



2021 Dive Team Outline of Expectations

Head Coach
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VARSITY SQUAD

- Shows effort and commitment throughout the season.
- Shows improvement in technique and scores.
- Participates in team activities and is a team player.
- Participates in 6 Dive Dual Meets and 11 Dive Qualifying Meets as determined by coach.
 - Scores at least 100 points in a 6 Dive Meet and 185 points in an 11 Dive Meet.
 - 11 dive meets consist of 2 dives in each of the five categories, plus an extra dive in one of the categories. An example of this would be 3 forward, 2 back, 2 reverse, 2 inward, and 2 twisters.
 - Participation may be as exhibition or for team points
- Top 4 girls, top 4 guys to participate in State Qualifying Invitational meets.
- Please be aware that just because a diver may practice on the Varsity team, it does not guarantee that he or she will receive a letter!
- Varsity athletes will be moved to the JV on their 11th demerit

JUNIOR VARSITY SQUAD

- Shows effort and commitment throughout the season.
- Shows improvement in technique and scores.
- Participates in team activities and is a team player.
- Competes in home meets only as determined by coach.
 - Scores at least 85 points or higher in a 6 Dive Meet.
 - 6 dive meets consist of 1 dive in each of the five categories, plus an extra dive in one of the categories. An example of this would be 2 forward, 1 back, 1 reverse, 1 inward, and 1 twister.
 - Participation may be as exhibition, or for team points as determined by the coach.
- JV athletes will be removed from the team on their 11th demerit.

VARSITY LETTER REQUIREMENTS

- State Team qualifier or
- Holds one of the team's top 6 season best times at the end of the year

ATTENDANCE POLICY

- Absence from practice or meet = 1 demerit
- 2x tardy/incomplete = 1 demerit
 - Tardy = not in the water by 3:00 pm
 - Incomplete = leaving practice early 10 minutes or more
- Meets and practices are considered the same for attendance purposes
- No “excused” absence. Every absence is considered a demerit. Drastic circumstances will be considered and voted on by the entire coaching staff (i.e. hospitalization, death in the family, etc.).

OTHER DEMERITS

- Drinking or drug use – automatic suspension for the rest of the season
- Academic probation = 1 demerit
- Disciplinary action at school, practice, or competition = 2 demerits
- Unsportsmanlike conduct = 1 demerit (circumstances will be considered and voted on by the entire coaching staff)

PRACTICE SCHEDULE

- First Day of Practice: **Monday, August 9th, 2021**
- Tryout Schedule: August 9-14
 - Monday-Thursday 3:00-5:00 pm
 - Intersquad Meet - Thursday (8/12)
 - Team Hike - Saturday (8/14) – Announcement of Varsity/JV Squads
- Varsity (starting 8/16)
 - M-Th 3:00-5:00 pm dryland then dive
- Junior Varsity (starting 8/16)
 - M-Th 3:00-4:30 pm dive then dryland
- Route 41. Bus transportation provided after school. From the school to the pool only. No bus on early release days.
- Early release days JV and Varsity practices remain normal starting at 3:00 pm.
 - All practices are MANDATORY.

REQUIRED EQUIPMENT

- Personal apparel
 - Practice suit: Speedo type recommended. No 2 piece suits.
 - Team suit for competition (optional for JV) available at East Valley Sports. Suit fitting at practice.
 - Dryland exercise clothing and shoes
- Team Shirt (\$20)
- Water Jug

Dual sports & club dive policy

- Divers participating in another school sponsored sport or training with their USA dive club will be required to be with the team a minimum of 3 times per week.