

Squad Information

COACHING STAFF

All coaches are here to ensure diver safety and development. If there are more than 10 divers in a squad then divers will be assigned to coaches. The lead coach for the Senior Performance squad is Cordelia Norris.

WE PLACE EMPHASIS ON

Competing, mental training, physical training and personal development (both holistically and as an athlete). Please, note that all divers will learn, develop and mature at different rates. Dive development, behaviour, adherence to values, willingness to learn new dives and commitment to training and competitions are all important parts of being involved with this squad.

Divers will be aiming to achieve the toughest and most well-executed dives within their capabilities to compete on the world stage. Divers will likely already be on a National Team and will be aiming for top senior international events. Each athlete will follow a detailed, individualised training plan.

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).

SEASON

We base our season within this squad around the world's best practice, (starts in September and usually ends in August). We start the season off with lots of basics, conditioning and cardiovascular work. Thus, less focus on harder competition dives and more emphasis on refining basic skills and body function. The purpose of this is to prepare the diver for the physical and psychological demands set for them in later phases of the season.

MEETINGS

Divers in the Senior Performance squad will have a major goal they are working towards. As expected at this level, the coach and diver will be in continual close communication on their progress towards this. Due to the increased responsibility which comes with being at this level, the primary communication chain is between the coach and diver. For divers under 18, parents/caregivers will also be involved in communications including financial information and major changes to the plan/season. Formal or informal meetings can be scheduled at any time throughout the season upon request of the coach, diver or parent.

COMPETITIONS

Members of the Senior Performance Squad are expected to compete at various competitions both domestically and internationally. Being a competitive diver and attending events can involve a large financial commitment over and above the monthly coaching payments. However, it is the top priority to keep these costs as low as possible and funding options are available. Approximate costs of competitions will be outlined by the coach at the beginning of the season.

TRAINING TIMES

As a member of this squad, divers are expected to attend a minimum of 6 sessions per week at West Wave. This is because the ability to reach and achieve diving goals is hugely dependent on training attendance..

Members in this squad are still at school so afternoon/evening training times take priority over daytime sessions. Training times may change.

HOLIDAY CAMPS

Holiday camps are generally run during school holidays and attendance is expected.

MISSED TRAINING

Please text your coach if you are not able to make one of your training sessions. Missed sessions due to illness or injury can be made up on other days during the week or following holidays, just check with the coaches beforehand.

ANNUAL BREAKS

Senior Performance Squad has four weeks off in the year. If looking to plan holidays and vacations, please do take them during these dates if and where possible!

- Two weeks during Christmas and New Years
- Two weeks after the season finishes (ask the coach as the date differs each year).

TRAINING CANCELLATIONS

We may have to cancel training/s for reasons beyond our control. This may be due to competitions and pool and coach unavailabilities. We will communicate this in advance and will encourage divers to attend makeup sessions where possible.

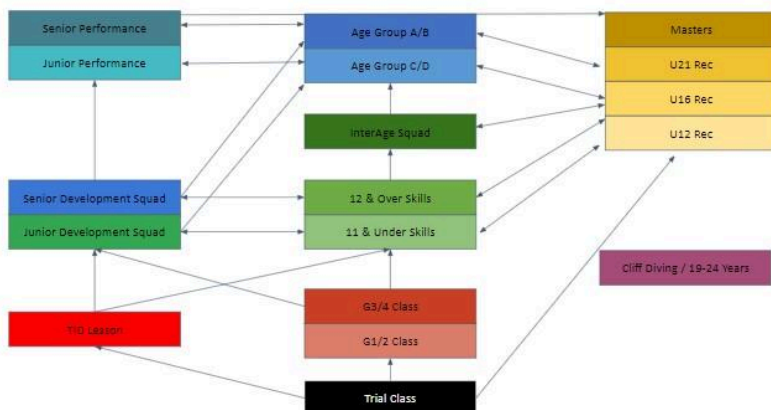
Senior Performance Squad

PAYMENTS

Monthly invoices are sent on the 2nd of each month, and are payable by the 15th of that month. There are 12 monthly payments over the year.

Movements In and Out of the Squad

ADCT Club Structure



MOVEMENTS INTO SENIOR PERFORMANCE SQUAD

The Senior Performance squad is for athletes that are competing on the senior international world stage. Competing at FINA Junior Worlds is an indicator for this. By nature, this process is more subjective to that of moving through the other squads in the programme. The decision to move divers into the Senior Performance Squad will be made by the Senior Performance and head coach in conjunction with the Junior Performance coach and based on previous competition results, potential to learn world standard difficulty of dives and work ethic.

MOVEMENTS OUT OF SENIOR PERFORMANCE SQUAD

b) Senior Performance into U16 or U21's Recreational or Masters: Divers may choose to move away from competitive diving but still want to dive to keep fit and healthy. Moving into recreational diving or Masters allows for this. There is always the potential for divers to still compete if they wish.

EXPECTED FROM DIVERS AND PARENTS

- To behave in accordance with our values.
- Best endeavours to attend the minimum training commitment. Failure to do so means we may not be able to reach agreed goals.
- Communicate with the coach as soon as possible if you can't make a normal training session.
- Communicate any injuries or illness that may prevent the diver from training or competing. This may include supplying written advice from Health Professionals. If your child has been signed off training by a health practitioner, for illness or injury, and cannot dive for one month or more, please contact admin and your monthly payments will be reviewed.
- You consent to photographs or video footage taken by ADCT or Diving New Zealand of you/your child to be used within our marketing and promotional material. This may be for advertising, on our website or on our social media sites.
- Pay by Automatic Payment when invoiced or by the 15th of that month

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 squad.

Please check all the information within this document and reply to the email if you are satisfied with its content, your return email or booking serves as an electronic acceptance. If you have any queries about the content of this document please contact administration or coaches.

Expectations

EXPECTED FROM ADCT

- To behave in accordance with our above values
- Provide facilities, professional coaching and support to you/your child reaching their full potential.
- To communicate up and coming events and changes to the schedule.
- Facilitate goal setting and plan for the divers
- To organise competitions at home and away
- Feedback on you/your child's progress
- To ensure the diver is in the correct environment for their development.

Key Contacts

Cordelia Norris, cordelia@aucklanddiving.co.nz +64211168731
Steve Gladding, CEO steve@aucklanddiving.co.nz
Dianne Norris, Admin info@aucklanddiving.co.nz
Chair of ADCT, chair@aucklanddiving.co.nz
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Lead Coach Bio

Cordelia Norris **Performance Coach**



After being a diver herself, Cordelia moved into coaching in 2014. After receiving the award for the highest-ranking student in academics in her last year of high school, she began the pathway to study medicine at Auckland University. Looking for something more rewarding personally she decided to move out of medicine and pursue coaching as a career. Cordelia now works with the Senior Performance Squad, coaching those aiming to compete on a world stage. She was one of 20 selected worldwide to be in the 2018 Commonwealth Games Federation Women's Coaching Internship Programme, meaning she was integrated as one of the coaching staff for the 2018 Commonwealth Games in Gold Coast. Cordelia has also coached internationally at senior international, junior elite and age group level. She has completed a Bachelor of Science Degree majoring in psychology.

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/>