

WEST FLORIDA LIGHTNING AQUATICS – DIVING

MEMBERSHIP INFORMATION AND RULES

Applies to:
WFLA Club and
High School Diving Athletes

Updated: September 2025

WEST FLORIDA LIGHTNING AQUATICS – DIVING CLUB

Membership Information

The following forms and membership cards must be provided to the Coach before your athlete is allowed to dive at Southwest Recreation Complex:

☐ Copy of City of Largo Online Digital Athlete Waiver – MANDATORY

☐ Copy of AAU Membership Card – MANDATORY (see page 3 & 4)

Obtained through www.diveaaau.org or www.aausports.org
Annual Cost is \$20. Our team Code is UJDBMZWX

☐

Athlete and Parent Information Form – MANDATORY (page 9)

This permits the Coach, the Diving Board Member, WFLA Treasurer, Diving Membership Coordinator, or the City of Largo Aquatics Supervisor to get in touch with you.

☐

Media Release Form – MANDATORY (page 10)

This permits the Club and/or the City to photograph divers for the purposes of marketing the Club, the Aquatic Center, or City activities.

Health Care Release Form (pages 11-12)

Parents are not always on the pool deck. If your child has an accident, the Coach will make the necessary decision about care. Emergencies will result in a call to 9-1-1 first and to the parents second. Having medical information on file will assist in the event of an emergency.

Optional: USA Diving Membership (Page 4)

The Coach will let you know if this pertains to your athlete.

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Membership Details

This information pertains to all divers participating in WFLA Club and seasonal High School programs. The following is mandatory:

1. City of Largo Athlete Waiver
2. Amateur Athletic Union (AAU)

WFLA Club ID is UJDBMWXA

Optionally, if your athlete would like to participate in Junior Olympic USA Diving competitions, s/he must be registered as an athlete through USA Diving. Your coach will tell you if this is needed for your athlete.

1. City of Largo Waiver **This is MANDATORY**

The City of Largo requires all participants who use its athletic facilities to sign a waiver. Turn in a copy of the waiver to the Coach.

2. Amateur Athletic Union (AAU) **This is MANDATORY**

It is required that each diver register with the AAU. This registration provides supplemental insurance that is required of all athletes who use the diving facilities. Website: <http://aausports.org/JoinAAU.aspx> or www.diveaau.org.

You need to register your athlete under “Athlete Registration”. The cost is \$20-\$22 per year. WFLA Club Code is UJDBMWXA

After you register, print at least two copies of your athlete registration. Keep one for your athlete or home records and give the other copy to your WFLA Coach.

Your athlete will not be allowed to dive without a current AAU Membership Card.

More information about the insurance coverage can be found on the AAU website at: <http://www.aausports.org/Resources/InsuranceOverview/Introduction.aspx>

USA Diving

This is optional. Your athlete may elect to participate in USA Diving competitions. USA Diving, Inc. is a not-for-profit organization recognized by the U.S. Olympic Committee as the sport's national governing body (copied from website August 2012). Information about this organization can be found at www.usadiving.org.

WFLA Club Divers do participate in USA Diving competitions. In order for your athlete to participate in these competitions, registration with USA Diving is required.

Membership costs vary depending on the level of competition your athlete will participate. Many new divers are best participating in Future Champions meets, which requires a "Athlete" membership for \$43 per year. For those advanced divers who will participate in Regional, Zones, and Nationals competition, a "Competition Athlete" membership is required at \$203 per year. See the following page for information on memberships through USA Diving. (Membership costs as of 5/22/2025)

<http://www.usadiving.org/join-usa-diving/athlete-membership/>

If you register your athlete through USA Diving, print a copy of the registration information (membership card) and give it to your WFLA Coach.

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Etiquette

Parents, Family Members, and Friends of athletes are welcome to sit poolside to watch your athlete. Do not interfere with the Coach's instructions, provide additional instructions to an athlete, or shout at your athlete or any other athlete.

If any behavior exhibited by parents, family members, friends, or athletes is disruptive to the safety of the athlete or interferes with the Coach's ability to train, the individual or individuals will be dismissed from the pool deck and/or the Southwest Recreation Aquatic Center either temporarily or permanently by the Coach, Lifeguard, or a member of the City of Largo Aquatic Center Staff. Appeals can be made to the WFLA Board of Directors, Diving Representative.

The Coach is there to provide instructions to your athlete and to ensure the safety of all athletes participating during training. The Coach has the final say in all matters pertaining to training and safety of each athlete.

If you elect to leave the Aquatic Center, you should return to pick-up your child at the designated end of practice time. Do not leave your Coach with your athlete after practice. Please be respectful of the Coach's time and realize s/he has other commitments after diving practice ends.

