

MILLARD ELITE DIVING

ELITE DIVING ACADEMY, LLC

HANDBOOK

Updated 5/14/10
Effective Immediately

OUR MISSION

"It is our mission to create a fun, educational, and safe learning environment for athletes of all ages and abilities and to instill in them the importance of teamwork, dedication, and perseverance while teaching the fundamentals of the sport of diving."

PURPOSE

The purpose of this Handbook is to promote the best possible individual and team performance, assure your child's safety and well-being, as well as to promote a favorable image of the organization as ambassadors of the sport of diving.

INSTRUCTIONS

Please read this Handbook in full.

New Divers - Complete, sign, and return to Coach Kelly the following documents in this Handbook:

- Profile Form (pages 13-14);
- Participation Screening Medical Evaluation Form (page 15);
- Premier Gymnastics Acknowledgment of Risk and Waiver of Insurance and Liability (page 16); and
- Membership Consent and Agreement Form (pages 17-18).

Returning Divers - Complete, sign, and return to Coach Kelly the following documents in this Handbook:

- Premier Gymnastics Acknowledgment of Risk and Waiver of Insurance and Liability (page 16); and
- Membership Consent and Agreement Form (pages 17-18).

CONTACT INFORMATION

Kelly M. Gufford

Head Coach/Program Director

Email: coachkelly@elitedivingacademy.net

Cell Phone (308) 627-1933

Corporate Mailing Address 742 N. 78th Street, Omaha, NE 68114

Paula Spears

Parent Representative – General Information

Email: spearsfamilyne@windstream.net

Cell Phone: (402) 250-0996

Dianne Bianco

Parent Representative – Competition and Car Pool Information

Email: dianneb123@msn.com

Home Phone: (402) 697-9444

Cell Phone: (402) 213-7008

Website

www.elitedivingacademy.net

GENERAL DIVING INFORMATION

Through our program each diver can attain:

- Improved athleticism and motor skills
- Positive self-image
- Improved social skills from interacting with teammates and coaches
- Sportsmanship and leadership skills
- The opportunity to travel, visit new places and make new friends

A Diving Parent's Responsibilities:

- Make sure your diver is at practice on time and ready to dive 15 minutes prior to the start of each practice. Siblings and career obligations often make this difficult. Carpools with teammates are often the best solution. Please contact our Parent Representative to arrange carpools.
- Encourage your child without pressuring them. Always show interest and enthusiasm.
- Support the coaching staff in their decision making.
- Try not to coach your child. During practices and meets allow the coaches to do their jobs.
- If your child misbehaves, the coach has some responsibility to discipline them, but the ultimate responsibility for discipline remains with the parents.
- Let your child know you will be there for them, even if a practice or competition does not go as well as hoped or anticipated.
- Parents who wish to watch their children during training sessions and competitions must sit in the designated area at each facility. Our intention is to provide the best possible training and learning environment. Our experience has proven that it is disruptive to divers and coaches to have distractions, and divers perform better and practice is more efficient when the deck area remains clear of spectators.
- Abide by the policies and rules outlined in this Handbook.

A Diver's Responsibilities:

We believe being a member of this program is a privilege and an honor that the diver has earned. With that privilege and honor comes a level of commitment and responsibility. We provide the following information to assist the diver in reaching their highest possible potential with our organization.

- Support your teammates and program. Working together for the benefit of all is an important part of team unity and team spirit.
- The divers must give the coaches their undivided attention, follow directions, and be prepared to dive when it is their turn.
- Be respectful to the coaching staff and teammates.
- Be responsive to criticism and humble to praise.
- Behave at all times, your actions in and out of the pool reflect this program.
- "When we fall, we must learn to pick ourselves back up." EVERY diver will smack the water. It is an unfortunate part of this beautiful sport. Refusing dives or skills is unacceptable and will not be tolerated. Our coaching staff will not ask a diver to attempt a dive or skill that is beyond their ability.
- Meet the challenge on both 1-meter and 3-meter! Every diver is expected to learn and practice regularly on both the 1-meter (low board) and 3-meter (high board).
- Every practice is a series of challenges that, if met with enthusiasm and desire, will lead to the achievement of goals.
- Maintain a positive attitude! Practice should be enjoyable for the athletes and the coaches.
- Abide by the policies and rules outlined in this Handbook.

Communication:

- Parents are asked to refrain from talking to the coaches or divers during the training sessions and competitions so that we may concentrate on the child's development, as well as their safety.
- Parent/coach conferences are welcomed, and should be arranged in advance by appointment.

