

WEST FLORIDA LIGHTNING AQUATICS – DIVING

MEMBERSHIP INFORMATION AND RULES

Applies to:

WFLA Club and

High School Diving Athletes

Updated: September 2026

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.diveaaui.org or www.ausports.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.

WEST FLORIDA LIGHTNING AQUATICS – DIVING CLUB

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 (Online Form)
2. Amateur Athletic Union (AAU)

WFLA Club ID is UN84AFYZV

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 UN84AFYZV

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.

WEST FLORIDA LIGHTNING AQUATICS – DIVING CLUB

EXPECTATIONS:

How to Be a Supportive and Successful Diving Parent

We want to express our gratitude to all the parents who take on the important responsibility of supporting their young divers. The success of our athletes is a partnership between coaches and parents, working together to ensure each diver's experience is as rewarding as possible. However, it is important to remember that parents' role is to support the divers and the program, while the coach's role is to guide and develop the athlete's skills. Our coaching staff's greatest fulfillment comes from helping young athletes grow. To make the world a better place, we must inspire our children to push beyond their limits and pursue excellence. Coaches expect athletes to give their best effort in practices and competitions, striving toward their personal goals. In turn, our coaches work hard to provide the highest quality training and support to elevate performance. A simple "thank you" can have a lasting impact, so we encourage parents to remind their children to express gratitude to coaches for their dedication. We have compiled some helpful guidelines, developed over time through input from sports psychologists and experienced diving coaches, to support parents in fostering a positive and productive environment for their child's diving journey.

Team Rules to Help Foster a Positive Diving Environment

Rule #1: Parents Are Not Allowed on Deck. Parents are welcome to observe practices from the bleachers but must refrain from going on the pool deck. Only registered coaches, athletes, and officials are permitted on deck during practice or competitions as per USA Diving regulations. This policy helps mitigate liability concerns and ensures the safety of all involved. If a parent wishes to speak to a coach, they should arrange a meeting or appointment at an appropriate time.

Rule #2: Avoid Interrupting Practices Our coaching staff has carefully planned each practice to maximize the development of our divers. Disruptions can interfere with the flow and effectiveness of these sessions. We ask that parents not interrupt practices unless there is an emergency, allowing the coaches to maintain focus and keep athletes on task.

Rule #3: Limit Communication with Athletes During Practice In order to cultivate a focused, collaborative atmosphere, it is important for athletes to concentrate fully on their training. Parents should refrain from interacting with their children during practice, as this can distract from their ability to engage with the coaching staff and their fellow teammates. Building teamwork requires athletes to stay mentally engaged in the practice, not distracted by outside communication from parents or anyone else.

Rule #4: Consider Limiting Attendance at Certain Practices While we deeply appreciate parents attending practices to support their children, it is important to recognize the value of "intrinsic motivation" - the internal drive that pushes athletes to succeed on their own. By occasionally stepping back, parents allow their child the opportunity to

develop this crucial quality. Initially, it may seem harder for the diver to stay focused, but over time, they will learn to be self-motivated and independent in their training.

Rule #5: Please Do Not Coach Your Child

We ask that parents refrain from coaching their child, whether it is during practice, competitions, or at home. Coaches are the professionals responsible for developing each diver's skills, and when parents intervene with unsolicited advice, it can create confusion for the athlete. Children often struggle with conflicting instructions and may find themselves in a difficult position where they need to choose whom to listen to — parent or coaches. In addition to creating tension between diver and coach, this "over-coaching" can lead to performance setbacks, burnout, or even injury. Our coaches are trained to recognize safe diving techniques, and any advice given by untrained individuals could lead to unsafe practices. It is crucial for the athlete's success that they develop a trusting relationship with their coach, which can be undermined if parents attempt to coach.

If a coach observes a parent giving advice or coaching during practice, they will address the issue immediately and, if necessary, ask the parent to leave the premises temporarily. This policy is strictly enforced to maintain a positive and supportive environment for both athletes and coaches.

Rule #6: Communication with Coaches While we encourage open communication, it is best to avoid approaching coaches during practices or competitions, as they may not be able to give your concerns the attention they deserve. If you have questions or need to discuss an issue, please reach out via email to set up a time for a conversation. **Additional Parent Guidelines for Supporting Your Diver Punctuality:** Help your diver arrive on time for practice and be prepared to train. Carpooling is a great option to make transportation easier.

However, please avoid sending your diver to practice too early without your supervision.

