



*Saskatoon
Diving Club*

510 Cynthia Street,
Saskatoon SK S7L 7K7
955-3483 (club)
280-0090 (coach)

**COMPETITIVE PARENTS
Handbook**

Updated September 2017

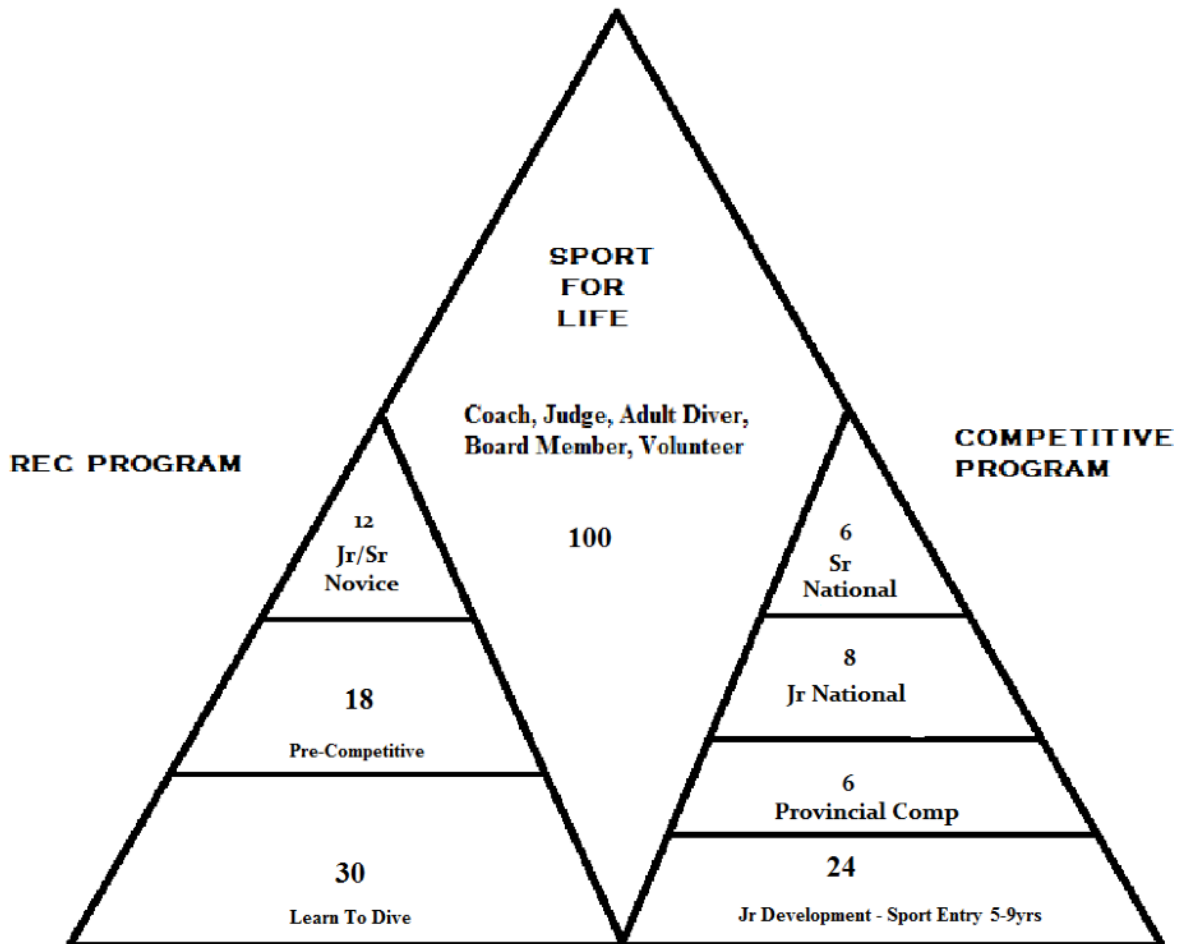
SDC MISSION

To promote the sport of diving through the recruitment, development, and support of athletes and coaches at all levels by delivering high quality programs and encouraging sport for life.