The following are communication tools available to our members:

- Our website (www.elitedivingacademy.net) is an excellent source of information regarding our organization, frequently asked questions, and provides the most current information available regarding upcoming events and practice schedules. Please visit our website frequently to guarantee you have the information necessary to support your athlete.
- E-mail is another tool to communicate information to you. For that reason, it is important to provide your current e-mail address to the coaching staff and/or Parent Representative.
- Facebook is also an excellent way to stay informed. Please become a fan of ours on Facebook to receive updates about our organization. This is also a great source to share pictures and videos of your child diving!

What items does my diver need?

Each diver should bring the following items to each diving practice:

- Elite Player Pass, please show the Elite Player Pass to the staff at the front desk;
- For males - swim trunks with a tie around the waist and
- For females - a one-piece competitive grade swimsuit;
- Two dry towels;
- Comfortable clothes (t-shirt and sweatpants/shorts);
- Tennis shoes with socks;
- A ponytail holder for divers with long hair;
- A water bottle containing liquid to quench thirst; and
- Shammy/aqua towel to dry off in between dives (optional).

Each diver should bring the following items to each trampoline and tumbling practice:

- Elite Player Pass, please show the Elite Player Pass to the staff at the front desk;
- Comfortable clothes (long sleeve t-shirt and sweatpants/shorts) NO TANK TOPS;
- Clean socks;
- A ponytail holder for divers with long hair;

Diving Format:

- Some meets offer competition at the Novice and Junior Olympic (JO) level. The coaching staff will communicate with you regarding your child's readiness to compete, and whether they will compete as Novice or JO.
- Competition levels are divided by age group (9 & under, 10-11, 12-13, 14-15, and 16-18).
- A diver's age as of December 31 in the year of the meet will determine the child's competition level. For example, if your child is 11 years of age on October 26, and the meet is being held in January of the following year, the child will compete in the 12-13 age group, since your child will be 12 at the end of the following year.
- The number and type of dives that a diver must perform during a meet is determined by the age and gender of the diver.
- Each dive is given a score by a panel of judges. The judges' scores, combined with the Degree of Difficulty (a number pre-assigned for each dive) is the total score given for the dive. The scores for individual dives are combined, resulting in the diver's total score and final placement in the competition.

Diving Affiliations:

There are diving affiliations which sanction dive insurance and/or meets:

- ***Amateur Athletic Union.*** Membership in this affiliation is required for every diver. The annual Elite Player Pass each diver pays for includes the annual cost of this membership.
- ***United States Diving Association (USDA).*** Membership in this affiliation is required for higher ability level divers only. The annual Elite Player Pass each higher ability level diver pays for includes the annual cost of this membership.
- ***Divemeets.com.*** This website is designed to oversee competitions and statistical information on every diver and team. Most registrations for meets take place via this website. The coaching staff will provide you with a login and password for you to register your diver for meets.

Volunteering:

As a member of our club, families of *Learn To Dive, Elite Stars, Junior Elite* and *Elite* divers are required to contribute **5 hours total of volunteer time per family each quarter.** Your contribution can be in the form of assisting at meets (planning, food donations, working the hospitality and/or scoring table, etc.). Assistance with equipment upgrades, club administrative tasks and communication are other examples of means to contribute to the club. Questions regarding ways to contribute should be addressed to the Head Coach or Parent Representative.

We ask that each family keep a record of their hours worked to assist the Coaching Staff in verifying the satisfaction of this requirement. Unworked hours will be charged at \$10.00 per hour and be due at the end of each quarter. Funds collected as a result of unworked hours will be distributed as described below.

Fundraising:

The coaches and parents from this organization work together to organize fundraising activities throughout the year. All families and divers are asked to participate in these activities in order to maintain funds these accounts.

Funds are designated as follows:

- ***95% of all funds raised are put in our Elite Booster account.*** This account is held jointly by Coach Kelly and a Parent Representative. A parent advisory board meets regularly to decide how to distribute the funds annually. Funds may be use for but are not limited to purchasing new equipment, diving parties for the divers, payment of coach's travel at meets, and payment of insurance for the club and coaches. The advisory board is always welcome to new suggestions on how to allocate these funds. Please contact our Parent Representative for more information.
- ***5% of all funds raised are donated to Dive Nebraska, Inc.,*** a non-profit established and ran by parents in our club to solely benefit the diving community in the state of Nebraska. The board of directors meet regularly to decide how to allocate these funds.

How to start diving with our organization

NEW DIVERS

New Divers must complete, sign and return pages 13-18 in this Handbook and submit the Payment Form with payment of the annual Elite Player Pass fee and payment of the first month of tuition for your diver's program. All forms and payment must be received 48 hours prior to the diver's first practice. Email Coach Kelly the days and practice times your child will be attending. Once Coach Kelly is in receipt for the completed forms and payment your days and practices times will be reserved online. You will receive a welcome letter via email which includes how to access each facility. Our welcome packet will be delivered to the diver at the first practice.

