

July 1, 2025

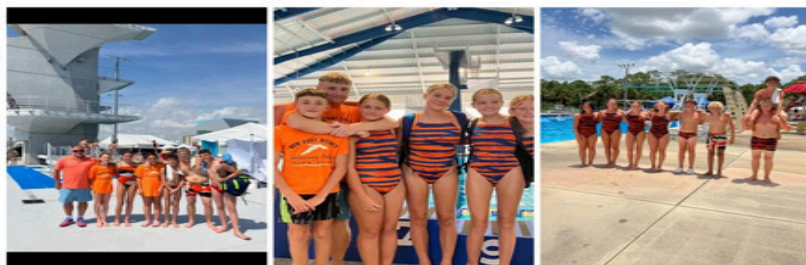
Dear Parents & Divers,

Welcome to NPR 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 through hard work, so they may achieve their best and reach their potential. Teaching and encouraging your young athlete are 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!

Thanks Coach Rob      Cell 727-457-4387      Email: [swimmingdivingpe@yahoo.com](mailto:swimmingdivingpe@yahoo.com)



AAU & USA MEMBERSHIP INSTRUCTIONS **MANDATORY FOR TEAM PARTICIPATION & team insurance.**

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 practice WITHOUT AN A.A.U. MEMBERSHIP OR USA DIVING**

NPR/ GTSA DIVING'S CLUB CODE Changes yearly. Get it from the coach before registering.

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

1. Go online to [www.aausports.org](http://www.aausports.org) Click the "JOIN AAU "top right
2. \*"Apply for Membership"
3. Fill out Athlete application (Youth)
4. MUST SELECT "Extended" Benefit Membership
5. Under sport: choose DI-Diving. AAU club name is NPR/ GTSA DIVING-CLUB CODE ask Coach

Once completed please email Coach Rob a copy of your membership. If you have any questions - please call me.

#### 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 the "Join Today" link. If renewing, hit "Renew Membership."
3. Register for the "Competitive Membership" 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.
6. Select the club with which you train or are affiliated:
7. Fill out your child's information then click continue and waive

#### **DIVING PROGRAMS REGISTRATION FORM PLEASE CHECK ONE MONTHLY PROGRAM**

**Drop IN** \_\_\_\_ LEARN TO DIVE LESSONS \$30 a Day need to pay before you Dive

**NPR** \_\_\_\_ LEARN TO DIVE AND JO TEAM \$200 Due on the 1st of every month. Late fee on the 5th is \$25

**NPR DISCOUNTED SIBLING** \_\_\_\_ \$175 Due on the 1st of the month. Late fee on the 5th is \$25

**GTSA** \_\_\_\_ LEARN TO DIVE AND JO TEAM \$175 Due on the 1st of every month. Late fee on the 5th is \$25

**GTSA DISCOUNTED SIBLING** \_\_\_\_ \$150 Due on the 1st of the month. Late fee on the 5th is \$25

Please pay by the 1st of every month. There is a late fee if you do not pay by 5th of \$25. Sorry, there are NO refunds. Please call Coach Rob for any questions 727-457-4386 please fill out all necessary forms & bring into Coach rob. Pay using Venmo, Cash or Check

Diver Name \_\_\_\_\_ Birthdate \_\_\_\_\_

AAU # \_\_\_\_\_ USA# \_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_State\_\_\_\_\_Zip\_\_\_\_\_

Phone (cell)\_\_\_\_\_Phone(home)\_\_\_\_\_

Email(s)\_\_\_\_\_

Signature of Parent\_\_\_\_\_

**NPR/GTSA 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**

NPR \$200 OR GTSA \$175 per month TEAM divers NPR/GTSA Diving is a year-round program. By signing this contract, you are bound to training and paying monthly Starting July 1, 2025, thru July 1, 2026. Team fees are due by the 1st of each month. Late fee of \$25 applies after the 5th of the month. Please use Venmo, Cash or Check. 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** - \$20 per diver to cover coaching at all meets/practice. Coach's expenses (lodging, transportation, meals) are added for traveling/away meets. (You are obligated to represent NPR/GTSA at all meets! Extreme exceptions are taken into consideration. e.g.: One-day meet \$20 per day per diver except for are out of state: \$125 (minimum) per diver. West coast or meet with extreme circumstance \$175 per diver.