Coach Goals

- Attain a standard of Excellence to **Recruit** athletes into the program
- Attain a standard of Excellence to **Retain** athletes in the program
- Attain a standard of Excellence with **Results** at all levels of the program

PROGRAM STRUCTURE



COMPETITION & EVENT SCHEDULE – Tentative Plans

MEET	LOCATION	DATE	LEVEL	COST
SK Training Camp	Regina	Sept 27-29	National Level	\$75
JD Test	Saskatoon	Nov 3 rd	JD 1,2,3	
Fun Meet	Saskatoon	Dec 1 st	Full Team	
Sr Nationals	Victoria	Dec 14-16	Sr National Qualifies	\$800-1000
SK Provincials	Regina	Jan 25-27	National/Novice	\$300
Polar Bear	Winnipeg	Feb 8-10	National	\$500
The Sting	Victoria	Mar 7-10	National	Steve Travel?
Cuba Tr Camp	Veradero	Mar 30-Apr 6	Selected from criteria	Steve Travel
TTWC	Saskatoon	May 10-12	National	\$100
Sr Summers Nats	TBD	May 24-26	Sr Nat Qualified	\$800-1000
Atl Championships	Halifax	May 31-June 2	Steve's Group	\$1000
MB Provincials	Winnipeg	May 31-June 2	National/Novice	\$350
Jr Elite Nationals	Montreal	July 4-7	Mary's Group	
Jr Dev Nationals	Regina	July 18-21	Steve's Group	\$500

TRAVEL POLICIES: See SDC Bylaws

Competition Goals:

- **Novice** – attain a list of dives to compete, compete at SK Provincials < MB Provincials & Novice Nationals
- *** Jr Dev** - 3 JD test/yr - One in November (alternated between Regina & Saskatoon), one in March, and the final in June at home
- **Provincial** – 4 meets/yr - 1 in SK, 1 in AB, 1 in MB, and Novice Nationals
- **National** – attend as many meets as possible deemed important according to developmental needs

*** JD Testing – this is a large component of development for the young athlete, mentally and physically. We use stages and progressions, testing skills that monitor the development in the coaches and the athletes. The JD test scores help coaches determine where the athlete best fits within the program structure when completed levels.**

Competitive Programs - Progressions

JUNIOR DEVELOPMENT – Developmental Years prior to Competitive Diving (ages not restricted)

- JD 1 – 5-7 yrs, 1 session/wk
- JD II – 6-8yrs, 2 sessions/wk
- JD III – 8-11yrs 3 sessions/wk

JD I – (SPORT ENTRY)

By invitation or inquiry (with audition), this is the best place to enter diving for any parent with the desire for their child (5-7yrs) to have the proper potential for future competitive diving. From this point, the child determines whether they like competitive diving enough to continue, or wish to dive for fun in the Learn To Dive or Pre-Competitive diving programs. Where competitive diving is the potential goal, this is the best route to initiate diving skills. The alternative would be to try Learn to Dive (LTD) first, and then determining if competitive diving is an option later on. The JD I is an introduction to competitive skill sets with a focus on fun, fitness and basic motor skill movements. This program is more structured and advanced than the LTD program. The fun and reward is derived from the sense of accomplishment by setting goals for self-development. It's not necessarily more advanced in terms of pushing for bigger and tougher skills, it's all about learning the basics in great detail, drilling the basics over and over until the desired movement is accomplished in the skill. Much emphasis is on Dryland training, building the proper motor skills, co-ordination, core stability and strength necessary to move properly in the air and water. Dryland training focuses on body alignment and posture in preparation for any dive - maintaining that alignment walking, maintaining that alignment on take-off, and maintaining that alignment through the water. Advanced skills are attempted only when the desired body alignment on basic movements is attained. The skill level at this stage determines the overall potential in years to come.

