dive Descriptions

All dives can be described using a shorthand notation of numbers and letters. For example; 103B refers to a dive with forwards rotation, with 1.5 somersaults in the pike position. This notation is used in all diving competitions. The general pattern is explained below. Twisting and armstand dives follow a slightly different pattern.

The first number shows the group of the dive:

- 1 - front
- 2 - back
- 3 - reverse
- 4 - inward
- 5 - twist
- 6 - armstand

This first number is followed by either a 1 (for a flying dive) or a 0 (for a non-flying dive). A 'flying' dive begins with a half somersault in layout before the dive is completed in tuck or pike position. Flying dives are not very common.

The third number in the diving notation is the number of half somersaults in the dive.

Finally, the position of the dive is represented by a letter as follows:

- A - straight
- B - pike
- C - tuck
- D - free

FINA TABLE OF DEGREE OF DIFFICULTY TABLE - Springboard

A- Straight, B- Pike, C- Tuck, D- Free

Springboard		One Meter				Three Meter			
	FORWARD	A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1 ½ Somersault	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward Double Somersault	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2 ½ Somersault	-	2.6	2.4	-	2.8	2.4	2.2	-
106	Forward Triple Somersault	-	3.2	2.9	-	-	2.8	2.5	-
107	Forward 3 ½ Somersault	-	3.3	3.0	-	-	3.1	2.8	-
109	Forward 4 ½ Somersault	-	-	-	-	-	-	3.5	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1 ½ Somersault	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2 ½ Somersault	-	-	-	-	-	2.7	2.5	-
	BACK	A	B	C	D	A	B	C	D
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1 ½ Somersault	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back Double Somersault	-	2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2 ½ Somersault	-	3.2	3.0	-	-	3.0	2.8	-
206	Back Triple Somersault	-	3.2	2.9	-	-	2.8	2.5	-
207	Back 3 ½ Somersault	-	-	-	-	-	3.7	3.4	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1 ½ Somersault	-	-	-	-	-	-	2.1	-
215	Back Flying 2 ½ Somersault	-	-	-	-	-	3.3	3.1	-
	REVERSE	A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6	-	2.0	1.9	1.8	-
302	Reverse Somersault	1.8	1.7	1.6	-	1.9	1.8	1.7	-
303	Reverse 1 ½ Somersault	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse Double Somersault	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2 ½ Somersault	-	3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse Triple Somersault	-	3.3	3.0	-	-	2.9	2.6	-
307	Reverse 3 ½ Somersault	-	-	-	-	-	3.8	3.5	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1 ½ Somersault	-	2.6	2.3	-	-	2.5	2.2	-
	INWARD	A	B	C	D	A	B	C	D
401	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
402	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1 ½ Somersault		2.4	2.2	-		2.1	1.9	-
404	Inward Double Somersault		3.0	2.8	-		2.6	2.4	-
405	Inward 2 ½ Somersault	-	3.4	3.1	-	-	3.0	2.7	-
407	Inward 3 ½ Somersault	-	-	-	-	-	-	3.4	-
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1 ½ Somersault	-	2.9	2.7	-	-	2.6	2.4	-

