

New Member Information Packet



2023-2024



Dear New Mission Viejo dive parent,

Welcome to our program! Hopefully this is the beginning of a very exciting diving career for your child. As a new parent there are many things to learn about our sport. This handbook is designed to be your reference manual during the beginning stages of involvement in diving and the Nadadores program.

In it you will find detailed information pertaining to the entry levels of our program and “how to” directions for the following:

- Registering with USA Diving, the National Governing Body of our sport.
- Registering with Divemeets.com, the on-line system to sign your child up for competitions.
- Registering for competition.
- Explanation of dive numbers.
- Explanation of Team Unify vs. MVNDive.com.
- Team obligations.
- Bad weather days/communications.

Mission Viejo Program Structure

The program levels through which your diver will ascend are:

Rec Pathway

Blue (Lessons) (7-13) 2, 3 or 4 practice days a week for 1 hour per practice.

Gold (High School) (13&Over) 2-3 practice days a week for 1.5 hours per practice.

Bitty Bouncer (7&U) 2 practice days per week for 1 hour per practice.

Gym2Dive (Gymnasts of all ages) 1-2 practices per week for 2 hours per practice. Intended for competitive gymnasts who are looking for an outside activity or who are considering a switch to diving at some point.

Competitive Pathway

Novice Program- 2-4 practice days a week for 1.5 hours per practice.

- Athletes in the Novice program will follow a structured progression system that follows 7 different levels. Divers will need to evaluate into each new level as they progress through the Novice program. Divers moving into the Elite Program will be drawn directly from the Novice portion of the club.

Elite Program- 5 practice days a week for 2.5 hours per practice.

- Athletes in our Elite program consist of Nationally and Internationally competitive divers. Nearly every diver who comes from this program is placed at a competitive D1 college with many of them earning substantial college scholarships.

Master's Program- 1-4 practice days a week for 2 hours per practice.

- This program is for adult divers looking to stay active in the sport of diving. Many of these divers do it for fun and many are competitive at USA Diving Masters National and World Championships.

Training Fees by Training Group

Group	Days	Pool Hrs/week	Strength Hrs/Wk	Monthly Fee	Cost/Hr	Monthly Fundraising	Monthly Total
Elite Gold	M-F	12.5	2	\$460	\$7.93/Hr	\$100	\$560
Elite Silver	M-F	12.5	2	\$460	\$7.93/Hr	\$100	\$560
Elite Bronze 3	T, R, S, Sun	8	2	\$380	\$9.50/Hr	\$100	\$480
Elite Bronze 2	T, R, S, Sun	9	3	\$450	\$9.38/Hr	\$100	\$550
Elite Bronze 1	T, R, S, Sun	10		\$380	\$9.50/Hr	\$100	\$480

Group	Days/Wk	Time	Pool Hrs/Wk	Monthly Fee	Cost/Hr	Monthly Fundraising	Monthly Total
Bitty Bouncer (when offered)	2 Days/wk	1 hr	2	\$175	\$19.38	\$0	\$175
Home School	2 Days/wk	1.5 hrs	3	\$230	\$19.17	\$0	\$230
Blue Group	1/Day/wk	1 hour	1	\$105	\$26.25	\$0	\$105
Blue Group	2 Days/wk	1 hour	2	\$180	\$22.50	\$0	\$180
Blue Group	3 Days/wk	1 hour	3	\$230	\$19.17	\$0	\$230
Gold Group	2 Days/wk	1.5 hrs	3	\$230	\$19.17	\$0	\$230
Gold Group	3/Days/wk	1.5 hrs	4.5	\$305	\$16.94	\$0	\$305
Novice 2a/b	2 Days/wk	1.5 hrs	3	\$205	\$17.08	\$50	\$255
Novice 3a/b	3 Days/wk	1.5 hrs	4.5	\$255	\$14.17	\$50	\$305
Novice 4a/b	4 Days/wk	1.5 hrs	6	\$305	\$12.71	\$50	\$355
Gym2Dive	1/Day/wk	2 hrs	2	\$155	\$19.38	\$0	\$155

Group	Days/Wk	Time	Pool Hrs/Wk	Monthly Fee	Cost/Hr	Monthly Fundraising	Monthly Total
Masters	4/Days/wk	2 hours	8	\$230	\$7.19	\$0	\$230
Masters	3 Days/wk	2 hours	6	\$205	\$8.54	\$0	\$205
Masters	2 Days/wk	2 hours	4	\$180	\$11.25	\$0	\$180
Masters	1 Day/wk	2 hours	2	\$160	\$20.00	\$0	\$160
Masters	Drop in	2 hours	2	\$45	\$22.50	\$0	\$45

Fees

Diving dues are based upon an annual cost and divided into 12 months. They are due each month regardless of vacations, holidays, or competitions.

