

Grade 3 & 4

Welcome to the Auckland Diving's Grade 3 & 4 classes. We are excited to have you here and look forward to coaching you. This document is a brief overview of what we do and what to expect. Our programme caters for divers with no experience, right up to Olympic representation and everything else in between.

Class Information

COACHING STAFF

All coaches are here to ensure diver safety and development. All coaches are nationally qualified. You may sometimes see younger coaches taking classes, please be assured they have quite an extensive background in the sport of diving. We always have a qualified lifeguard and first aid trained member of staff on poolside. If there are more than 10 divers in a class then divers will be assigned to separate coaches.

WHAT TO EXPECT

All lessons at this level are 55-minute water-based classes with the dryland area only being used during the holiday programmes. The focus is on learning the skills in grades 3 and 4 of our club grade scheme. Our main goal is for divers to have fun whilst learning new skills. We expect divers to maintain a level of focus on their tasks, whilst respecting one another, respecting their coaches and respecting themselves. We believe sport is as much an opportunity to develop character as it is skill. Please, note that all divers will learn, develop and mature at different rates. We do not see these grades as 'tick and move on'. We want the divers to progress when they are ready and would rather see them have high quality in each level before progressing. We are more concerned about their skill quality rather than which grade they are performing.

VALUES



As a club, we work to a set of values. We use these values to promote a healthy working environment for all our athletes. If athlete or parent behaviour becomes an issue then a disciplinary procedure will be implemented (see below).

TIMES

Class Timetables and information regarding any days we have to cancel or amend are noted on our website, <https://www.aucklanddiving.co.nz/page/classes/> You are welcome to attend more than 1 class per week if you are keen.

HOLIDAY PROGRAMMES

Holiday classes are available and coincide with the school holidays. We strongly recommend you take advantage of these, as we see divers progress quickly in this environment. The lessons are longer, so divers have access to the dryland area, which enhances the diver's progression.

MISSED CLASSES

Missed sessions due to illness or injury can be made up on other days of that term. Make-ups are not carried over to the following term or credited. Please contact Admin info@aucklanddiving.co.nz to notify of absence and book a makeup to ensure there is sufficient room in a class beforehand.

LESSON CANCELLATIONS AND CHANGES

We may have to cancel or change lessons for reasons beyond our control. This will be communicated as early in advance as possible and we encourage divers to attend makeup lessons. In the event your regular coach is unable to take your class we will ensure a replacement coach is there.

FEEDBACK AND CONTACT

If you have any questions on the content of the lesson, you can ask the coach directly after the lesson has finished. Sometimes coaches have back to back lessons, so this may not be possible at all times. If this is the case, please send an email to Dianne and a member of the coaching staff will get back to you. If you have any feedback on our service please get in touch, we love to hear when we have done well and obviously when we can do better! Should you ever have any questions or concerns, please do not hesitate to contact us!

PAYMENTS

Payment is required prior to their first class of the term. We understand that sometimes you need longer to pay, if this is the case please contact us. Termly invoices are sent. The cost will be dependent on the number of sessions you attend each week. Holiday classes are paid separately.

MONITORING AND REPORTING

Ongoing testing occurs throughout the term. Once a diver has achieved a grade this is recorded within your Friendly Manager account and at the end of the term they will receive the applicable ribbon. If you would like to see how your child is progressing, click Grades on their profile page and you will see a record of grades achieved to date. If you have any questions on this, then please speak with the coach or email us.

DISCIPLINARY PROCEDURE

If values are not adhered to or inappropriate behaviour displayed then a verbal warning will be given in the first instance with parental advice, if the behaviour continues it will be followed by a written warning with parental meeting, a third occurrence will result in dismissal from the class.

Grade 3 & 4

SOME THINGS TO NOTE

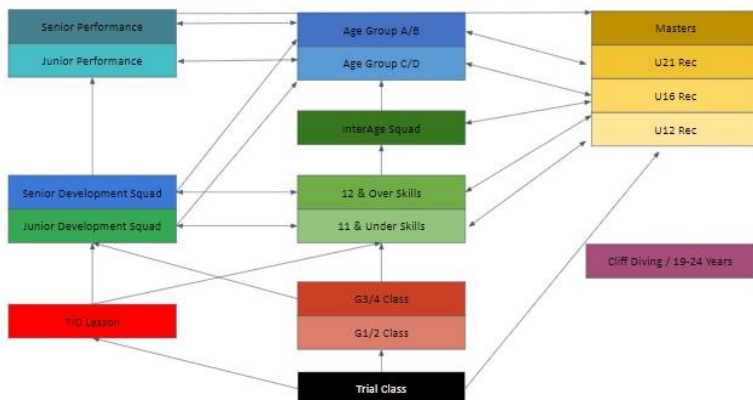
- At the pool reception, do not queue, let them know you are with diving as there is no entry fee and then proceed to the dive well (pool) to meet your coach.
- Please note, as per Auckland Council policy, children aged 10 and under must be accompanied by a parent or guardian (aged 17 or over) to and from their class where they can then be left with their coach.
- Our policy is to have a maximum of 10 divers to 1 coach, therefore some classes may have 2 coaches allocated to them.
- We ask all parents to sit in the stands. Please refrain from giving feedback or coaching your own children throughout the lesson as this can be distracting and confusing for all.
- In grades 1-4 our aim is for divers to complete both grades in a term and not everyone will do that, it depends on the rate of their development. We do find that grades 3-4 often take longer
- There is no requirement for children to jump off higher boards when completing grades 1-4

with a dry land component and divers are required to attend a minimum 1 class per week, however, for a diver to develop optimally we suggest attending more than this. We have devised a discounted fee structure for divers moving into this level of the programme, see our website or email us for more details. Alternatively, the diver can make the choice to attend a recreational class, these are offered for divers who want a more recreational focus but still want to dive to keep fit, healthy and have fun. There is always the potential for divers to compete if they wish. However, due to age restrictions, this can only happen from the year that the child turns 12. Movement into different class levels happens at the beginning of each term. After passing grade 4, the diver could also be selected for the Senior Development squad. This squad is invitation only. If your diver is interested in this squad please speak to their coach.

**This relates to the age they will be on 31st December of that year.*

Moving on from this class

ADCT Club Structure



Key Contacts

CEO - Steve Gladding: steve@aucklanddiving.co.nz
Admin - Dianne Norris: info@aucklanddiving.co.nz
Chair of ADCT, chair@aucklanddiving.co.nz
Follow ADCT on our [website](#), [facebook](#) and [instagram](#)!

For more information about Auckland Diving and how the clubs work please click the link to our home page and scroll to the bottom

<https://www.aucklanddiving.co.nz/>

a) For divers 11 and under*: After Grade 4 has been passed, divers can move into the 11 & Under Skills Squad at the beginning of the next term. Here they begin working through the skills levels which can be competed both locally and domestically. The diver will start with Level 1 and work at their own pace through the Levels. These sessions are two-hour classes, with a dry land component and divers are required to attend a minimum 1 class per week, however, for a diver to develop optimally we suggest attending more than this. We have devised a discounted fee structure for divers moving into this level of the programme, see our website or email us for more details. After passing grade 4, the diver could also be selected for the Junior Development squad. This squad is invitation only. If your diver is interested in this squad please speak to their coach.

b) For divers 12 and over*: From Grades 3 & 4, there are two options. Once Grade 4 is passed, a diver can move into the 12 & Over Skills Squad which follow the same structure as the 11 & Under Skills Squad outlined above. These are two-hour classes,