



THUNDER BAY
DIVING CLUB



Choose to be Excellent

Parent Information Handbook

**September 2016
to
August 2017**



THUNDER BAY DIVING CLUB



Mission Statement

Thunder Bay Diving Club, a financially sustainable organization, will promote the recruitment, retention and development of successful athletes by providing high quality programming in the sport of diving.

Vision

To inspire and enable excellence.

Contact Information

Email: Email is our preferred method of communication to Club members. Please ensure the Club has your current email address. It is important to check your email regularly. The TBDC email address is: **tbdc@tbaytel.net**

Website: www.thunderbaydivingclub.ca **Make sure you check out our Facebook page!**

Questions or concerns will be promptly addressed to the appropriate coach or Board member. If you reach voice mail, please leave a message and either our coaching or administrative staff will return your call in a timely manner.

Thunder Bay Diving Club

C/O Canada Games Complex

420 Winnipeg Ave. Thunder Bay, ON P7B 6B7

Phone: (807) 684-3341 **Fax:** (807) 345-4520

Registration Line: (807) 684-3333 – Canada Games Complex

Email: tbdc@tbaytel.net **Website:** www.thunderbaydivingclub.ca



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Our Club Coaches

All of our programs are instructed by nationally-certified coaches who have been carefully selected for their experience, enthusiasm, and knowledge of the sport of diving.

Head Coach, Jason Napper

Jason was born and raised in Thunder Bay, and joined the diving club when it was formed in 1982. He was a member of the club for 14 years, in which time he won numerous Provincial and National championship titles, as well as winning medals at international competitions. Jason was the first male diver in 64 years to win a gold medal at the Commonwealth Games in 1994. He has rejoined the club and brings a wealth of knowledge and experience to both build and enhance the current roster of divers. Jason is currently a Level II Nationally certified coach, and will be pursuing his Comp Development Certification this fall.

Coaching Questions or Concerns:

Any questions with respect to coaching matters should be referred directly to your child's coach. In general, the coaches are available on pool deck before or after practice. If you are unable to speak to the coach personally during these times, you may leave a message on the office phone **(684-3341)** or email **tbdc@tbaytel.net** and a time to meet will be set up.

For everyone's safety, parents are NOT to approach coaches or divers on pool deck during practice. It is critical that the coach has the full attention of the diver while on deck at all times. Therefore we will ask that the audience have no communication with divers or coaches during practice.



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Schedule, Program Fees and Dive Ontario Fees

Please see separate documents for complete fee and schedule information. If you need a copy of this document please contact our coaching staff at tbdc@tbaytel.net.

The Canada Games Complex handles the registration for TBDC programs and collection of fees. **Contact the Front Desk at the Complex or Registration Line at 684-3333.** Lil' Lightning and Learn to Dive prices are updated every session. The most current schedule with prices is located on our website, at the Front Desk of the Complex or in "The Key".

Policies

Policies regarding family discount, Dive Ontario fees, pro-rated registration, refunds etc are located in the **TBDC Policy Manual**. Please contact our coaching staff if you have not received a copy of this document tbdc@tbaytel.net.

Sports Tax Credit

The Canada Games Complex will issue receipts for registration fees in accordance with requirements of the Canada Revenue Agency to support any claims for the Sports Tax Credit.



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Recreational Programs (Fall, Winter, Spring Sessions)

Recreation: Lil' Lightning	<ul style="list-style-type: none"> ▪ Introductory for children up to ages 5-8 ▪ Working on motor development skills ▪ Bring a swimsuit, towel, T-shirt & shorts for dryland. 90 minute sessions.
Recreation: Learn To Dive	<ul style="list-style-type: none"> ▪ Recreational 4 badge program for children aged 8-12 ▪ Introduction to the sport of diving ▪ Bring a swimsuit, towel and T-shirt & shorts for dryland. 60 & 90 minute sessions.

Competitive Programs

Competitive Foundations	<ul style="list-style-type: none"> ▪ Our Competitive Foundations Group consists mainly of graduates from our Lil' Lightning program. By invitation only, but tryouts may be arranged. ▪ Bring a swimsuit, towel, T-shirt & shorts for dryland. ▪ Each diver will work towards a list of dives, and move into a national list of dives in the future. ▪ A diver can practice either 1, 2, 3 or 4 days of the week in the Competitive Foundations program. HEAD COACH RECOMMENDATIONS: To achieve continual improvement and be competitive, it is recommended that each diver practice at least 3 days a week.
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Competitive Programs

Competitive

- The Competitive divers have a national list of dives. Each diver will work towards their goals. Goals may include:
 - Qualify for Junior Nationals
 - Medal at Nationals
 - Compete at International levels
- Bring a swimsuit, towel, T-shirt & shorts for dryland.
- A diver can practice either four or five days of the week in the Competitive program.

