



Dear Parents & Divers,

Welcome to Osprey ZAP Diving. This informational packet will provide you with everything you need to know to get you started on lessons or team and your new adventure.

Our policies and procedures and other important information have been implemented & provided here, so you have a clear understanding of what is expected of you and your athlete. Please keep this information to refer to from time to time.

Please understand that as you enter this new and exciting sport, communication is important, especially if we are to help your athlete reach his or her goals. If you have any questions, please feel free to call me for answers, clarifications or guidance.

We will share and have individual goals and team goals...and while our main priority is to keep your child safe and learn proper diving technique, we want them to enjoy themselves along the way, thru hard work, so they may achieve their best and reach their potential.

Teaching and encouraging your young athlete is a challenging and rewarding journey. We are passionate about our responsibility and how we go about it. We will help with their character development, self confidence level and positive self-image. Once again, Welcome! Enjoy the Journey!

Sincerely,

Jim Kelly - Head Coach
Osprey ZAP Diving
781-264-3212

JimUSAdiver@gmail.com



USA & AAU MEMBERSHIP INSTRUCTIONS

HOW TO REGISTER WITH AAU (AMATEUR ATHLETIC UNION)

To participate in Diving lessons and Team, AAU Membership with extended/added benefit, is compulsory. Please sign up for AAU online. PLEASE NOTE THAT A DIVER WILL NOT BE ALLOWED TO PARTICIPATE IN lessons or practices WITHOUT AN A.A.U. MEMBERSHIP.

OSPREY ZAP DIVING'S CLUB CODE Changes yearly. Get it from coach before registering.

If you are already a member, log in and follow prompts. If you are new:

1. Go online to www.aausports.org Click the "JOIN AAU" top right
2. *"Apply for Membership" link, then "create account" link, then register your personal info

***Your personal info must be exactly the same when you register for a meet thru**

Divemets.com or when you register for USA Diving. eg (same name, initials, etc...Mattie Stauss on one registration and Mattisha T. Stauss on another will not be recognized)

3. Fill out Athlete application (Youth) 1, 2, or 3 years

4. **MUST SELECT "Extended" Benefit Membership**

5. Under sport: choose DI-Diving. AAU club name is OSPREY ZAP DIVING-CLUB CODE is: (check with coach)

Read agreement, pay by credit card & save your copy of transaction. (You do not have to order a shirt) Once completed please email Jim a copy. If you have any questions - please email me at JimUSADiver@gmail.com

HOW TO REGISTER WITH USA DIVING

1. Click on this link: USA DIVING MEMBERSHIP

2. If this is the 1st time registering with USA Diving, click join USA Diving. Once on the page, hit "Join Today" link. If renewing, hit "Renew Membership."

3. Register for the "Competitive Blue Membership" at first. You can upgrade later to "Gold", when you are ready to dive in the more competitive meets, Regionals, Zones & Nationals, Synchronized Diving Championships,

4. Fill out all membership information.

5. Your Local Diving Association in which you reside or train is: FLORIDA GOLD COAST

6. Select the club with which you train or are affiliated: OSPREY ZAP DIVING-Club ID **TBA**

7. Fill out your child's information then click continue and waiver.

8. Pay with Master Card or Visa, click join...and you are a member.

9. If you need any help, please TEXT Coach Jim -781-264-3212
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THREE DIVING PROGRAMS

REGISTRATION FORM - PLEASE CHECK ONE MONTHLY PROGRAM

NON-TEAM / ____/

LEARN TO DIVE MONTHLY LESSONS - 9 & UNDER & 10-11

FIVE two-hour lessons in a month -\$125

8-10 two-hr lessons - \$250

ONE two-hour lesson (less than 5 lessons) - \$35;

PRIVATE - \$75

TEAM / ____/

SILVER - FUTURE CHAMPIONS/NOVICES —9 & Under - 10 & over; minimum 3 months

Before eligible for GOLD TEAM; TUES-THURS & SAT PRACTICES - **\$265** PER MONTH

10 & Over **SILVER May exceed 12 practices a month upon invitation!**

GOLD TEAM / ____/ - GOLD All Ages — J.O. Divers! Had a minimum of 3 months and no longer NOVICE. Choose days from our updated calendar

UNLIMITED PRACTICES PER MONTH - \$250

Please call Coach Jim for proper placement and any questions - 781-264-3212 please fill out all necessary forms & bring in to Coach Jim - Pay online at: <https://ospreyzapdiving.com/online-diving-payments>.