		One Meter				Three Meter			
	TWISTING GROUP	A	B	C	D	A	B	C	D
5111	Forward Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9		
5112	Forward Dive 1 Twist	2.0	1.9	-	-	2.2	2.1		
5121	Forward Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.7	-	-	-	2.8
5131	Forward 1 ½ Somersault ½ Twists	-	-	-	2.0	-	-	-	1.9
5132	Forward 1 ½ Somersault 1 Twists	-	-	-	2.2	-	-	-	2.1
5134	Forward 1 ½ Somersault 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward 1 ½ Somersault 3 Twists	-	-	-	3.0	-	-	-	2.9
5138	Forward 1 ½ Somersault 4 Twists	-	-	-	3.4	-	-	-	3.3
5151	Forward 2 ½ Somersault ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2 ½ Somersault 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2 ½ Somersault 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5172	Forward 3½ Somersault 3 Twists	-	-	-	-	-	3.7	3.4	-
5211	Back Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	
5212	Back Dive 1 Twist	2.0	-	-	-	2.2	-	-	-
5221	Back Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8-
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1 ½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2 ½ Twists	-	-	-	2.7	-	-	-	
5227	Back Somersault 3 ½ Twists	-	-	-	3.1	-	-	-	3.2
5231	Back 1 ½ Somersault ½ Twists				2.1				2.0
5233	Back 1 ½ Somersault 1 ½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1 ½ Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1 ½ Somersault 3 ½ Twists	-	-	-		-	-	-	-
5239	Back 1 ½ Somersault 4 ½ Twists	-	-	-	-	-	-	-	-
5251	Back 2 ½ Somersault ½ Twist	-	2.9	2.7		-	2.7	2.5	
5253	Back 2 ½ Somersault 1 ½ Twists	-				-	3.5	3.3	
5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-	2.1	2.0	1.9	
5312	Reverse Dive 1 Twist	2.1	-	-	-	2.3	-	-	
5321	Reverse Somersault ½ Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1 Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1 ½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2 ½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1 ½ Somersault ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1 ½ Somersault 1 ½ Twists	-	-		2.6	-	-	-	2.4
5335	Reverse 1 ½ Somersault 2 ½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1 ½ Somersault 3 ½ Twists	-	-	-	3.4	-	-	-	3.3
5339	Reverse 1 ½ Somersault 4 ½ Twists	-	-	-	-	-	-	-	3.7
5351	Reverse 2 ½ Somersault ½ Twist	-	2.9	2.7	-	-	2.7	2.5	
5353	Reverse 2 ½ Somersault 1 ½ Twists	-	-	3.5		-	3.5	3.3	
5371	Reverse 2 ½ Somersault 2 ½ Twist	-	-		-	-	3.4	3.1	
5411	Inward Dive ½ Twist	2.0	1.7	1.6	-	1.9	1.6	1.5	
5412	Inward S Dive 1 Twist	2.2	1.9	1.8	-	2.1	1.8	1.7	
5421	Inward Somersault ½ Twist		-	-	1.9		-	-	1.7
5422	Inward D Somersault 1 Twist		-	-	2.1		-	-	1.9
5432	Inward 1 ½ Somersault 1 Twist		-	-	2.7		-	-	2.4
5434	Inward 1 ½ Somersault 2 Twists		-	-	3.1		-	-	2.8
5436	Inward 1 ½ Somersault 3 Twists		-	-	-		-	-	3.4

K-W DIVING Levels and Programs

The K-W Diving Club has many levels for all divers. All ages are welcome at our club; we run classes for both children and adults.

The criteria to move up within these levels are explained in the KWDC Diving Criteria.

Learn to Dive

The purpose of the Learn to Dive (LTD) recreational program is to introduce beginning divers to the sport of diving. The LTD program, developed by the Canadian Amateur Diving Association (CADA), is the best available. It is organized to offer solid and safe instruction in basic movements for the beginning level diver in a graduated structure. The program focuses on the success of the diver as they learn successively more difficult skills. LTD participants may choose to enrol in a LTD Dryland class, however, please note that dryland can only be taken in conjunction with pool classes. At the completion of the session, the divers will be given a report card showing their progress. Depending on their skill level, divers may have a chance to move up a level within the club.

Advanced Learn to Dive

This program is designed to bridge the gap between LTD diving and Pre-competitive/Recreational diving. Divers who are advancing quickly through the LTD program but do not quite have the requirements to move into pre-comp./rec. will be invited to participate in this program. It allows these divers to be placed with others similar in level, and to progress faster in the class.

Adult Learn to Dive

This program is designed to give adults at any level an opportunity to dive. Adults who have never dove before will follow a program similar to that of the regular LTD program; they will learn successively more difficult dives starting with the basics. Adults who have some previous experience diving, or who want to get back into the sport, will be able to work at their own pace, regaining old skills and learning new dives. Once they have the right number of dives, divers in the Adult LTD program, they may want to consider moving into the recreational or competitive program and possibly competing.

Pre-competitive / Recreational

In order to move up into the Pre-competitive/Recreational program, divers must have completed the requirements of the Learn to Dive program and/or be assessed by a coach.

Divers, who have completed the Learn to Dive program, are able to move up into the Pre-competitive/Recreational program. This level is used both as a stepping stone for younger divers eager to move up into competitive diving, and as a fun level for divers who simply want to enjoy the sport. Pre-competitive/Recreational divers dive once or twice a week, with optional dryland training. Although competition is not mandatory, if they feel ready, divers have the option to participate in competitions, competing in levels II and/or III.