Skill Focus: Body Line and form on Jumps and Fall-ins all positions 1m, 3m, 5m

JD II & III – (TECHNICAL FOUNDATIONS)

By invitation or audition, this program targets children that have a sport background (eg. gymnastics) or a natural aptitude toward the sport of diving. It is designed to build the foundation skill sets needed for future elite performance in the sport of diving. Preferably, athletes will progress from JD I, to JD II, to JD III. They begin to focus on a progression of more advanced skills with the same goal of body alignment, posture, and good core movements. Sequence of movements on kick-outs/come-outs of dives is initiated at this stage. These classes entail a significant amount of Dryland training geared toward gymnastic skills, tumbling, core and strength training. At the end of this stage, divers will be ready for either the Provincial or National levels of competitive diving.

SKILLS: Jumps all positions 1m, 3m, 5m, 7m. Fall-ins all positions 1m & 3m, tuck/pike roll-in 5m. Pike/Tuck dives - front, back, reverse, & inward – when above skills are excellent.

COMPETITIVE DEVELOPMENT – the Coaches determine where athletes are best suited in the program from the LTD & Jr Dev programs

- **Nov/Prov – Provincial Competitive Jr & Sr**
- **CF – Competitive Foundation – Jr Nationals**
- **CE – Competitive Excellence – Sr/Jr Nationals, World Championships**

Jr Novice: 2x/week, 2 hr sessions. Mostly 11 & under

Divers will typically enter this program from the Jr Dev program and use this stage to acquire a list of dives for competition. This will determine if they move towards a National list of dives, or a Provincial list of dives, depending on the fear component, and how much ability and potential was acquired through the JD program. Athletes may enter this stage directly from another similar competitive sport if they possess such potential.

Sr Novice: 3x/week, 2 hr sessions. Mostly 12 & over

This program is suited for divers that aim to acquire a list of dives suitable to their age group to compete at Provincial meets. It may be the goal to reach the National standards, or it may be the goal to enjoy the challenges that the intensity level of Provincial Competition entails. In this program, athletes often focus on specific areas to eventually be National level divers, or focussing on having the courage to attain new dives. It can be highly competitive, or purely recreational, depending on the drive of the individual. The coach is there to nurture the goals of all individuals.

Often, a diver may possess all of the skills and the talent, but needs much more nurturing and development before taking on new and difficult dives and conquering their fears. This is a great stage for them to either acquire that skill and get onto the National course over time, or pursue the enjoyment of diving and remain at this level.

Provincial divers may have a National level list of dives but have not yet attained the National Qualifying standards at meets. The National standard is not the only determining factor; there is the technical, mental, & physical potential that allows the coach to determine where an athlete best fits in the program. Social development and competing for fun is a priority at this level.

Pre-National – Competitive Foundation – 4x/wk x 2.5hr/class

This program is a bridge between Provincial/Novice athletes and National level athletes. This group comprises of divers at the Provincial competitive level, and kids aspiring to be National level.

Jr National – Competitive Foundation – 4-5x/wk, 2.5 hr classes, 9-13 yrs

When an athlete has been “talent ID’d” and/or shows the skill level with the desire and motivation to adhere to a structured and detailed elite level program, they will be invited to move to this group. Athletes having successfully completed the JD III program may be invited to this level and begin to learn competitive skills, technically and mentally. This program is designed for athletes with potential to compete at the National level with aspirations to reach the podium in future years. Divers will learn the technical, physical and mental skills needed to attain these high aspirations of competitive diving. This is the first major stage where fear becomes a factor for athletes. They have learned the basic skills of pushing themselves and getting over bumps or difficulties. Now that basic development is put to the test to see if they have the skills and the desire to push through more advanced competitive skills. Those that excel in this level will move to the CE. Some athletes may need more time and nurturing in the Provincial program before reaching the National level.

Desired skills:

1m – 101 c&b, 103 c&b, 201 c&b, 301 c&b, 401 c&b, 5211d, 5122d, 104 c, 203 c, 403c

3m – 101/103 c&b, 201, 301, 401, 5231d, 105c, 203 c&b, 403 c&b, 404c

5m – 101b, 401b, 201c, 301c, 612b, 103b, 105c, 203c/b, 403c 7m entries 10m jumps

Desired advanced skills: 3m 5132d, 105b, 205c, 405c, 5233d, 303c & b. 7m 1st 4.