Competitions

Competitive diving provides the athlete with:

- self-awareness and self-esteem
- fairness & trust
- independence and responsibility, companionship and fun

TBDC hosts several mini meets each year, usually scheduled at the end of each recreation session (Fall, Winter and Spring). Divers from all programs are encouraged to participate. This is a fun event where divers of all abilities are able to showcase their newly developed skills. All participants receive an award and we ask for parent volunteers to assist. A pizza party usually follows this event.

At the beginning of each dive season, the Head Coach will release a general list of recommended competitions for athletes in the Competitive Foundations and Competitive programs. Please speak to your child's coach regarding which competition(s) your diver should attend. It is important to keep the communication lines open with your child's coach at all times. Please refer to the Travel Policy located in our Club Policy Manual for more detailed information.



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Meet Fees

Out of town competitions will require additional costs for meet fees and travel and will be billed closer to the time of the competition. Please speak to Head Coach Jason Napper for more information. For all “away” competitions, each athlete will be asked to pay a deposit to cover the costs of the meet (usually around \$300). After each competition, each athlete will be emailed the debt/credit status of their travel account. It is expected that all debts be paid in full within 2 weeks following the date the invoice is sent out.

Please refer to the Policy Manual for more information.

Family Participation

The Thunder Bay Diving Club relies on family involvement for the effective running of club hosted events and the Board of Directors. We encourage family members to become involved. There are a number of opportunities available throughout the year. If you are interested in volunteering, please email tbdboard@tbaytel.net and a Board Member will contact you.

Board of Directors

TBDC is exclusively parent/volunteer managed and directed. Our Board of Directors are voted in every November at the TBDC Annual General Meeting. Please watch our Fall Newsletter for meeting details and plan to attend! The TBDC Board is always welcoming new faces and assistance; please email tbdboard@tbaytel.net and let us know if you would like to join.



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Fundraising

Fundraising is a necessary component of the Thunder Bay Diving Club. The profits from fundraising help offset coach travel, equipment needs, hosted meets and administration costs. All fundraising initiatives are designed to give money back to the club, and some fundraisers give back to each family that participates. While we do not ask our recreational program participants to fundraise for the Club, we would appreciate your support in our fundraising activities.

'Conquer the Tower' is our major fundraiser of the year and will be held on November 10, 2016. We will require numerous volunteers for this event as well as sponsors. If you know of a business willing to sponsor this event, please contact TBDC at tbdc@tbaytel.net.

Other fundraising initiatives throughout the year may include 50/50 draw, Mini Peel Cards, Chocolate Bar sales, etc.

If you have an idea for a fundraiser, please contact TBDC at tbdcbboard@tbaytel.net

Tag Days

12 Tag Days will be scheduled throughout the year and will be posted on the TBDC Bulletin Board at the end of the track for sign up. Each competitive and competitive foundations diver is required to participate in tag days. More info to be provided at parents' meeting.

Bingos

TBDC continues to participate in Bingos at Superior Shores Gaming Association, located at 435 Memorial Avenue. Bingos are our main source of fundraising revenue. A minimum of 2 volunteers are required for each 2 hour session at each bingo in order to run. We receive between 18 and 24 pre-scheduled bingos per year.

As per AGCO regulations, all Bingo workers must be at least 18 years of age and attend



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a mandatory info/training session prior to working Bingos. The next scheduled training dates are **XXXXXXXXXXXX** at Holy Cross Church. Please contact Ron at rncmerlo@tbaytel.net to ensure one of your family members is signed up for this training.

The bingo sign up sheet is on the TBDC Information Board located on the end of the track. If you sign up for a bingo and then are unavailable for your commitment, **it is your responsibility** to find a replacement volunteer. Please show up at least 10 minutes prior to the start of the bingo. Please plan to stay for your full shift. Bingo commitments will be determined once membership numbers are known. Requirements will be shared at the parent'

Important Bingo Information

Location: Superior Shores Gaming Assoc., 435 Memorial Avenue

Shifts – Evening 5:30-7:30 pm & 7:30-9:30 pm

Late Night: 9:30 – 11:30 pm & 11:30 – 1 pm

Matinee – 12:30-2:30 pm & 2:30-4:30 pm

Bingo Do's and Don'ts

- You will get a reminder email a couple of days before the bingo. If you are unable to work, you are responsible to find a trained replacement.
- You may not sit and visit with those playing bingos or accept “tips” or gratuities from customers.
- It takes a minimum of 2 volunteers to work a bingo.
- Please be responsive and prompt to bingo player’s request, and use walkie talkies to call out the bingo numbers to the bingo caller.

