

Welcome to Legacy Diving-West

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

JO National and State Team Handbook

Registration	
Club	<ol style="list-style-type: none">1. Go to www.legacydivingwest.com. Click on the Diver Registration Tab (under About).2. Please fill out the form completely so we can ensure you get updates and important information.
Teams	<p>There are three different types of teams:</p> <ul style="list-style-type: none">• Classes/Groups• State• 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 Diver Registration Tab to complete this online form.</p>
USA Diving	<ol style="list-style-type: none">1. Every diver must be registered with USA Diving*.2. Go to www.legacydivingwest.com. Click on Helpful Links tab and then on the 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.3. Under the Memberships tab, click Join USA Diving// then Types of Memberships// then Athlete Membership.4. You will need to join as an athlete (\$20) if you don't plan to compete, or a competitive athlete (\$75) if you plan to compete in meets.5. When you register, be sure to choose Legacy Diving and Coach Anne Williamson. Everything else in the registration process is unique to your diver.6. The club insurance is through this organization and without a current USA diving membership, your diver will not be able to participate.7. USA diving memberships run January - December. <p>*You will need to register your diver each year, <i>whether they compete or not</i>, in order to practice. See Anne Williamson for clarification on which type of membership or age group your athlete should register in.</p>
Dive Entry Sites	<ol style="list-style-type: none">1. Each diver must have an account on the dive entry site: divemeets.com.2. This is where your diver's meet entries will be registered*.3. Create your own account. <p>*Registration information is detailed in Meet Section below.</p>

Weekly information	
Practices	<ol style="list-style-type: none"> 1. To see the practice schedule for your diver's team, go to the club website and click on Team Calendar. These are updated for each session (fall, winter, summer). 2. Note: Practice and Competition information will be posted on the team website.
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 Anne Williamson (who is in both chats).
Coaching Fees	
Practice Fee	Practice fees are listed on the Program Page of the club website. These are based on "sessions" which run about three months.
Meet Fee	<p>All National Team divers are expected to pay \$400.00 Coaching fees on or before February 1 of the competition season. Coaching fees* will be deducted for every meet the diver attends.</p> <p style="padding-left: 40px;"> Invitationals: \$30 (2 event minimum) Regionals: \$40 Zones: \$50 Nationals: \$75 </p> <p>*In the event that the coaching expenses are greater than the fees collected, the remaining balance will be divided among participating divers and deducted from their Team Activity Account.</p>
Payment Information	
Team Accounts	Each Legacy diver has a team financial account. Upon registration and level assignment, you will receive a digital report of your account. Printed copies available upon request (email: LegacyDiveWest@gmail.com).
Session Fees	<ol style="list-style-type: none"> 1. Payment is due before the session begins. If payment is not made your diver will not be able to practice. 2. Payments are based on your diver's club level and will be detailed on your Team Account page. 3. These session fees cover coaching costs and pool rental. <p>Payments may be made:</p> <ol style="list-style-type: none"> 1. Venmo to Anne Williamson @Anne-Williamson- 80069 2. Check to: "Legacy Diving West" Mail: 7175 Weller Ct., Rockford, MI 49341
Meet Fees	<ol style="list-style-type: none"> 1. Competitive divers are charged \$400.00 (non-refundable) coaching fees for the entire season. 2. There may be additional fees for divers who advance further in the season. 3. Details of your Meet Fee charges will be available in your Team Account.

Competition Information

Competitions	<ol style="list-style-type: none"> 1. Competition dates and locations are located on the club website under Meet Schedule. 2. Approximately 2 weeks before the competition you will need to register your diver for that meet (See Dive Entry Sites section in this packet). 3. Each diver is responsible for her/his own registration for each meet. 4. You will need to know your diver's age group and dive list before registering for that meet. Contact Anne Williamson.
Hotels	<ol style="list-style-type: none"> 1. There will be a team block of rooms reserved for each out of town meet. You are not required to stay in that hotel, but you are responsible for your own accommodations. 2. If divers are not traveling with a parent, there may be the opportunity for a shared team room. 3. Click on the Meet Schedule tab for hotel information connected to each meet. 4. Contact information for Hotel Team Coordinator is listed under contacts (at the end of this document).
Transportation	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.

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 to 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. 4. In the event that you do not register (some meets are not on this site), Coach Anne will pay the registration cost and it will be deducted from your \$400.00 meet fee.
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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 Accounts
David Jolly	616-540-2726	jollydavid@aol.com	Team Hotels