Holiday and competition conflicts within the facility and the August break are all factored into annual dues. We often offer one time make up classes for competition conflicts, but we do NOT offer make up classes for holiday and August vacation breaks. Divers departing for college are expected to pay fees through the month of August regardless of departure dates.

Second Sibling Discount

Second or additional siblings from the same family will receive a 10% monthly fee discount for each additional child. The reduction will be taken from the lowest diving fees among the siblings. Fundraising commitments will remain the same for the year.

There is no second sibling discount for annual registration fees. All fees are subject to annual changes effective October 1st or at the Dive Committee's discretion.

Annual Registration Fee

All MVND Athletes will be assessed an annual registration fee to cover various administration costs for the season. This is an annual fee due October 1 each year or upon joining the program. There is no pro-ration of annual fees. Included in your annual registration fee is one T-shirt, a suit, and administrative costs for registration.

All new members and current members on an annual basis, are required to purchase an official Nadadores team suit and T-shirt through the **annual registration fees**. The cost for a bathing suit and T-shirt will not exceed \$100 (excluding tax). The suit may be worn during training sessions and is required for any team competition and practice. Masters and High School divers are exempt from this requirement unless they compete as Mission Viejo Nadadores in any competition.

Team Apparel:

Team apparel can be purchased on-site or online through the MVPro Shop – <https://mvproshop.com>.

Contact information for MVProshop is Blanca Conot, customerservice@mvnproshop.com.

The MVProshop is independently owned and operated.

<u>Group</u>	<u>Admin Fee</u>	<u>Team Gear Fee</u>	<u>Total Fee</u>
Lessons, Homeschool, Gym2Dive MALE	\$25	\$75	\$100-\$110
Lessons, Homeschool, Gym2Dive FEMALE	\$25	\$105	\$130
High School, Masters	\$50	N/A	\$50
Novice, Elite MALE	\$100	\$75	\$175
Novice, Elite FEMALE	\$100	\$105	\$205

Team Communications

MVNdive.com – Team Information

Instagram - [missionviejonadadoresdive](#)

Team Unify: TU is our communication network. You will receive emails through Team Unify and Volunteer sign ups <https://www.teamunify.com/team/camvnd/controller/cms/admin/index?team=camvnd#/calendar-team-events>

USA Diving - <https://www.teamusa.org/USA-Diving>

<https://divemeets.com/>

13 & Over Quick Class Modules - <https://quickclass.com/mvn>

Dive Team members should register with the access code: **MVNF3261**

Rain, Wind, Smoke and Lightning

The program usually continues through moderate rain and wind. In the event there is lightning or heavy smoke, you will be notified by email of a cancelation of practice. There is no makeup in this case. In the event there is lightning during practice, the coaches will immediately move the divers to a safe area, and you may be notified for early pick up.

Diving Equipment and Terms

There are three levels in which divers practice and may compete: 1-meter springboard (the low board), 3-meter springboard (the high board) and the Platform (most children do not do dives from higher than 5-meter). Proficiency in diving begins on the side of the pool and on dryland and then moves to the 1-meter and the water. Once comfortable divers can use the 3-meter with some occasional 5-meter diving/jumping. Mastery of fundamentals is key to a successful diving career without injury or bad habits.

Most young/new divers will only be asked to compete on the 1-meter at a meet. As skills progress, divers may then compete on both springboards.

Diving Season

The diving season begins in early September and concludes in mid-August. The competition season is year-round with a competition about once every six weeks from December through May and occasionally in the Spring and Summer months. Typically, the divers have the Thanksgiving weekend off from training as well as approximately two weeks during the holidays. There is often an extended four-day break around the July 4 holiday as well. We also take off for Labor Day weekend and Memorial Day weekend.