Nevada Tickets

TBDC can receive the proceeds of Nevada break-open tickets. We are currently looking for new locations to host Nevada tickets for our club. Please email tbdcexecutive@tbaytel.net if you know of any businesses that may be interested.



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Code of Conduct Overview

For the full Code of Conduct, refer to Thunder Bay Diving Club's Codes of Conduct located in our Club Policy Manual

General Responsibilities of each Diver:

- Attend practices as required, be on time
- Help setup and take down training equipment (ie: dryland mats, stability balls)
- Ensure Thunder Bay Diving Club communications are delivered to parents
- **No communication with audience.**

General Responsibilities of ALL Parents:

- Ensure divers get to practice on time
- Communicate with coaches as the need arises, be positive and encouraging
- **No communication with coaches or divers during practice.**

General Responsibilities of ALL Coaches:

- Communicate with parents and be positive and encouraging

General Expectations of all Club Members:

- Courtesy, good sportsmanship and co-operation
- Respect for needs and sensitivities of teammates and competitors
- Respect for our training facility including pool deck, change rooms and staff
- Respect for other facilities while away at competition including rental vehicles and hotel rooms



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Consent to Participate and Use of Name, Image and Personal Information

Please read the paragraphs below with respect to participation, publication and personal use of information. Signatures on TBDC Registration Forms are required to complete the registration process with the Thunder Bay Diving Club for the 2015-2016 Season. This signature indicates consent.

Participating Consent Agreement:

The Thunder Bay Diving Club (TBDC) strives to ensure a safe environment for its divers. However, parents or legal guardians should understand that injuries do occur during some activities because of the inherent nature of the activity and without neglect on the part of the diver or TBDC.

With a signature on the TBDC Registration Form, the parent or legal guardian authorizes the diver to participate in the Club activities (including in and out of town competitions) and releases TBDC, its Board of Directors, coaches and parent volunteers (chaperones) from any and all claims which may arise by reason of the divers participation in Club activities, including any and all claims which may arise due to bodily injury or illness.

With a signature on the TBDC Registration Form, the parent or legal guardian authorizes the Club, its Board of Directors, coaches or parent volunteers (chaperones) and/or any representative of the Club to authorize such medical attention as may be necessary and appropriate in the circumstances should a diver suffer an injury or illness while participating in Club activities and agrees to pay for all medical and any other related expenses incurred in such an event.

With a signature on the TBDC Registration Form, the parent or legal guardian releases the Club, its Board of Directors, coaches, parent volunteers (chaperones) and/or any representative of the Club from any claim arising from the medical treatment a diver may require while participating in Club activities.

With a signature on the TBDC Registration Form, the parent or legal guardian acknowledges that should a diver not abide by the rules and expectations as established by the Club, its Board of Directors, coaches, parent volunteers (chaperones) and/or any



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representative of the Club while participating in Club activities, at the discretion of the coaches, the divers participation may be terminated and the diver may be sent home. For out of town competitions, any additional costs incurred by reason of the termination of a divers participation in Club activities, and/or as a result of a diving being sent home will be the responsibility of the parent or legal guardian.

Publication Consent Agreement:

Regarding the Thunder Bay Diving Club website, newsletter or other publications the Thunder Bay Diving Club occasionally publishes divers' names and images to promote the Club and amateur diving. With signature on the TBDC registration form, I understand that as a member of the Thunder Bay Diving Club, that my child's name or image may be used in such literature and on the Club website:

www.thunderbaydivingclub.ca

With signature on the TBDC registration form, I understand that my child's name or image will not be used for any other purpose other than promoting the Thunder Bay Diving Club and that it will not be given to any other organization and/or media group without prior approval.

Club Communication

Parent Information Boards: are located in three areas at "the boards":

- **Track:** is for Club news and events
- **Pillar/Stand:** is for internal Club communication for athletes and parents
- **Pool Deck:** is for L'il Lightning and Learn To Dive Programs

Newsletters: are published regularly and are distributed via email. If you have a question for a coach such as "what is a shammie used for?" email it to tbdc@tbaytel.net and watch for the response in the next newsletter!