Sr National – Competitive Excellence – 5-9x/week, 3 hr classes, ages 14+

Athletes enter this Elite Competitive stage from the CF program by invitation only. They only maintain their position in this group with proper work ethic and the mental capacity to manage the intensity level. Athletes that have developed from the CF program with the desired physical, mental, and technical skills, with the ability to conquer fear of new or difficult skills, will naturally progress to this level with Goals of Excellence towards National & International Competitive Diving. Athletes continue to challenge themselves with greater levels of skill and competition, while maintaining and building all the current skills they possess.

Consolidation – Age 13-15, divers train 15+ hours per week, introduction of strength training, focus is on self – self motivation, self confidence, self improvements, improved technical skills. However, they continue to maintain a strong sense of team unity and support. Their improvements are based on self-motivation. They begin to learn to compete against other Elite athletes, rank themselves against top National divers, and begin aiming for Jr National Team.

Realisation – target age is 16 +, divers train 18+ hours per week. Their days are dedicated to the sport with goals of competing Nationally at the Sr level, with the potential of going on to Olympics & World Championships – reaching the podium. At this level, athletes aspire to completely dedicate their efforts towards an Elite Goal. They aim to attain perfection of Technical skills through Elite measures of physical and mental development. They also strive for Elite standards of nutrition, sleep, and time management in all aspects of their lives.

University scholarships in the US are also very viable goals at this stage. Many athletes may have different goals in this level. The methods of training and the expectations of conduct remain the same to all.

IMPORTANT:

The Head Coach, with the assistance of the other coaches, determines where the athletes are best suited within the program, depending on their talent and ability, both physically and mentally. A major component of this decision is ensuring athletes are not put in a position beyond their potential/ability/capacity.

ATHLETE PROGRESSIONS - 4 routes to excel in diving – the route that is taken is dependent on many aspects – sport entry age, natural talent, work ethic, time commitment, personal goals plus many more variables. The coaches will help guide each athlete through the most appropriate pathway. All routes can produce a very positive experience to the athletes.

Sport For Life			Elite Route
<ul style="list-style-type: none"> • JD I • JD II • JD III • NOVICE JR 2x • NOVICE SR 3x • Coach, Official 	<ul style="list-style-type: none"> • JD I • JD II • JD III • NOVICE • PROVINCIAL • Coach, Official 	<ul style="list-style-type: none"> • JD I • JD II • JD III • PROVINCIAL • JR NATIONAL • SR NATIONAL • Coach, Official 	<ul style="list-style-type: none"> • JD 1 • JD II • JD III • JR NAT • SR NAT • Coach, Official

IMPORTANT Competitive NOTES:

It is important to note that there are two critical points in the progression of athletes in determining their best suitable level of competitive diving;

- Progressing from the Junior Development stages to either Novice, Provincial or National Programs
- Progressing from the Jr National to either the Provincial or Sr National

As coaches, it is our philosophy to target the divers in the level of program that best suits their physical abilities, their motivation and work ethic, and the goals that have been set. Moving an athlete into National and Elite levels before they are prepared can potentially cause difficulties with self-esteem, safety, and development as an athlete and person. It is very important that parents understand this aspect of competitive progressions in diving so as to ensure that athletes, their children, gain the sense that they are moving into the best suitable developmental stage for their future potential.

The best scenario for an athlete is to prove themselves that they belong in a higher level program and then get rewarded such. A poor scenario would be to promote an athlete to a higher group in hopes of them proving themselves. Athletes earn awards, prove themselves before attaining rewards.

Coaches Code Of Conduct: Our program follows the Coaches Code Of Conduct submitted by Dive Sask from Sask Sport, which can be found at www.divesask.ca, under Coaches Corner tab

ATHLETE BEHAVIOR & EXPECTATIONS

Proper conduct is a greater priority than results. We place GREAT emphasis on proper behavior at practice and competition. It is magnified when we travel to meets. Inappropriate behavior may result in discontinued travel, and potentially membership. Ensure to read Travel Policies on our web site – saskatoondivingclub.ca - One of the most important qualities gained by an athlete is accepting consequence of actions, learning to act appropriately, and learning from errors.

