

As the Next Generation Diving Team evolves, it is increasingly important that both our athletes and our parents are aware of the expectations of them. We understand that our divers are behaving – both in the pool and out – in a manner that reflects their pride in their community. However, it is important to us that there be no misunderstanding of expectations of our team members and their parents. Moreover, since we are -- and will likely remain -- a small team, with limited resources, we believe it is necessary to maintain a positive environment with divers who are committed to the sport and to their own achievement as divers and as upstanding members of a community. We want to be sure that each diver that participates in the Next Generation Diving program is in a program that is right for their needs and optimal for their development. As a result, we require each diver to read, understand, conform to, and sign a Diver Code of Conduct, and we require at least one parent to read, understand, conform to, and sign a Parent Code of Conduct. **Any violation of the code of conduct will be addressed directly, and may result in a diver's ineligibility to participate in the Next Generation Diving program. Further, no refunds will be given if a diver's participation is terminated as a result of a violation of the Code of Conduct.**

NEXT GENERATION DIVING DIVER CODE OF CONDUCT:

Objectives:

Next Generation Diving is committed to training divers at elite levels of the sport. Consequently, it is imperative that athletes begin with some understanding of the requirements of the sport and initial expectations. Although diving is, ultimately, an individual sport, the community of divers at Next Generation – or at any team – can have a significant impact on the individual. As a result, we expect our divers to behave and train in a manner that elevates and motivates the entire group.

- The Next Generation Diving Team strives to develop athletes in a safe environment, both physically and mentally. Fundamentals are key to safety. For their own safety, our divers must commit to learning the fundamentals of the sport before engaging in higher-level dives. The Coaching Staff will determine when divers have reached a sufficient level of awareness to begin performing more difficult dives.
- Next Generation Divers are expected to come to practice with “right attitude”, which means a willingness to be coached by the Coaching Staff, a desire to improve and make corrections that the Coaching Staff has directed, a willingness to master fundamentals and a drive to attempt new dives when the Coaching Staff has deemed them ready.
- Taunting, “smack talk”, and bullying of teammates are unacceptable behaviors and will not be tolerated. If the Coaching Staff becomes aware of any diver engaging in these behaviors, **their eligibility to participate in the Next Generation Diving Program will be reviewed, and possibly terminated.**
- Next Generation Divers are expected to support their teammates in all endeavors. This does not mean that divers should take it upon themselves to coach

teammates, but rather should be supportive of instructions/corrections given by coaches, and encouraging of their peers' attempts at improvement.

- Progress is only possible when a commitment is present. Divers are expected to attend practice regularly. Skills team members are expected to attend at least 2 days a week; competitive team members are expected to attend at least 3 days a week; JO team members are expected to attend 5 days a week. Studies have shown that less time commitment than that is not only not conducive to progress in any sport, but can also cause regression, as the body cannot adapt to muscle memory. **If a diver consistently misses practice, their participation in the Next Generation Diving program will be reviewed, and possibly terminated.**
- Next Generation divers are expected to abstain from alcohol, tobacco or illicit drugs. **Anyone not conforming to this policy is subject to termination of their eligibility to participate in the Next Generation Diving Program.**
- Next Generation divers at the competitive level and above are expected to participate in US Diving or AAU meets as a team. The Coaching Staff understands that there are occasionally scheduling conflicts, and the expense of travel meets can be considerable. However, competition is necessary for the development of the elite athlete, and we require that our divers be ready and willing to participate in competitions.

I, the undersigned, have read and understand the expectations required for eligibility in the Next Generation Diving program:

Diver's signature

Parent signature

NEXT GENERATION DIVING PARENT CODE OF CONDUCT:

Objectives:

The Next Generation Coaching Staff understands and appreciates the commitment that the parents of our athletes make. One of our top objectives at Next Generation is to maintain the culture of collegiality and positive support that has been a hallmark of Next Generation since inception. As a result, the following are requirements for your divers' participation in Next Generation training:

- A Diver's Code of Conduct and a Parent's Code of Conduct **MUST** be signed and returned to the coaching staff prior to your diver's participation in any practice.
- An emergency medical authorization form and insurance form **MUST** be filled out and returned to the coaching staff at the beginning of the season prior to your diver's participation in any practice.
- Bills are sent out quarterly. We will, in some unusual instances, bill monthly. Monthly billing is subject to a premium charge. Payment in the form of cash or check is expected by the 10th day of the month in which the bill was received. **If we do not receive payment by the 10th day, your diver will be ineligible to participate in practice until payment is received in full.** If you choose to pay electronically, please be aware that the lag time between sending your electronic payment and our receipt of it may be more than 10 days. There will be no exceptions to this rule, so if that is the case, please make other arrangements for payment. Please do not submit a check for lesser amount than you've been billed. If you believe a mistake has been made on your bill, please contact the coaching staff directly.
- **Parents are not permitted on the pool deck.** This is for the safety of all the athletes participating in a practice. If you have a quick question for any of the coaching staff, feel free to talk to us before or after practice. For anything that may take more time, phone or email is the best resource. **Please note that if an accident occurs while a parent is on the pool deck, our AAU and/or US Diving insurance may be nullified.**
- The Coaching Staff appreciates your support of your diver and respectfully insist that you not coach them on fundamentals, on skills, or on which dives they are doing/should be doing. Trust that the Head Coach has a cohesive plan in mind for every diver on our team, and any conflicting information given to an athlete can be confusing/disruptive/detrimental for the athlete's progress, and may in fact conflict directly with the progress the Coaching Staff has been making with your diver's skills.
- Please make every effort to bring your diver to practice at the appointed time, so that they are ready to stretch, warm up, and participate in the assigned workout.
- Please alert the Coaching staff to any physical impairment, injury or illness that may impact the safety of your diver or other divers.

- Please help your diver to learn that success can be experienced in the development of one’s skills and one’s humanity – Diving is a sport that requires long-term dedication, and reasonable goals should be set.
- Parents are responsible for getting their diver to/from practice. Feel free to arrange carpools. Please avoid dropping younger athletes off early or showing up late to pick them up. The Coaching staff cannot be responsible for your child before/after practice.
- The Coaching Staff is proud to say that it has never had to worry about the sportsmanlike behavior/example of our community of parents. Nonetheless, the Coaching Staff will not tolerate any unsportsmanlike discussion among parents, between a parent and another Next Generation diver, or between a parent and other parents/divers at meets. **If the Coaching Staff is made aware of a Next Generation parent behaving in an unsportsmanlike manner, your diver’s eligibility will be subject to review and possible termination.**
- The Head Coach will make decisions about which meets to attend during the season, and about which divers will be invited to participate in said meets. “Qualifying” for a meet does not necessarily mean that Next Generation will attend said meet. Your Head Coach makes determinations about which divers are ready for which meets and our attendance at meets is dependent on a number of factors. Regional, zone and national meets will be attended by the divers chosen by the coaching staff, and all divers are expected to participate on one-meter and three-meter at these meets. Invitationals that Next Generation attends as a team will be open to those divers (including, in some cases, novice divers), who the Coaching staff has determined are able to successfully perform enough dives required to compete.
- Any diver age 14 or under is expected to travel to meets with a parent, or a parent-appointed guardian.

I, the undersigned, have read and understand the requirements for my child’s participation in the Next Generation Diving program:

Diver’s name

Parent signature