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Social Events: parent volunteers organize several fun, off-site activities for the dive families such as tubing at Loch Lomond, Family Sleigh Ride, Family Bowling Night, Trampoline Park, Boulder Bear Climbing Gym, just to name a few. Information & sign up sheets are available by email and newsletter. Any related costs of such events are communicated prior to the event and a parent volunteer will collect the money.

Club Apparel & T-Shirts: are available through TBDC directly. The Merchandise Director will send out information regarding orders later in the year, if you wish to purchase a TBDC track suit (Mandatory for competitive divers attending competitions) Each diver signed up in either competitive program receives one free team shirt per year. Please talk to your child's coach if you would like to purchase additional tshirts for your child at a cost of \$15 per tshirt.

Swim Suits: Prior to purchasing a new suit, it is recommended that you speak to your child's coach. 100% polyester will hold up to the chlorine and lasts longer. It also has a tighter fit.

Annual Awards: Each year the TBDC holds an awards night to recognize the hard work of our athletes. Please watch for information to come about this fun evening. Date TBD.

**EMAIL IS THE MAIN FORM OF COMMUNICATION, BE SURE
YOUR EMAIL HAS BEEN ADDED TO OUR LIST TO RECEIVE UP
TO DATE INFORMATION FROM THE TBDC OFFICE.**

tbdc@tbaytel.net



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Why Parents Love Diving

Author: Lightning Diving, Missouri

Sometimes when I describe the level of sacrifice that some parents will go to for a kid's sport, people are amazed. I can tell they are wondering if these people are just nuts. Why on earth would anyone drive an hour and a half through traffic to be in a diving lesson? The real question is: "What are the benefits of having your children in a sport like diving?"

For all sports, the value of participation is dramatic. Countless studies draw a powerful link between participation in organized sports and success. Kids are more likely to finish school, go on to college, and to build beneficial social skills. According to these same studies they are less likely to get involved with drugs, become involved in teenage pregnancy, or get caught up in criminal activities. Organized sports programs such as Thunderstruck Diving provide a safe place of encouragement, build self-esteem and teach critical social skills.

But a sport like diving has much more to offer. In some sports you can be a "natural." But diving favors the dedicated. Even highly talented divers have a difficult time if they practice intermittently. On the other hand, highly motivated athletes with a small amount of physical "talent" can become quite successful in diving. Again, the key is dedication. Many times we see young athletes who show very little promise for diving, but are absolutely fascinated by it. Perhaps it is the challenge, the feeling of accomplishment when they conquer their fears, or the sense that they belong to a special group - but they are HOOKED!

These kids stay with the sport for years, and every year they get better. Often they end up as successful divers, and some are even rewarded with athletic scholarships. But the real value of this perseverance is seen in the way the experience molds their character. Because whether you are the next National Champion, or just hope to make a level 2 meet, if you want to succeed in diving, you must face your fears. This is as true for the beginner as it is for the Olympic Champion. In diving, as in life, we must learn to manage fear in order to achieve anything worthwhile. When you see your child conquer a dive that has had them terrified for two weeks, and you watch the explosion of self



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confidence and accomplishment that follows, then you will know first hand one of the great benefits of our sport. But they will need your help!

Most young children cannot see the long-term benefits of our sport. The truth is that our society rarely encourages long-term work for deeper rewards. Diving is not a sport of instant gratification, and your child may become frustrated - losing sight of the rewards due to the fear of an upcoming new skill.

By working together with the Coaching Staff, you can help your child through periods of frustration and anxiety by emphasizing the value of sacrifice, dedication and perseverance. Naturally, there will be days when a diver does not feel that the sacrifice is worth it. You as a parent must understand that the true reward will come when your child has pushed on through adversity, and has felt the rush of joy that comes only from accomplishing something truly difficult. Because most children are not accustomed to having to wait 6-8 months for gratification, they will need to work with the coaches to establish short-term goals to keep them motivated. But hearing you affirm what the coaching staff is telling them at the pool can help. Specifically, that a goal is most satisfying when it is achieved after overcoming adversity.

We all must learn to conquer obstacles in our lives. Diving offers a safe and encouraging training ground for young people to face adversity and learn to overcome it. When your child experiences the satisfaction of realizing a lofty goal, he or she will be transformed. Limiting beliefs are shed, and a new concept of what is possible is born. With your support, Thunderstruck Diving can be a strong positive force in your child's life, teaching principles of commitment, dedication and positive effort in the pursuit of a goal.