---

**Coach Fees/Team Fees:** \$100 February 1st, June 1st, November 1st. this fee is to help coach cover the cost to keep the team registered with AAU and USA. So Coach can keep all his certifications to be on the pool deck and to pay for additional insurance that he needs at all the pools we use.

**NOTICE OF EXTENDED ABSENCE:** A diver may take an extended absence for 1 calendar month or up to 2 calendar months maximum, per 12-month consecutive period. Should an athlete require more than a 2-calendar month extended absence, the athlete will need to withdraw from the program. Notice of Extended Absence must be received NO LATER than 15 days prior to the start date of the extended absence. Monthly NPR/GTSA payment will be waived only after a completed Notice of Extended Absence is received, as stated above. Please note that unless a completed Notice of Extended Absence is received, NPR/GTSA members are responsible for all monthly team dues - no exceptions. **If you stop in a month the Coach Fees/ Team Fees are due, you will still need to pay that.**

Diver Name \_\_\_\_\_

Parent signature\_\_\_\_\_ Date\_\_\_\_\_

**NPR/GTSA 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. always Support & encourage your teammates. Do not coach your teammates. Only coach's coach. Beaming Positive Energy Beams is encouraged. (You will learn 'the how' when you begin diving:) 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 \_\_\_\_\_

**Rules and Regulations, Parental Code of Conduct & Travel Code of Conduct:**

NPR/GTSA Diving Club is committed to the highest ideals of sport and expects all parents to honor these ideals. All NPR/GTSA Diving Club parents are expected observe the following Code of Conduct:

1. I will remember that my child is participating in NPR/GTSA for his/her enjoyment and will encourage participation.
2. I will encourage my child to dive by the rules and to resolve conflict without resorting to hostility or violence.
3. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of the meet. I will make my child feel like a winner every time by offering praise for effort.
4. I will never ridicule or yell at my child for making a mistake or failing a dive.
5. I will remember that children learn by example. I will teach and practice good sportsmanship at all meets and practices. I will applaud good dives by both my child's team and their opponents. I will not be critical of or embarrass any diver.

6. I will never publicly question the judges' judgment or honesty. Diving is a subjective sport and officials are to be treated with respect, even if I disagree with the scoring. I will express any concerns pertaining to officiating with the NPR/GTSA coaching staff only, and they will handle as they see fit.
7. I will respect and show appreciation for the volunteers, officials, coaches, and administrators who provide opportunities for my child.
8. I will never yell, taunt, threaten or inflict physical violence upon any diver, coach, official or spectator at any NPR/GTSA events. I will refrain from the use of abusive or vulgar language, racial, ethnic, or gender-related slurs at any NPR/GTSA function.
9. I will leave the coaching to the coaching staff. I will encourage my child to dive in a manner consistent with the coach's strategy or plans.
10. I will communicate any concerns I have regarding my child's diving with the NPR/GTSA coaching staff either during business hours or during a scheduled meeting time.
11. I will insist that my diver dives in a safe and healthy environment. I will support a sports environment that is free of alcohol, drugs or tobacco and I will refrain from the use at all NPR/GTSA events.
12. I will observe practices from the designated area only.
13. I will respect the coaches' time and ensure my child is picked up from practice on time.
14. When using Group Me you need to be respectful to Coach and everyone using it. If you have a problem or concerns about anything you should not post it on Group Me. It should be text to Coach Rob only.
15. All parents, athletes and family members must be in total support of the program. If there are any problems, questions or any item needed to be discussed with the Director, please call, and make an appointment as soon as possible.
16. Divers may be asked to leave the team if they or their parents do not follow and support the program, team rules and regulations as well as the parents' code of conduct. Every effort will be made by the Director to rectify the situation prior to the dismissal of a family from the team.

**Parents' and visitors' sitting Area** - All parents and visitors wishing to watch workout must do so from the canopy covered silver bleachers in the northwest side of the pool. Please allow the coaches to do their jobs and allow your young athletes to enjoy you as their parents. We have the best interests of your child's safety, progressions, and success in mind – not only in the sport of diving but in the life lessons that sports teach. Please sit back and enjoy the process. If there is a question or in your opinion a problem, please set up a meeting with the coaching staff when we can give you full attention instead of during training.