Encouragement Without Pressure: Offer your child positive support but refrain from pressuring them to perform. Motivation should come from within, and your enthusiasm will help them grow.

Respecting Others: Avoid criticizing coaches, officials, other divers, or parents in front of your child. If concerns arise, address them privately in a constructive manner. **Avoid Comparisons:** Resist the urge to compare your child's progress to others. Every athlete has their own pace, and constant comparisons can create unnecessary anxiety and competition. Let your child focus on improving at their own rate.

Unconditional Support: Whether a practice or meet goes well or not, always remind your child that your love and support are unwavering. This consistent reassurance builds their confidence and emotional resilience.

Gossip: Negative comments about a coach, or club can harm the team's dynamic and cause unnecessary conflict. If you have concerns, please address them with the coach directly in a professional setting, rather than discussing them with other parents or your child.

Discussing Club Issues: Avoid sharing club-related issues or grievances with your child. Doing so can negatively impact their view of the team and their role in it. Instead, arrange a meeting with the coach to work towards a positive resolution.

Volunteering: The success of our diving program is due in part to the volunteers/parents who invest much time into the program. Volunteers often present themselves during our diving meets hosted at our facility.

Parents are needed to help at all diving events that we host. If you have a specific area of experience or expertise that you would like to share with the team, please contact one of the coaches. By adhering to these guidelines, you help create a supportive and effective environment for your child's diving development. Thank you for being an essential part of the team and helping to make WFLA Diving TEAM a wonderful place for young athletes to grow and thrive!

WFLA Diving: Guidelines for Divers

As a member of WFLA Diving, it is important to uphold the values of respect, commitment, and teamwork. These guidelines have been developed to ensure that all divers have the best possible environment to improve their skills, develop as athletes, and grow as individuals. We expect every diver to adhere to these principles, both in practice and in competition.

1. Safety and Responsible Diving involves physical skill and risk, so safety is always the number one priority.

Follow Safety Protocols: Always adhere to the safety guidelines established by the coaching staff. This includes proper warm-ups, cool-downs, and techniques for jumping, diving, and falling safely. Safety is important in both the pool and the Dry land Area. It is important that athletes refrain from using any equipment without Coach supervision. This means no athlete should be on dry boards, in the foam pit, or on the trampolines unless a Coach is present.

Own Your Actions: Understand that your actions on and off the diving board can affect your safety and the safety of others. If you feel unsure or unsafe about a particular dive or exercise, speak up and ask for clarification.

2. Respect for Coaches and the Coaching Process

Your coach is dedicated to helping you improve and reach your diving goals. To make the most of your training, it is essential that you listen to and always follow guidance from your coach.

Be Coachable: Stay open to feedback and strive to implement the suggestions given by your coach.

Trust the Process: Understand that your coach has designed training sessions with the goal of helping you develop as a diver. Trust in the process, even when it gets tough.

Be Respectful: Always show respect toward your coach, their decisions, and their expertise. Disrespectful behavior, such as arguing or ignoring instructions, will not be tolerated.

Respect for Your Teammates Diving is both an individual and a team sport. Respect for your

fellow divers is crucial to maintaining a positive team environment.

Encourage Others: Support your teammates by cheering them on during practices and competitions. Celebrate each other's successes and offer constructive encouragement when needed.

Maintain a Positive Attitude: Keep your attitude upbeat and work together to create a culture of mutual respect, kindness, and inclusivity.

Adherence to Practice and Team Rules

To ensure that the team works efficiently and safely, it is vital that all divers follow the rules set by the coach and the program.

Be Punctual: Arrive on time and be fully prepared for each practice session. Late arrivals can disrupt the flow of the workout and hinder your own progress.

Be Focused: Give your best effort during every practice. Stay focused on your own performance and avoid distractions during training sessions.

Follow Instructions: When your coach gives instructions or sets drills, follow them without hesitation.

5. Consequences for Misbehavior

At WFLA Diving, we hold divers to a high standard of behavior both inside and outside of practice. If a diver does not follow the rules and expectations outlined above, they will be subject to immediate consequences.

1st Offense: Divers will be given a warning and behavior will be corrected.

2nd Offense: Immediate Removal from Practice: Any diver who exhibits inappropriate behavior, such as disrespect to the coach or teammates, consistently disrupts practice, or disregards safety protocols, will be asked to leave the practice immediately. This is to ensure that the focus remains on productive, safe training for all athletes.

