

Squad Information

This elite squad is reserved for exceptionally talented young divers who have demonstrated remarkable potential in the sport. We provide a focused and elite environment where children can hone their diving skills to the fullest. With a highly selective process and limited spots available, we offer an unparalleled environment for focused training and development.

In this squad, we will spend a substantial amount of time getting the 'basics' right of diving. This is to ensure the best chance of success as an elite athlete.

We will work towards learning their nationally recognised Skills Levels 1, 2, and 3 and then the development of Age Group skills. Please, note that all divers will learn, develop and mature at different rates.

Values

As a club, we work to a set of values used to promote a healthy training environment. If athlete or parent behaviour becomes an issue then a disciplinary procedure will be implemented.

1. **Respect:** showing consideration for fellow divers and coaches. Listening and following the rules and the coach's instructions.
2. **Awareness:** understanding safety protocols, and recognizing potential risks. Being mindful of how behaviour and attitude can be perceived.
3. **Honesty:** Being truthful is important so staff can give you the appropriate support. It also fosters trust within the club.
4. **Responsibility:** means taking ownership of one's actions and own diving journey.
5. **Fun:** Diving is an exhilarating sport, and fun is at its core. A Diving Club should provide an environment where divers can enjoy their learning.
6. **Eudaimonia:** or well-being, is about the holistic growth of a diver. A Diving Club should aim to nurture not just physical skills but also mental resilience, promoting a sense of fulfillment and purpose in diving.
7. **Achieve:** Divers work hard to achieve new techniques, skills or competition results.
8. **Passion:** Passion for the sport fuels dedication and drives improvement.
9. **Trust:** Divers must trust their coaches. Likewise, parents trust the club to provide a safe and supportive environment for their children.
10. **Communication**: We encourage open dialogue between divers, coaches, and parents. Clear communication ensures everyone is informed and involved in the diving experience.



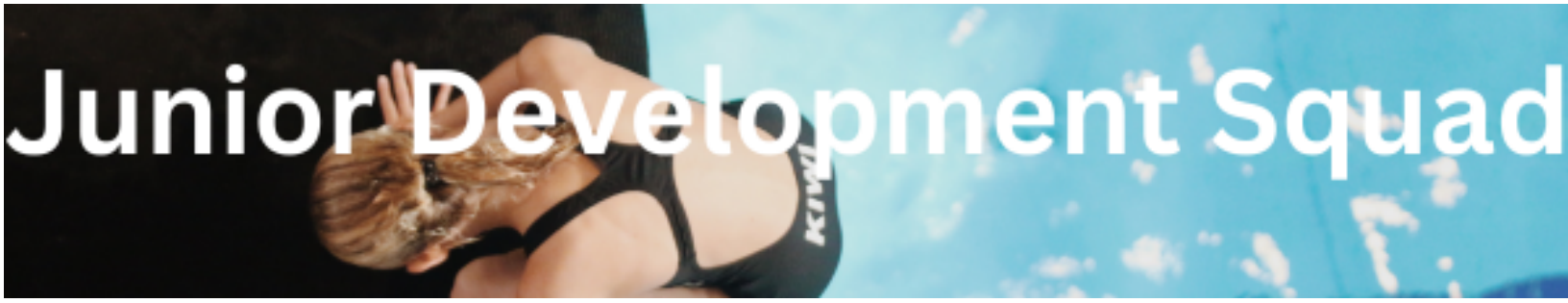
DISCIPLINARY PROCEDURE
If values are not adhered to or inappropriate behaviour is displayed, we will follow our disciplinary procedure:

1. Verbal warning and parent contacted
2. Written warning with parental meeting
3. Dismissal from the squad.

EVENTS
Divers will have the opportunity to perform in skills level/age group events throughout the year. Attendance is expected for events held in Auckland and encouraged for other National events especially at the annual Skills National Event. Skills Nationals is the main target event for the year and is held in either Auckland, Hamilton, Wellington, or Dunedin. These events are a great opportunity for divers to practice what they are learning in a fun environment in front of a set of judges to practice for future competition environments.

TRAINING TIMES
For this squad, the ideal is attendance of at least three training sessions per week. This is to maximize your child's potential and capitalize on the elite training we offer. Consistent practice not only enhances their technical skills but also fosters a deeper understanding of the sport and builds the stamina needed for success in competitive diving. Please book your sessions through Friendly Manager or by contacting Admin.

