



**Team Handbook
2025-2026**

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

Logan Champion - Owner/Program Director - coachlogan@trivalleydivers.com - (530) 219-6392

Monte Young - Head Coach - laspositascoaching@gmail.com - (925) 216-3124

PROGRAM STRUCTURE

Future Champions

Our Future Champions program is designed for divers ages 13 and under who are ready to start their diving journey. With practices options from once, twice and up to four times a week for 90 minutes, this program introduces athletes to a structured, multi-level skill progression that emphasizes safety, strong fundamentals, and long-term development. Whether your child is brand new, moving up from our Summer Dive Camps or starting with some athletic experience, Future Champions provides the perfect balance of challenge and support to help young divers build confidence, master proper technique, and prepare for future competitive opportunities.

High School

Our High School program is designed for divers ages 14 and up of all skill levels. Whether your child is brand new, moving up from our Future Champions program, or starting with some prior athletic experience, our high school program will help prepare your athletes to compete at the varsity level. Divers in grades 7 and 8 who are ready for a more advanced training environment may also join, even if they are not yet 14. This program trains primarily on the 1-meter springboard to prepare athletes for high school competition. Practices are held once, twice, or up to four times a week for 90 minutes and emphasize technical refinement, consistency, and competition readiness.

Junior Olympic

Our Junior Olympic (JO) program is an invitation-only program for dedicated athletes who demonstrate the skill, commitment, and mindset to compete at the highest levels of USA Diving. Designed to prepare divers for NCAA Division 1 collegiate competition, this program includes training on the 1-meter, 3-meter, and platform events. Using the Long Term Athlete Development (LTAD) model, our JO program emphasizes progressive skill mastery, technical precision, and long-term success in a supportive yet challenging environment. Practices are held five days a week. Divers in this program are expected to attend all designated competitions and maintain a minimum of 80% practice attendance to remain eligible.

SUMMER DIVE CAMPS

Our Summer Dive Camps are the perfect introduction to the sport of springboard diving for ages 6–13! Designed with fun and safety in mind, this program focuses on building confidence, body control, and basic diving skills in a supportive, age-appropriate environment. Each two-week session consists of eight 90-minute practices (Monday–Thursday) that include a mix of dryland and in-water instruction, giving athletes a well-rounded foundation while keeping things engaging and exciting. No experience is necessary—just a love for the water and a willingness to try something new! Summer camp registration opens up in the spring. If you are interested, you can reach out to admin@trivalleydivers.com for more information.

HOW TO JOIN

New members can sign up to attend a free “Try It Out” class by filling out [THIS QUESTIONNAIRE](#). All are welcome to join, there are no age or skill level restrictions. The only requirement is that you be able to comfortably swim unassisted in deep water. Instructions on how to complete the online registration process will be sent after completing your free class.

PRACTICE SCHEDULE



2025-2026 Practice Schedule

Group	Cost/mo	Mon	Tues	Wed	Thurs	Fri
Future Champions 1/wk	\$200	4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm	Private Lessons, Try Outs, Intersquad Meets
Future Champions 2/wk	\$275					
Future Champions 4/wk	\$350					
High School 1/wk	\$200	5:30-7pm	5:30-7pm	5:30-7pm	5:30-7pm	
High School 2/wk	\$275					
High School 4/wk	\$350					
Junior Olympic	\$400	5:30-7pm	5:30-7pm	5:30-7pm	5:30-7pm	4:30-6:30pm

Holidays and Club Closures

Labor Day: September 1, 2025
 Halloween: October 31, 2025
 Veterans Day: November 11, 2025
 Thanksgiving Break: November 24-30, 2025
 Winter Break: December 22, 2025 - January 4, 2026

MLK Jr Day: January 19, 2026
 Presidents Day: February 16, 2026
 Memorial Day: May 25, 2026
 Independence Day: July 4, 2026
 Summer Break: TBD

CLUB POLICIES

Registration Fee

A one time registration fee of \$100 per family will be paid by all new members to our program. Fees will be due upon initial registration.

USA Diving Membership

USA Diving is our program's primary insurance provider. As such, all members of Tri-Valley Divers are required to have a current USA Diving membership in order to participate in any club activities. To register, Go [HERE](#). Select the "Athlete (17U)" athlete membership (\$40). If you are 18 or older, or will turn 18 within this calendar year, select the "Athlete (FINA Age 18+)" athlete membership (\$40). USA Diving memberships are good for the calendar year, and must be renewed before January 1. Select "NORTHERN CALIFORNIA" as your Association and "TRI-VALLEY DIVERS" as your Team. Fill out all the necessary information, and complete payment. Keep a record of your USA Diving Membership number and your password.

AAU Diving Membership

All members of Tri-Valley Divers are also required to have a current AAU Diving membership, as many of the meets we attend are sanctioned by the AAU. To register, go [HERE](#). Select "Diving" for your sport, and select the "Extended AB" Coverage (\$16). Choose between a 1 or 2 year term (1 yr membership valid through August 31). Use the club code W3BECC for Tri-Valley Divers.

Monthly Dues

Monthly dues are automatically billed at the beginning of each month and must be paid by credit or debit card. A \$50 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.

Extended Leave of Absence

In cases of sickness, injury, or an extended leave of absence, monthly dues can be prorated to \$25 per month for up to three months. After three months, members will be charged their full dues in order to hold their spot in the program.

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. Athletes who withdraw and return to the program at a later date will be subject to paying the \$100 registration fee.

Make Up Policy

Make up classes will only be offered in the event of unexpected club closures. No make-up classes or refunds 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 for the upcoming month. If you refer 6 athletes who join, you will receive a 25% discount to your monthly dues for 1 year. Referred members must list your name in the referral section when registering with Tri-Valley Divers.

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 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 for at least 24 hours. 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 pre- scription 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.

Athletes Only on the Pool Deck

Only athletes are allowed on the pool deck. All coaches on deck are certified lifeguards, but must be only focusing their attention to the athletes on the deck or in the pool. Parents are able to view practices in the designated viewing areas outside the pool.

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.