

## National Team Syllabus- 2023 year (January-December)

**Georgia Diving Club reserves the right to dismiss any athlete based on inappropriate actions, poor attitude, lack of attendance, any unacceptable behavior unbecoming of an athlete and any additional situations deemed unreasonable by Georgia Diving Club (GDC).**

### Team Expectations

- Athletes will attend practice a minimum 4 days out of the offered 5 days per week (SMTWTH)
- Athletes will compete in Moose Moss, Regionals, Zones (upon qualification), Nationals (upon qualification), GDC invitationals that we host. AAU meets are optional.
- *Yearly commitment- payments are due monthly even if you miss practices for ANY reason*
  - o *Travel fee is \$25/month for the entire year. If you quit before December, you must pay out the rest of your travel fees that would be owed that year.*

### Team Gear

- Team gear will be ordered through Georgia Diving Club website
- Black/Red suit required to compete

### Conditioning Testing

- Testing will be a monthly occurrence; athletes are expected to maintain and/or improve their baseline score (provided there are no extenuating circumstances).
- Rubric is attached below

### Practice

- Monday-Thursday 5-8pm, Sunday 3-5pm
- NOTE: Athletes will work with Coach David or Coach Brittany when Coach Chris is not around

### Attendance

- Mandatory attendance unless excused by Coaching Staff
- April to Regional competition – more than 5 unexcused absences result in the forfeiture to attend regional meet
- Regional competition to Zone competition – more than 5 unexcused absences result in the forfeiture to attend Zone meet
- Athletes who qualify for the USA Diving Junior National Championship are required to have any absences pre-approved by Coaching Staff

## Pricing / Schedule

- \$275/month (\$250 coaching fee + \$25 travel fee)

**20% late fee will be added to each invoice that is not paid by the 7<sup>th</sup> of each month**

## Coaching

- At GDC, being a part of the National team comes with more than just coaching on the pool deck. Brittany, Chris, and David are here to make sure that your diver has the help they need in and out of the pool to help them with their goals beyond high school diving.
- Coaches will provide resources for college diving, research schools that the diver may be a good fit for, reach out to college coaches on the diver's behalf, video dives for Instagram/dive video, nutrition information, extra conditioning/workouts to stay in elite diving shape, provide diving training videos to watch on personal time, have one-on-one meetings with divers/parents to better understand goals, and much more.
- We are here to make sure that the diver exceeds in any goals that they put their mind to. We have endless resources at Georgia Diving Club, and we are excited to achieve great things with these divers.

## Communication

- Coach Brittany
  - o Cell – (678) 325-9091
  - o Email – [gadivingclub@gmail.com](mailto:gadivingclub@gmail.com)
- Coach Chris
  - o Cell – (706) 455-6785
  - o Email- [gadivingclub@gmail.com](mailto:gadivingclub@gmail.com)

## Additional Links

- [AAU - Diving \(diveaau.org\)](http://diveaau.org)
- [USA Diving - News, Events, Results | Team USA](#)
- [DiveMeets - Welcome to DiveMeets \(meetcontrol.com\)](http://meetcontrol.com)
- [eDive - DD Calculator](#)

**Please keep the first two pages to refer to throughout the season.**

## National Team Commitments 2023

Please sign and email THIS PAGE ONLY to Brittany at [gadivingclub@gmail.com](mailto:gadivingclub@gmail.com)

I \_\_\_\_\_ (Athlete) agree to follow and uphold the commitments required by the athletes on the National Team. I understand the grounds for dismissal and the policies in place to ensure my success in and out of the pool.

Date \_\_\_\_\_

I \_\_\_\_\_ (Parent) agree to help my child follow and uphold the commitments required by the athletes on the National Team. I understand the grounds for dismissal and the policies in place to ensure my child's success in and out of the pool.

Date \_\_\_\_\_