RETURNING DIVERS

Returning divers email Coach Kelly the days and practice times your child will be attending. Coach Kelly will be reserve your time online and email a billing invoice to you.

ELITE PLAYER PASS

An Elite Player Pass is a pass card which is purchased by every diver and expires annually on August 31st. The Elite Player Pass contains a unique number specific to that diver called an Elite Player Pass number (ex. E201-1). For security purposes we use the Elite Player Pass numbers to identify each diver online rather than using the diver's name. The Elite Player Pass also contains each athlete's information including their Name, Elite Number, and Amateur Athletic Union (AAU) and/or United States Diving Association (USDA) Identification Numbers. Each Elite Player Pass also includes an Elite Diving Academy T-Shirt, Elite Lanyard, and Elite Draw-string bag. The Elite Player Pass will be required to gain entry into the facilities and to confirm the diver's active membership with the AAU and/or USDA. An annual Elite Player Pass will be issued to each diver once you have completed the registration process.

Please note, divers that already have a current Elite Player Pass will not be charged for a new one. Divers that move up a program level will be charged for the difference of the fee increase.

Annual Schedule:

Our program operates year-around on a quarterly basis. Each diver is expected to commit their time and financially on a quarterly basis. Divers can start any time but once a diver is registered, the commitment financially is continual until the end of the current quarter. Quarters are as follows:

- *Spring (March 1 through May 31)*
- *Summer (June 1 through August 31)*
- *Fall (September 1 through November 30)*
- *Winter (December 1 through February 28)*

Programs, Practice Amounts, and Tuition:

<u>Program</u>	<u>Location/Hours</u>	<u>Tuition</u>
Learn-To-Dive See below for complete requirements.	(up to 2 practices per week) 1 practice at Millard South 1 practice at Premier	\$80.00 per month \$35.00 annually
Elite Stars See below for complete requirements.	(up to 3 practices per week) 2 practices at Millard North 1 practice at Premier	\$120.00 per month \$50.00 annually
Jr. Elite Team See below for complete requirements.	(up to 4 practices per week) 3 practices at Millard West 1 practice at Premier	\$150.00 per month \$110.00 annually
Elite Team See below for complete requirements.	(up to 6 practices per week) 5 practices at Millard West 1 practice at Premier	\$180.00 per month \$110.00 annually
Divers To High School See below for complete requirements	Divers in grades 6-12 who wish to train only for their high school diving team. 1-6 practices per week as determined by the diver at the facility designated by Coach Kelly.	\$12.00 per practice \$35.00 annually
Additional Practice	Welcome to all divers at any facility. Arranged through Coach Kelly. On a first come, first serve basis.	\$12.00 per practice

Diving Programs

Our organization consists of four programs:

- *Learn-To-Dive*
 - *Elite Stars*
 - *Junior Elite Team*
 - *Elite Team*
 - *Divers To High School*
-

The coaching staff will communicate with parents regarding the program at which the athlete will train based upon the child's skill levels, training attitude and desire to commit to the sport. The training schedule, monthly tuition and annual registration fees vary for each level as listed below.

Learn-To-Dive

This program practices 1-2 times per week (1 practice at Millard South and 1 practice at Premier). This program is structured to teach basic beginning education and fundamental physical diving skills. Divers in this group will compete at meets hosted locally.

Requirements for Learn-To-Dive

- Age 5 and older
- Capable swimmer (must be able to swim a minimum of 15 yards and surface from deep water)
- Beginning ability level
- Hard-work ethic
- Good attitude
- Willing to learn skills
- Each family volunteers 5 hours each quarter

Cost

- \$80.00 per month for tuition
- \$35.00 per year Elite Player Pass which includes AAU Registration, Elite Shirt, Elite Draw-string Bag, and Player Card on Elite Lanyard (expires annually on August 31st).

Other

- Learn-To-Dive members choose the amount they practice up to 2 times per week. Regardless of the number of practices attended, tuition amounts remain the same. Remember, the more you practice the more you improve!
 - Learn-To-Dive members can challenge to move up to the Elite Stars or Jr. Elite Team at any time by scheduling a time with Coach Kelly to perform their list of dives.
-

Elite Stars

This program practices 1 – 3 times per week (up to 2 practices at Millard North and 1 practice at Premier). This program is for divers who have at least basic knowledge of the sport and who wish to continue to train for making the Jr. Elite Team. Divers in this group are required to only attend all fundraisers which are locally hosted by our organization.

Requirements for the Elite Stars

- At least a basic knowledge of the sport
- Capable swimmer (must be able to swim a minimum of 15 yards and surface from deep water)
- Hard-work ethic
- Team player attitude
- Willing to learn new dives
- Each family volunteers 5 hours each quarter

Cost

- \$120.00 per month for tuition
- \$50.00 per year Elite Team Player Pass which includes AAU Registration, Elite Team Shirt, Elite Draw-string Bag, and Player Card on Elite Lanyard (expires annually on August 31st).

