

Airborne  
Diving  
Academy  
Information  
Packet and  
Member  
Agreement



GENERAL DIVING  
INFORMATION

# Welcome to Airborne Diving Academy!

Please,

1. Read through the handbook.
2. Decide what Airborne Diving program works for your diver and family.
3. Please sign the program contract that fits your divers' needs.
4. Then fill out the Divers information form.
5. Print out both Contract and Diver information form and bring to your first practice
6. Please go to [www.airborneomaha.com](http://www.airborneomaha.com) and register your diver for the program you choose.
7. After you register your diver you must put a credit card on file for your monthly dues.
8. Your diver must have insurance to dive with Airborne Diving. Please go to [www.usadiving.org](http://www.usadiving.org) to register your diver with USA Diving. (Blue Membership)
9. After your USA diving registration is complete print out your divers Membership card and bring to your first practice with your contract and information sheet.
10. For any billing questions please contact Miranda at [Miranda@airborneomaha.com](mailto:Miranda@airborneomaha.com)

Communications:

Once all is completed we will add you to our Airborne Diving Team Snap. Here you will get communications, schedule of all practices, meets and events.

## Airborne Diving Parents Club

Facebook Page: Airborne Dive Academy Parent Club

This is a private page for current ADA parents only. Please go to Airborne Dive Academy Parent Club on Facebook click on the group icon and it pulls the page up. Request to join.

### 2018-2019 Season Coordinators

Chairperson- Ali Dreher 402-689-6390

Team Wear- Lesley Brandt 402-319-2179

Team Snap- Kala Stroh 605-228-8889

Facebook- Mary Siahpush 402-210-6060

Communications- Eva Cage 949-525-5494

Spirit- Shelly Waller 402-320-4091

Dive Meets- Rebecca Molgaard 402-981-1293

Training Trips- Sheena Van Ornum 402-889-7545

## **Our Mission:**

Is to provide a Safe, Friendly, Inviting and Innovative dive club, that will have Uncompromising Quality of coaching that will meet all of our divers goals. We will do this by engaging in their Passion for the sport of diving.

## **Through diving, your child can acquire:**

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

## **A Diving Parents Responsibilities**

- Make sure your diver or divers are at practice on time and ready to dive.
- Encourage your child without pressuring them. Always show interest and enthusiasm.
- If your child misbehaves, a coach has some responsibility to discipline, but the ultimate responsibility for discipline remains with the parents.
- Let your child know that you will be there for them, even if a practice or competition does not go as well as hoped or anticipated.

## **Competitions**

- 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 Future Champion or JO.
- Competition levels are divided by age group. A diver's age as of December 31 in the year of the meet will determine the child's competition level.
- 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.

## **Diving Affiliations**

- There are two diving affiliations AAU and USAD, both of which sanction dive meets.
- A USA Diving Membership is REQUIRED to compete in Future Champion and USA Regional, Zone and National Meets.
- To dive with Airborne Diving you **MUST** have a USA Diving Membership.

## **Divemeets.com**

- An organization designed to electronically manage competition is [www.divemeets.com](http://www.divemeets.com). Most registrations for meets take place via [divemeets.com](http://divemeets.com). Details on this will be provided by the coaching staff and/or Parent Representatives.

## **Specific Airborne Diving Academy Information**

### **Diving Levels**

#### **Beginner**

Our Beginner class will focus on basic fundamentals and diving safety. Learn safe skill progressions and beginning diving movements.

Emphasis: Proper body position, both front and back take off the 1 meter diving board. Introduction to front, back, inward dives and reverse jumps.

#### **High School/Recreational**

Appropriate for the summer league, high school and kids that just wants to dive for fun and not have the pressure of diving in meets.

#### **Future Champions**

Our Future Champions program will be for intermediate divers that are interested in more practice time. They will go through the progression of skills on both 1 meter and 3 meter from somersaulting to 1 1/2 somersaults and twisting progressions. They will focus on moving up to join our J.O Squad.

#### **Junior Olympics**

Our J.O program is for the divers that completed the ADA Future Champions program or has been invited by a coach and would like to compete in USA and AAU diving invitational meets.

#### **Elite**

Our Team will consist of divers with a high level of COMMITMENT. They train NO less than 5 days a week unless arrangements have been made. They are committed to achieve the same goal as Airborne Diving Academy and that is to be their very best we can be!! The ADA Team will COMMIT to dive in higher competitive meets.