Volunteer Commitments

There are several MVND-sponsored events that occur throughout the year, with the success being dependent on volunteer participation by members and their families. Members are highly encouraged to assist the team by volunteering to actively participate in the planning and execution of hosted meets, team gatherings and fundraisers.

Families with a diver in the Elite and Novice program as well as participating lessons and high school divers are all required to participate in MVND's volunteer hours program and must support all MVND hosted meets. The Nadadores host two or more meets each year. To successfully host these events, each family from Novice to Elite (and participating lessons and high school), is required to volunteer to fulfill the requirements for each.

Practice Etiquette

Come prepared in your suit with all your practice equipment – towel, water bottle, tennis shoes and appropriate dryland clothing.

Be supportive of your fellow teammates.

Be respectful to all coaches, teammates, and parents.

Show your MVN pride by helping take care of others and the facility.

Communicate with your coaches if you are struggling or need clarification.

Do NOT drop your athlete more than 10 minutes prior to the start of their practices.

Please pick up your athlete promptly

Adult divers & parents of minor divers are expected to:

1. Support strong attendance, arrive on time, and provide proper attire.
2. Support team training throughout the entire year.
3. Pay dues and fees by the 6th of each month.
4. Know Your Annual Volunteer Requirements and sign-up in a timely manner.
5. Do not interfere with the coaching staff when instruction is occurring.
6. Attend general membership and special meetings.
7. Insist that your child support teammates and refrain from negative behaviors.
8. Attend all required meets and/or arrange for transportation.
9. Support coaching staff and program. Refrain from indirect and negative communications between families. Ongoing negative behavior will not be tolerated and may result in being dismissed from the team by decision of the High-Performance Director/Head Coach.

Private Lessons

Some members enjoy having private or semi-private lessons in addition to the group environment of weekly lessons. If you would like to schedule a private or semi-private with any of the Mission Viejo coaches, contact the General Manager at diveoffice@mvnadadores.org at least 7 days ahead or talk directly with your coach to organize schedules. You will be billed for the time at the following rates:

		HOURS				
		1	1 1/2	2	2 1/2	3
D I V E R S	1	\$120	\$180	\$240	\$300	\$360
	2	\$150	\$225	\$300	\$375	\$450
	3	\$180	\$270	\$360	\$470	\$540
	4	\$210	\$315	\$420	\$525	\$630
	5	\$240	\$360	\$480	\$600	\$720
	6	\$270	\$405	\$540	\$675	\$810
	7	\$300	\$450	\$600	\$750	\$900
	8	\$330	\$495	\$660	\$825	\$990
	9	\$360	\$540	\$720	\$900	\$1,080
	10	\$390	\$585	\$780	\$975	\$1,170

		Per Diver Per Session Rate				
		1	1 1/2	2	2 1/2	3
	1	\$120	\$180	\$240	\$300	\$360
	2	\$75	\$112.50	\$150	\$187.50	\$225
	3	\$60	\$90	\$120	\$156.67	\$180
	4	\$52.50	\$78.75	\$105	\$131.25	\$157.50
	5	\$48	\$72	\$96	\$120	\$144
	6	\$45	\$67.50	\$90	\$112.50	\$135
	7	\$42.86	\$64.29	\$85.71	\$107.14	\$128.57
	8	\$41.25	\$61.88	\$82.50	\$103.13	\$123.75
	9	\$40	\$60	\$80	\$100	\$120.00
	10	\$39	\$58.50	\$78	\$97.50	\$117

		Per Diver Per Hour Rate				
		1	1 1/2	2	2 1/2	3
	1	\$120	\$120	\$120	\$120	\$120
	2	\$75	\$75	\$75	\$75	\$75
	3	\$60	\$60	\$60	\$60	\$60
	4	\$52.50	\$52.50	\$52.50	\$52.50	\$52.50
	5	\$48	\$48	\$48	\$48	\$48
	6	\$45	\$45	\$45	\$45	\$45
	7	\$42.86	\$42.86	\$42.86	\$42.86	\$42.86
	8	\$41.25	\$41.25	\$41.25	\$41.25	\$41.25
	9	\$40	\$40	\$40	\$40	\$40
	10	\$39	\$39	\$39	\$39	\$39

Competition Protocol

When will my child be ready to compete in a diving meet?

Your coach will notify you if your child is ready for a local meet. The coaching staff will send instructions for dive competition registration for each meet. Competition dates are listed in the monthly newsletters.

