

Midlakes Dive Family – Quick Info Sheet

This guide is intended to help parents/guardians of divers in the Midlakes League to better understand the program, the commitment, and what to expect from the dive coach. It is a reference tool and procedures may vary slightly at different pools. If you are a parent (or guardian) of a diver and have questions about any of the information outlined here, please contact the Dive Representative of the Midlakes Swim League board at midlakesdiving@gmail.com.

Diver Expectations

- **Safety** – This is our highest consideration. Lifeguards and the Dive Coach are responsible for ensuring the safety of the divers. If you or your diver witness unsafe behavior on or near the diving board or surrounding pool area, you should report it to the lifeguard or coach.
- **Consideration of Other Divers** –
 - “Water line” – The Dive Coach may use this procedure to help divers stay warm while waiting for a turn on the board. Divers should not splash or go underwater while in the water line.
 - Backward-facing Dives – Divers should stand to the side of the diving board while waiting their turn when the diver on the board is facing backward toward the dive ladder. This helps the active diver focus.
- **Attendance** – Divers should commit to attend as many practices as possible. This is in the best interest of the diver to improve skills, gain confidence, and be safe when diving. If divers do not attend enough practices to safely perform at dive meets, the coach may remove them from meets.

Parent Expectations

- **Coaching** – Your role is to encourage and support your diver. You should not be adding your voice to the coaching your diver is receiving from the Dive Coach. If your presence is disruptive to the Dive Coach, then he/she may ask you to sit farther away from the practice. Do not interrupt the coach during practice unless it is a safety issue. The coach must stay focused on the divers to ensure their safety. If you have questions about your diver’s progress on the board, ask the coach before or after practice, not during.
- **Children’s Behavior** – You may be asked by the Dive Coach to assist your diver with conducting appropriate behavior. If your diver is suspended from a practice for misbehavior or for causing unsafe conditions for him/herself or for other divers, you may be asked to attend all future practices.
- **Volunteering** – You are expected to assist at 2 or more meets each season. The amount of volunteering required will depend on how many divers there are on your pool’s dive team. A team with fewer divers will require more volunteer time per family. See the Volunteering section for specifics.

Coach Expectations

- **Safety** – All Dive Coaches are certified in CPR and First Aid. The Lifeguard is the ultimate authority regarding safety and may question or overrule a Dive Coach’s methods.
- **Attendance** – If you notice that your Dive Coach is regularly late or misses practices, contact the parent representative for your dive team, or your pool manager, or the Midlakes Dive League representative.
- **Coaching Techniques** – The dive coaches have varying levels of experience in coaching techniques. While most have many years of being a diver and being coached as a diver, not all coaches have mastered the skills necessary to manage a group of young people. If you witness questionable or unacceptable behavior or a coaching technique that feels unsafe, you may either approach the Dive Coach directly if

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you are comfortable doing so, or escalate your concerns to your dive team's parent representative or even to the Midlakes Dive League's director. If you do approach the Dive Coach, it is better to ask him/her away from the divers so that you do not undermine the confidence of the divers in the coach. It is better to escalate than to become confrontational. You may remove your diver from practice if you feel that is necessary.

Working with a Parent Representative for Your Pool's Dive Team

- **Communications** – Your Dive Team's parent representative will send out information regarding the dive season calendar, e.g. practice days/times, home and away dive meet days/times/locations, dive championships, and end-of-season celebration.
- **Coordinating Volunteers** – The parent representative will call on **All** parents to volunteer. Please be as flexible as you can to volunteer when asked and help your dive team be successful.
- **Questions** – If you have questions about volunteering, judging techniques, the team calendar, or championships, ask your parent representative.
- **Not every dive team has a parent representative.** That means this work may fall to the coaches or pool manager. Please consider ways you can assist your team and step up to do part or all of these assignments.

Volunteering

- **Parent Representative** – One or two parents may serve as Parent Representative for the Dive Team at your pool. This may include: working with the pool manager or board to find and hire your pool's dive coach(es), managing the roster and collecting required forms (concussion, risk of injury, AAU insurance verification) organizing volunteers for home and away meets and championships, purchasing ribbons and printing labels for awards at home meets, answering parent questions about your dive team, and planning an end-of-season celebration for your dive team on-site at your pool (e.g. potluck banquet) or off-site at an alternate location (restaurant or park) with team gifts or awards. It may also include developing a budget before the season begins and working with the pool manager/treasurer to determine the cost to participate on the dive team.
- **Judge** – All parents are expected to learn at least rudimentary judging techniques and may be called on to volunteer as a judge for a home or away dive meet. Training is available at the mandatory pre-season meeting, and if you are unable to attend that training session then you are expected to learn basic judging at the earliest opportunity. This may be conducted by your team's parent representative, or your team can request a special training session if necessary. Judging confidence comes with experience. The more opportunities you take to judge, either at meets or also informally during practice (out of earshot of the divers), the more confident you will feel as a judge.
- **Scoring and Awards Table** – All parents may be expected to volunteer at home meets on the scoring table. This includes several roles: 1) announcing the meet divers, dives, and judge scores; 2) capturing the judges' scores and eliminating the high and low scores; 3) tallying the remaining scores and multiplying by degree of difficulty; 4) verifying the calculations and documenting the final scores; 5) completing the labels for award ribbons. Frequently, roles 2 through 5 are able to be completed by two volunteers to reduce volunteers.