If you have questions for the Coach, please wait until after practice to speak with the Coach. Interrupting the Coach could endanger the divers and it removes the focus of the Coach from the athlete which will result in an athlete not receiving feedback after his/her dive.

Feel free to show your encouragement for divers learning new dives by cheering for them!

During winter months, the Team is responsible for ensuring that heat tarps are placed on the pool after each diving session. Please ensure that your athlete remains behind to assist others in pulling tarps across the pool. The tarps are heavy. In addition, the assistance of parents or guardians in positioning the tarps, unwinding the tarps, and moving the tarp holders is also required. Please be courteous and remain behind to assist in this vital activity.

WFLA Diving Club shares the Aquatics Center with WFLA Swimming, Synchronized Swimmers, Scuba Diving, and City of Largo recreational pool users. Please be courteous of others who use the pool and uphold our responsibility to keep the pool clean and safe.

Leave with what you brought: remove any items you brought to the pool including towels, shammies, hair ties, beverage containers, food items, shoes, etc.

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Monthly Coaching Fees

Coaching fees should be made payable to WFLA and are due no later than the 1st day of each month or the first practice in which the diver attends.

Your Coach is not paid by the City of Largo or Southwest Recreation.

Coaching fees include required payments to the City of Largo for maintenance and use of the Aquatics Center. The single fee you pay to the Coach contains these payments. WFLA Board of Directors ensures the payments are made to the Coaches and the City from the payment you make.

Coaches may provide private Coaching times with athletes for additional fees. Please talk with your Coach to arrange private lessons.

If your fees are not paid on time, your Coach may suspend your participation until the fees are paid.

Medical Information Club and High School Divers

By registering with AAU and obtaining insurance, as parents/guardians you recognize that Diving, like any other sport, carries risks. WFLA Diving Club recommends that your athlete receive a physical examination prior to beginning training with the Club.

All Divers, including WFLA Diving Club athletes and seasonal High School Divers may complete the following Medical Information form and provide it to your Coach. The Coach will keep this information on file and it will be used if emergency care is needed for your child during a diving event, competition, or any practices.

Optionally, High School divers can submit a copy of the Health/Medical information provided to their High School to the Coach.

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Other Information

Platform (or tower) diving is not automatic and will only be trained when the Coach feels the diver is ready. Body position and control are imperative when diving from the platforms and only when these skills are fully developed by the diver, will the Coach allow the diver to train on platform. Divers should NOT go on the platforms without the express permission and under the guidance of the Coach. Platforms are locked when not in use.

Diving boards are not play areas. There are risks associated with this sport and when the Coach says “stop” or “no”, these directions must be strictly followed by the athletes and parents.

Your athlete may see other divers wiping themselves with shammies. These small, water absorbent towels keep the athlete dry and prevent water build-up on the boards which minimizes potential slipping hazards. Shammies can be purchased at local sports outlets, through www.swimoutlet.com, through other online outlets including Amazon.com, and at some diving meets.

In addition, your athlete might want to purchase a swim/dive bag intended to hold wet towels and swimsuits.

Please have your athlete wear sunscreen.

No running on the pool deck.

If your athlete needs to leave the diving area or the pool deck, s/he must let the Coach know prior to leaving.

Training still occurs during winter months, although diving may not occur on cold days. Southwest Recreation has a ‘dry land’ facility which consists of a springboard, with harnesses, and a very large mat. The Coach may have your child participate in dry land training during winter months. The pool does not have a hot tub, but does have a portable hot shower that is rolled out during colder months and is used to keep the divers warm between dives.

All divers are required to assist with pulling tarps during colder months at the end of practice.

All divers should stretch prior to diving to minimize the risk of injury.

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A note about High School diving

High School diving is separate from the WFLA Club Diving program. WFLA Diving Coaches are utilized by many area High Schools as trainers. However, to utilize the facility and the Coaches, High School athletes must follow the rules contained in this packet and as outlined below. These rules are governed by either the City of Largo, WFLA, FHSAA (Florida High School Athletic Association), and/or the local School Board.

Athletes diving for FHSAA, must follow all requirements of their home High School and School District for competing in a High School athletic program.

In addition, High School divers are required to follow the same rules outlined in this guide and must:

- Register with FHSAA and get athletic insurance through their School District. Bring a copy of this insurance information to your Coach.

Register with AAU. Use the Club code of UJDBMZWXA

- No athlete is allowed on the boards without an AAU membership card. This is required, by contract, with the City of Largo, Southwest Recreation, and WFLA.
- Pay monthly Coaching fees by the 1st of each month. Area High Schools do not pay Southwest Recreation for the use of the pool nor do they reimburse the Coaches for their time.
- Complete the Athlete/Parent Information form and return it to the Coach
- When the WFLA Coach attends High School diving competition on behalf of a High School athlete (such as Regions, Districts, State competitions), the athlete's family is responsible for paying Coaching fees to cover the cost of the Coach's travel, time, and expenses.