RULES AT THE POOLS

These rules are to be conducted during all activities with the Saskatoon Diving Club, training at home and while traveling with the team at meets. This is also in conjunction with the DPC Code of Conduct

- Be punctual, come to practice on time and be prepared to start on time. Contact the coach in advance if s/he cannot attend practice, or will be late for practice.
- Listen to the coach when spoken to and do what you are asked to do to the best of your ability. Be respectful and have a positive approach to learning.
- Come to practice in a positive frame of mind with the intent to work hard and improve. Where this is unattainable, a discussion or explanation is required prior to the start of practice.
- Act safely on the pool deck and observe all pool rules.
- Be considerate to your surrounding - verbally or physically abusing team mates, opponents, officials, coaches, spectators or sponsors is not permitted; Showing disrespect to officials, including the use of foul language and obscene or offensive gestures is not permitted; abusing aquatic facilities or equipment or any other properties which SDC has contracted is not permitted.
- If the coaches determine that behaviour is detrimental to self or team mates, the first action will be a discussion with the athletes to clarify expectations. Repetitive behaviour will then warrant a warning with an email sent home or a discussion with family, then a discussion with a Board member discussing and determining ramifications. There may be removal from practice for repetitive behaviour. The higher the goals, the greater the consequences
- Balking & Dive Refusal is considered detrimental to self and Team. Depending on the severity, such inappropriate behaviour may result in immediate removal from practice, and potentially future travel. There are much greater expectations in this area for the National level divers, as compared to the Provincial, Novice or Jr Development. JD kids will not be removed from practice for dive refusal.
- Proper conduct and sportsman-like behavior is mandatory as it is a greater priority than results.

Safety Rules: No running on deck, No snapping others with chamois or throwing objects at others, no pushing, shoving, or horsing around on deck. Ensure diving area in the pool is clear before diving. No diving, dryboard, or trampoline activity without a coach present and given permission.

Being A **Sports** Parent

The main goal is to ensure that we allow the coach to be the coach, and the parent to be the parent. Coaches care about athlete's school & social life, but it is not our area of expertise. We have expertise and training in the many aspects of developing competitive athletes. The following are important guidelines that are necessary to respect as rules at the pool by parents:

- Parents should remain as spectators during practice/competition time and ensure they do not enter into practice at any time, in any way, to avoid distraction and to encourage focus
- Parents must stay off the deck, or away from dryland training, unless taking photos at meets for medal ceremonies
- Any conversations with the coach should occur prior to, or following practice – preferably pre-arranged. In the case of an emergency, state it as such at the beginning of the conversation. Otherwise, you will be asked to stay off the deck or away from dryland training.
- At the end of practice, a hand signal to the coach will ensure the coach will meet with you and discuss any matters with you once equipment is put away.
- Absolutely No coaching from the stands – this is not the role of the parent and it may be very distracting, unsafe, and disruptive to the diver and coach.
- Refrain from negative comments in the stands, at meets, at fundraising events in regards to the coach, the program, or other athletes. Any questions or concerns should be brought to the head coach or The Board as soon as they arise. The stands are meant for viewing and enjoying the efforts of our athletes.
- Take great care of the kids' eating and sleeping habits
- Avoid technical discussions. Your child gets enough of that from the coach. Play a big role in their work ethic and determination. Have a great appreciation of the fear they deal with.
- Try to be a role model to your kids:
 - Be active and motivated
 - Volunteer for help at meets
 - Participate in Bingos, make it a fun, social, event.
- Advertise For The Club – we rely on 'In-House marketing' or word of mouth. If you like the program (which you must if you stay involved), spread the word to your friends, your child's friends. Families are anxious to find out great programs for their kids to participate in. Strong membership benefits everybody!

Becoming A Board Member - As a competitive parent, you may have the potential to become a member of the volunteer Board. This is a great way to become more involved with the diving program and help with the many tasks involved in keeping the program operating.

Please take special care to:

- continue to be a 'parent' at the pool with other parents and with the coaches
- deal with Saskatoon Diving Club issues at Board Meetings.
- keep the spectators area a place to watch and enjoy progress, and not to become a source for complaints or criticism.