Other Items

- Elite Star members choose the amount they practice up to 3 times per week. Regardless of the number of practices attended, tuition amounts remain the same. Remember, the more you practice the more you improve!
-

Jr. Elite Team

This program practices 1-4 times per week (up to 3 practices at Millard West and 1 practice at Premier). This program is for divers who have demonstrated satisfactory achievement of physical skills and proper training attitude. This group is a semi-competitive team which includes some travel for competitions. Divers in this group are eligible to participate in competitions at the Novice and Junior Olympic Level as determined by the coaching staff.

Requirements for the Jr. Elite Team

- Hard-work ethic
- Team player attitude
- Willing to learn new dives
- Intermediate 1-meter list of dives for the diver's age group
- Intermediate 3-meter list of dives for the diver's age group
- Each family volunteers 5 hours each quarter

Cost

- \$150.00 per month for tuition
- \$110.00 per year Elite Team Player Pass which includes AAU and USDA Registration, Elite Team Shirt, Elite Draw String Bag, and Player Card on Elite lanyard (expires annually on August 31st).
- Additional items:
 - Team Warm ups (purchased as needed)
 - Team Swimsuit (purchased as needed)
 - Team Shammy (purchased as needed)
 - Meet Registration Fees
 - Coach's coaching and travel fees for meets (split equally between all team members for each meet)

Other Items

- Jr. Team members choose the amount they practice up to 4 times per week. Regardless of the number of practices attended, tuition amounts remain the same. Remember, the more you practice the more you improve!
 - Team members are responsible for their own travel including cost to and from meets with their parents or guardians.
 - Jr. Team members can challenge to move up to the Elite Team at any time by scheduling a time with Coach Kelly to perform their list of dives.
-

Elite Team

This program practices 1 – 6 times per week (up to 5 practices at Millard West and 1 practice at Premier). This program is a year-around training and competition team that attends invitational, regional and national events for the Junior Olympic ability level divers.

Requirements for the Elite Team are

- Hard-work ethic
- Team player attitude
- Willing to learn new dives
- Competitive 1-meter list of dives for the diver's age group
- Competitive 3-meter list of dives for the diver's age group
- Each family volunteers 5 hours each quarter

Cost

- \$180.00 per month for tuition
- \$110.00 per year Elite Team Player Pass which includes AAU and USDA Registration, Elite Team Shirt, Elite Draw String Bag, Player Card on Elite Lanyard (expires annually on August 31st).
- Additional items that each diver is required to purchase:
 - Team Warm ups (purchased as needed)
 - Team Swimsuit (purchased as needed)
 - Team Shammy (purchased as needed)
 - Meet Registration Fees
 - Coach's coaching and travel fees for meets (split equally between all team members for each meet)

Other Items

- Team members choose the amount they practice up to 6 times per week. Regardless of the number of practices attended, tuition amounts remain the same. Remember, the more you practice the more you improve!
 - Team members are responsible for their own travel including cost to and from meets with their parents or guardians.
-

Divers To High School

This program is for divers in grades 6 – 12 who wish to train only for their high school diving team. This program practices 1 – 6 times per week as determined by the diver at the facility designated by Coach Kelly. This program is for divers who have at least a basic knowledge of the sport. Divers in this group are required to attend all fundraisers which are locally hosted by our organization.

Requirements for the Divers To High School

- At least a basic knowledge of the sport
- Capable swimmer (must be able to swim a minimum of 15 yards and surface from deep water)
- Hard-work ethic
- Team player attitude
- Willing to learn new dives
- Each family volunteers 0 hours each quarter

Cost

- \$12.00 per practice for tuition
- \$35.00 per year Elite Team Player Pass which includes AAU Registration, Elite Team Shirt, Elite Draw-string Bag, and Player Card on Elite Lanyard (expires annually on August 31st).

Other Items

- Divers To High School members choose the amount they practice up to 6 times per week. Tuition amounts are based on the timeslots reserved by the diver on a quarterly basis. At the beginning of the quarter the diver may choose to practice 1-6 times per week. The tuition amount will be based on what they choose. Regardless of the number of practices actually attended, tuition amounts remain the same. Remember, the more you practice the more you improve!
- If currently competing for a high school team, during the high school season, the diver must attend all required high school practices. Divers cannot substitute a club practice for a high school practice. Each diver must fulfill the attendance requirements set by their own high school coach.

