



**Team Handbook  
2024-2025**

## ABOUT TRI-VALLEY DIVERS

Tri-Valley Divers is a youth diving organization located in Livermore, CA. We understand there is more to sport than competition and results. What separates Tri-Valley Divers is our approach of putting fun at the forefront of how we operate. We aim to work hard, but also play hard. We eliminate many of the pressures commonly associated with youth sports through this approach. Beyond this, we offer excellent professional coaching. We utilize the Long Term Athlete Development Model to help all of our athletes achieve their greatest potential. Through this approach, we strive to instill a lifelong love for diving.

## VISION, MISSION, AND CORE VALUES

**Our Vision:** To build a community of young athletes who love diving.

**Our Mission:** To shift mindsets by focusing on our process and having fun first.

**Core Values:** Have fun  
Work hard, Play hard  
Acknowledge the value of every athlete as a person

## COACHES

Program Director/Coach - Logan Champion - [coachlogan@trivalleydivers.com](mailto:coachlogan@trivalleydivers.com)

Coach - Monte Young - [laspositascoaching@gmail.com](mailto:laspositascoaching@gmail.com)

## PROGRAM STRUCTURE

Tri-Valley Divers offers four distinct programs - Learn to Dive, Future Champions, High School and Junior Olympic. Each program is uniquely designed to cater to each diver's individual goals and needs. We understand that everyone's journey is going to be different, and our expert coaching staff is there to guide each individual toward reaching their fullest potential. Regardless of which program you choose, we strive to make everyone's unique experience as memorable as possible, while building a community of athletes who love diving.

### Learn to Dive

Our Learn to Dive program is a great opportunity for new divers ages 11 and under to try out the sport of diving. With a blend of expert guidance, engaging exercises, and a safe and supportive environment, this program will teach divers the basics of the sport, and provide them the opportunity to compete in local competitions. Divers in this program can choose to attend either one or two 90 minute sessions a week.

### Future Champions

Our Future Champions program is designed to develop young divers ages 13 and under who want to learn new and challenging dives. Following a multi-level skill progression focusing on athlete safety and proper foundational skill development, this program will prepare divers to compete at the USA Diving Future Champion level, and eventually the high school varsity level. Divers in this program can choose to attend up to four 90 minute sessions a week.

### High School

Our high school program is for divers ages 14 and over who want to compete at the varsity level in high school. Divers in grades 7 and 8 who may not be 14 years old yet have the option of joining this program. High School will train primarily on the 1-meter springboard, and will have the opportunity to practice 3-meter for those interested in competing at USA Diving invitationals or at the collegiate level. Divers in this program can choose to attend up to four 90 minute sessions a week.

### Junior Olympic

Our Junior Olympic (JO) program is by invitation only for divers who are interested and capable of competing at the higher levels of USA Diving. JO divers will train on the 1-meter and 3-meter springboard, as well as platform in preparation to compete at the NCAA Division 1 level in college. This program utilizes the Long Term Athlete Development model to create a strong foundation of skills to prepare athletes for long term competitive success. Divers in this program are required to attend all meets designated by the program director, and maintain a minimum of 80% practice attendance.

## PRACTICE SCHEDULE



## 2024-2025 Practice Schedule

Group	Monthly Fee	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Learn to Dive 1/wk	\$150	4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm	Private Lessons	9-10:30am Open Practice DBAC
Learn to Dive 2/wk	\$200						
Future Champions	\$275	4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm		
High School	\$275	5:30-7pm	5:30-7pm	5:30-7pm	5:30-7pm		
Junior Olympic	\$350	5-7pm	5-7pm	5-7pm	5-7pm		

### Holidays and Club Closures

Labor Day: September 2, 2024  
 Halloween: October 31, 2024  
 Veterans Day: November 11, 2024  
 Thanksgiving Break: November 27 - December 1, 2024  
 Winter Break: December 21, 2024 - January 5, 2025