Competitive

Divers who have satisfied the requirements of the Recreational program and who aspire to dive at a higher level may be invited to join the Competitive Dive Team. Competitive divers will be working on a dive list in order to compete throughout the season. Attendance at competitions is mandatory.

The focus of the Competitive Team is on developing personal excellence and self-esteem. Our goal is to help each diver attain his or her level of success whether it is at the Regional, Provincial, National or International Level.

For new members of the Competitive Team, the coaches will meet with the diver's parents to establish an appropriate dryland and pool training schedule, bearing in mind factors such as the diver's age, schooling and commitment to the sport.

Regional and Provincial divers generally practice 2 - 3 days per week, plus dryland, while divers at the National level generally train 4 days or more.

Dryland Training

Dryland training is very beneficial to divers, helping them to improve their skill level dramatically. At dryland, divers will have the opportunity to use equipment such as our dryboards and trampolines. This equipment allows divers to work on the take-off of their dives. It also gives divers an opportunity to focus on their technique with assistance as appropriate. Physical training is an important aspect of dryland training. Divers work on increasing and maintaining their flexibility as well as improving their physical fitness, focusing on the muscle groups used by divers.

Dryland classes are offered to all levels of divers, however they must be taken in conjunction with pool classes.

Summer Diving Camps

During the summer months, the KW Diving Club also offers a number of summer camps.

For a number of years, we have held a camp for previous LTD divers and new divers aged 6-14. This camp is held at the Cameron Heights Pool and our Dryland Training Facility on Manitou Drive in Kitchener. It is organized to give new divers an opportunity to try out the sport of diving, and it allows LTD divers to continue diving through the summer. The regular LTD program does not run during July and August. Details regarding this year's summer camp can be found on the club's website, www.kwdivingclub.org.

Summer camps are also sometimes offered for competitive divers. Depending on the pool time that the club gets for the summer, these camps can be attended in conjunction with regular training. Occasionally, the summer camp will be offered in partnership with other diving clubs, giving divers the opportunity to train with other athletes and coaches at other facilities. Details regarding any competitive camps offered can also be found at the KW Diving Club's website.

KWDC Diving Criteria

Learn to Dive Requirements

In order to participate in the LTD program, children must be able to swim in the deep end of the pool. In Kitchener and Waterloo, swimmers must be able to swim one width of the shallow end of the pool on their front, without touching the bottom before they are allowed in the deep end alone. This requirement corresponds to swimming lesson levels 5/6.

There is no age requirement for participants in the LTD program.

Advanced Learn to Dive Requirements

This program is for divers who are almost, but not quite, ready for the pre-competitive/ recreational program. Divers who are advancing quickly in the LTD program and almost have the requirements to move up will be invited to participate in the Advanced LTD classes.

Pre-Competitive/Recreational Requirements

In order for a diver to move into the pre-competitive/recreational program, the diver must be able to perform and be comfortable with the following dives;

- 101C, front dive tuck
- 102C, front flip tuck
- 201A, back dive straight (with or without arm-swing)
- 401C, inward dive tuck

The diver must also be comfortable with their hurdle and back jump.

The diver must be assessed and recommended to move up to pre-comp.

Competitive Requirements

In order for a diver to move from Roland to Rob, the diver must be assessed and recommended to move into competitive.

Meet Policies

Early in the diving season, (after the Dive Ontario Annual meeting held in early October), the coaching staff will release a general list of recommended competitions for the level I, II, and III athletes.

An athlete/parent/coach team meeting will be arranged for pre-competitive and competitive divers. At this meeting it will be established which meets our club will attend, which ones we may attend and which meets have other qualifications. We will provide, at this meeting, an estimate of costs for the trips. During this meeting it is very important for both the diver/parent and coach set a clear path for the diver that all parties are agree with. Thus, it is important for the coach, diver and parents to have early, honest communication and realistic expectations for the athlete to work towards. No one wants to be in position where athletes think they will be attending a meet when they have not met the technical requirements, or the family cannot afford the trip.

Meet Packages

Approximately one month before a competition, meet packages will be e-mailed to the divers. The meet coordinator will let parents know what the requirements are for each meet with regards to travel, hotels, etc. If the diver has any questions regarding the meet package, they can contact the Meet Co-ordinator on the board of directors.