Term times are:
· Tuesday 7-8.30am(optional dryland to 10am)(WW)
· Tuesday 4.30-7pm pool 1st (West Wave)
· Wed 7-8.30am(optional dryland to 10am)(WW)
· Thursday 4-6:30pm (West Wave)
· Friday 4-6:30pm (West Wave)
· Saturday 11.30 - 2pm (West Wave)



Sessions are also run over school holidays, times may vary and will be advertised prior to the holiday period.

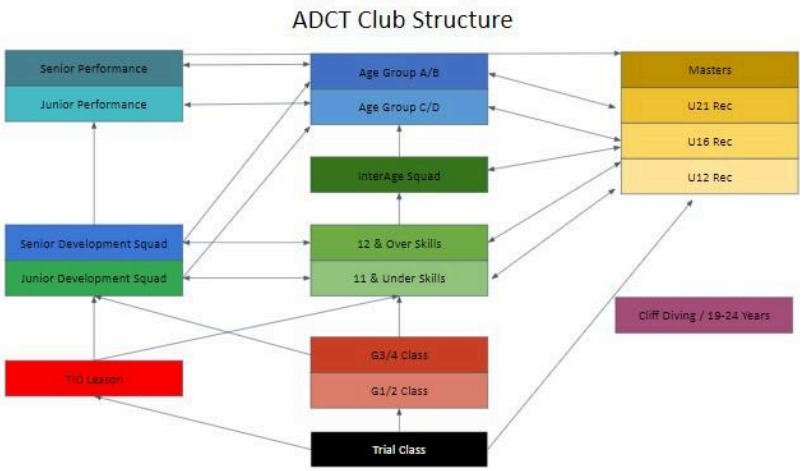
MISSED TRAINING
If you are not able to make one of your training sessions, please text Cordelia on +64211168731 and email Dianne to let her know. If your child has been signed off training by a health practitioner for illness or injury, and cannot dive for more than 2 weeks, we can then review your payment.

TRAINING CANCELLATIONS
We may have to cancel training/s for reasons beyond our control. We will communicate this in advance.

REPORTING
The coach will report on each diver and parents will receive a quarterly report. If you have any questions at any time then please contact your assigned coach directly. Alternatively please contact the Programme Manager - Ellie Price

PAYMENTS
Termly invoices are sent. The cost will be dependent on the number of sessions you book into for the term. Days booked roll over each term unless you advise us otherwise. Payment can be made in regular installments but must be paid in full prior to that term's end date (please advise admin if you wish to do this). Holiday classes are paid separately.

Movements



We may move divers into other squads for various reasons, including:

- Behavioural issues
- Poor attitude (i.e: lack of focus, or bravery to learn and perform skills)
- Age: if better suited to a squad with older children
- Skill level: into a squad better suited to their skill level.

If/when this becomes necessary, we will contact the parent.

Expectations

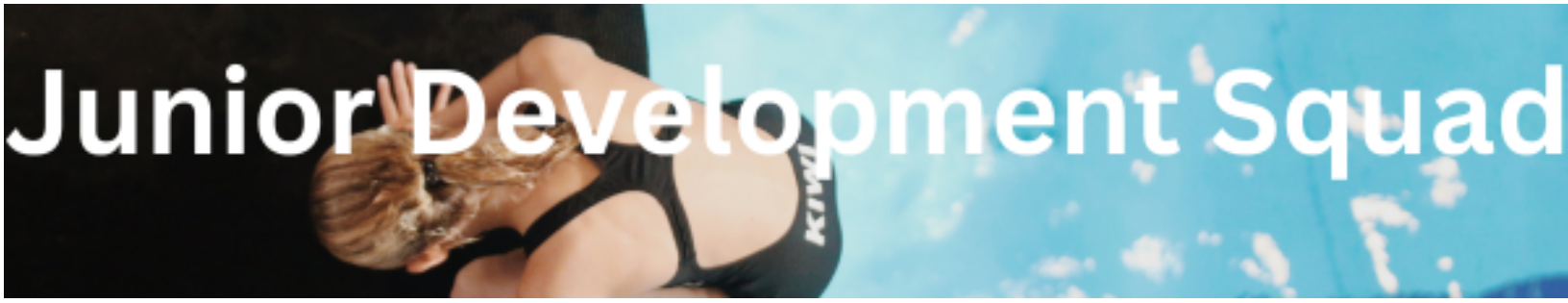
EXPECTED FROM ADCT

- 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.
- 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.

EXPECTED FROM DIVERS AND PARENTS

- To behave in accordance with our values.
- Attend the minimum training commitment.
- Communicate with the coach as soon as possible if you can't make a training session.
- Communicate any injuries or illness that may prevent the diver from training or competing.
- 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.
- Pay by bank transfer when invoiced in a timely manner.

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.