MLK Jr Day: January 20, 2025  
 Presidents Day Weekend: February 14-17, 2025  
 Memorial Day: May 26, 2025  
 Independence Day: July 4, 2025  
 Summer Break: August 4-17, 2025

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## HOW TO JOIN TRI-VALLEY DIVERS

New members can sign up directly to join either our Learn to Dive, Future Champions or High School program by [REGISTERING HERE](#). Anyone is welcome to join, there are no age or skill level restrictions. The only pre-requisite is that all new members must be able to comfortably swim unassisted one length of the pool in deep water. For the Learn to Dive program, you can choose to attend either one or two 90 minute sessions a week. For the Future Champions and High School programs, you can choose to attend up to four 90 minute sessions a week. Our Junior Olympic (competitive team) program is by coaches invitation only. All new or current divers who are interested in scheduling a tryout for our Junior Olympic program can do so by filling out this [Evaluation Request Form](#).

## CLUB POLICIES

### Registration Fee

A one time registration fee of \$35 per family will be paid by all new members to our program. This fee includes one Tri-Valley Divers team t-shirt. Fees will be due upon initial registration.

### USA Diving Membership

All members of Tri-Valley Divers are required to have a current USA Diving membership in order to participate. USA Diving memberships must be purchased prior to your first day of practice, and renewed before January 1 of each year. You can purchase your USA Diving membership [HERE](#) (select Northern California as your Association and Tri-Valley Divers as your Team). Members in the Junior Olympic (JO) groups should select the "Competitive Athlete" membership (\$200). All other members of the program should select the "Athlete" membership (\$40).

### Monthly Dues

Monthly dues are automatically billed at the beginning of each month and must be paid by credit or debit card. A \$40 late charge will be assessed if dues are not collected by the 15th of the month. Dues are based on a four-week month and take into account holidays and club closures. Tri-Valley Divers will not prorate dues for partial months.

### Sickness/Injury/Extended Leave of Absence

In cases of sickness, injury, or an extended leave of absence, monthly dues can be prorated to 25% of their original monthly fee for up to two months. After two months, members will be charged their full dues in order to hold their spot in the program. Proper medical documentation must be provided, and individual situations will be considered on a case-by-case basis.

### Travel Fee

A travel fee will be assessed annually to cover all travel costs to send our coaches to meets. This fee may vary from year to year depending on travel needs. Travel fees will be announced in January and billed in March. Travel fees are not to exceed \$100 for the Learn to Dive, Future Champions and High School programs, and \$300 for the Junior Olympic program for the 2023-2024 season.

### Make Up Policy

Make up classes will only be offered in the event of unexpected club closures. No make-up classes will be offered for individual conflicts.

### Multi-Athlete Discount

A 25% discount will be offered to each athlete in a family with multiple athletes in the program.

### New Member Referral Discount

For every athlete you refer to our program that joins, you will receive a 25% discount that will be applied to your monthly dues. They must list your name in the referral section when registering with Tri-Valley Divers.

### Withdrawal

All membership is on a month to month basis. If at any time an athlete wishes to withdraw from the program, notice must be sent via email to [admin@trivalleydivers.com](mailto:admin@trivalleydivers.com). Athletes who withdraw and return to the program at a later date will be subject to paying the \$35 registration fee.

### Scholarships

In an effort to expand access to diving and remove barriers to participation, Tri-Valley Divers is making a limited number of partial and full scholarships available each year. To be eligible, you must be an existing member of Tri-Valley Divers, and show a financial hardship. Please contact [admin@trivalleydivers.com](mailto:admin@trivalleydivers.com) for more information.

### Contagious Illnesses

We ask that all parents be vigilant and considerate regarding potentially contagious illnesses. If an athlete is showing signs or symptoms of sickness, they are to not attend practice until they are cleared by a physician or are completely symptom free. Our coaches continually monitor the athlete's health throughout practice, and will send home anyone showing signs of illness.

## Medication

If your child needs to take medication during practice or a competition, it must be brought in its original prescription container. Coaches and staff will not be responsible for dispensing medication or monitoring medication schedules, nor do they assume any responsibility associated with medications.