Meet Procedures

Once the diver has committed to the meet, the diver and coach will fill out the diver's competitive diver sheet. The dive sheet will then be handed in to the Meet Co-ordinator and e-mailed to the dive meet. The diver has 24 hours before the meet to switch a dive. An example of a dive sheet can be found at the following website; <http://www.diving.ca/english/pdf/divesheetJunior.pdf>.

Divers are responsible for their own transportation to and from the meet. Divers are also responsible for all meals at the meets. It is suggested that the divers bring along a nutritious snacks in their dive bag to be eaten throughout the day.

All divers must wear a KW Diving suit in order to compete. It is suggested that the diver also have a KW Diving shirt, shorts and/or pants.

The cost of the met is covered 30% by the club and 70% by the diver. The cost of the coach's meals, accommodations and transportation will be divided up by the number of divers participating in the meet and charged to the diver.

Age Groups

At a competition, divers will compete against others based on age and skill. The age group categories used in diving are E,D,C,B,A and Open. Divers are placed in age groups based on their age as of December 31st of the current year. For Tier I, ages are classified as follows;

E – 9 years old or younger

D – 10 /11 years old

C – 12/13 years old

B – 14/15 years old

A – 16-18 years old

Open – any age, divers older than 18 must compete in this age group

Notes:

- many competitions do not include an E age group category as there are few divers this age. In this case, group D includes divers 11 years old or younger.
- in Tier II, III, IV meets, the age groups are the same except that there is no open category; age group A includes divers 16 and older.

In order for a diver to compete at a certain level, the dive requirements for that age group must be met. These dive requirements are included in the appendix.

Diver Conduct at Meets

Divers are expected to exhibit well mannered behaviour, complimentary at all times to both KWDC and the sport of diving. A Chaperon and/or Coach will monitor the divers' activities and behaviour during all waking hours. Divers will be expected to cooperate with the chaperons/coach and follow his/her direction as to their behaviour (i.e. bed time, leaving hotel premises, etc.). If a specific diver's behaviour is deemed a problem by the chaperons and coach, a written report should be completed by the coach and chaperon. If the episode has passed and the diver is allowed to stay at the meet, the behaviour will be brought to the attention of the diver's parents/guardians as soon as possible upon the return to KW. In extreme cases, parents may be notified immediately and be asked to make arrangements for the diver to be picked up. No meet costs will be refunded. Divers may be suspended from attending out of town meets or suspended from the deck at the Swimplex for a period of time if behaviour continues to be a problem.

ATHLETES' CODE OF CONDUCT

1. Athletes are to recognize that they represent the KW Diving Club and are to conduct themselves at both our home pool and at competitions in a manner which will not reflect negatively on the KWDC or be disruptive to those around them.
2. Athletes shall at all times demonstrate appropriate respect for officials, coaches, chaperons, and other competitors.
3. Athletes shall behave in a safe and considerate manner to all club members. Verbal or physical aggression will not be tolerated.
4. Failure to adhere to these guidelines may result in disciplinary action including, but not restricted to, a reprimand, restriction of privileges, removal from the competition, being sent home from a competition and/or suspension from the KW Diving Club.

DISCIPLINARY POLICY AND PROCEDURE

Positive behaviour at the KW Diving Club receives positive reinforcement and is visible at every practice. Divers who work hard and are cooperative are reinforced in and after practice by coaches, teammates and family. Coaches will give suggestions for improvement and divers are expected to do their best to follow this advice. Continual feedback about an individual's performance is an essential part of diving.

Discipline, or assignment of an appropriate consequence, is used to bring about a positive change to behaviours that are disruptive or not in keeping with our objective of athletes striving for personal excellence. Disruptive behaviours have a direct negative influence on people around the offender and indirectly on the individuals themselves. If, on the other hand, their behaviour is related to poor performance or work ethic, the direct consequences of this behaviour are on the individuals themselves but indirectly, it affects the team as a whole.

Depending on the severity and nature of the inappropriate behaviour, the following penalties may apply:

- Verbal reprimand/explanation
- Restriction of privileges
- Time taken from practice (time out)/ removal from the practice
- Moved to a lower level group, if athletes are disruptive to group
- Temporary or permanent suspension

Coaches are expected to inform parent when behaviour has become a concern and discipline such as removal from the deck or suspension has occurred.

