

## MVND Athlete Information (Getting Started)



### **Registration Process: Forms Attached**

1. Medical Waiver – please fill out and email back (All forms) [diveoffice@mvnadadores.org](mailto:diveoffice@mvnadadores.org)
2. USA Diving Insurance – cost is \$40, plus tax for the calendar year. This insurance is required from every diver before they are allowed to participate in any dive related activity. Must send proof of USA Diving Insurance.  
<https://www.usadiving.org/membership>
3. Auto Pay Form – this form is required by all divers who dive with us. You may pay monthly tuition by check, but we still require the form to be on file. There is a 4.5% convenience service fee for credit card payments but not for bank account routing payments or checks.
4. Checks should be made payable to MVND and due by the 6<sup>th</sup> of each month.
5. Review [New Member MVN Information Packet](#).

### **What to wear / what to bring:**

1. One-piece bathing suit for female athletes. Two-piece suits are **not** allowed at Nadadores.
2. Jammers, briefs, or swim trunks for male athletes.
3. Hair up in pony or braid. Bring extra hair ties. We require hair to be pulled back.
4. 2 Towels and flip flops – ground gets very cold while waiting in lines.
5. Water bottle.

### **Important to know:**

Cold weather – we keep our pool warm, and we have a jacuzzi. In the colder months, you can wear a wetsuit.

Weather Policies - We dive in reasonable rain, wind, and cold. This applies to workouts and competitions. A diver learning to compete needs to adapt to all types of weather situations. If rain or smoke is too intense, or if windy conditions exist, the coaches will modify or cancel the workout to keep the divers safe and productive. On a stormy day, divers will be sent a “cancelation” email approximately two hours prior to workout times. There are no make-up workouts offered for training sessions canceled due to inclement weather.

Divers are to wait outside by the bleachers. Athletes enter as a group a few minutes before practice time. Parents are NOT allowed on the pool deck.

Any questions contact Teri Chamoures Office Manager @ [diveoffice@mvnadadores.org](mailto:diveoffice@mvnadadores.org) or cell 949-290-8669.

**Go Nadadores!**