## Injuries and Insurance

Athlete safety is our number one priority at Tri-Valley Divers, and our coaching staff will make every effort to create a safe training environment for all of our athletes. Unfortunately, accidents and injuries can happen. All members receive accident and injury insurance coverage through their membership with USA Diving, however this coverage is secondary to their individual personal insurance. All members of Tri-Valley Divers must maintain and offer proof of personal insurance coverage as a condition of membership. If a member suffers from an accident or injury as a result of participation in Tri-Valley Divers activities, proper procedure is for the member to notify a coach immediately. If the injury is serious enough to warrant a possible insurance claim, a member of our coaching staff will complete any and all necessary incident reports and will send those reports to USA Diving. Following receipt of those reports, USA Diving will send them to their insurance underwriter who will then contact the injured member directly to begin the process of settling the claim.

## TEAM CODE OF CONDUCT

The purpose of the Code of Conduct is to establish a fun, friendly, safe and productive environment, and to promote the best possible individual, team, and competitive diving program. All members will be required to agree to and abide by the rules of conduct as set forth in Part I and II. Should a violation of any provision in Part I or II occur, the member will be subject to disciplinary action, as set forth in Part III, including suspension and removal from the program.

### PART I – GENERAL CODE OF CONDUCT

1. All participating team members will abide by this code of conduct.
2. All members will respect the coaches. This includes giving them their full attention when they are speaking and giving instructions.
3. All members will treat each other with respect and have good sportsmanship. Foul language or name-calling is not permitted. Disrespectful, indiscreet or destructive behavior will not be tolerated. It is the responsibility of each diver to not partake in unwanted behavior.
4. Pushing, hitting, kicking, and other intentional unwanted touching or interfering is not permitted.
5. Running or other horseplay activity is not allowed.
6. All members will arrive at practice and competition activities early enough to start on time.
7. All divers will wait inside the training facility until a parent comes in and picks them up. Divers are not to wait outside unless supervised by an adult or coach. Parents must pick up within 15 minutes of the end of scheduled practice.
8. We are a drug free organization; using alcohol, non-prescription illegal drugs, or tobacco is not permitted.
9. Parents, siblings, and friends are not allowed on the pool deck during workouts or at competitions without the coaches' permission.
10. All athletes are expected to participate in all designated championship meets for which they are qualified. 11. Parents are responsible for their own conduct. Aggressive behavior or language, either through the form of emails, phone calls, voicemails, text message, or any other form, towards any member of the Tri-Valley Divers coaching staff will be grounds for immediate termination from the program.

## **PART II – ADDITIONAL MEET CODE OF CONDUCT**

1. Parents are responsible for their own personal conduct as well as their children's when representing Tri-Valley Divers at competitions. Coaches are only supervising those athletes during team-specific events.
2. Any curfews issued by the coaches at team travel events will be obeyed. Curfew is not enforced if the participant is with parents.
3. All participants and their parents have a responsibility to do their best to ensure that this Code of Conduct is adhered to and to help ensure the safety of program participants.
4. All participants are expected to wear designated team suits, T-shirts, and warm-ups during competitions.

## **PART III- VIOLATION OF THE CODE OF CONDUCT RULES**

1. At the discretion of the Program Director and/or coaches, any or all of the following penalties will be applied:
2. For General Code of Conduct Rules 2-7, a three step disciplinary action will be taken. The first offense will result in a verbal warning. Second offenses result in a timeout or other discipline action at the coach's discretion. Third offenses will result in the diver being removed from practice/competition and must immediately change. A call to a parent will be made. \*\*Depending on severity of the offense, the coach has the option to go immediately to step three and an inquiry may be initiated.\*\*
3. Diver may be scratched from competition.
4. Diver may be sent home immediately from practice or competition at their own expense.
5. Diver may be suspended from the team until they and parent/guardian have had a conference with the coach and appropriate disciplinary actions have been implemented.
6. Diver may be removed completely from the program, with no refunds issued.