High School divers are allowed to compete at WFLA Diving competitions if they are registered with AAU, have completed all required WFLA forms, are registered in Dive Meets, and have cleared competition participation with the Coach. If it is a USA Diving meet, the athlete must also be registered with USA Diving. See Memberships for more information.

WEST FLORIDA LIGHTNING AQUATICS – DIVING CLUB

Athlete and Parent Information (Club and High School Divers, Required Form)

Athlete's Name: _____

Date of Birth: _____ Cell Phone*: _____

Athlete resides with: ___ Mother ___ Father ___ Both Parents

Mother or Legal Guardian name: _____ Phone _____

Address _____ City _____ Zip _____

Father or Legal Guardian name: _____ Phone _____

Address _____ City _____ Zip _____

Mother's Business Phone _____ Father's Business Phone _____

Mother's Cell Phone _____ Father's Cell Phone _____

Do you give permission for your Coach to text the parent/guardian cell phone: Yes No

Do you give permission for your Coach to text the athlete cell phone: Yes No

(*This is used for the Coach to text the athlete with changes in diving schedule due to weather or other events)

E-mail address (please print and list any emails where you want information sent). This list will not be shared outside the Club. It is used to provide updates to parents about schedules, upcoming meets, etc.

1. _____

2. _____

3. _____

Please complete this form and return it to your Coach.

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Media Release Form (Club and High School Divers, Required Form)

WFLA requires athlete (if not a minor) or parent permission to use a person's photograph, voice, and/or name in various media releases. Please return this form to your athlete's Coach.

Parents/Guardians/Athletes are not allowed to record and/or post photographs, videos, or other likenesses of any athlete to any Internet-based and/or Social Media sites without the express permission of the athlete's parent/guardian. WFLA may designate a team parent to photograph at events for the purpose of sharing the photographs with media outlets such as local newspapers or television stations or posting on a team website.

☐ Yes – I consent. I hereby consent to the use and editing and release of video or audio recordings, sound tracks, films, photographs, or written article of my child. I release the City of Largo and West Florida Lightning Aquatics (WFLA), and WFLA Coaches, its employees and assignees from any and all claims resulting from such use and editing in any media, and use, sale, editing, and release to newspapers, radio, television stations, and use on the Internet.

☐ No – I do not consent to the use of my child's photograph, voice and/or name in any media publications.

Dated: _____

This Media Release Form will be valid as long as the athlete is a registered diver with the WFLA Diving Program.

Athlete Name: _____

Athlete Signature (if 18 or older): _____

Parent or Legal Guardian Name (print): _____

Parent or Legal Guardian signature: _____

Parent or Legal Guardian Name (print): _____

Parent or Legal Guardian signature: _____

Parent or Legal Guardian signature is required if the athlete is younger than 18 years of age.

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Athlete Medical Information Form (page 1 of 2)

Athlete's Name: _____

Date of Birth: _____ Home telephone: _____

Address _____ City _____ Zip _____

Parent or Legal Guardian _____ Phone _____

Name of Relative/Responsible Party _____ Phone _____

Mother's Business Phone _____ Father's Business Phone _____

Mother's Cell Phone _____ Father's Cell Phone _____

Health History

Reaction to insect stings/bites (identify) _____

Diabetic yes _____ no _____ Prone to motion sickness yes _____ no _____

Special Health Problems _____

Allergy to Drugs (please specify Penicillin, etc.): _____

Present Medical Treatment yes _____ no _____ (If yes explain)

Physician _____ Phone _____

Insured By _____ Phone _____

Policy Number / Insurance Identification Number: _____

(page 1 of 2)

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Athlete Medical Information Form (page 2 of 2)

I/We the undersigned, being the parent or legal guardian(s), hereby give approval for the above named individual to participate in any and all West Florida Lightning Aquatics Diving Club Activities.

I/We the parent/guardian of the above named individual do give permission to the WFLA Coach(es) and/or other persons of authority to administer first aid to the above named individual.

I/We give permission to have the above named individual transported by ambulance, police, or private vehicle to a hospital or doctor's office, if deemed necessary.

I/We do hereby authorize the immediate treatment of the above named individual by a licensed doctor and/or hospital to the extent deemed necessary by such doctor and/or hospital.

I/We agree to hold harmless the WFLA Coaches, the booster organization and its members, the City of Largo, and other persons of authority participating in the medical treatment of the above named individual.

I/We guarantee payment of all expenses and charges associated with such medical treatment including physician, hospital laboratory, medication, transportation, etc.

(Signature of parent or legal guardian)