

Team Handbook

SOUTH MOUNTAIN



2022-2023

www.southmountaindive.com

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Mission Statement

South Mountain Dive Club is committed to growing the character of our athletes both in and out of the pool so they grow into incredible people of integrity. We believe the best athletes have a heart for the sport and work hard while developing the lifelong skills of sportsmanship, time management, goal setting and work ethic.

Groups

Our Year-round springboard diving club has opportunities for divers at all levels. Practice will vary depending on the season and pool availability.

Team Groups: Our team groups are for divers who demonstrate diving growth and potential. Within a trial practice, divers will be placed in the group that best matches their skill level and goals.

At the end of each competition season (July), a diver may be invited to move up to the next team group to help them further progress in the sport.

High school aged divers on a team group are encouraged to be a part of their high school team so long as it does not interfere with their club training.

Coaches

Kacee Hoffer - Club Director

Kacee has been in the sport of diving for over 15 years. She grew up in youth diving in the East Valley and earned a scholarship to dive for Boise State University. After receiving three All Mountain West honors, several All-American Honorable Mentions and a bachelor's degree in Kinesiology, she moved back to the valley to further her studies at Arizona State University in Health Promotion. She has coached for Parks and Recreation, Youth Dive Clubs and recently for Corona Del Sol High School.

Cell: (480) 273-7049

David Hoffer - Head Coach

David was a multi-sport athlete including swimming, gymnastics, and wrestling before he found his passion in the sport of diving. Starting his freshman year of high school, he worked hard to earn a

scholarship to dive for Arizona State University. In his five years on the Sun Devil team, he received multiple All-American Honorable Mentions, Pac-12 honors, Pac-12 All-Academic and the Ward O'Connor Most Valuable Men's Diver Award.

Cell: (303) 817-8793

Guest Coaches

Occasionally throughout the year a practice will be run by a guest coach. All coaches who run a practice have incredible diving backgrounds, coach regularly and have had an AAU Diving background check completed.

Coach Contact

Coaches can be contacted Monday-Friday from 8am-4pm via phone or email and before or after practice at the picnic tables. If you would like to set up a meeting with your coach, please email a request. Any comments/concerns/questions/injuries can be directed to Kacee by email at southmountaindive@gmail.com or by phone at (480) 273-7049.

Communication is pivotal in the everyday operations of the team. Any time a diver needs to miss a practice, a text or TeamReach message to their coach is expected. Divers who have their own phones are encouraged to communicate with their respective coaches - this helps teach them to be accountable and advocate for themselves.

Updates this Year

- On the last page of this document are the important links (In QR Code Form). This includes the master spreadsheet with the competition schedule and how to sign up for meets.
- A monthly late fee will be implemented as of January 1st, 2023 (Policy 2.a.i)
- Every Diver will be required to have a new USA Diving Membership as of January 1, 2023
- TeamReach is our official communication app (Policy 6)
- Master Spreadsheet Instructions have been added to the "Competition" Section
 - The Master Spreadsheet aims to answer any question not in this handbook including how to sign up for AAU, USA, and meet sign up programs. It will have the most up to date competition schedule, a terminology sheet and every diver's lists for every meet we will attend this season.

Policies and Procedures

1. Joining the Team

a. Trial Practice

- i. Athletes who would like to join the team will need to complete a trial practice prior to registering. All families can follow these basic instructions when registering for the first time:
- ii. Send in a "contact us" form through our website
- iii. Schedule a meeting/trial practice
- iv. Register for a "Youth Athlete Membership" with AAU Diving prior to trial practice. This is required for the diver to be able to get in the water.

b. Team Registration

- i. If the athlete is invited to join a team group, the registration process will be completed
 1. Review team information, handbook, and online calendar
 2. Send in registration packet with diver to first practice
 3. Order team suit/additional practice suits and apparel
- ii. Once you register your athlete, they will be considered active team members, to terminate a membership you will need to schedule a meeting with the head coach
- iii. Memberships may be placed on hold for medical reasons with a doctor's note provided to the head coach, otherwise the diver will forfeit their spot on the team.

2. Monthly Dues

- a. All monthly payments are collected through automatic withdraw either through a credit card or bank account before the 10th of every month using the online payment system Square.
 - i. If monthly due is received after the 15th, a \$15 late fee will be added to the monthly due.
- b. Monthly dues are charged for a spot on the team, not the hours practiced
 - i. There are no refunds or prorations available if a diver is unable to attend scheduled practices
 - ii. If the coaches need to cancel practices for any reason, they will do their best to find make-up practice times if available - but it is not always guaranteed.