When do I sign my child up for an upcoming meet?

Your coach will notify you to go to divemeets.com and register your child for a specific competition. The coach will also provide you with a “list” of dives that you will enter at divemeets.com.

What is standard protocol for meet days?

Your coach will tell you what time to arrive at the aquatic facility. It is usually very early in the morning if on a weekend day or after noon on a Friday. Your arrival will depend on what time your child will be competing.

What is “open practice” at a meet?

Open practice at a meet is the time when any diver can be on the diving boards warming up. Other times are closed practices when only the divers competing in the next upcoming event have access to the boards for warmup.

Is there still practice during meet days if my child isn't competing?

Because the staff is present at the meet site, we do not usually offer practice at the Marguerite Aquatic Center. **Further, there is no “make-up” lesson offered for meet days.**

What do I bring to a meet?

Please be sure to bring food, water, shade (if desired), and chairs (if desired). Other children often come with mom and dad for meet day. Further, bring plenty of towels and clothing to keep the divers warm. Even on a summer day, morning practice at 7:00 am can be chilly. The water isn't heated and there isn't always a hot tub or hot shower to warm up.

What suit does my diver wear at a meet?

We require you to purchase an official team suit and T-shirt which is no more expensive than one you might find at a local retailer. Boys can order/wear a team brief or jammer). Be sure to send your diver with plenty of towels and warm clothing – even in the summer months.

What should I do when we arrive at a meet site?

Once you arrive at a meet site, check in with your coaches. It is helpful to get your child changed into their bathing suit, have hair pulled into a ponytail and be ready to send them to their coaches for further instructions. There is usually a team “warm up” before the divers go into the water for practice. After that, just find other MV parents and sit in the stands and enjoy.

What should I do before my event warm up begins?

Check in with your coach and be sure to know what time to send your child to the coach and where to be.

When can we leave a meet?

You may leave a meet after the conclusion of the awards' ceremony of your child's last event. Often Novice divers will dive two events (one meter and three meter) on the same day of a competition.

Will the coach review my child's meet performance with us?

Coaches review performances with the children as a group after meets.

What is considered a successful meet?

At the Novice level, participation is what is expected. A good attitude, learning about the sport, being on time and prepared for the event: that is considered success. Competition is as new to the divers as it is to the parents. Like anything else, it takes a year or so to be familiar with the “routine” of a meet.

Registering with USA Diving

USA Diving is the National Governing Body (NGB) of the sport of diving. It is based out of Indianapolis, IN and is one of the recognized Olympic sports that can send athletes to the Olympic Games. Being a member of USA Diving affords your child the opportunity to compete in local to national competitions and provides you with secondary accident insurance in the event something happens to your child during a practice or competition.

There are two competitive membership levels within the sport: “Athlete” and “Competition Athlete”. Your child will register as “Athlete” which will allow him/her to compete in local and Association competitions. The fee per calendar year (January 1 – December 31) is \$43.00.

Below are the directions to initially register your diver or renew membership with USA Diving:

1. Join USA Diving:
2. <https://www.usadiving.org/membership>
3. Forward copy to diveoffice@mvnadadores.org

Registering with divemeets.com and receiving a divemeets.com ID number

In order to sign up for any diving meet you will need a Divemeets ID number. This will allow you to log into the website www.divemeets.com which is the universal registration platform for most USA Diving meets in the United States.

Here are directions to get your diver a Divemeets ID and password.

Things you will need:

- USA Diving number
 - Club team name – Mission Viejo
 - Coach name – Sanchez, Elizabeth
1. Go to www.divemeets.com.
 2. On the far right of the page, hover over LOGIN. A pop up / pull down menu gives the option GET A DIVEMEETS ID - select this option.
 3. Complete all fields and select the diver checkbox for both AAU and USA DIVIG under membership organizations.
 4. WE STRONGLY SUGGEST USING “**MISSION**” AS YOUR PASSWORD. This way your coach can go into your account if/when there are problems registering for a meet.
 5. Click submit.
 6. This takes you to another page of data to submit.
 7. Club affiliation = Mission Viejo.
 8. Coach = Elizabeth Sanchez.
 9. USA Diving.
 10. Add your USA Diving number.
 11. May get a confirmation email with instructions please follow.
 12. Remember your Divemeets ID and password.
 13. You will need this Divemeets ID and password to register for every diving meet going forward.