For minor disciplinary situations, the coach of the athlete will be responsible for issuing the penalty. Where behaviour involves property damage, fighting, swearing or harassment, the parents will be contacted. Parents will also be contacted where negative behaviours have become frequent. The Head Coach will make all decisions if behaviours warrant a suspension. Consultation will take place with the parents and diver, and will be followed up by a letter stating the terms of the suspension.

VOLUNTEERING

This is a parent-participation club; KWDC relies on committee work and fundraising in order to operate. As a member of the KW Diving Club, you may choose to offer your services in a number of different ways;

- helping to plan and run competitions,
- assisting with club promotional activities,
- cleaning the dryland training center,
- occasional committee work, and/or
- becoming a member of the KWDC Executive

Your help is greatly appreciated; the club will only succeed with support of the parents. For further information, you may contact a member of the Board of Directors (Executive).

Screening of volunteers

The volunteer base in the KWDC is parents. We don't have a screening process for them as we are all parents with children of our own in the program.

When we run a diving meet, all volunteers also must be parents, family members of a diver, divers or past divers. We operate out of the recreation centre and our dryland training centre, both of which are public facilities. Our volunteers are not alone with the children.

DIVE REQUIREMENTS

TIER I

OPEN:	MEN	1M & 3M	6 optional		
		PLATFORM	6 optional		
		3M SYNCHRO	2 compulsory, 4 optional (FINA RULES)		
WOMEN	1M & 3M	5 optional			
	PLATFORM	5 optional			
	3M SYNCHRO	2 compulsory, 3 optional (FINA RULES)			
GROUP A:	MEN	1 METER	5 optional, 5 compulsory (9.0)		
		3 METER	5 optional, 5 compulsory (9.5)		
		PLATFORM	5 optional, 4 compulsory (7.6)		
	WOMEN	1 METER	5 optional, 5 compulsory (9.0)		
		3 METER	5 optional, 5 compulsory (9.5)		
		PLATFORM	4 optional, 4 compulsory (7.6)		
GROUP B:	BOYS	1 METER	4 optional, 5 compulsory (9.0)		
		3 METER	4 optional, 5 compulsory (9.5)		
		PLATFORM	4 optional, 4 compulsory (7.6)		
	GIRLS	1 METER	4 optional, 5 compulsory (9.0)		
		3 METER	4 optional, 5 compulsory (9.5)		
		PLATFORM	3 optional, 4 compulsory (7.6)		
GROUP C:	BOYS	1 METER	5 compulsory (9.0), 3 optional		
		3 METER	5 compulsory (9.5), 3 optional		
		PLATFORM	4 compulsory (7.6), 3 optional		
	GIRLS	1 METER	5 compulsory (9.0), 3 optional		
		3 METER	5 compulsory (9.5), 3 optional		
		PLATFORM	4 compulsory (7.6), 3 optional		
GROUP D:	BOYS	1 METER	4 compulsory (7.2), 3 optional		
		3 METER	4 compulsory (7.6), 3 optional		
		PLATFORM	4 compulsory (7.6), 2 optional		
	GIRLS	1 METER	4 compulsory (7.2), 3 optional		
		3 METER	4 compulsory (7.6), 3 optional		
		PLATFORM	4 compulsory (7.6), 2 optional		
GROUP E:	BOYS	1 METER	100A, 200A + 4 dives, 3 groups (D.D. 1.8)		
		3 METER	001B, 002, 100B + 3 dives, 3 groups (D.D. 1.9)	GIRLS 1	
	METER	100A, 200A + 4 dives, 3 groups (D.D. 1.8)			
		3 METER	001B, 002, 100B + 3 dives, 3 groups (D.D. 1.9)		
MASTERS: 25-49	MEN	1M & 3M	7 different dives		
		PLATFORM	6 different dives		
	WOMEN	1M & 3M	6 different dives		
		PLATFORM	6 different dives		

MASTERS: 50+	MEN	1M & 3M	6 different dives
		PLATFORM	5 different dives
	WOMEN	1M & 3M	5 different dives
		PLATFORM	5 different dives

Notes: Group D platform divers may use 5 metre and 7 metre only. Group B&A (5) groups of dives must be covered. Group A Men's platform (6) groups of dives must be covered.