- iii. If you choose to take time off or go on vacation, there will be no refunds or prorations available. The full monthly dues will be expected to retain your roster spot
 - c. Monthly dues will be placed on hold and your spot on the team retained for an injury that makes it physically impossible to be in the water. A doctors note must be provided to the head coach to retain your roster spot.
 - d. Months with holidays or scheduled breaks that practice will not be held are considered part of the schedule and will not be pro-rated.
3. Yearly Team Fee
- a. AAU Diving Membership and USA Diving
 - i. All divers need a current AAU Diving membership to practice and compete for SMDC
 - ii. All divers need a current USA Diving membership to compete for SMDC
 - b. SMDC Team Fee
 - i. There is a \$200 team fee due for every diver each competitive year (Sept 1-Aug 31st) to cover fees charged to our team from the City of Chandler that cover maintenance and pool heating, etc.
 - ii. This fee will be split into four \$50 fees, due March 1, June 1st, Sept 1st, Dec 1st (first fee is due at time of registration and then the 1st of the following quarter)
4. Practice Structure
- a. Divers should do their best to attend all regularly scheduled practices and competitions
 - b. Divers are expected to be on time to the best of their ability and stay until the end of practice when they have been released by their coaches.
 - i. Divers are expected to start their warm up together at their specific start time
 - c. Tennis shoes, towel, suit, shammy and a water bottle are required for every practice.
 - d. Practices are open for parents to attend and watch, provided there are no disruptions to the coaches or divers
 - i. Seating for parents to attend and watch practice are on the East side of the pool in the snack area where there are picnic tables and chairs.
 - ii. Parents of a diver having their trial practice are permitted to sit directly East of the dive well as long as there are no disruption during the scheduled practice.
 - iii. Parents may not participate in practice or access any "diver only" specified areas.
 - e. Divers may not practice at Nozomi or any meet site we attend without a South Mountain Coach or an AAU Diving registered coach that has been pre-arranged by our program to be on deck with them.
 - i. Divers practicing without a South Mountain Coach or an AAU Diving registered coach that has been pre-arranged by us to coach them will be withdrawn from any competitions and removed from our diving program.

- f. Travel arrangements to practice are the responsibility of each individual family
 - i. South Mountain Coaches will not transport or arrange car pools for the diver
 - ii. Travel arrangements and all expenses to competitions are the responsibility of each individual family.

5. Team Gear

- a. At the start of each competition season each diver will receive new team gear for that competition season. This may include shirts, backpack, suits, warm up, etc. Each year the team gear may be different.
- b. If additional shirts, sweatshirts, jackets, etc are desired they can be purchased at www.southmountaindive.com/apparel

6. TeamReach

- a. We use the communication app TeamReach to send out information related to practice, memberships, meets and other necessary communication. Each parent needs to download the app on their mobile device and use the code "SMDC" to log in.
 - b. If a diver has their own mobile device we encourage them to have TeamReach on their device. This help teach accountability and advocate for themselves.
 - c. Parents and Divers can directly message their coach on the app as well as create group chats between divers and coaches, coaches and parents or divers and divers.
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Competitions

- Registering for meets and associated fees is the sole responsibility of each individual family
 - o Approximately 3-4 weeks prior to a competition you will receive additional meet information including direction to register, hotel and travel information.
 - o The master excel sheet in Google Drive will be updated consistently with the competition schedule, divers events and lists. The link to this document is available on TeamReach or with the QR Code at the end of this handbook.
 - o South Mountain will require a team fee to be paid for every meet an individual diver attends. Fees will vary depending on whether it is a local invitation, regional, national, in state or out of state meet.
- Divers are expected to be wearing South Mountain Dive team apparel at competitions. Parents are encouraged to represent as well!
 - o Divers are expected to be in full team apparel (black bottoms/team shirt and/or team jacket) on any podium accepting awards.

- When attending a competition as a team, we will have a team area for our divers to warm up/hang out together.
 - o Immediately when arriving at a competition, divers are expected to find their coach to receive expectations and instructions for the competition.
 - o Divers are expected to be released by one of our coaches prior to leaving the meet.

QR Codes for Important Links



2023 Master Spreadsheet



Team Practice Schedule



Dive Library