

# SOUTHERN NEVADA HIGH SCHOOL DIVING

## DIVING HANDBOOK 2025

### PARTICIPATION

Although diving appears to be completely different from swimming, diving is considered one event in the swim meet. In Clark County swimming and diving high school competitions, the swimming dual meets are usually held at a different facility than the diving competitions. The points which a diver scores at the meet, however, count toward the total points for the swim team they represent. A diver's earned points can be the difference in the overall team score and are an integral part of the swimming and diving team. This is the reason the team's **swim coach is ultimately responsible for the divers**. The swim coaches depend on the divers to keep them updated throughout the season and vice versa.

In Clark County, there are not many diving facilities. For years the diving practices for high school athletes have included all participating schools working together with specific diving coaches in order to obtain the best training environment. The diving coaches are specifically responsible for only the diving portion of the swimming and diving season and are not affiliated with any specific school.

As the season progresses, questions may arise that need answers. Please feel free to contact the diving coaches before reaching out to others. The diving coaches have more integral knowledge of the specifics related to diving and have years of experience within the sport. The coaches have been involved with the sport of diving at all levels from grassroots beginning through the International and Olympic level. The diving coaches will be able to answer most questions as they arise. If further direction is needed about the inquiry, the diving coach will assist in obtaining that information.

The diving coaches for this season are: Gary Boyd -Tad Tinnell - Tracy Bonner and Coaches Assistant - Vanessa Taub-Flores. The coaches can be contacted through the email address: [ccsddiving@gmail.com](mailto:ccsddiving@gmail.com).

### PARTICIPATION REQUIREMENTS

There will be tryouts for the 2025 swimming and diving season. This tryout session will be held on **Tuesday, February 18th**, at **Heritage Pool** from **6:00pm - 8:00pm**. Athletes desiring to participate must bring a copy of their completed and approved Register My Athlete page 2, which includes athlete name/ address, parents' name/address/contact information, and medical insurance. The Athletic Department of the school you are representing **must print, stamp, and the Athletic Director must sign this paper to be accepted**. The document must be submitted to the diving coaches before any diver is allowed to enter the water. Athletes will not be allowed to get in the water or on the boards without this form.

This will be strictly enforced due to the liability issues that arise because of the danger inherently associated with the sport of diving. Anyone who wants to participate in diving will be required to

participate in a swim test before using the diving boards. **After the 3rd week of practice March 6, 2025, no new divers will be accepted for practice or meets NO EXCEPTION.** This is an agreement with swim coaches for the safety of the new diver.

It is required that each diver bring a towel, competition style one-piece swimsuit for girls and a one-piece Speedo or jammer for boys (no board shorts), and workout attire (shorts or sweats and t-shirt) to wear during **mandatory** warm up. Athletes **MUST** have athletic-style shoes for **mandatory** outside drills and running type warm-up, yoga mat and jump rope. The divers should have these items at tryouts and **every** practice throughout the season. Divers are not to use the locker rooms at the facility because this area is not securable and will be locked before the end of practices. Make sure you keep your valuables safe and secure. Clark County School District, UNLV, Heritage Park, nor Muni are responsible for the loss or damage of personal items.

A sign-in form will be available at each practice. It is the **diver's** responsibility to sign in at the beginning of each practice. This sign-in form will be the document used to prove the diver participated in the required number of practices that determines their eligibility status for each week of competition.

## **PRACTICE SCHEDULE**

Diving practices will be conducted at Municipal Pool Monday - Friday Day **2:00 - 3:55pm**, every Monday - Thursday at Heritage Park **6:00 - 8:00pm**. Once the swimming and diving competition season begins, the diving competitions will be held in place of the Thursday Heritage practice time. **There will be no practice at Heritage pool on March 11, 2025 due to a scheduled swim meet.**

Municipal pool "Muni" is located at 431 E. Bonanza Road, Las Vegas 89101. Heritage Park Pool is located at 310 S. Racetrack Road, Henderson 89015. The divers may attend practices at both locations. **Divers will be required to attend Tuesday practices at either Muni or Heritage in order to ensure the dive sheets are completed, signed, and submitted for the meet on Thursday.** **Divers who do not attend one of the Tuesday practices and turn in a dive sheet will be ineligible to compete at the Thursday dive meet.**

The swimming and diving season runs from the end of February through the end of May, culminating with the NV State Swimming and Diving Championship competition. For the 2025 season the 3A/5A NV State Championship will be held in Reno, Nevada; 4A State Championship is in Las Vegas.

