



## Dive Team Parent Handbook

The GSSC dive team offers a great youth experience. If you and your child/children are new to this sport, we want to be sure you know what to expect. This handbook is dedicated to answering the most common questions about dive team participation and offers helpful suggestions to help you through your first couple of practices and meets. If you have a question that is not covered here, please don't hesitate to ask any dive team parent, coach, or the Youth Coordinator for help or information.

### **Why Should My Children Be On Dive Team?**

The GSSC Dive team is a fun and competitive summer program in association with the South Seattle Summer Dive League. The South Seattle Summer Dive League is a novice league designed to introduce young people to and encourage their enjoyment of diving in a safe and positive environment. *Year-round club divers* are welcome and will be provided for in this league.

### **What makes GSSC Dive Team so special?**

GSSC Families, Coaches, and Staff take great pride in our club and celebrate the individual & team accomplishments for our kids! Specifically:

#### **Our Mission:**

*"Develop within our kids, an interest and love for swimming, diving, and tennis; provide training and competitive opportunities for youth of all abilities; celebrate team and individual "personal bests;" and provide a fun, family-friendly, "Gator Pride" atmosphere that builds sportsmanship, character, skills, and friendships."*

#### **Our Philosophy:**

- GSSC teams are founded on the belief that age-group competitive swimming, diving and tennis offer a fun, exciting and worthwhile experience in a young person's life. They can be learned and enjoyed by those with very little natural ability, as well as those who are of Olympic caliber.
- It is a basic assumption that for an age-group competitive program to succeed, it must encompass and challenge all who participate and it must follow continuous developmental progression. However, its values go far beyond that of learning efficiency in the water and on the tennis courts.
- GSSC is dependent on committed youth, family participation, a dedicated board, and a well-qualified coaching staff. We offer fun, family-friendly, and competitive experiences designed to introduce kids to sports, perhaps for the first time and foster their interest to develop a passion to continue on.
- We understand that not every child will be a world-class swimmer, diver, or tennis player, however, every child in our program WILL undoubtedly achieve a "personal best." We celebrate individual accomplishments as an important part of our team's success. It is

our goal to help all participants know the value of teamwork, practice good sportsmanship, reach personal goals, build character, and improve self-esteem.

### **What is “Gator Pride?”**

“Gator Pride” is what we call our team spirit. It encompasses pride in how we care for our facility, how we conduct ourselves with sportsmanship on the deck both at home and away meets, and how we visibly support our kids. It is what unifies our team, establishes our uniqueness from other clubs, and builds a spirited and fun atmosphere for our families and guests.

### **Who can join the Dive Team?**

You must be a member of GSSC and in good standing (dues paid in full).

### **How old does my child have to be to participate on the Dive Team?**

The age of each diver is set at the age of that diver on June 15 of the year in which he/she competes. Divers will be allowed to dive as scoring members in their respective age group ONLY. **Explanation: Any diver 8 years old or younger must dive 8 and under, Anyone 9 or 10 must compete as a 10 and Under, 11 and 12 year old divers must dive 12 and Under. 13 and 14 year old divers must dive 14 and Under and any diver 15, 16, 17, or 18 years old will dive 18 and Under. No diver will be allowed to dive outside of their respective age group except as an exhibition diver and not score for their team.** Though prior dive experience is not necessary to join, we encourage kids on the Dive Team to take advantage of our regular season dive lessons to learn dive fundamentals.

### **What is the instructional focus of the Dive Coach?**

The coach’s primary responsibilities are 1. EDUCATION 2. SAFETY. Coaching objectives of safety conscious coaches put the Athletes first and winning second.

- Coaches must instruct divers in techniques of appropriate take-off mechanics, skill progressions, body awareness, and performer readiness to minimize the risk of injury.
- A primary safety objective in diving is safe board clearance on every dive.
- Coaches enforce safety rules.

### **What are divers expected to know about Dive Team Participation?**

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- Divers must know understand the risks involved in the sport.
- Divers are expected to follow the team rules for safety.
- Divers are expected to attend practice to assure proper training.

### **Does the team have a team uniform?**

Yes, our Dive Team suit is the same design as the Swim Team suit. GSSC selects a new suit design every 2 years. You can order suits at the swim suit fitting (offered at the kick-off parent meeting) or online at our website.

### **Do you arrange private and semi-private lessons?**

Yes. Contact the coach or dive instructors. You must sign up through GSSC.

### **When should I talk to the coach?**

The coach should be focusing on the practice session, so if possible, please wait until the break or send the coach an email.

### **Is it possible to participate in multiple teams at GSSC (i.e., dive and swim and/or dive)?**

Yes, check with the coaches to coordinate practice times if necessary.