DIVING 101

- **Dive Numbers** – all dives have 3-4 numbers. 4 numbers used with twist dives
 - With 3-number dives the 1st # is direction, the 3rd # is amount of ½ somersaults
 - 1st number is direction 1=front, 2=back, 3=reverse, 4=inward, 5=twist, 6=handstand
 - 3rd number is somersaults (ss) 1=dive, 2=flip, 3=1&1/2, 4=double, 5=2&1/2, 6=triple
 - Handstand dives the 1st # is 6, the 2nd # is the direction, the 3rd # ½ rotations
 - Twist dive start with 5, 2nd # is direction, 3rd amt of ss, 4th amt of twists
 - Handstand Twist – 1st # is 6, 2nd # is direction, 3rd # is amt of ss, 4th # is amt of tw
 - Twists & ss rotations are counted in ½ amounts, where the number 1 represents a ½ rotation (dive), #2 = 1 somersault, 3 = 1 & ½, etc

- **Competitions, Camps, & Testing**
 - **JD Test** – a series of dryland and water skills to determine abilities, weaknesses, with goals of self-development. Passing through the 3 levels successfully prepares an athlete to begin their quest National required dives and qualifying for Nationals. Athletes need a score of 8 to proceed to next level.
 - **Novice** - kids need a legal list of dives to compete
 - **Provincial** - kids need a more difficult list of required dives
 - **National** - kids need a qualifying score at 2 separate Provincial level meets
 - **Sr Nationals** - athletes need a more difficult list of dives and a more difficult qualifying standard

- **NUTRITION at Home & The Competitive Athlete**
 - All athletes in the Junior Developmental and Provincial programs should practice a healthy and balanced diet according to the National Food Guide. A balance of carbs, protein and fat consisting of Milk products, grains, fruit, vegetables, and meat is a simple way to ensure your child is getting all they need
 - Athletes in the CE & CF programs should equally maintain a healthy balanced diet. It is beneficial to take energy (pasta, grain, fruit) foods prior to a practice. It is also beneficial to take good protein foods (nuts & milk) immediately following a hard strength training session to improve restore and rebuilding capabilities
 - It is never necessary to carb load or protein load in our sport. Providing adequate energy food prior to practice, and protein at the end, is all that is necessary
 - During competition and long days of events, the same applies: keep the body nourished throughout the day with lots of healthy grazing and water
 - 3 big meals throughout the day is not the best route to provide their needs. Have main meals, but healthy snacking in between meals
 - Do not use the 'I'm full' measurement of determining when you should stop eating. Train your body to live on the amount of food that is needed according to your activity throughout the day. If you train to eat until you are full, that will be an increasingly difficult task to accomplish.
 - The body & mind feed on habits. If you tell yourself you deserve a treat for how good you have been, your mind/body will want that treat more and more consistently. If you have a bag of chips every Sunday at 9, overtime you will convince yourself you deserve more treats, soon it will be a bag of chips every day at nine. Practice healthy treats.
 - When shopping at the grocery store, shop the peripheral. The isles contain the treats and snacks that mostly don't help you. Don't let your kids drag you up the isles.
 - Feed your kids before you take them grocery shopping
 - Aim to eat foods that have the ability of going bad after 3 days. Foods that preserve forever are usually not the best for you
 - Fluids –
 - Stay away from pop
 - drink lots of small amounts of water, not big glasses at few periods
 - limit caffeine, it steals your water levels and your Vitamin C
 - Water down juices so the natural sugar content is low
 - Stay away from powders and sugars, especially as a fluid at school when they are most inactive
 - Gatorade is flavored sugar and salt. Your body loses these in a long hard activity and it's important to replenish, but it takes very little of this in our sport. We have heat issues during warm up and water is the best replacement with a balanced diet
 - Bring a water bottle to every practice. Drink one bottle during Dryland, and one bottle during water workout

HEAD COACH – Philosophy

My philosophy as a coach is developing the entire person, aiming to excel in sports by developing the athlete mentally, physically, and technically, with skills that will help them in and out of the pool for the duration of their lives. I believe in good, honest, hard work. I do not believe in short cuts. The higher level of goals that an athlete has, the greater level of intensity, the greater the discipline, and the greater amount of highs and lows the athlete will experience and learn to cope with. I strive to give athletes tools in managing their high and low levels of emotion, while maintaining a great passion for the sport. I am in pursuit of excellence by utilizing Long Term Athlete Development Models - personal and athletic skills developed in the proper windows of opportunity. I believe this enables the greatest potential for success in diving and in life after diving.