During the championship portion of the high school swimming and diving season, practice times will vary. The change in schedule will be determined based upon facility availability. For a variety of reasons, practice times are subject to vary and it is important that divers have transportation arranged in order to accommodate this.

The only individuals allowed on the pool deck during practices are the divers participating in that practice, the coaches, coach assistant and anyone else given specific permission to be on the deck.

The coaches will assign these individuals each session. During the regular season, anyone who desires to watch the practices will be allowed to observe from the bleachers. Due to the new regulations regarding our students/student athletes: Regulation "4100 Protect our Kids" and the "Senate Bill 287" this will be observed and enforced.

## **PRACTICE FORMAT**

Diving is a risky sport. The risk is decreased significantly with proper, structured coaching. It is due to this that every diver will participate in all parts of the practice session. Practice sessions begin promptly and divers will be expected to participate in a **full warm-up routine**. These will be held outside (weather permitting) and will require that each athlete wear closed toe athletic shoes and workout clothing atop their swimsuit. **Divers will not be allowed to enter the water until they have completed the full warm up routine and exercises.**

Following the warm-up and exercise portion, the divers will then move to the diving well for the remainder of the practice session. Depending on the number of divers in attendance, the coaches will determine whether to break the group into smaller numbers and the divers will rotate between side drills, 3 meter springboard drills and 1 meter springboard drills or dives. Each diver will be expected to participate in all parts of the practice session. The drills and skill building is imperative for each diver to improve within the sport.

## **DIVING COMPETITIONS AND ELIGIBILITY**

Diving dual meets will be conducted on Thursdays at Heritage Pool beginning the first dual meet will be held on Thursday, March 13th.

**All divers must come to a minimum of 3 dive practices per week. With the exception of club divers who must provide proof of outside practices signed from their coach, and they **MUST** attend ONE full high school dive practice per week to be eligible for competitions.**

**A diver competing in the meet must fully complete and sign their diving sheet. The individual diving sheet is a list of the dives a diver will compete at the upcoming meet and will be used to compile the diver's scores. \*It then must be signed off by a diving coach and submitted no later than 30 minutes BEFORE the end of the Tuesday practice prior to each meet. If a diver knows they will be absent on a Tuesday before a meet, they may submit the dive sheet one week prior to the meet at practice or via email at [ccsddiving@gmail.com](mailto:ccsddiving@gmail.com). Failure by a diver to submit their completed diving sheet by the Tuesday deadline will cause the diver to become ineligible to participate at the dual meet that week.**

If specific circumstances arise, the diving sheets may be submitted electronically. This is on an individual basis, must be pre-approved by a diving coach, and will not be the normal manner of entry.

As previously mentioned, diving is inherently risky, but this risk is offset when a diver attends practices regularly.

Attendance at practice is a critical part of a diver's safety and their eligibility to compete. All divers **must make a minimum of ten (10)** practices before the first dual meet. It is understood that swimming has different requirements for attendance. This is not the same for diving.

Once the competition season begins, all divers must attend three (3) practices weekly in order to be eligible to compete in each dual meet (see coach for allowed missed practices). Divers must individually sign in on deck at each practice to ensure they meet the weekly requirements.

Swim practice with the diver's high school swim team can count for up to one (1) of those three (3) practices; however, divers **MUST** attend one (1) scheduled high school diving practice per week. Also, any diving practices outside of the high school may count as a practice. There are club diving teams in the Las Vegas Valley that conduct daily diving practice as they train year-round. Divers **MUST** provide in writing from the swim coach or the outside diving coach the date they practiced outside of the regularly scheduled high school diving practice. (1.a). This signed form must be turned in on **Wednesday** before the upcoming dual meet on Thursday.