## **Dive Practice Information**

### **What happens on the first day of practice?**

Come to the appropriate practice time based on your age. We will keep kids within age groups the entire season.

### **What is the dive team workout schedule?**

With the exception of the 4th of July and rainy days, the dive team practices Monday through Friday. Workout times are scheduled by age group as follows:

Monday through Friday	12:00 p.m. – 12:30 p.m.	6 years & 7 years olds
Monday through Friday	12:30 p.m. – 1:00 p.m.	10 years and under
Monday through Friday	1:00 p.m. – 1:30 p.m.	11 years and over

### **What should I do if we need to miss a practice?**

If at all possible, please inform the coach in advance.

### **Is there practice on rainy days?**

Rainy day practice cancellations are at the discretion of the coach. Typically, if it is a downpour or lightening, practice will be cancelled. However, if there are breaks in the weather, the coach may make a determination to still hold practice. It should always be assumed that practice is on time unless you are notified. If there is a cancellation for any reason, you will be notified by the coach via email, by phone, and there will be a sign posted in the GSSC office.

### **What should I bring to the workouts?**

Divers should bring sunscreen and a towel.

## **Dive Meet Information**

### **What is the dive team meet schedule?**

Regular season meets usually occur during the month of July on Fridays.

### **What happens the day of a meet?**

We hold a regular practice on meet days.

### **What time do dive meet start and when should I arrive?**

Meets will be held during the season per the arranged competition calendar, with competition beginning at 5:30 p.m. Host clubs will provide a 30-minute warm-up for the visiting team prior to the first event (beginning at 5:00)

### **How long do dive meets last?**

Dive meet typically last 1½ to 2 hours.

### **Is there anywhere to get something to eat at dive meet?**

Each club has a concession stand where you can usually count on buying hamburgers, hot dogs, coffee, soft drinks, and candy.

### **What if my child has to miss a meet?**

If you know in advance that your child will be missing a meet, it is important to let your coach know in advance so she can plan the lineup accordingly.

### **How many dive meets will my child compete in?**

Divers may compete in one event per meet *as regulated by their age on June 15th of the year they compete.*

### **What type of dives and how many dives will my child be expected to perform in a meet?**

- A front, back or twist jump may be used for all age groups in the dual meet season and will have a DD of 1.0. Only 10 & under can do jumps in any meet.
- A front or back line-up may be used in all age groups

### **SSSDL DIVE REQUIREMENTS**

<b>Age Group</b>	<b>Dual Meets</b>	<b>Championship Meets</b>
8 & Under	3 dives	3 dives
9 & 10	3 dives	4 dives
11 & 12	4 dives	5 dives
13 & 14	5 dives	6 dives
15 through 18	6 dives	7 dives

### **What are the judging criteria?**

Judging of diving shall be in accordance with SSSDL rules.

1. Lineups may used as a dive with adjusted DD of 1.1 for front and 1.3 for back.
2. Divers physically helped by a coach will receive a deduction of two (2) points from each judge to be taken off by the announcer and scorer's table.
3. Any diver 9 & over entering the water with hands above the shoulders on a feet first entry or hands below the shoulders on a head first entry will get a maximum score of 4 from each judge. This does not apply to 8 & under.
4. Any dive called "incorrect" by the referee will receive no score except in the 10 & unders who can have one "do-over". Referees will be cautioned to give the benefit of the doubt to the diver. The second dive will be scored as a balk.
5. Each diver 10 & under is only allowed one "do-over" per meet.
6. All jumps will have a maximum degree of difficulty of 1.0 no matter where they are used in the list. The body line should be straight during flight and no movement should occur. Jumps should be judged accordingly. A jump with a twist will be considered in the twisting group.
7. A balk occurs after the time that a diver assumes a stationary, stable, and balanced position on the diving board. A dive shall be considered set at this point. Movement after the set point that does not initiate the dive will be considered a balk. This is a judgment call that will be made by the meet referee. Leniency should be used before calling a balk. Remembering the importance of the diver's safety, it may be crucial for the diver to regain their balance. If a diver ascends the board and dismounts that shall not be called a balk. A balk will result in 2 points being taken off each judges score by the announcer and scoring table.
8. Coaches may change the individual dive **position on the board, however**, the DD will not go up if the new dive has a greater degree of difficulty. The DD will go down if the new dive has a lesser DD.
9. No balks will be called for all 8 & Under.
10. No incorrect dives will be called for any 8 & Under. After one do-over the dive will be scored with no greater than 2's.
11. Any dive done without an attempt to come out will score no greater that 3's.
12. Judges will score the dive as seen at their discretion.
13. If a dive is done in a position other than was announced it will receive no greater than 4's

### How are dives scored?

Individual point scoring for dual meets will be as follows:

ALL places must be awarded in each age group, at each meet- provided there are an adequate number of divers. ALL points must be awarded for each event provided there are an adequate number of participants.