Parent Name _____

Diver Name _____ Birthdate _____

AAU/USD # _____

Address _____

City _____ State _____ Zip _____

Phone _____

(cell) _____ Phone(home) _____

Email(s) _____

Previous diving experience/previous diving team & coach _____

Signature of _____

Diver _____

Signature of _____

Parent _____

Please pay in advance for your lessons. Sorry no refunds.

Fees payable online at:

<https://ospreyzapdiving.com/online-diving-payments>

Feel free to TEXT Jim at: 781 264-3212

Osprey ZAP Diving TEAM & LESSONS MEDICAL

PARTICIPANT INFORMATION

NAME: _____ DOB: _____ AGE: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ HOME PHONE: _____

PARENT/GUARDIAN INFORMATION

NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

EMERGENCY CONTACT: _____ PHONE: _____

PLEASE DESCRIBE ANY SPECIAL MEDICAL NEEDS/CONDITIONS BELOW AND ON REVERSE SIDE INDEMNITY AND RELEASE

I, the undersigned parent or legal guardian of the minor, whose name appears above, consent and agree that the above-named minor may participate in the OZD sponsored or provided activities. The undersigned further agrees that JAMES W KELLY-OSPREY ZAP DIVING and its officers, agents, representatives, volunteers and employees will not be held liable for injuries or other loss sustained by the minor which occur as a result of the above-named minor's participation in the JWK-OZD sponsored or provided activities. The undersigned hereby authorizes JWK-OZD to call my physician and/or arrange for transportation to a hospital in the event of any injury to the minor child, although I understand that JWK-OZD has no and assumes no responsibility to do so.

The undersigned parent/guardian, specifically WAIVES ANY CLAIM against JWK-OZD and its officers, agents, representatives, volunteers and employees. The undersigned hereby RELEASES, DISCHARGES AND COVENANTS NOT TO SUE JWK OR OZD for any loss, injury or damage or death sustained by the above-named minor that arises out of participation in the JWK-OZD sponsored or provided activities, whether caused in whole or part by the negligence of JWK-OZD or by the negligence of the officers, agents, representatives, volunteers, or employees of the Village.

Further, the undersigned parent/guardian, agrees to INDEMNIFY, DEFEND AND HOLD HARMLESS JWK-OZD and its officers, agents, representatives, volunteers and employees from any and all claims, actions, demands, rights, judgments or expenses arising from or by reason of any and all known damages, claims or actions arising from the above-named minor's participation in the JWK-OZD sponsored or provided activities.

The undersigned understands that JWK-OZD is not responsible for damage to or loss of money or personal property arising during or before or after the minor child's participation in any activity.

This WAIVER, RELEASE and INDEMNITY shall continue notwithstanding any negligence or comparative negligence on the part of JWK-OZD relating to any loss, injury or damage. The undersigned parent/guardian, also agree that this Waiver and Release form shall be binding on my heirs, successors and assigns.

By signing below, the undersigned parent/guardian acknowledges that (he/she) has fully read, understood and agrees to each and every term contained in this Waiver and Release

PARENT-GUARDIAN (print) _____ SIGNATURE _____



Osprey ZAP Diving TEAM & LESSONS

**PARENT'S DIVER PHOTO/VIDEO IMAGE/LIKENESS
CONSENT FORM**

Your child and young athlete is of utmost importance to you and to us as well. We welcome you into our diving world. Like you, we want what is best for them. And we want them to

feel good about themselves and we feel that getting the positive recognition they deserve is important.