Dive: 5211 may not be performed at any board

TIER II

GROUP A:	1 METER	5 COMPULSORY (9.0), 4 OPTIONAL
	3 METER	4 COMPULSORY (7.6), 5 OPTIONAL
GROUP B:	1 METER	5 COMPULSORY (9.0), 3 OPTIONAL
	3 METER	4 COMPULSORY (7.6), 4 OPTIONAL
GROUP C:	1 METER	4 COMPULSORY (7.6), 2 OPTIONAL
	3 METER	3 COMPULSORY (5.4), 3 OPTIONAL
GROUP D:	1 METER	3 COMPULSORY (5.4), 2 OPTIONAL
	3 METER	3 COMPULSORY (5.4), 2 OPTIONAL
MASTERS: (1M & 3M)	AGE 25 - 49	7 DIVES* (MEN), 6 DIVES* (WOMEN)
	AGE 50 +	6 DIVES* (MEN), 5 DIVES* (WOMEN)

*See FINA Masters Diving rules MD 1.

TIER III

GROUP A:	1 METER	4 COMPULSORY (7.6), 3 OPTIONAL
GROUP B:	1 METER	4 COMPULSORY (7.6), 2 OPTIONAL
GROUP C:	1 METER	3 COMPULSORY (5.4), 2 OPTIONAL
GROUP D:	1 METER	2 COMPULSORY (3.7), 2 OPTIONAL** (**from 3 different groups)
ALL AGES	3 METER	001, 002, 100B with approach (D.D. is 1.0) +3 dives: from different groups (D.D. is 1.9)

TIER IV

ALL AGES 1 METER any three dives (no D.D. limit) + two dives from the following list:

Dive #	Dive	Position	DD
001	Front fall in	D	1.0
002	Back fall in	D	1.0
100	Front jump	A, B or C	1.0
200	Back jump	A, B or C	1.0

K-W Team Wear List

ITEM	SIZE	PRICE
SWIMSUITS	Girls Size 22 – 28	\$57.00
	Ladies Size 30 – 36	\$57.00
	Boys Size 22 – 28	\$32.00
	Men Size 30 – 36	\$39.00
	Jammers Boys	\$42.00
	Jammers Size 30+	\$46.00
T-SHIRTS	ALL SIZES	\$12.00
TEAM SHORTS	ALL SIZES	\$30.00
TEAM JACKETS	ALL SIZES	\$69.00
TEAM PANTS	ALL SIZES	\$49.00
TIE DYED SAMMIES	-	\$20.00
SMALL SAMMIES	-	\$15.00
“I LOVE DIVING” TOWELS	-	\$20.00

Current Fundraising Activities

FundScrip

Fundscrip is a Canadian based fundraising program which allows supporters of our club to make purchases such as groceries, gasoline and building supplies using gift cards purchased through the program. The program offers gift cards from over 100 retailers with a percentage of the card's value (between 2%-10%) being donated back to the group.

Support our group and your diver through FundScrip!

All you need to do is pay for your everyday purchases (groceries and gasoline) using cards purchased through the program. As we all need groceries, gasoline, etc., this is a great way to easily raise money for the club and for your diver! 50% of all funds raised through Fundscrip will go to the club to support our initiatives such as equipment purchases while the other 50% is added to your diver's account. Your credits can then be used for diving team wear purchases, bathing suits or competition costs. Any monies remaining at season's end will be refunded or can be carried forward into the next season.

Want to participate? Here's how!

In an effort to minimize paper waste and since the order form often changes, please check for the latest version on our website, www.kwdivingclub.org. Fill out the form and return it with payment (cash or cheque made payable to KW Diving Club) to our fundraising co-ordinator or deposit it in the locked box at our dryland training centre. Orders will be placed monthly, on the first Monday of the month for delivery by the end of that same week. Please ensure all forms are submitted by Saturday (2 days prior to order) to allow time for processing.

Your order counts!

Orders of \$4400 or greater earn free shipping through the program, which results in more funds raised for the club each month. In the event that funds raised from orders received are not sufficient for covering the cost of shipping, those participating will be contacted and the order may be held until the next month.

Other Fundraising Initiatives

The KW Diving Club also collects **Zehrs Tapes, wine/liquor bottles and Canadian Tire money**. These can all be dropped off at the dryland centre. Proceeds from Zehrs tapes and bottles are used to support large club purchases while CT money is used to purchase supplies for cleaning, etc. at the training centre.

Any questions regarding FundScrip or fundraising in general can be directed to Rosemary Albrechtas at ralbrechtas@rogers.com or 519-744-6664.

We appreciate your support in our fundraising activities.