A diver must participate in a minimum of three (3) dual meet competitions (including the Last Chance Meet) in order to compete in the Nevada High School Regional Swimming and Diving Championship competition. If the high school diving coach feels you are capable of your 11 dive list, the coach may exempt you from the Last Chance Meet as long as you have the required 3 dual meets fulfilled. It is the high school swim coach's responsibility to determine which divers will compete each week for their school. This is directly related to the maximum number of entries allowed per school (4) for each event and the academic eligibility of each athlete. **If the swim coach does not specify to the diving coaches which divers are competing that week by email on Wednesday before the meet, it could result in some miscommunication with the divers who want to participate.**

## **DIVING SHEETS**

There are five categories of dives from which a diver may select their list of dives. These include: forward, back, reverse, inward, and twisting dives. During the dual meet competitions, a diver is required to perform their first dive in a six dive list from the specified group selected for each week. In past high school seasons, this first dive has been selected as follows: week 1-diver's choice; week 2-forward; week 3-backward; week 4-inward; week 5-twisting; and week 6-reverse. This is subject to change, but provides a framework for divers to prepare their individual dive list accordingly. **The remaining five dives must cover four of the five dive groups and will not be a repeat of a dive previously performed.**

The three final competitions of the season (Last Chance, Regionals and State) consist of a full eleven dive list. The order for these dives is specific to allow for the possibility of making cuts to the number of competitors based on performance by score. The list must be performed in the following order: two voluntary dives, 3 optional dives, 2 voluntary dives, 1 optional dive, 1 voluntary dive, 2 optional dives.

***\*The divers must have their fully completed dive sheet turned into the coaches on deck at least 30 minutes before the end of the practice on Tuesday.*** It is the diver's responsibility to ensure they have their dive sheet submitted correctly or they may not be eligible for that week of competition. Coaches will be available to assist in order to ensure the accuracy of the list of dives chosen by the diver. It is encouraged for each diver to have this compiled prior to practice so that full attention to training can occur. Blank dive sheets will be available after the meet on Thursdays to ensure divers can complete them prior to practice. (1.e) Dive sheets need to have the voluntary dive/DD circled on the dive sheet. The # of the dive supersedes the name of the dive written.

Please see attached 6 dive and 11 dive examples for how to properly complete a diving sheet. (1.c,1.d.) Also, an explanation of the diving numbers should be used as a reference. (1.b.)

### **DIVING MEET SCHEDULE 2025:**

**Officials Clinic: Thursday, February 27, 6:00-8:00 pm at Heritage.** This is a practice but not a meet for this week. Regular season will begin March 13, 2025.

Week 1: diver's choice	Thursday March 13, 2025	Dryland 5:45 Warm Up: 6:30 Meet Start: 6:45	Heritage
Week 2: forward dive	Thursday March 27, 2025	Dryland 5:45 Warm Up: 6:30 Meet Start: 6:45	Heritage
Week 3: backward dive	Thursday April 3, 2025	Dryland 5:45 Warm Up: 6:30 Meet Start: 6:45	Heritage
Week 4: inward dive	Thursday April 10, 2025	Dryland 5:45 Warm Up: 6:30 Meet Start: 6:45	Heritage
Week 5: twisting dive	Thursday April 17, 2025	Dryland 5:45 Warm Up: 6:30 Meet Start: 6:45	Heritage
Week 6: reverse dive	Thursday April 24, 2025	Dryland 5:45 Warm Up: 6:30 Meet Start: 6:45	Heritage
Last Chance Meet	Thursday, May 1, 2025	Warm Up: TBD	Heritage
Regionals	TBA, 2025	Warm Up: TBD	Heritage
Nevada State 4A Meet	TBD, 2025	Dryland 5:45 Warm Up: 6:30 Meet Start: 6:45	Heritage
Nevada State 3A/5A Meet	TBA, 2025	Warm Up: TBD	North

In past years, we have not cut divers during the season. Due to the possible increase in the number of athletes interested in competitive diving, this season may include cuts to athletes who have not successfully executed the required number of dives. This is for the safety and quality of those involved in the sport of diving.

The dual meet competition consists of a total of six dives from the five categories of dives. The Last Chance competition, Regional and State Championship competitions consist of eleven dives performed from the five categories of dive groups.

If a diver has not learned the required category scheduled to be competed, prior to the end of practice on the Monday preceding the Thursday competition, the diver will be scratched from that week and will not compete.

### **DIVE POINT STANDARDS**

For the 2025 Nevada High School Swimming and Diving Championship season, minimum point standards have been added for the Sunrise and Sunset Regional Diving Championships. All divers must meet the minimum score in order to be eligible to compete. Those scores are calculated based upon the results at any 2025 dual meet. The score for competition for a 6 dive meet is 110 points and for an 11 dive meet it is 220 points. This is being integrated to ensure the highest quality competitive championship season.