We all recognize the importance of promoting programs, but we especially understand the importance of recognizing our children for their accomplishments and exploits with their peers, their community and the diving community as well. Whether they learn a new skill/dive or win Nationals they deserve recognition. And we plan on doing just that. In this day and age of instant social media, we also recognize privacy issues and want you to know that all USA Diving Coaches are required to undergo a Safe Sport Training course which deals with sports issues of today.



With that understanding, we ask your consent to use photos/videos or images of your diver on our web site/emails or other respected newspapers or news media. We will respect your wishes. Thanks.

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**PARENT CONSENT FORM**

I consent to my son/daughter's photo/video/image and/or name in news articles being used in OSPREY ZAP DIVING correspondence or media.

I understand only I (designated/recognized parent), OSPREY ZAP DIVING Coaches or assistants, designated photographers or media affiliates may video or take photos of my child. I am also aware that at the big competitions, photographers and videographers are hired to photograph divers (for your purchase)....and you agree to that upon registering with the AAU & USAD for these meets.

Please alert head coach or assistants if you have any questions on unauthorized persons taking pictures or videos.

PARENT  
SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

DIVER  
NAME \_\_\_\_\_ DATE \_\_\_\_\_

Feel free to TEXT Jim at: 781-264-3212

## Osprey ZAP Diving TEAM FEES & COMMITMENT

You do not have to desire to be an Olympian to compete on a USA OR AAU Diving team. You do have to set goals which we will help you with. "Dream It, Believe It, Work it, Achieve It!" You are expected to support our team goals & effort as well. Setting your goals high is important but as the Olympic Creed tells us:

"The most important thing in the Olympic Games is not to win, but to take part. Just as the important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well." Baron Pierre de Coubertin - founder of the modern Olympic Games

We want you to flourish in our positive, team-supportive, progress-not-perfection atmosphere. We especially dedicate ourselves to keeping you safe, working hard, developing sound character traits, while having fun!

The difference between Lessons and Team is **desire & commitment**. Once you have completed at least two months of eight two hour lessons in our Future Champions program, you may be invited to join our competitive team. Team involves Novice Divers-beginner divers & Jr. Olympic divers-age group divers who have enough dives to compete in their age group. Once on team, you are expected to compete & continue thru the year: September thru August with your family breaks & vacations dispersed thru the year.



## PARENTS' AGREEMENT & COMMITMENT - FEES

**\$265** per month for new divers & SILVER TEAM; **\$250** per month for all GOLD TEAM divers. Osprey ZAP Diving is a **year-round program**. By signing this contract you are bound to training and paying monthly Sep thru August-depending. Team fees are due by the 5th of each month (for all programs). Late fee of **\$50** applies after the 5th of the month. Please use our new PAY-ON-LINE page on website: [WWW.OSPREYZAPDIVING.COM](http://WWW.OSPREYZAPDIVING.COM) If you cancel or decide to not fulfill your yearly commitment, please respect us with a notice of cancellation at least a month prior to your departure.

### NO REVOLVING DOOR POLICY

\_ No makeups for holy days or holidays, etc. It is your responsibility to get in your recommended number of days. Team has no refunds or \*credits. Dues are not prorated and you must pay before the **5th** of each month. **No revolving door policy allowed. You cannot come in and out of team without penalty/consequence.** Extended absence due to injury or sickness-with a doctor's note is the only exception. With doctors' approval, divers are expected to make practices for dry land and conditioning even if they cannot dive.