POLICIES

Practice Sessions Policies:

- Our program is available on a year-round basis and divers are welcome to register for additional training at any time throughout the year. Additional tuition at any facility will be charged at \$12.00 per practice.
- Registrations are taken on a first-come, first-served basis. In order to keep a low diver-to-coach ratio we place a maximum numbers of divers that can attend each practice at each facility. It is imperative that every member communicates with Coach Kelly via email to reserve their practice time on a quarterly basis.
- In order to keep our fees low to you and keep our club from losing money, a minimum number of divers may be required at certain facilities. If the minimum number of divers does not register as designated, the organization at any time may not offer practices at that location.
- Tuition is due on the 1st of every month and due monthly for the remainder of the quarter. If tuition is not paid in full by the 10th day of the month, a \$25.00 late fee will be charged. If payment is not received by the 15th of the month, the diver will not be allowed to attend practices, competitions, or club activities until the outstanding balance is paid in full. Payment can be received in the form of a check or cash, or you can conveniently pay through our website via PayPal using any major credit card. Payment can be given to any Elite Coaches.
- The practice schedule is subject to change depending on the season, weather, pool availability, coach's availability, and/or the number of athletes at each level. The cost of tuition remains the same for the entire quarter regardless of these changing circumstances. No refunds will be issued. As always, we attempt to maintain a regular training schedule and try our best to make these situations as limited as possible.
- In order to allow families and coaches to travel over the holidays, there will be NO practice at any facility over the following holidays in 2010:
 - April 2, 3, 4 (Easter)
 - May 28, 29, 30, 31 (Memorial Day)
 - July 2, 3, 4 (Independence Day)
 - August 1-7 (Pools Closed for Cleaning) *Subject to change on janitor arability
 - September 3, 4, 5, 6 (Labor Day)
 - November 24, 25, 26, 27, 28 (Thanksgiving)
 - December 24, 25, 26 (Christmas)
 - December 31 (New Year)
 - During the breaks listed above, tuition amounts remain the same. Divers are encouraged to make-up these practices during our normal hours free of charge before or after the break.
- When the coaches are traveling for competitions, divers not participating in that competition will train when a suitable replacement coach is available. When there is not a suitable replacement coach available, no practice will be scheduled and no tuition amounts will be refunded. Of course in every event we attempt to staff the practices accordingly and only use this option as a last resort. There may be occasions when changes in pre-determined training schedules are necessary. On those occasions, we will communicate those changes to you as far in advance as possible.
- Our website contains a calendar that shows scheduled practice times as well as other information that is useful in supporting your athlete. Please check our website regularly.
- Although not mandatory, it is important to attend every training session in which you are registered for. Tardiness, early dismissal and absences can be disruptive to the other athletes, and should only occur when necessary, and with prior approval of the coaching staff. If your child is unable to attend practice due to illness or other legitimate reasons, please contact the coach via email, cell phone text or call prior

to the scheduled practice.

- If the athlete misses a practice they can simply attend a different day to make-up the missed practice.
- Athletes are expected to arrive, mentally prepared, with the day's specific and general goals in mind. Arrive for practice 15 minutes before the scheduled starting time.

Competitions/Travel Policies:

- Every applicable diver will pay the following for each competition:
 - Meet entry fee
 - Coaching fee
 - Percentage of coaches travel and lodging expenses (divided equally between the divers that attend the competition)
- Prior to traveling to a meet, the coaching staff will provide the cost of travel expenses and lodging to the parents/guardians of the divers. The final cost will be equally divided among the divers that are eligible to participate in the meet. As discussed in the Fundraising paragraph above, funds from fundraising may be used to offset this cost; this would be solely determined by the parent advisory group. You will be notified of the due date of those funds which normally due one week after the competition.
- Meet fees are determined by the hosting organization and vary from meet to meet and are due upon registering your diver in the meet.
- Coaching fees are as follows:
 - 1 day of competition is \$20.00 per diver
 - 2 days of competition is \$35.00 per diver
 - 3 days or more of competition is \$50.00 per diver
 - Coaching fees are not applicable to meets hosted by our organization
- Parents and/or divers are responsible for their own entry forms and meet fees. After initial registration with our program you will receive a password and login for divemeets.com. Prior to each meet the coach will email the parent the list of dives the diver is to compete with. It is the sole responsibility of the parent and the diver to log-on to divemeets.com, register the diver for the meet, and pay the entry fee.
- *Junior Elite* and *Elite* team members are required to attend all meets which are on that team's roster, unless the diver does not qualify, or the diver's skill level does not allow them to participate. If the athlete is unable to attend for any other reason, their family is responsible to pay for their portion of the coach's coaching fees and travel expenses.
- *Learn To Dive* members are required to attend all meets which are on their program's roster. If the athlete is unable to attend for any reason, their family is responsible to pay their portion of the meet fee if it is a meet hosted by our organization, or pay the coaching fee if it is a meet hosted by another organization.
- *Elite Star* members are required to attend fundraiser competitions only which are hosted locally by our organization and on their program's roster. If the athlete is unable to attend for any reason, their family is responsible to pay their portion of the meet fee.
- *Divers To High School* members are required to attend fundraiser competitions only which are hosted locally by our organization and on their program's roster. If the athlete is unable to attend for any

reason, their family is responsible to pay their portion of the meet fee.

