

~ ZAP Mission - ZAP 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 participation in athletic competitions."

The coaches are dedicated to all phases of your development. We work the total athlete: **MIND, BODY & SPIRIT**. We are a team, YOU are an individual, and we treat you as such. Your development is as different as your personalities...and we realize that you are all on different developmental schedules...so you are nurtured accordingly. We pledge to work with you to reach your goals and get the most out of your experience, including positive self-image, confidence, college monies, exposure & recognition. In return, we expect you to work with us and follow the program as it is laid out.

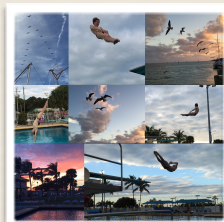
Our 'Progress-not-Perfection' philosophy works with everything in life. Keep trying, progress emerges; don't expect perfection immediately, or at all-it is subjective; congratulate yourself on minor accomplishments and always expect progress in relation to your effort.

"Always enjoy the journey and look for the pony". Positive Energy Beams(PEBS) & Positive Outcome Thinking (POT) help!



Diving legend Sammy Lee - 1st Olympic Diving Gold Medalist for the USA!

COACHING SAFETY



Our USA Diving Safety-Certified coaches are totally committed to the safety of each diver. We are also totally committed to the happiness and productivity of each diver. We are there for you, so feel free to call anytime

1st Parent Survival Tip: Be gentle with your diver-they get enough corrective measures during a practice and although we are very positive, often all they hear is the negative. Especially after a rough practice (it happens), they especially need our support, not our criticism.

Survival Tip #2 : Don't try to learn everything all at once. Take it in stride, in bits & pieces....you won't feel so overwhelmed. :)

WE ARE ONE, WE ARE TEAM



"Reach for the moon, if you fall short, at least you are among the stars."

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DIVING PARENTS' SURVIVAL GUIDE

Courtesy of Osprey ZAP Diving



WELCOME

We hope this brochure will ease your way into our diving world and answer your many questions. It is a compilation of veritable tidbits that should help you survive your fledgling year.

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

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How Long is the diving season? What is my commitment? What are the coaches expectations? What about the schedule? How often should I dive? What about diving competitions?

As a parent, how involved should I get?

These are a few of the many questions parents and divers have at the beginning of their diving. Please know that you are not expected to know everything all at once. It's a process. It takes time. and we try not to overload you. The best approach is EZDUZIT! We are available for any questions you may have. The following tips are offered to provide the most positive & cooperative diving experience.

Parent Tip: DO NOT COACH YOUR KIDS (unless asked). Be involved, but only to a point. We both want the same thing for them and if you leave the coaching up to the coaches we will leave the parenting up to parents. Resist telling them the obvious - to point their toes, or straighten their legs-We may be working on something entirely different & coaches need to develop a rapport and cannot do it if they constantly are looking up to you after every dive. We welcome approval by applauding and positive gestures. Let coaches take care of the corrections. Coaches think long-term & make decisions based on the best information available. We welcome any insights you can share about your child

Parent Tip: DO NOT TRY TO TALK WITH COACH WHEN A PRACTICE IS ONGOING. Sorry but I seriously cannot fully engage or comprehend at that time. :)Coach is focused on the divers and safety is undermined if I am distracted. Please, wait until we officially end practice and everyone clears the pool. **Communication Survival Tip: Good communication is essential to the 'ship'.** We email, text and we are always available via phone. Please call for more personal issues & keep up with all correspondence.

TEAM/LESSON - FEES - COMMITMENT - YEAR-ROUND PROGRAM

Novice Lessons (non-team) 9 & Unders \$120 a month-6 days a month; must show desire and continuity with practices before invited to two-hour lessons/team.

Future Champions-SILVER/Jr Olympic Team - GOLD \$225 a month for GOLD Team; **\$245** 1st 3 months for SILVER team; all ages; minimum of 3 practices a week for 12 & over age group divers. Your competition is tougher, you must do more dives and you must do harder dives to compete & be recognized.

SEASON & FINANCIAL COMMITMENT
Sep thru July: early August if you make USA Diving or AAU post season championships.

Survival Tip: We have down times during which we work parts of dives. **PACING** is important; we schedule your training to **PEAK** you at important times.

Financial obligation runs thru July. 10% family discount for two or more family members. No revolving door policy - eg taking months off & on and not paying.*Monthly fees/dues are still expected if diver is unable to attend due to injury or illness. See Team Packet for penalties for not fulfilling financial obligations. August is prorated.

HIGH SCHOOL DIVER COMMITMENT

Your obligation to OZD continues thru your high school diving season (or any other sport you choose to do). You are expected to pay full fees during it, and you are expected to get in to practice as often as you can. We realize how busy your schedule gets & we work with all high schools for your benefit and to enhance your high school experience. Our expectation is that you do not completely forget your obligation to us. Over 30 high school state champions & numerous finalists have benefitted from our system and positive support.

COMPETITIONS - WHO -WHEN - HOW?

Who competes? All team members are expected to compete & attend all meets (competitions) we host or have on our schedule. We ease the new divers into the process by having a series of Fall meets. These are fun, confidence-builders. **What schedule?** The one posted on our web site. We average about a meet every two



months. Meets are mostly local, until divers are ready to travel to away meets-NC, VA, CA or wherever they hold Nationals. **How does it work?** We get the meet information. We send/email it to you.

You read it and send in necessary meet information to Meet Director by registration deadline. **What about the dives? What's my responsibility?** Coach will send out an email detailing who is doing what dives-Then, in most cases, it is your responsibility to enter them along with your meet registration. Older, more experienced divers should know their dives and newer divers/novices will get lots of help from the coach. :) **What's Novice & J.O?** Novice divers are new to the sport and may not have enough dives to compete in Jr. Olympic events so they dive in novice events. They need to show safe skills & basic dives before moving up to J.O. status. Novices cannot qualify for AAU Nationals. J.O.'s are Junior Olympic divers, who have enough dives in their age group to compete in National qualifying USAD Regional or Zone meets. They may also qualify for AAU Nationals by score!

Parent Tip: Volunteering at meets is a great way to learn

WE ARE 'ONE' WE ARE A 'TEAM' & YOU ARE IMPORTANT & NECESSARY!
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