\_ **MEET FEES - \$40 per diver** to cover coaching at all meets. Coach's **expenses (lodging, transportation, meals)** are added for traveling/away meets & will be divided up by the number of divers attending. (You are obligated to represent OZD at all meets! **Extreme exceptions are taken into consideration.** e.g.: One-day meet **\$40** per day per diver except for bigger meets which are: **\$150 (minimum) per diver per Regional or Zone Championship Meet. \$200 per National Championship meet.** Miscellaneous costs for team outfitting - prices vary and are usually one-time-yearly: suits, shirts, team backpacks, warmups, etc.

|                             |            |
|-----------------------------|------------|
| Parent's printed name _____ | Date _____ |
| Diver Name & Age _____      | Date _____ |
| Parent signature _____      | Date _____ |

Feel free to TEXT Coach Jim at: 781-264-3213

**Osprey ZAP Diving TEAM CODE OF CONDUCT** While we pride ourselves on building character and improving the overall person...You are the primary reason for your progress & development - as a diver and as a person. To reach your Zenith, Apex, Pinnacle of individual and team performance, you must abide by our code of conduct. You not only represent yourself, your family, you represent your team and we expect you to be an important part of our positive & respected image.

**GENERAL CODE OF CONDUCT:** "Due unto others as you would have others do unto you!"

1. The Three C's (more can be added) - Be Courteous, Considerate & Cooperative at all times. Being nice to others is really simple. a) Listen to learn and learn to listen! Especially do not talk or play around when coach is teaching or coaching. b) 'Please' & 'Thank You' are words we like to hear. Being rude or mean to others will not be tolerated.
2. Support & encourage your teammates at all times. Do not coach your teammates. Only coaches coach. Beaming Positive Energy Beams is encouraged. (you will learn 'the how' when you begin diving:)
3. Respect invites respect! Respect others at all times - teammates, competitors, parents, teachers & coaches. Other divers have practiced and struggled with learning harder dives, just like you. If you are a diver, you know how hard it can be. Respect invites respect!
4. Profanity, smoking, drinking or use of any illegal substance will not be tolerated.

PARENT & DIVER have discussed this Code of Conduct and agree & commit by signing below.

|                     |      |
|---------------------|------|
| SIGNATURE OF DIVER  | DATE |
| SIGNATURE OF PARENT | DATE |

**TEAM PRACTICE RULES** - all of the above & to get the best out of each practice

1. **Listen to Learn & Learn to Listen.** Listen to your 'corrections' and your teammates' corrections too. you can learn each time the coach speaks, honest! We are a wealth of knowledge.
2. Once on the deck, immediately begin your Sun Exercises, stretches, bunny hops, & conditioning before asking coach if you can get in the water or on the boards.
3. **TRY -Test-Retest-Yourself.** Once you get the instructions on what we are working on, do it. It makes you & the coach smile :) at the end of each practice. Be like the "Energizer Bunny" and keep moving, once diver has cleared in front of you.
4. Never talk on the board. It slows down the practice Only the coach can slow down or interrupt practice. Ask questions or socialize while in between dives. Unless asked, parents should not coach or intervene.
5. Supreme FOCUS when it is your turn! Visualize greatness in each dive! **Practice POT-Positive Outcome Thinking**-erase "I can't" from your vocabulary. Start each statement with a positive! "I CAN" really helps!
6. Do not dive at the same time, unless we are practicing synchronized diving. Always make eye contact with divers on the other boards to see who was ready first (be courteous)
7. Make sure everyone is clear and over to the side of pool before going. Coach does not have to be looking directly in the eye to see your dive! He sees everything!
8. Surface quickly & swim quickly out of the way after your dive! Listen to your correction!
9. No balking or stopping on the board. It does not help you or your teammates. You can learn how to make a correction to a dive from a bad take off. (EXCEPTION: if dangerously back on a reverse take off)
10. If you are working hard, you will have fun! **Fun is a by-product of effort & hard work!**  
**Feel free to TEXT Coach Jim at 781-264-3212**

## TEAM POLICIES addendum

Being invited on **TEAM** is a **privilege**. It is a **commitment** and we have certain **expectations**. and you are obligated to do certain TEAM things!

While we are trying to help you be the **best you can be** and to reach your goals, we expect you to **give back** also, to help the TEAM to reach its potential. You ARE the team! And you are obligated to..