- At EVERY competition, including warm-up and practice times, a coach from our club must be present on the pool deck in order for our members to dive. Our divers cannot dive unless our coach is present – no exceptions.
- Arrangements for and cost of transportation, meals and lodging are the sole responsibility of the parent or guardian of their diver.
- The coaching staff will provide advance meet schedule information. Using that information, parents must arrange for their diver to be at the meet site at the designated time for practices and competition.
- Each diver must be accompanied by a responsible adult at all times. If a parent is unable to travel to a meet it is highly encouraged to make arrangements with other club parents to act as guardian for their child as they travel.
- At no time will the coaching staff be responsible for divers, except while on the pool deck.
- On trips requiring overnight lodging, club members are required to stay with a parent or an adult who accepts responsibility for the diver.
- Additional rules may be provided by the coaching staff for certain meets.

Team Apparel:

The coaching staff will select team suits and warm-up apparel with family economics in mind. All *Jr. Elite* and *Elite* Team divers are required to purchase a team suit, team warm-ups, and a team shammy. These items are purchased by the diver as needed from the *Apparel* link on our website. Once team apparel is received by the diver, all apparel must be given to Coach Kelly for embroidering. If the team apparel is taken care of properly, the items can easily last a long time. All *Jr. Elite* and *Elite* Team divers participating in a meet are required to wear team apparel at all competitions, as well as at opening ceremonies and for award presentations.

General Policies:

- A member of this organization may not participate in any training session or competition with another club team or individually without the prior approval of Coach Kelly. Many divers dive in the summer recreationally, please contact Coach Kelly to be considered for approval for recreational diving.
- If competing for a high school team, during the high school season, the diver must attend all required high school practices. Divers cannot substitute a club practice for a high school practice. Each diver must fulfill the attendance requirements set by their own high school coach.
- Profanity, derogatory remarks and/or non-sportsman like actions during practice and competitions are not permitted. Use of any of the above will result in immediate dismissal from that day's training or competition. Repeated use will result in suspension.
- Use of alcoholic beverages or any drugs, or any other illegal activity either in the training or competition environment is not permitted, and will result in immediate suspension.

PROFILE FORM

DIVER

NAME _____ GENDER _____

HOME TELEPHONE _____ CELL PHONE _____

ADDRESS, CITY, STATE, ZIP _____

EMAIL _____

AGE _____ BIRTHDATE _____ GRADE _____

T-SHIRT SIZE: Youth (S, M, L) Adult (S, M, L, XL)
an Elite T-Shirt is including with the purchase of each Elite Player Pass

Do you have experience playing sports?
If so, please explain.

Are you currently registered with the Amature Athletic Union (AAU)?
If so, in what sport(s) and what are your registration number(s)?

Do you have any experience diving?
If so, how many months and/or years experience?

What dives do you know?

Which dives are your favorites?

Which dives are your least favorite?

What dives would you like to learn?

Are you currently registered with the United States Diving Association?
If so, what is your registration number?

Are you able to swim?
If so, do you consider yourself to be a beginner, moderately strong, strong, or an excellent swimmer?

What school do you attend?

If not in high school, what high school will you be attending?

What is the year you are expected to graduate from high school?

How did you hear about Millard Elite Diving/Elite Diving Academy, LLC?

Do you have any friends that may be interested in diving with you at Elite Diving Academy, LLC?

If so, please provide the name, telephone number, address and/or email address so they can begin receiving registration information about our program.

PARENT(S)/GUARDIAN(S)

NAME(S) _____

ADDRESSE(S) _____

BILLING ADDRESS _____

HOME TELEPHONE(S) _____

CELL PHONE NUMBER(S) _____

EMAIL ADDRESSE(S) _____

EMERGENCY CONTACT INFORMATION

EMERGENCY CONTACT PERSON _____ **RELATION** _____

HOME PHONE(____) _____ WORK PHONE(____) _____ CELL PHONE(____) _____

ADDRESS _____

(city)

(state)

(zip)

FAMILY DOCTOR _____ **PHONE(____)** _____

ADDRESS _____

(city)

(state)

(zip)

INSURANCE CO. _____ **GROUP #** _____

NAME OF INSURED _____

EMPLOYER _____

If you are **presently under a doctor's care** of any reason (specialist's care for a specific ailment or for a chronic ailment) you will need to **obtain a release from that physician** to participate in diving.