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DIVING GLOSSARY

- **Armstand:** Group of dives performed only on platform where the diver performs a handstand forwards or backwards. The diver can rotate their feet towards the platform (cut-thru) or towards the water (forward or backward)
- **Backward:** Group of dives where the diver stands backwards on the end of the board and their head rotates away from the diving board.
- **Balk:** A balk occurs when a diver starts their approach or takeoff and then stops before they have left the board. Frustrating in practice and penalized in competition.
- **Bubbles:** Compressed air is electronically released under a diving board. The bubbles lessen the surface tension of the water thus “softening” it. Used when divers are learning a new dive or sometimes just for fun!
- **D.D.:** The Degree of Difficulty is a weighted index to reward/recognize harder dives from easier ones. Judges scores reflect only the diver’s ability to perform a skill, not how hard it is. The judge’s score is multiplied by the D.D. to arrive at a point total for that particular dive.
- **FINA:** The Federation Internationale de Natation Amateur is the international governing body for all aquatic sports - Synchro, Swimming, Water Polo, and Diving.
- **Forward:** The group of dives where the diver leaves the board facing forward and their head rotates away from the board.
- **Inward:** The group of dives where the diver stands backwards on the end of the board and their head rotates forward towards the diving board.
- **Tier 1 or 2:** A Tier 1 diver is one who meets the Diving Canada dive requirements for their age group and is eligible for national competition. A Tier 2 diver is one who meets a modified list of dives for their age group and can only dive in level 2 meets.
- **Platform:** Rigid towers at 5, 7 1/2, and 10-meter levels.
- **Reverse:** The group of dives where the diver leaves the board facing forward and their head rotates back towards the diving board.
- **Rip:** Occurs when a diver enters the water with no splash. This is a good thing.
- **Springboard:** A sixteen foot long piece of aluminum with a movable fulcrum. There are separate competitive events on the one and three meter levels



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Parent's Guide to Dive Numbers

First digit: direction of rotation	Second digit: initial position of flight	Third digit: # of half somersaults	Forth digit: # of half twists	Last character: position
1 = Front 2 = Back 3 = Reverse 4 = Inward 5 = Twisting 6 = Armstand	0 = Unspecified position (almost always used now days) 1 = Flying Dive (old school)	Example: if the diver is doing 2 somersaults, this # would be 2	Example if the diver is doing a Full Twist, this number would be 2	A = Straight B = Pike C = Tuck D = Free

Examples of Dive Numbers:

- Front Dive Tuck = 101C
- Back Somi Pike = 202B
- Reverse 1 and a Half Tuck = 303C
- Inward Double Pike = 404B
- Front 1 and a Half with a Full Twist = 5132D
- Armstand Double Pike = 614B

Related Diving Links:

Diving Plongeon Canada: www.diving.ca

Dive Ontario: www.diveontario.com

Live Results: www.integratedsports.net/diving/live_results.asp



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Parent's Guide to Age Group Lists for Tier 1 Divers

Group D – Girls & Boys – Ages 11 and under

1M	Total # of Dives = 7	4 Compulsories (Directions)	3 Options (Spinners)
3M	Total # of Dives = 7	4 Compulsories	3 Options
Plt	Total # of Dives = 6	4 Compulsories	2 Options

Group C – Girls & Boys – Ages 13 and under

1M	Total # of Dives = 8	5 Compulsories (Directions)	3 Options (Spinners)
3M	Total # of Dives = 8	5 Compulsories	3 Options
Plt	Total # of Dives = 7	4 Compulsories	3 Options

Group B – Girls – Ages 15 and under

1M	Total # of Dives = 9	5 Compulsories (Directions)	4 Options (Spinners)
3M	Total # of Dives = 9	5 Compulsories	4 Options
Plt	Total # of Dives = 7	4 Compulsories	3 Options

Group B – Boys – Ages 15 and under

1M	Total # of Dives = 9	5 Compulsories (Directions)	4 Options (Spinners)
3M	Total # of Dives = 9	5 Compulsories	4 Options
Plt	Total # of Dives = 8	4 Compulsories	4 Options

Group A – Girls – Ages 16 to 18

1M	Total # of Dives = 10	5 Compulsories (Directions)	5 Options (Spinners)
3M	Total # of Dives = 10	5 Compulsories	5 Options
Plt	Total # of Dives = 8	4 Compulsories	4 Options

Group A – Boys – Ages 16 to 18

1M	Total # of Dives = 10	5 Compulsories (Directions)	5 Options (Spinners)
3M	Total # of Dives = 10	5 Compulsories	5 Options
Plt	Total # of Dives = 9	4 Compulsories	5 Options

For more detailed information please download the Diving 101 Spectator Guide from:
<http://www.diving.ca/english/html/spectatorguide.htm>