### RESPECT THE PROCESS!

We have the right to change or revoke your membership at any time ... for not following team policies & procedures.

Each year we have to explain 'the process' to new parents & divers. They need to understand what is expected of them; what obligations they have once committing to our team  
This TEAM PACKET EXPLAINS ALL YOU NEED TO KNOW!  
Some important Changes & FYI's:

**MEETS/COMPETITIONS: ALL TEAM MEMBERS PAY MEET FEES - Gold & Silver members are EXPECTED TO ATTEND ALL MEETS invited to.**

### MEET PROCESS & POLICIES:

**General meet timeline comes out and finalized a day or two before meet start!**

Team members/families should be at pool to support your teammates! At Away Meets we try to stay at recommended hotels and Parents should try to stay at same hotels and get together at least one night for dinner.

**ON POOL DECK - Check in with coach after every dive during event; be respectful always; never leave premises without telling coach; say goodbye always!**

**ATTENDANCE:** it is your responsibility to get in your allotted number of times per week. Failure to do so can result in demotion to lower team level.

14-18 age group - 4-5 times a week

12-13 age group - 2-3 times a week

10-11 age group - 2 times a week

9 & u age group - 1 time a week

### QUALITIES OF A STRONG & POSITIVE TEAM

**STUDIES SHOW A COHESIVE, CARING TEAM PERFORMS BETTER!**

Simply, giving back is **RESPECTING THE PROCESS** as it is laid out!!

**A few ways YOU can give back are:**

**COMMITMENT**-Please put OZD somewhere up in your priorities! Open & **HONEST COMMUNICATION** always helps.

- 1) **Consistency** - steady, consistent practice makes steady, consistent athlete!
- 2) **Dependability/Reliability** Compete in EVERY MEET invited to.
- 3) **Loyalty** - Attend all team functions.
- 4) **Responsibility**-attend our **important Saturday practices**.
- 5) **Dedication** - older divers exhibiting leadership at practices & meets!
- 6) **Communication** - **responding to COACH's communiques** & be open to changes.
- 7) **Support** - being pro-active & helpful with team functions
- 8) **Sacrifice** - Giving your time to make it work for all.
- 9) **Unselfishness** - thinking outside your realm; be considerate of others

## TOGETHER WE WIN

Behavior, practice efficiency & your involvement **AFFECTS THE ENTIRE TEAM & Your coach**. We **STRIVE FOR THE MOST POSITIVE EXPERIENCE FOR YOU and THE TEAM** so ....**PLEASE** read & understand your part is **IMPORTANT!** There will be consequences for misbehavior or failing to respect team policies. Thanks for your understanding & support. **I HAVE READ THE PARENT'S SURVIVAL GUIDE** \_\_\_\_\_

Signature of Parent

| Demotion to Silver                                                                    | Demotion to Lessons                                                         | Dismissal from Team                                                                    | Coach Responsibility                                                |
|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| <b>Miss one meet without a strong enough reason - eg birthday party/another sport</b> | Miss two meets;                                                             | Miss More than two meets                                                               | Coach when necessary, will always communicate individually          |
| <b>Disrespect Coach teammates or practice process;</b>                                | 2 or more warnings; not listening, trying hard enough; disrupting practices | Continual warnings about practice habits; not listening, trying hard enough            | Coach will always do what's best for the Individual during practice |
| <b>Non-compliance with age group # of practices; inconsistency</b>                    | Only diving once a week                                                     | Disrespectful/ unkind or mean comments to a teammate or coach<br>Parental interference | Coach will always do what's best for the TEAM overall               |
| <b>Lack of effort or attendance</b>                                                   | Not willing to conform or adhere to TEAM policies                           | PARENTS COACHING<br>On deck; Non payment or untimely payment                           | While trying to empathize with troublesome diver                    |

Let's all be fair & responsible to each other! **SUPPORT** one another! **ONWARD & UPWARD!**  
**TOGETHER WE WIN!!**

Coach Jim  
OSPREY ZAP DIVING  
781-264-3212