

## OSPREY ZAP DIVING MISSION & PHILOSOPHY

WE are a U.S. Jr Olympic & AAU Diving team dedicated to the ideals & goals stated by U.S. Diving: "to provide a developmental diving & physical fitness program for the youth of the U.S. & to teach them the fundamentals of diving & the benefits of participating in athletic competitions."



We are dedicated to all phases of your development. We work the total athlete; MIND, BODY, & SPIRIT. YOU are an individual, We are a TEAM. YOUR development is as different as your personalities. You are all on different developmental schedules & you are

nurtured & trained accordingly. We PLEDGE to work with you to reach your goals & get the most out of your experience, including positive self image, confidence, exposure, recognition & college monies. Our divers have been recruited & dove for YALE, DARTMOUTH, BC,BU, BROWN NOTRE DAME, MICHIGAN UMIAMI, & since moving to Florida - OUR 4 graduating students went on to dive at FAU, NC, DAVISON & the AIR FORCE ACADEMY! We expect you to work with us & work the program as it is laid out!



Our PROGRESS NOT PERFECTION PHILOSOPHY works with everything in life. Expecting 'perfection' all the time is hard on the spirit! Congratulate yourself on minor accomplishments & expect PROGRESS in relation to your EFFORT! Keep trying, progress emerges. Enjoy the journey, the moments, practice positive energy & Positive Outcome Thinking.



### COACHING SAFETY



Over 40 years of coaching experience. Over 30 high school State Champions & AllAmericans. Our safety-certified coaches are totally committed to the safety of each diver. We are also dedicated to their happiness and productivity. Feel free to text or call anytime

**1st Survival Tip:** Be gentle with your diver. They get enough corrective measures during a practice. While we are always positive, often all they hear is the negative.

**2nd Survival Tip:** Don't try to learn everything at once. Be patient. Take it in stride & you won't be overwhelmed. Your coach is a good communicator & listener. Most info is in our Team Packet. TIP: We average a competition a month



## OZD PARENTS' SURVIVAL GUIDE



Welcome.

We hope this brochure can ease you into our diving world & answer many of your questions It is a compilation of veritable tidbits to help you survive your fledgling year.

You are embarking on a commitment of time, energy & money. We want it to be enjoyable, safe, & productive for you and your young student/athlete/diver.

COOPERATIVE -COURTEOUS  
CONSIDERATE

[www.ospreyzapdiving.com](http://www.ospreyzapdiving.com)

Text 781-264-3212





HELPFUL TIPS - We have about a meet a month. Sep thru Aug. Last season we traveled to Coral Springs, Plantation,, Moultrie, Georgia & West Virginia, & Texas.

The following tips are offered to provide you a most positive & cooperative experience:

**TIP: DO NOT COACH YOUR KIDS** (unless asked). Be involved, but only to a point. **We both want the same thing for them** & if you leave the coaching up to the coaches, we will leave the parenting up to the parents. In over 40 years of experience, we know the difference between **wanting parent approval & receiving parent-coaching**. It makes it much harder for the important coach/athlete relationship to form. Plus, it's just, disrespectful. **RESPECT THE PROCESS**. If you have an issue, talk with the Coach off the deck and in private.

**TIP: PLEASE DO NOT ATTEMPT TO TALK TO COACH DURING A PRACTICE**. We are deeply focused on safety & the practice process & need that time. Sorry, your coach cannot be fully engaged & comprehend anything else, when in a practice-zone! :) Thanks for understanding.

**ONWARD & UPWARD**



## TEAM/LESSONS - FEES - COMMITMENT

Please download & fill out the **TEAM PACKET** which will also answer many of your questions.

OUR DIVING SEASON IS YEAR-ROUND, SEP-AUG. LESSONS ARE MONTHLY. WE AVERAGE A COMPETITION/MEET A MONTH. YOUR AGE GROUP DETERMINES THE NUMBER OF DIVES. MEET COSTS ARE DETAILED IN TEAM PACKET. AT LEAST ONE PARENT IS EXPECTED TO PARTICIPATE IN ALL TEAM FUNCTIONS

PRACTICE SCHEDULES VARY ACCORDING TO THE TIME OF YEAR AND ARE POSTED ON WEBSITE. MEET SCHEDULE IS ALSO POSTED. GROUP TEXT MESSAGES AND INSTATEAM WILL KEEP YOU UPDATED. YOU DO NOT NEED TO KNOW EVERYTHING AT ONCE, EZDUZIT ALL THINGS WILL BE LEARNED IN TIME. IT'S A PROCESS AND WE TRY NOT TO OVERLOAD YOU.



### **GOLD TEAM- ELITE COMPETITIVE -YEARLY**

\$240.00 Unlimited weekly practices. Jr Olympic divers only!- Year-round commitment; . necessary # of dives in their age group; 9 & under-(4-5 dives); 10-11(5 dives); 12-13 (7-8 dives); 14-18 (10 dives minimum); good practice habits , including good effort & behavior; willingness to comply with team rules. (Financial obligations, suits etc)



AAU RW&B Nationals -West Virginia 2021



Three High School Stars  
11 solid dives to qualify for States

### **SILVERTEAM-FUTURE CHAMPIONS-**

**YEARLY \$255**. All ages; 2-4 days a week - Jr Olympic & Novice divers. Year-round commitment; need # of dives or novice skills to compete; Besides having required dives, desire, commitment, effort, behavior in practice & at meets, determines when you may advance to Gold Team



You need 11 solid dives to qualify for States



Ya just can't be too cool!

### **LESSONS/NOVICES - MONTHLY**

All Ages; 9 & under -4-5 a month \$125

10 & over - 8-10 a month \$250

Introduction to diving, stressing safety skills, drills and basic dives and board work. All five diving groups are introduced. (Forward, back, reverse, inward & twisting) Advancement to TEAM from here.



Advance to Gold Team after a few months of Lessons



Onward & Upward to Nationals