If you have a Divemeets ID already please add Elizabeth Sanchez as your coach. This allows her to see your dive sheets once you sign up for diving meets. She can correct mistakes and verify Diver's entries before late fees apply at a competition.

Registering your diver for local competitions

If you are planning to attend a competition, let your lead coach know your intent to compete. They will send you the dive numbers to load into the divemeets.com entry system.

Once you have that information, go to divemeets.com and locate the name of the event you are going to register for (on the right-hand column). Click on the event and log into the system by clicking on the Log In button.

Go to "Pool Deck" and follow this link and select your child's name from the drop-down menu and then load in the dives in the order Liz gave them to you. Load in your credit card information and hit "submit".

Travel Fee Billing

Once you register for a diving meet, **you will see a \$20 "coach travel fee" charge on your next month's billing cycle.**

This fee is explained in the Team Handbook, but goes directly to the coaches on site, to help offset their costs for being at the pool for 12 hours a day on a weekend.

Explanation of Dive Numbers and Positions

Dive Groups

There are six groups of dives. The first four are classified by the direction the diver rotates.



1. **Forward group:** The diver faces the front of the board and rotates toward the water. Dives in this group vary from simple front dives to difficult forward, 4 1/2 somersaults.

2. **Backward group:** Dives in the backward group begin with the diver on the end of the board, with his or her back to the water, so as to rotate away from the board.

3. **Reverse group:** These dives begin with the diver facing forward on the board but then rotates backwards toward the board.

4. **Inward group:** The diver stands on the end of the board with his or her back to the water and rotates toward the board.

5. **Twisting group:** Any dive that uses a twist (excluding arm-stands) is included in this group. There are four types of twists: forward, backward, reverse, and inward.



6. **Armstand group:** The diver assumes a handstand position on the edge of the platform before the dive. (Armstand positions are never used on the springboard.)

Body Positions

A dive may be performed using one of the following four positions.



Pike: The legs are straight with the body bent at the waist. Like the straight position, arm placement is dictated by the particular dive or by the choice of the diver.



Tuck: The Body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks. Feet and knees should be kept together, and toes should be pointed.

Straight: No bend at the waist or knees. Depending on the dive, there may be an arch in the back. Arm placement is the diver's choice or is defined by the dive performed.

Free: Indicates the diver's option to use any of the above three positions, or combinations thereof, when performing a twisting dive.

Dives are described by their full name (e.g. reverse 3 1/2 somersault with 1/2 twist) or by their numerical identification (e.g. 5371D), or "dive number."

Specific dive numbers are not random—they are created by using these guidelines:

1. All dives are identified by three or four digits and one letter. Twisting dives utilize four numerical digits, while all other dives use three.
2. The first digit indicates the dive's group: 1 = forward, 2 = back, 3 = reverse, 4 = inward, 5 = twisting, 6 = armstand.
3. In front, back, reverse, and inward dives, a '1' as the second digit indicates a flying action. A '0' indicates none. In twisting and armstand dives, the second digit indicates the dive's group (forward, back, reverse).
4. The third digit indicates the number of half somersaults.
5. The fourth digit, if applicable, indicates the number of half twists.
6. The letter indicates body position: A = straight, B = pike, C = tuck, D = free.

Examples:

107B = Forward 3 1/2 somersaults in a pike position

305C = Reverse 2 1/2 somersaults in a tuck position

5253B = Back 1/2 somersaults and 1 1/2 twists in a pike position

Communication with Lead Coaches

It is important that you know who to contact if you have any questions or concerns about programming:

John Appleman, Elite/High Performance Director: coachjohn@mvnadadores.org.

Liz Sanchez, Lead Coach for Elite Bronze 1, 2 and 3, Home School, Gym2Dive, Lessons, High School:
coachliz@mvnadadores.org.

Grayson Campbell, Lead Coach for Novice 2a & 2b, Novice 3a & 3b, and Masters:
coachgrayson@mvnadadores.org

Coach Makena Chamoures: coachmakena@mvnadadores.org.

Coach Doe: Coachdoe@mvnadadores.org

Teri Chamoures, Dive Office Admin: diveoffice@mvnadadores.org.

Shannon Giese, Parent Liaison (parental concerns): parentliaison@mvnadadores.org.