### **ACADEMIC AND ATTENDANCE ELIGIBILITY**

Since diving is a spring sport, grades from first semester are the first criterion for eligibility. A diver must have at least a **2.0 GPA** to compete. The second criterion is maintenance of current semester grades. If a diver's grade in any one class falls to a D or F, the high school swim coach must notify the diving coaches through the three-week eligibility check. For a letter grade of D a diver will be placed on warning, and for an F grade the diver will be classified as ineligible until the next three-week eligibility check. During the ineligible time, the athlete will be able to practice but not compete. If the F grade is accompanied by a poor citizenship, the diver will not be allowed to practice or compete.

Attendance at school on the day of the meet is also mandatory in order to participate in the competition. Any absences which occur the day of competition which are not pre-approved or have made prior arrangements with the school may create the diver to be ineligible for the current meet competition. The swim coach is responsible to contact the diving coach for ineligibility purposes on the Wednesday before the meet - **NOT** while the coaches are on deck during or prior to the start of the meet.

### **CONDUCT**

At all times (at the pool, as well as on and off campus), a diver is a representative of the High School Swimming and Diving Team. Athletes are expected to represent themselves, their school, and swimming and diving team well. Below are some concerns regarding conduct:

Foul language and/or inappropriate gestures will not be tolerated. Divers must display proper respect towards fellow athletes, pool staff, meet officials, and the coaching staff. **NO DECK CHANGING.** No cell phones on deck during **practice and the meet.** **No video with cell phones during practice or meets. Only pre-approved video will be allowed.** No food on deck during practice or meet. If you need to eat, step outside the pool to do so.

**Parents are subject to the same conduct. Parent coaching without CCSD Coach Vetting is strictly prohibited as it threatens the safety of the divers participating in this sport.**

## **LETTERING CRITERIA**

It is a big accomplishment to receive a letter depicting one's athletic achievement. The diving lettering requirements will be determined by the high school swim coach at each school.

## **UNIFORMS**

By league regulation, divers may wear a team suit (or have similar) from their respective high school for all dual and championship meets. Divers will need to purchase these suits or communicate with their high school swim coach.

2025 POINTS OF EMPHASIS Suit Coverage Rule 3-3-1 states all suits shall be of one piece and competitors shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear suits which cover the buttocks while girls shall wear suits which cover the buttocks and breasts.

**If the athlete cannot or will not comply with the suit coverage rule, they will be disqualified from events until they have legal attire.**

## **SPORTSMANSHIP**

All divers must exhibit good sportsmanship, courtesy, and fair play throughout the season. This includes slapping the water or excessive displays after disappointing dives. It is important to be respectful and reasonably calm whether you have a good or bad dive. Divers must be respectful to other teams and competitors and always clean up the pool deck after a dive practice/meet.

## **SPECTATOR INFORMATION**

**Only during the dual meet competition season, will there be free admission** to observe the competitions. The spectators must sit in the designated bleachers and will not be allowed to talk to their athlete during the competition. Swim coaches for the teams participating may sit in a designated area of the deck if they choose.

As the championship season begins, the high school governing organization, NIAA, is responsible for hosting the event and entry fees will be charged according to their standards for regional and state championship competitions.

## **PERSONS ALLOWED ON DECK**

The level of diving within the NV high school competition has improved over the past few years. There is a nationwide high school All-American program that awards top athletes based upon video review. There are specific requirements for the video submission and fees that accompany this are not related to NV high school participation. If a diver desires to have their competitions videotaped for the purpose of submitting their list for All- American, special accommodations may be made on an individual basis. This is a privilege that must be pre-arranged with the coaches prior to the start of the championship season. There will be a specified location on the deck that will be designated for this purpose and out of the way of the judges and scoring officials. There will be signage locating this area on deck. The program has very specific rules that an athlete must meet in order to qualify for participation.

Please see attached documents for further reference:

- 1.a. Outside Activity Record of Attendance
- 1.b. The Meaning of the Dive Numbers Information Sheet
- 1.c. 6 Dive Example Diving Sheet
- 1.d. 11 Dive Example Diving Sheet
- 1.e. Blank Diving Sheet
- 1.f. High School Regional Divisions

2.4.25