



West Chester Diving - Policies and Procedures

Attire

- Girls to wear one-piece diving suits
- Boys to wear brief diving suits (no jammers, no shorts)
- Bring shorts and t-shirt for dryland training
- For safety reasons, no jewelry, no clips/bobby pins, no band-aids, no gum

Team Suits

- WCD team suits are required for participation in diving meets; these may not be worn during practices
- WCD warm-up suits are strongly encouraged for the JO level
- WCD spirit wear (tshirts, hoodies, shorts, etc.) are offered a couple of times during the season

Attendance

- Alternative practices are offered due to cancellations for college events, holidays, and meets
- Alternative practices are NOT offered for personal absences
- Pick-up of divers after practices should be timely; parents/guardians should contact a coach in advance if there is an unplanned delay; if there is no communication, then there will be a 10-minute grace period, and following that there will be a \$10 charge for the delay and \$1 per minute afterwards until arrival for pick-up

Team Registration

- WCD Registration Form – must be completed and received prior to practicing
- Concussion Form – must be completed and received prior to practicing
- Hand Spotting Form – must be completed and received prior to practicing
- AAU Registration – required for all WCD divers; select the added benefit option; a link to the website, instructions, and WCD club code will be provided
- USA Diving Registration – required for all JO level divers
- Divemeets Registration – for AAU and USA Diving meet entries; required for all WCD divers; no fee; link to the website, and instructions will be provided



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Practices

- 1M/3M Practices – include the following planned activities by level:
 - Beginner – 15 minutes of dryland training and 45 minutes of board skill instruction and activity
 - Intermediate/High School – ½ hour of dryland training and 1 hour of board time
 - Junior Olympic/Purple – 45 minutes of dryland training and 1.25 hours of board time
 - Junior Olympic/Gold – 1 hour of dryland training and 1.5 hours of board time
 - Coaches will evaluate and recommend divers to progress to the next level based on observation of skill development, talent potential, and good sportsmanship
Note: if there is not space in the next level, then there will be a waitlist
- Open Diving Friday Practices
 - 2 hours of board time; trampoline and spotting rigs may also be used under supervision
 - Non-structured – geared to be “fun”; diver may focus on dives they wish to practice for coach’s feedback
- Platform Practices – divers will be invited by the coaches to participate in an optional Platform program; locations of these practices to be announced

Scheduling

- All practice scheduling will be done via TeamUnify
- No scheduling required for Open Diving Friday Practices
- Coaches reserve the right to adjust the schedule based on diver volume

Payments

- Registration Fee - \$165 per diver for the period 9/1 current year through 8/31 following year; reduced to \$100 per diver joining after 3/1 and reduced to \$50 per diver joining after 6/1; this covers pool rental, equipment and supplies, maintenance, and part of coaches’ travel expenses for meets during the season
- Practice Fees - per the published WCD fee schedule



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- Sibling Discount – 10% discount for each additional diver; applies to practice and clinic fees only; if divers are in different levels, then discount applies to equal or lesser monthly fee
- Checks Payable to “West Chester Diving”
- Practice Fees must be received by the end of the first week of each session

Diving Meets

- AAU & USA Diving Meets
 - Beginner -- Divers may participate in novice AAU competitions with coach’s recommendation
 - Intermediate -- Divers must make a commitment to attend AAU competitions, and USA Diving competitions upon coach’s invitation
 - Junior Olympic -- Divers **must make a commitment to attend** all AAU Meets (exception: one excused meet) and USA diving competitions (upon qualification)
- Event Entry Fees - these are charged by the meet sponsor for one meter, three meter, and platform entry; the typical fee is approximately \$35 per board
- Coaching Fees – these are charged by WCD to contribute to covering the cost of coaching as well as travel, lodging, and meal expenses
 - AAU Meets - The fee is \$35 per event, payable to “West Chester Diving” and submitted one week prior to the meet
 - USA Diving Meets - The fee is \$50 per event, payable to “West Chester Diving” and submitted one week prior to the meet
- Registration and Dive Sheets – these should be completed online at www.divemeets.com by the divers and parents/guardians
- Hotel Accommodations - if necessary, reserving and paying for personal lodging is the responsibility of the diver family

Practice Viewing

- Parents, guardians, and guests are welcome to watch practices, however, they should sit within the second set of bleachers; this is to create a positive learning environment, maximize diver focus and interaction with the coaches, and ensure safety
- Please be respectful of the WCU facilities and clean-up/discard containers and trash prior to leaving the building



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Video Taping

- NO video taping of warm-ups or practices. If required, you must submit a request in writing via email to Ronn Jenkins and Tom Gallagher asking permission and specifying the purpose and date.

Cell Phones

- Divers may NOT have cell phones on the pool deck; during practices phones must be placed in their duffle bags

Questions for Coaches

- Do not talk with a coach during practice; make arrangements via email or direct call to setup a time outside of practice; coaches' contact information is maintained on the WCD website
www.westchesterdiving.com
- Questions? >> first go to the WCD website; then email Mary Jane Kleinfelter @ mjik@comcast.net and Tom Gallagher @ coachtom.wcd@gmail.com

Communications

- Reminders will be sent via email
- Alerts and news will be posted on the WCD website

WCD Parking

- NO Parking allowed in the Hollinger Field House parking lot (this is strictly an employee lot)
- Student Parking Lots - free after 4pm weekdays and all day on weekends
- New Street Parking Garage - 300 West Nields Street
- Street Parking - with meters