PREPARTICIPATION SCREENING MEDICAL EVALUATION HISTORY

To be completed by diver and parent(s) or guardian(s).

INSTRUCTIONS: Please sit down with your parent(s) or guardian(s) and complete all questions. **CIRCLE** the appropriate answer. When a reply is YES, please give a complete explanation (give DATE of injury or treatment, indicate as near as possible the anatomical location of the injury i.e. Rt. Shoulder, and the diagnosis) in the lines provided, or use the back of the page (be sure to list the question number) if more space is needed. All **YES** answers are to be fully explained!

After completing all the questions, both the diver and the parent(s) or guardian(s) are to sign the form on the appropriate lines.

DISEASE ILLNESS

- YES NO 1. Have you ever experienced an epileptic seizure or been informed that you might have epilepsy?
- YES NO 2. Have you had hepatitis during the past three years?
- YES NO 3. Have you been treated for infectious mononucleosis, viral pneumonia or another infectious disease during the past twelve months?
- YES NO 4. Have you ever been treated for diabetes?
- YES NO 5. Have you ever been treated or informed by a medical doctor that you have had rheumatic fever or scarlet fever?
- YES NO 6. Have you ever been told that you have a heart murmur or high blood pressure?
- YES NO 7. Have you had any illness requiring bed rest of one week or longer during the past year?
If YES, give date and nature of illness,
- YES NO 8. Have you ever been told you were anemic?
- YES NO 9. Have you ever been told you had hemophilia; other bleeding disorders or currently have easy bruising or bleeding?

EYES, DENTAL, EARS, NOSE, THROAT, SINUSES

- YES NO 10. Do you wear eyeglasses or contact lenses? If so **CIRCLE** which.
If contacts, **CIRCLE** soft or hard.
- YES NO 11. If the answer to question 10 is yes, do you wear them during diving participation?
- YES NO 12. Do you have poor vision in either eye? If YES, explain,
- YES NO 13. Do you wear any dental appliance? If answer is yes, under score the appropriate appliance.
Permanent bridge / permanent crown or jacket / removable partial / full plate
- YES NO 14. Have you ever had ventilation tube put in ears because of hearing loss and/or recurrent earaches as a child?

DATE

PARENT or GUARDIAN

DATE

DIVER

Premier Gymnastics Acknowledgment of Risk and Waiver of Insurance and Liability

I, _____, waive my option to be covered under Premier Gymnastics' Insurance program. I recognize that potentially severe injuries, including permanent paralysis or death can occur in any activity involving height or motion, including gymnastics, dance, cheerleading, martial arts, yoga and related activities including tumbling and trampoline.

I understand that it is the express intent of Premier Gymnastics to provide safe surroundings. I hereby forever release Premier Gymnastics, its owners, employees, teachers and coaches, from all liability for any and all damages and injuries I may suffer while under the instruction, supervision, or control of Premier Gymnastics.

I hereby agree to individually provide for the possible future medical expenses which may be incurred as a result of any injury sustained while training at, or performing for, Premier Gymnastics.

This acknowledgment of risk and waiver of liability, having been read thoroughly and understood completely, is signed voluntarily as to its content and intent.

Signature

Date

Premier Gymnastics Acknowledgment of Risk and Waiver of Liability

As legal guardian of (PLEASE PRINT) _____, I hereby consent to the aforementioned person participating in the Premier Gymnastics programs. I recognize that potentially severe injuries, including permanent paralysis or death can occur in any activity involving height or motion, including gymnastics, dance, cheerleading, martial arts and related activities including tumbling and trampoline.

I understand that it is the express intent of Premier Gymnastics to provide for the safety and protection of my child and, in consideration for allowing my child to use this facility, I hereby forever release Premier Gymnastics, its directors, employees, teachers and coaches, from all liability for any and all damages and injuries suffered by my child while under the instruction, supervision, or control of Premier Gymnastics.

As legal guardian of the aforementioned person, I hereby agree to individually provide for the possible future medical expenses which may be incurred by my child as a result of any injury sustained while trained at, or performing for, Premier Gymnastics.

This acknowledgment of risk and waiver of liability, having been read thoroughly and understood completely, is signed voluntarily as to its content and intent.

Parent or Legal Guardian's Signature

Date

**MILLARD ELITE DIVING
ELITE DIVING ACADEMY, LLC**

MEMBERSHIP CONSENT AND AGREEMENT

Name of Participant: _____

Age of Participant: _____

Parental Consent for Participation:

I am the parent or legal guardian (“Parent/Guardian”) of the above-named minor (“Participant”). **I authorize** Participant to take part in diving and any and all other activities which may include but is not limited to diving, dry-land, gymnastics, trampoline, dry-board, attending competitions and practices, day travel, overnight travel and sightseeing (“activities”) of Elite Diving Academy, LLC and Millard Elite Diving (“Academy”), and **I give my consent** to Academy in connection with that participation in all such Academy activities. **I understand** that participating in the sport of diving and in other Academy activities involves risks of bodily injury and communicable disease to Participant, including the risk of serious bodily injury and even death.