Example: USA invites, Regional, Zones, Nationals, AAU Nationals and others

**The coaching staff will communicate with parents regarding the level at which the athlete will train, based upon the child's skills level, training attitude and desire to commit to the sport.**

**We believe that being a member of the Airborne Diving Academy Elite Team is a privilege and an honor that the athlete has earned. With that privilege and honor comes a level of COMMITMENT and responsibility.**

**Support your coaching staff, teammates and program. Working together for the benefits of all is important part of team spirit.**

- The athletes must give the coaches their full undivided attention, follow directions, and be prepared to dive when it is their turn.
- Be respectful to their parents, coaching staff and teammates.
- If your child misbehaves, a coach has some responsibility to discipline them, but the ultimate responsibility for discipline remains with the parents.
- There has **NEVER** been a diver that hasn't smacked on the water. It is an unfortunate part of our beautiful sport. "When we fall, we must learn to pick ourselves back up".

**Refusing dives or skills is unacceptable. Our coaching staff will not ask a diver to attempt a dive or skill that is beyond their ability.**

**If your diver is a Future Champion or Team diver please make sure your athlete brings the following to each training session:**

- Shorts and t-shirt
- Tennis shoes
- Socks
- Swim Suit and towel
- Team-oriented attitude
- A positive attitude

**Meet the Challenge! Every practice is a series of challenges that, if met with enthusiasm and desire, will lead to the achievement of goals. Have a positive attitude! Practice should be fun for everyone.**

## **RULES AND REGULATIONS**

**Profanity and/or derogatory remarks during training and/or at competitions are not permitted:** Use of unacceptable language and/or derogatory remarks will result in immediate dismissal from that day's training or competition. Repeated use of unacceptable language and/or derogatory remarks will result in suspension.

**Use of alcoholic beverages or any drugs, either in the training or competition environment (other than those prescribed by a physician or approved by a parent or coach) is not permitted, and will result in suspension.**

**Airborne Diving Academy may terminate a Club member for the following reasons:**

- Failure of divers or parents to support Airborne Diving Academy in a positive manner
- Failure to pay dues
- Failure to follow the contents of this Membership Agreement
- Actions considered by the staff to be detrimental to the club

### **Team Apparel**

The coaching staff will select team suits and warm-up apparel, with family economics in mind. All divers participating in a meet are required to wear team apparel at all local and away meets.

### **Practice**

All divers must come to practice with a great attitude and always give 100%. Respect all coaching staff and do what is asked.

## **TRAVEL TEAM CODE OF CONDUCT**

Arrangement for, cost of transportation, meals and lodging will be the sole responsibility of the parent or guardian of the diver.

Parents and/or divers are responsible for their own entry forms and meet fees.

The coaching staff will provide advance meet schedule information. Using that information, parents must arrange for the diver to be at the meet site at the time of practices and/or competition.

We realize that it is not always possible for parents to accompany their athlete while traveling. Given that each diver must be accompanied by a responsible adult at all times, club members are encouraged to make arrangements with other club parents to as guardian for their child.

At no time will the coaching staff be responsible for divers, except while on pool deck.

## **TRAVEL EXPENSES**

Prior to traveling to a meet, the coaching staff will provide the cost of travel expenses, meals 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 training and meets.

## **TRAINING TRIPS**

Our Training trips are open to ALL Team and J.O Divers that want to learn new dives off platforms and three meter.



## TUITION AND FEE RATES

Fees will be assessed as follows, according to the program in which the diver is enrolled.

All fees are mandatory unless otherwise indicated:

### **BEGINNERS PROGRAM/HIGH SCHOOL**

Tuition .....\$155.00/mo Annual USA

Diving Competitive Blue member fee.....\$20.00/yr

Registration fee.....\$75.00/yr

### **FUTURE CHAMPIONS**

Tuition .....\$160.00/mo

Annual USA Diving Competitive Blue member fee .....\$20.00/yr Annual

Registration fee.....\$75.00/yr

### **J.O/TEAM**

Tuition .....\$180.00/mo

Annual USA Diving Competitive Gold member fee.....\$75.00/yr

Annual Registration fee.....\$75.00/yr

### **High School Season**

ALL club members during high school season fee.....\$75.00/mo

Club membership is an **ANNUAL Commitment** to be paid in twelve monthly installments, due the 5<sup>th</sup> of each month. If a diver is unable to attend workouts, the installment is still due in order to retain full team status. The diver will not be permitted on deck past the 10<sup>th</sup> of the month if dues or Fees are delinquent. It takes all of us working together to help our children and coaches realize their potential.

**We think that from the time you start a sport as a child you will see that your responsibility to your team is to Commit, Train, Dive and Strive to be the best that you can be as an individual... and yet, not take anything away from being part of a team.**

## Airborne Diving Academy Beginners

- 2 practices a week. Tuesday and Thursday.
- Commit to respecting your parents, team mates and coaches.
- 12 month consecutive payment \$145 per month. Due on the 1<sup>st</sup> of the month pulled out of a card on file at Airborne Academy.