ADDITIONAL INFORMATION

Key Contacts

Coach: Cordelia: cordelia@aucklanddiving.co.nz
+64211168731
CEO: Steve:: steve@aucklanddiving.co.nz
Admin: Dianne: info@aucklanddiving.co.nz
Chair of ADCT: chair@aucklanddiving.co.nz
Follow ADCT on our website, facebook and instagram!

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 pursued coaching whilst completing a Bachelor of Psychology at Massey University. Cordelia now works with Auckland Diving's Performance athletes, coaching those competing on a world stage. She has coached divers at several World Championships, and the 2018 and 2022 Commonwealth Games.

For more information about Auckland Diving and how the clubs work please click the link to our home page
https://www.aucklanddiving.co.nz/

Additional Information for Skills Levels

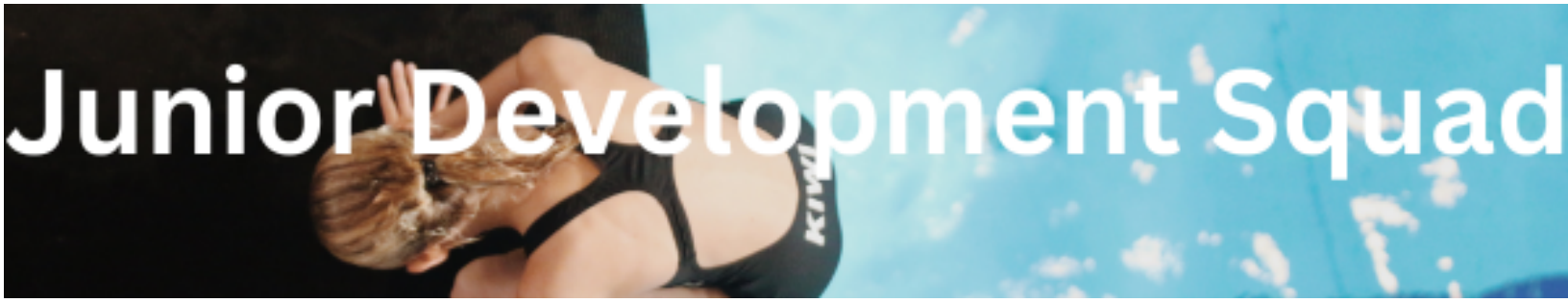
Level 1, Poolside	Level 1, 1m	Level 1, 3m
Push dive three bubble entry	100 a part arm swing	100 a part arm swing
Crouching back dive	100 b part arm swing	100 b part arm swing
Forward wedge	100 c part arm swing	100 c part arm swing
Extended back pike fall	200 a part arm swing	200 c part arm swing
Back jump ½ twist	020 a hands grabbed	010 b standing hands grabbed
Level 2, Poolside	**Level 2, 1m**	**Level 2, 3m**
Push dive, hands apart	100a 1 step hurdle no armswing	100b double bounce
Inward pike wedge	101c standing no armswing	100c quad bounce
Back pike sit	100b with double bounce	200c from T with rocks
Reverse pike sit	100a with quad bounce	010b hands apart
Back dive with armswing	200c from T with rocks	010b arms in T
Level 3, 1m	**Level 3, 3m**	**Level 3, 5m**
100 a with hurdle	010 a	100 a, b, c (from T, lift and swing)
100b with quad bounce	010 b (sitting wrapped)	200 a, c (from T, lift and swing)
200 a from T with 3 rocks	010 c	
200 b from T with 3 rocks	020 a (arms down)	
101 c with double bounce no armswing	020c	
Level 4, 1m	**Level 4, 3m**	**Level 4, 5m**
101 b standing with armswing 101 c standing with armswing 201 c with armswing 401 c 102 c standing with armswing	101b standing with armswing 101c standing with armswing 401 c 020 b closed 020 a with jump, arms down	010 a, b (standing from T), c 020 a (arms down) 020c
NZ Age Group, 1m	**NZ Age Group, 3m**	**NZ Age Group, Platform**
Group D - 3+2 Group C - 3+3 Group B – 4+3 Group A – 4+4	Group D - 3+2 Group C - 3+3 Group B – 4+3 Group A – 4+4	Group D - 2+2 Group C – 3+2 Group B – 3+3 (5m, 7m) Group A – 4+3 (5m, 7m, 10m)

Divers can participate in different levels for different boards in all events *excluding* Skills Nationals, where the same level must be performed on all 3 boards.

Additional Information for Age Group Diving

AGE CATEGORIES.

Group A	16 – 18 years
Group B	14 – 15 years
Group C	12 – 13 years
Group D	11 years & under


Junior Development Squad