In consideration of Academy’s allowing Participant to join and participate in Academy activities:

(1) **I agree** that both the Participant and I have inspected or will inspect, and will continuously inspect throughout Participant’s participation in Academy activities, all facilities and equipment provided by Academy for use in Academy activities, including but not limited to pools, diving boards, deck areas, lifesaving equipment, competition and practice facilities, trampoline, dry-board, and dry-land facilities, and safety equipment (“Facilities”), to satisfy ourselves that all such Facilities are safe for the intended purposes of use. **I agree** that if Participant or I observe any unsafe condition in (or in the use of) any of the Facilities, we will immediately notify Academy of the unsafe condition (or unsafe use) and refrain from participating in Academy activities until such unsafe condition (or unsafe use) is corrected.

(2) **Participant and I assume all of the risks** of using the Facilities, as well as all of the risks of Participant’s participating in the sport of diving and other Academy activities.

(3) **Participant and I agree** not to hold or seek to hold Academy or any of Academy’s employees, trustees, directors, members or other agents or representatives liable or responsible for any injury to Participant that may result from participation in the sport of diving or any other Academy activities.

(4) **I represent and warrant** that Participant is in good health and has no physical, mental, or other condition(s) that would prevent Participant from safely participating in diving or in any other activities of Academy. **I further represent and warrant** that there is medical insurance coverage in force that covers the Participant and any injury he/she may sustain or illness he/she may contract while participating in diving and any other Academy activities, and that such insurance shall be kept in force for so long as Participant continues to participate in any program of Academy and its activities.

(5) **I agree** to indemnify and hold Academy (and each of Academy’s employees, trustees, directors, members and other agents, representatives, and sub-contractors) (“Indemnitees”) harmless from any and all loss or liability that may be incurred or asserted against any of them as a result of any bodily injury, communicable disease, or other loss that may be sustained by Participant, by myself, or by any other individual or entity as a result of Participant’s participation of the Academy and its activities, including any injury, communicable disease, or other loss that may result from the negligence or alleged negligence of any Indemnitee(s).

(6) **I authorize** Elite Diving Academy, LLC and Millard Elite Diving and any of its agents, representatives, or sub-contractors to administer first aid to Participant, to seek emergency medical care for Participant, and give my consent to such care, if they deem it necessary or appropriate to do so.

(7) **I authorize** Elite Diving Academy, LLC and Millard Elite Diving and any of its agents, representatives, or sub-contractors to register Participant for membership with the United States Diving Association, Amateur Athletic Union, and/or Divemeets.com and hereby agree to the terms and conditions of the membership of each.

(8) **I authorize** Elite Diving Academy, LLC and Millard Elite Diving and any of its agents or representatives to use and take photographs and videos of Participant at any and all Academy activities to be used for promotional, advertising, and recruiting purposes.

(9) **I understand** this membership, placement and grouping are at the sole discretion of the coaching staff.

(10) **I understand** the staff has the full power to accept or reject the application and revoke current membership of any Participant and further understand that membership can be terminated at the discretion of the coaches for any reason including:

- Failure of diver or parents to support this organization in a positive manner
- Failure to pay annual fees, tuition, meet fees, coaching fees, and coach's travel expenses
- Failure to volunteer the required hours
- Failure to follow the contents of this Handbook
- Actions considered to be detrimental to the club

Parental Affirmation:

I hereby affirm the Participant is a capable swimmer and is able to surface from deep water. I hereby affirm the Participant willingly seeks to advance his/her knowledge and ability in the sport of diving and all activities through Elite Diving Academy, LLC and Millard Elite Diving.

I hereby affirm as the Parent/Guardian, I have read and understand the above handbook and further and agree to the terms, conditions and policies in such Handbook in its entirety.

Date _____

Date _____

SIGNATURE OF PARENT/GUARDIAN

SIGNATURE OF PARTICIPANT

PRINTED NAME OF PARENT/GUARDIAN

PRINTED NAME OF PARTICIPANT

Non-minor Affirmation of the Above and Affirmation of Ability (18 years of age or older):

I hereby affirm I, as Participant, agree to the terms and conditions listed above and in said Handbook and further affirm that I am a capable swimmer and am able to surface from deep water. I hereby affirm as Participant I willingly seek to advance my knowledge and ability in the sport of diving and all activities through Elite Diving Academy, LLC and Millard Elite Diving.

Date _____

SIGNATURE OF PARTICIPANT (18 years of age or older)

PRINTED NAME OF PARTICIPANT (18 years of age or older)