BIOS

HEAD COACH

Steve Carroll - sdcheadcoach@gmail.com

As a diver, Steve attained a Gold Medal at the 1985 Canada Summer Games. Coaching since 1986, Steve was the National Team Coach from '93-'95, coached Jason Napper to a Gold and a Bronze Medal at the '94 Commonwealth Games, and coached Mary DePiero to a Commonwealth Games Bronze. As Assistant Coach in Thunder Bay from '88-'93, the team held the Junior National Team Title in 1991, and the Senior National Team Title in 1992. As Head Coach of the Newfoundland & Labrador Diving Team at the 2001 Canada Games, his diver Adam Morgan attained 2 Silver and a Gold Medal, a huge and rare accomplishment for an NL athlete. Steve started as Head Coach of the Saskatoon Diving Club in January, 2007. Since then the Team has had 5 consecutive top 10 finishes as a Team at Junior Nationals. Saskatoon diver Sam Valentine finished 8th in the World after a double Gold Medal performance at Junior Nationals, and a Gold Medal performance in the Amsterdam Invitational with the National Team. Jayden Pantel made the 2011 National Team with a Silver & Bronze medal performance, earning him the right to travel to the Pan Am Jr Championships in Columbia, where he finished 7th on 10m. Jayden attained Bronze at the 2014 Nationals. In 2015, Steve has taken over the Competitive Foundation program to better assist young athletes master the physical and mental components of becoming a future Elite athlete.

ASSISTANT COACH

Mary Carroll – was a 14-time National Champion at the Canadian Senior National Championships between 1988 & 1994. Mary competed at the 1992 Olympic Games in Barcelona and finished in 8th place. Mary was a Gold and Bronze medallist in the 1990 & 1994 Commonwealth Games. She began her coaching career in 1994 and instantly produced several National Champions and medallists at the Junior level. Mary was the Diving Commentator with CBC television from 2000-2006, taking on several World Championships and 2 Olympics of diving coverage with Steve Armitage. Mary has worked with the young divers in our program for several years, divers which are now beginning to compete in the C & D divisions. In 2012, her diver Rylan Wiens broke a Canadian record in the platform event. In 2013, Rylan beat his old Platform Canadian record, and attained a 2nd record on 3m. He also took Gold on the 1 metre. In 2014, Rylan attained Gold at Nationals, Bjorn Markentin a Gold & Silver, and many other top 10 finishes with her group. In 2016 Jamie & Rylan attained a Bronze in synchro, and Rylan Gold on platform at Jr Nationals. In 2018, Rylan finished 4th at the World Jr Championships, 13th at the World Sr

Championships, Bronze at Sr Nationals 10m, and Gold in synchro 10 at Sr Nationals.
marycarroll@sasktel.net

COACHES

Connor Burbridge – Belts Coach

Nikki Beres – Belts Coach

Sydney Hesselberg – Pre-National Group, & JD. Currently studying Physio at U of S
hesselbergsydney@gmail.com

Marina Schmidt – Pre Comp at Harry Bailey mts299888@gmail.com

Megan Woloschuk – LTD Coach at Harry Bailey. Graduate of Physio at U of S

Liz DeCecco – Learn To Dive/Pre-National - Sr & Jr National finalist)

Tyler Boechler – Novice Coach tyler.j.boechler@gmail.com

Jamie Spilchak – JD Coach

Quinn Gariepy – helper Novice & JD

Mia Kocela – Helper Novice & JD

Lauren Cey – helper Pre Nat

Ali Cey – Helper Pre-Nat

Kianna Lang – helper Novice

Irelynd Kotlar – helper Novice & LTD