<b>1st Place</b>	8 points
<b>2nd Place</b>	6 points
<b>3rd Place</b>	4 points
<b>4th Place</b>	3 points
<b>5th Place</b>	2 points
<b>6th Place</b>	1 point

In the event of a tie, the points for the places involved will be totaled, divided by the numbers of divers involved, and the results awarded to each diver. Each event shall total no more than 16 points.

Individual points scoring for championship meets will be awarded as follows:

<b>1st Place</b>	14 points	<b>7th Place</b>	6 points
<b>2nd place</b>	12 points	<b>8th Place</b>	5 points
<b>3rd Place</b>	10 points	<b>9th Place</b>	4 points
<b>4th Place</b>	9 points	<b>10th Place</b>	3 points
<b>5th Place</b>	8 points	<b>11th Place</b>	2 points
<b>6th Place</b>	7 points	<b>12th Place<sup>1</sup></b>	1 point

Each team may enter all their divers who have participated in at least one dual meet **in their respective age groups only**

**Are awards given out at dive meet?**

We value team and individual accomplishments. Awards will be handed out the day after the dive meet. In addition, GSSC celebrate divers' "personal bests" throughout the season by recognizing their improvement and reaching goals. We do this by giving players a "gator glory card" that highlights their achievement.

**Where can I find directions to the other dive meet sites?**

Directions to all away meet are described below and can also be found online at our website under the "Dive Team" tab.

**Arbor Heights Swim Club**

11003 31st SW, Seattle 98146  
206-244-6557

Take Ambaum Blvd SW to SW 107th, turn left at Taco Bell and the road will become SW 106th. Continue west to 31st SW. Turn left and drive to the end of the street. The pool is on the right. Parking is limited so park on the street.

**Kent Swim & Tennis Club**

25821 Woodland Way S, Kent 98031  
253-852-7620

Take 167 S to 84th/Central exit (Kent exit). Go left at the end of the exit ramp onto Central. Follow Central to Smith and turn left. Go 3 blocks on Smith and turn right onto Titus. Go about one block and turn left onto Reiten Road. Follow Reiten Road up the hill. This road goes to the pool however it turns left just before a cemetery (and is then called Maple), and then turns right (and becomes Woodland Way). After it become Woodland Way go two blocks and the pool will be on your right.

**Lakeridge Swim Club**

11433 76th Ave S, Renton 98055  
206-772-1950

Take 405 to Renton and exit onto Rainier Ave heading North. Turn left from Rainier onto Renton Avenue Extension (look for McDonalds). Near the top of Renton Avenue hill, turn right onto 78th S. Go to the bottom of the hill and turn left onto S 115th Street. Go up hill.

Pool is at the top.

**Marine Hills Swim Club**

600 South 302nd, Federal Way 98003  
253-839-4690

Take Hwy 99 So to Dashpoint Road. Turn right onto Dashpoint Road to 9th Pl South. Turn right onto 9th Pl S (one after the light). Take the 1st left onto S 299th Pl. Follow all the way to the bottom where you must turn. Turn left onto 8th Avenue S. Look for pool signs. Take the second right onto 302nd and pool is at the end of the road.

**Normandy Park Swim Club**

17655 12th Ave SW, Normandy Park 98166  
206-244-0700

Take 19th Ave SW south from GSSC and turn left on SW 170th. Follow 170th as it twists and turns down to Sylvester road. Turn right onto Sylvester. Turn left almost immediately onto SW 172nd. This road winds downs the hill and becomes 12th SW. Pool is at the bottom of the hill on the right. BE SURE TO FOLLOW PARKING REGULATIONS WHEN IN NORMANDY PARK. DO NOT PARK ON THE ROAD...THEY TOW!

**Olympic View Swim Club**

19800 4th Ave SW, Normandy Park 98148  
206-824-6063

Take 1st Ave S to 200th SW. Turn right on 200th SW. Continue up the hill to 4th Ave SW. Turn right on 4th Ave SW and continue past city offices. The pool is on the right.

**Twin Lakes**

3583 S 320th St, Federal Way 98023  
253-927-3520

Take 1-5 S or Hwy 99 S to 320th Ave in Federal Way. Turn right heading west on 320th. Continue for heading west until your reach 35th SW (quite a ways!). The pool is located on the left after you cross 35th SW.