Diver Signature\_\_\_\_\_

Parents Signature\_\_\_\_\_

Go to [www.airborneomaha.com](http://www.airborneomaha.com) and register your diver(s) for the program that you and your diver(s) feel to be the right fit commitment wise,

# Airborne Diving Academy Future Champions Contract

## Airborne Diving Academy Future Champions

To be part of the ADA "F.C" you MUST:

- 4 practices a week. Monday, Wednesday, Friday and Thursday dry land.
- Commit to giving no less than 100% to practices, meets, TEAM mates and coaches.
- Commit to respecting your parents, TEAM mates and coaches.
- Commit to having everything to make the sport of diving successful. ( Shammies, Tennis Shoes, work out cloths and a good attitude at every practice and meet)
- Coaches traveling cost will be split between ALL Elite. J.O and Future Champions. (when it is a F.C invite)
- 12 month consecutive payment \$160 per month. Due on the 1<sup>st</sup> of the month pulled out of a card on file at Airborne Academy.

Diver Signature\_\_\_\_\_

Parents Signature\_\_\_\_\_

Go to [www.airborneomaha.com](http://www.airborneomaha.com) and register your diver(s) for the program that you and your diver(s) feel to be the right fit commitment wise,

## Airborne Diving Academy J.O Contract

- 5 practices a week. Monday, Wednesday, Friday, and Tuesday and Saturday dry land.
- If you commit to USA Regional you commit to paying coaches fees for Zones. If you commit to competing in USA Zones you are to commit to pay coaches fees for USA Nationals. Same with AAU Red, White, Blue qualifier and AAU RWB Nationals and ALL Training Trips.
- Commit to giving no less than 100% to practices, meets, TEAM mates and coaches.
- Commit to respecting your parents, TEAM mates and coaches.
- Commit to having everything to make the sport of diving successful. ( Shammies, Tennis Shoes, work out cloths and a good attitude at every practice and meet)
- Coaches Traveling cost will be split between ALL TEAM members for training trips, USA Regional, Zones, USA and AAU National meets even if a choice is not to attend.
- 12 month consecutive payment \$180 per month. Due on the 1<sup>st</sup> of the month pulled out of a card on file at Airborne Academy.

Diver Signature \_\_\_\_\_

Parents Signature \_\_\_\_\_

Go to [www.airborneomaha.com](http://www.airborneomaha.com) and register your diver(s) for the program that you and your diver(s) feel to be the right fit commitment wise,

# Airborne Diving Academy Elite Contract

## Airborne Diving Academy Elite Team

To be part of the ADA "Elite" you MUST:

- Commit to 5 practices a week. Monday, Wednesday, Friday, and Tuesday, Saturday dry land. If you are to miss a day it is your responsibility to inform me by call or text.  
If you choose to attend your high school football games you are to be at pool practice on Saturday.
- Commit to USA Regional, (if qualify) Zones, (If qualify) USA Nationals, Red, White, Blue qualifier and RWB AAU Nationals and ALL Training Trips.
- Commit to giving no less than 100% to practices, meets, TEAM mates and coaches.
- Commit to respecting your parents, TEAM mates and coaches.
- Commit to having everything to make the sport of diving successful. ( Shammies, Tennis Shoes, work out cloths and a good attitude at every practice and meet)
- Coaches Traveling cost will be split between ALL TEAM members for training trips, USA Regional, Zones, USA and AAU National meets even if a choice is not to attend.
- 12 month consecutive payment \$180 per month. Due on the 1<sup>st</sup> of the month pulled out of a card on file at Airborne Academy.

Diver Signature\_\_\_\_\_

Parents Signature\_\_\_\_\_

Go to [www.airborneomaha.com](http://www.airborneomaha.com) and register your diver(s) for the program that you and your diver(s) feel to be the right fit commitment wise,

**Elite is by invite only.**

# Airborne Diving Academy High School/Recreational

- 3 practices a week. Tuesday and Thursday and Saturday Dryland
- Commit to respecting your parents, team mates and coaches.
- Commit to having everything to make the sport of diving successful. ( Shammies, Tennis Shoes, work out cloths and a good attitude at every practice and meet)
- 12 month consecutive payment \$160 per month. Due on the 1<sup>st</sup> of the month pulled out of a card on file at Airborne Academy.

Diver Signature \_\_\_\_\_

Parents Signature \_\_\_\_\_

Go to [www.airborneomaha.com](http://www.airborneomaha.com) and register your diver(s) for the program that you and your diver(s) feel to be the right fit commitment wise,