**Coaching your child** – Never give the appearance of coaching your child or any diver. Never coach your child or any other diver. Coaching or the appearance of coaching is not limited to giving corrections to the diver (direct coaching), and includes telling the divers what dives to perform, as well as interfering with the coaches' decisions with regards to team training (at our pool and at events), days off, training schedule, grouping of divers, when to travel to meets, what dives to perform in competition, to name a few. Your children want to please you. Because of this your diver will try to impress you first and foremost, while maybe forgetting what the coach is attempting to have them change. We welcome questions about your child and our coaching philosophies, but you should not question or discuss the decisions we make to other parents or your athlete. Instead, any questions surrounding training should be done in a one-on-one meeting with the coaching staff and we welcome that when needed. For the program to grow and work for the good of the whole, there needs to be trust in the staff to know that we have the best interest in the diver and the team in mind.

**Give your athlete love and positive support as a person** - Remember this is your child. Love him/her unconditionally. There is nothing better in life. All your child wants and needs from you is knowing you will be there for him/her with unconditional love and support no matter what. Children want to please their parents. Because of this your diver will try to impress you first and foremost. Remember, they live with you – not the coaches. Allow us to be the bad guys when we need to be, and not you. Your child will enjoy talking about diving, their fears, and accomplishments with you if you just support them and not become their part time coach.

**Do not approach a coach during practice** - If you have a question and would like to address a coach in person, wait until the conclusion of all practices for that day. If you have a question or concern, we invite you to set up a face-to-face meeting. Please do not approach the coach during workout times as we will not be able to give you full attention and it would detract from the attention needed for all our divers.

**Aggressive behavior or language** - Aggressive behavior or language will not be allowed through e-mails, phone calls, voice mails, text messages, instant messages, and any other form towards any member of the NPR/GTSA coaching staff or member of the team (another parent or athlete).

#### **Travel Code of Conduct:**

NPR/GTSA Team t-shirts and/or warm-ups are to be worn while at the pool. Team swimsuits MUST be worn during all competitions. During competitions, parents must stay in the designated spectator area and must not enter the competitive area. Divers will be instructed not to sit with their parents or family during their event.

#### **AAU and USA Diving Parent Code of Conduct & Responsibilities**

The Amateur Athletic Union (AAU) Diving program and USA Diving program emphasizes the importance of parents in supporting their child's diving journey and fostering a positive environment for all participants.

**Key Parent Responsibilities and Expectations:**

**Support and Encouragement:**

Ensure your child arrives at practice on time and prepared.

Offer encouragement and enthusiasm without excessive pressure.

Be there for your child, regardless of practice or competition outcomes.

Refrain from pressuring your child and focus on their accomplishments.

Understand that inconsistencies and challenges are part of the process, and patience is crucial.

Avoid negative comments like "You did well, but..." and maintain a positive outlook.

**Respectful Behavior:**

Do not coach your child or other divers during practices and meets, leaving that role to the coaches.

Do not criticize coaches, officials, or other divers in front of your child.

Show respect to all participants, including athletes, coaches, officials, and other parents.

Do not engage in unsportsmanlike conduct towards any coach, parent, or attendee.

Maintain a respectful and productive communication style with coaches when addressing concerns.

**Support for the Team and Program:**

Assist with team or meet activities when needed.

Acknowledge and thank coaches and volunteers at meets.

Support your child's teammates and avoid negative behavior.

Communicate directly with the coaching staff regarding concerns.

**Travel and Meet Responsibilities:**

Parents of divers 13 and younger are required to travel and board with their child or arrange for a chaperone.

Parents are ultimately responsible for housing, transportation, and monitoring their children during competitions.

**Specific Prohibitions:**

No drugs, alcohol, or tobacco consumption at AAU events or team-related events.

No verbal or physical threats directed at any coach, parent, participant, or official.

No use of profanity at team facilities, events, or on affiliated social media.

**Consequences of Violations:**

Violations of the Parent Code of Conduct may result in disciplinary action, potentially including removal of the diver or parent from the program.

**Important Notes:**

AAU Diving emphasizes a focus on fostering a positive environment for all participants.

Parents are encouraged to utilize resources like the Positive Coaching Alliance course to learn more about positive coaching practices.

Parent name (print)

Parent signature and date

---

Athlete name (print)

Athlete signature and date

---