



Welcome to Legacy Diving-West

A division of Legacy Diving, Michigan's #1 Diving Program

Junior Olympic National Team Handbook

Diver Registration

All divers must register. Links are found on www.legacydivingwest.com.

Club	<ol style="list-style-type: none">1. Go to the club website and click on "Team" tab// Diver Registration Tab and follow all 5 steps.2. Please fill out the form completely so we can ensure you get updates and important information. <p>There are three different types of groups:</p> <ul style="list-style-type: none">• Classes• State• Junior Olympic National <p>Your diver will be assigned a team based on Coach's evaluation (as well as the diver's commitment to the team).</p>
Concussion Form	<p>Each diver must have a current concussion form on file annually. Go to the club website and click on "Team" tab// Diver Registration Tab to complete this form.</p> <p>It may be scanned and emailed to LegacyDiveWest@gmail.com or turned in to Coach Anne.</p>
AAU Diving	<p>Each diver must have a current AAU membership on file annually. Go to the club website and click on "Team" tab// Diver Registration Tab to complete this online form.</p> <ol style="list-style-type: none">1. The club insurance is through this organization and without a current AAU diving membership, your diver will not be able to participate.2. Choose the Extended AB coverage.3. Payment is made directly through the AAU site.
USA Diving	<p>Every JO National diver must be registered with USA Diving. Go to the club website and click on "Team" tab//Diver Registration// USA Registration button. OR go to: www.usadiving.org, then under the menu go to Memberships. You will need to create your own account on the site to register your diver.</p> <ol style="list-style-type: none">1. Under the Memberships tab, click Join USA Diving// then Types of Memberships// then Athlete Membership.2. Join as a competitive athlete (\$75).3. Choose Legacy Diving (NOT WEST) and "Coach Anne Williamson". Everything else in the registration process is unique to your diver.4. USA diving memberships run January - December.
Dive Entry Sites	<p>Each diver must have an account on the dive entry site DiveMeets. Go to the club website and click on "Team" tab//Diver Registration// divemeets.com.</p> <ol style="list-style-type: none">1. Create your own account.2. This is where your diver's meet entries will be registered*.

	*Registration information is detailed in the Meet Section below.
Weekly information	
Practices	To see the practice schedule for your diver's team, go to the club website and click on Team Calendar (State or National Team). These are updated for each session (fall, winter, spring, summer).
Communication	<ol style="list-style-type: none"> 1. Check the club website for updates (including changes in practice times, locations). 2. There is a group chat for all divers on the National Team. 3. There is a group chat for all parents of divers on the National Team. 4. Never hesitate to reach out to any of the other parents or to Coach Anne (who is in both chats).
Coaching Fees	
Practice Fee	<p>Payment is due before the session begins. If payment is not made your diver will not be able to practice.</p> <p>These session fees cover coaching costs and pool rental.</p> <ul style="list-style-type: none"> • Spring/Summer (April - July): Calvin University's Natatorium Practice fees and payments are available on the Calvin Diving Camps' website (Linked on "Team" page). • Fall/Winter (September - March): Dryland and occasional pool time Practices are held at Aerials Gym and EGR Natatorium. Payments are made: <ol style="list-style-type: none"> 1. Venmo to Anne Williamson @Anne-Williamson- 80069 2. Check to: "Legacy Diving West" Mail: 959 Pinecrest Ave. SE, East Grand Rapids, MI 49506
Team Fee	<p>All National Team divers are expected to pay a non-refundable \$520.00 Team fee on or before February 1** of the competition season.</p> <p>Team Fee covers:</p> <ul style="list-style-type: none"> • Coaching fees: Up to four (4) meets (Nationals excluded.)* • Coach travel expenses* • (1) Team Suit • Administration fees <p>*See National Meet Qualifiers section for details. **2021 Season ONLY: \$250 due by April 1. Remaining balance by May 1.</p>
Meet Fee	<p>It is the responsibility of each diver to register and pay for their entrance into each meet. Fees listed below are only estimates and Legacy Diving West has no control of those fees.</p> <ol style="list-style-type: none"> 1. Invitationals: \$30 per event (subject to change based on host club fees) 2. Regionals: \$40 per event (subject to change based on USA diving) 3. Zones: \$50 per event (subject to change based on USA diving) 4. Nationals: \$75 per event (subject to change based on USA diving)

National Meet Qualifiers	<p>Junior Olympic Nationals is an event not covered by the Team Fee. Each diver is responsible for their own:</p> <ul style="list-style-type: none"> • Registration • Transportation • Housing <p>Divers have seven (7) days from the date of Zone Finals to commit to Nationals. This commitment will require a non-refundable \$200 deposit.</p> <p>In the event that your diver qualifies for USA Diving Junior Olympic Nationals, coaching fees and expenses will be divided among qualifying divers. The \$200 deposit will be counted toward the total cost of the event's Coaching Fees.</p> <p>For any additional questions, please email: Legacydivewest@gmail.com</p>
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Competition Information

Competitions	<p>Competition dates and locations are posted on the club website under "Team tab"// Meet Schedule.</p> <ol style="list-style-type: none"> 1. Approximately 2 weeks before the competition you will need to register your diver for that meet (See Dive Entry Sites section in this packet). 2. Each diver is responsible for her/his own registration for each meet. 3. You will need to know your diver's age group and dive list before registering for that meet. Contact Coach Anne.
Hotels	<p>There will be a team block of rooms reserved for each out of town meet. Divers are not required to stay in that hotel, but are responsible for their own accommodations.</p> <p>If divers are not traveling with a parent, there may be the opportunity for a shared team room.</p> <p>Click on the Meet Schedule tab for hotel information connected to each meet. Contact information for Hotel Team Coordinator is listed under contacts (at the end of this document).</p>
Transportation	<p>You are responsible for transporting your diver to and from all meets. There are usually parents who are willing to help transport your diver if that need arises.</p>

Dive Meet Registration

General Info	<p>Each diver must register for the meet individually. See Coach Anne for a list of your athlete's dives for each meet (as they will likely change throughout the season).</p> <ol style="list-style-type: none"> 1. Log onto www.divemeets.com with your ID and password. 2. Find the correct meet and follow the prompts to register your diver. 3. You will pay the registration fee on the last page.
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Contacts

Name:	Phone:	Email:	Role:
Anne Williamson	616-901-0215	annewilliamson@me.com	Head Coach
Betsy Verwys	616-560-9198	legacydivewest@gmail.com	Team Administration
David Jolly	616-540-2726	jollydavid@aol.com	Team Hotels

Legacy Diving-West

Parent/Athlete Agreement 2021 Season

We, the parents/guardians of _____ have read the
aforementioned information concerning the policies and practices of **Legacy Diving-West**.

We agree that having been selected to a team, our diver will join **Legacy Diving-West** for the
full club season.

We have read the information provided and understand the time and commitment involved in
the practice and competition schedule.

We have reviewed the fee expectations and agree to pay all fees regardless of the duration
of participation.

Understanding the stipulations and having discussed these with our child, we agree to and
will support her/his participation in **Legacy Diving-West**.

We understand that once registered with and having participated with **Legacy Diving-West**,
the diver will be unable to transfer clubs and compete in the USA Regional and Junior
Olympic Championships for the duration of the season.

Diver's Signature: _____ Date: _____

Diver's Name (Printed): _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian's Name (Printed): _____

Please return this page to Coach Anne or mail to:

Legacy Diving-West
959 Pinecrest Ave. SE
Grand Rapids, MI 49506