Recurrent Misbehavior: If a diver continues to display disruptive or inappropriate behavior after being asked to leave practice, further disciplinary action will be taken.

Three Strikes Rule: If a diver is removed from practice three times, it will be under the discretion of the coaches if the diver will be dismissed from the team.

Commitment to Improvement

Every diver is expected to put forth their best effort and stay committed to improving as a part of WFLA Diving. This means taking ownership of your actions and being responsible for your own growth, both in and outside of practice.

Set Goals: Work with your coach to set personal diving goals. Be dedicated to achieving those goals through consistent effort and positive attitude.

Develop Character: Diving is more than just learning dives; it is about building discipline, respect, and resilience. Use every practice as an opportunity to gain experience as an athlete and as an individual.

Professionalism in Competition

When competing, divers are expected to represent WFLA Diving with pride, professionalism, and respect for the sport and others.

Represent the Team: Always maintain a professional and respectful attitude during competitions. This includes respecting the officials, competing fairly, and being supportive of your teammates.

Manage Success and Failure with Grace: Whether you win or lose, demonstrate good sportsmanship by congratulating others and reflecting on your performance with a mindset of growth.

PARENT to COACH COMMUNICATION

Coach business hours: 30 min before practice and after Practice. You can schedule an appointment by asking for a meeting.

Refrain from Texting Coaches: Text messages should only be used in cases of emergency, or if you will be late to practice.

Allow 24 Hours for Response: Please be patient and allow up to 24 hours for coaches to respond to your email. Coaches may be busy with practices, meetings, or other responsibilities.

Respect Coaches/ Personal Time: Coaches have personal and family time outside of practice and office hours, including weekends. Please refrain from contacting them during these times unless it is an emergency.

Coaches Will Not Respond During Non-Office Hours: Coaches are not expected to respond to texts outside of office hours or scheduled meetings, including weekends. Please respect these boundaries.

WEST FLORIDA LIGHTNING AQUATICS – DIVING CLUB

Monthly Coaching Fees

Team Annual Fees: \$200. Starting January 1st, 2027 (if not paid by 1/4/27, a late fee of \$25 will be applied).

Diving Program Monthly Fees:

JO (\$350), Intermediate (\$250), Beginner (\$180)

JO Morning Additional (\$350) – 5 days

JO Morning Additional (\$150) – 2 days

Drop-In Session: \$20 (pay before Diving)

Due 1st of each month; \$25 Late fee after the 5th

All payments will be paid by Cash or Check. If you pay by check, make it out to WFLA Diving. If the check does not clear a \$35 fee will be charged.

Notice of Absence:

You must tell us 15 days before the 1st of the month, or you will still need to pay for the month.

AAU is Mandatory: Please note that all divers will not be allowed to participate in practice without AAU Membership you will need the extended coverage it will need to be updated every year on August 31.

USA Diving: Please note that divers may need membership for some competitions. You can get the (1 7-U) Athlete for \$40 and if you plan to go to Regional, Zones and National Championships You can upgrade to the Competitive Athlete.

Competition: Through the year, WFLA Diving will travel to AAU and USA Diving meets in Florida and some out of state meets. Attending meets for all divers is up to the discretion of the coach. It is Mandatory that all divers attend the meets that we host.

Coaches Fees for Meets: Coaches' fees are \$20 per diver per day for one coach attending. If both coaches attend, then the price will be \$30 per diver per day. This includes practice days at competition site. Payment is due on the first day of competition.

Coaches Expenses for Competitions:

Parents will be responsible for coaches' travel expenses. All food, lodging and transportation costs are calculated and divided by the number of divers going to the meet. The fee will be due 3 days before travel date. If coach needs to buy an airplane ticket it could be due earlier. If less than 2 divers are traveling to competitions, then WFLA Diving and Parents will split the traveling cost 50/50.

Commitment & Late withdrawal Policy:

Once a diver has committed to a meet, all associated Fees become the responsibility of the family. If a diver withdraws after committing to competition, Fees will still be due, as travel and Meet expenses are calculated and reserved in advance.

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.

WEST FLORIDA LIGHTNING AQUATICS – DIVING CLUB

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.

WEST FLORIDA LIGHTNING AQUATICS – DIVING

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 UN84AFYZV

- 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.

WEST FLORIDA LIGHTNING AQUATICS – DIVING

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.

WEST FLORIDA LIGHTNING AQUATICS – DIVING

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)

WEST FLORIDA LIGHTNING AQUATICS – DIVING

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)