



Charger Dive Club

Handbook and Registration Packet

MEMBERSHIP RULES, COMPETITION REQUIREMENTS AND EXPECTATIONS:

Charger Dive Club (CDC) is composed of many divers, ranging in ability from Novice to Junior Olympic. To organize and train dedicated athletes, we have broken our program down into groups. Each level is designed to challenge the diver's talents and capabilities while at the same time taking into consideration the inherent differences and needs of each level, psychologically, emotionally, physically and socially. By doing this, we can assure each diver a program that is geared toward long-term success. Anyone interested in participating in diving instruction is eligible for membership, regardless of age or ability.

All divers are expected to:

- Verbally and emotionally support other Charger Dive members
- Abide by U.S. Center for SafeSport Guidelines
 - <https://uscenterforsafesport.org/response-and-resolution/policies-and-procedures/>
- NEVER interfere with the instruction of others. Be respectful
- Refrain from bullying, ridiculing, teasing or using foul or inappropriate language
- Inform coaching staff regarding any harmful, destructive or inappropriate behavior or conduct
- Attend all required meets
- Wear CDC team attire at required competitions
- Be always registered with USA Diving, and the AAU
 - **USA Diving Team Code: 7688**
 - **AAU Diving Team Code: W34467**

Adults and parents of minor divers are expected to:

- Support their diver's commitment. (Daily attendance - 90%, arrive on time, proper attire [shorts, sneakers, warm-ups])
- Abide by U.S. Center for SafeSport Guidelines
 - <https://uscenterforsafesport.org/response-and-resolution/policies-and-procedures/>
- Support team training throughout the entire year, especially prior to competitions
- Pay dues and fees by the 1st of each month
- Volunteer to help at CDC hosted meets
- Never interfere with the coaching staff when instruction is occurring
- Attend general membership and special meetings
- Insist that your child supports his or her teammates and refrain from negative behaviors
- Attend all required meets and/or arrange for transportation
- Support your coaching staff and program
- Communicate directly to the coaching staff regarding specific areas of concern in a respectful and productive manner
- Refrain from indirect and negative communications between families that are detrimental to the positive spirit of the CDC Team & Staff. Ongoing negative behavior will not be tolerated and may result in being dismissed from the team by decision of the Head Coach

Divers are encouraged to attend diving camps/clinics. This is a unique opportunity to dive with athletes from other parts of the country and receive instruction from other coaches with different perspectives and styles. Please communicate with the Head Coach in advance of the camp to minimize any conflicts with competitions.

ANNUAL ADMINISTRATION FEE:

There will be a yearly administration fee of \$750.00 due on or before September 15. This fee can be paid in two installments with the balance due on or before December 15. All registered CDC athletes will receive a spirit pack that includes team suit, t-shirt, podium jacket, and backpack upon initial registration. Contents of spirit pack will vary from year to year.

TEAM MEMBERSHIP TUITION:

During the registration process the following terms are agreed to and accepted as part of the terms of membership to Charger Diver Club. Member agrees to the terms and conditions of the following CDC Team Membership agreement. Member understands that team membership is a MONTHLY commitment, due the 1st of each month for the entire dive season during the months of September through August.

If the diver is unable to attend workouts, the monthly tuition is still due in order to retain full team status and guarantee a spot on the team. Invoices are sent on the 25th and dues on the 1st of each month. If payment is not received before the 5th of the month, diver cannot attend practice until tuition and late fees have been paid.

Exceptions are granted for physical/medical restrictions as a result of a condition or injury.

Medical Injuries: For my diver to qualify for medical leave my diver must be prescribed physical limitations by their primary care physician or medical specialist that restrict their participation in any dryland or water training for at least 2 months. Medical leave must be approved by the Head Coach.

If installments are not kept current a diver will be suspended from the team and may not rejoin the team until all delinquent charges are paid in full. This term and condition are also subject to space availability and a diver will not be assured of a position in the previous training group if the diver has been let go from the team.

Notice of "change of status due to medical leave" must take place prior to the 1st of each month. In the event a diver is injured and goes into medical leave during any time in each month, fees will NOT be prorated.

DIVE MEETS AND COMPETITION:

Meets are held year-round. The coaching staff will determine the team's competitive schedule. Meet information is distributed via email, and is available on the website, well in advance of the deadline date. The coaching staff will determine which meets are appropriate for our divers to attend, as well as the criteria for participation. Divers must meet established criteria for each competition and must have the coaches' permission in order to participate. Divers should attempt to compete in all meets recommended to them by the coaching staff, unless arrangements are made in advance with the Head Coach. It is the responsibility of each diver to submit his or her dive sheet(s) and entry fee on divemeets.com or other entry website before the entry deadline; late fees are very costly.

Charger Dive Club will host one meet each year. In order to successfully host this meet, each family is asked to volunteer to ensure a successful event for all participants and attendees.

HIGH SCHOOL MEETS:

If a CDC diver wishes to compete for their High School and they do not have a high school team or coach, one of our coaches will take them to high school meets and coach them. This needs to be communicated early, as coaches will have to get clearance from different districts. **Current members of CDC will not be charged an additional fee for coach attendance at their high school meets.**

GENERAL CHARGER DIVE CLUB RULES AND REGULATIONS:

1. Team membership, placement and grouping are at the discretion of the Head Coach. The Head Coach has full power to accept or reject the application of any person for membership
2. All scheduled practices and meets must be attended unless arrangements are made in advance and approved by the coaching staff. Continual lack of attendance may result in suspension from the team. Each diver needs to arrive at his or her scheduled workout group on time. Continual tardiness may result in suspension unless coordinated with the coaching staff
3. All team members who are attending high school are required to maintain academic eligibility as per CIF rules. A minimum 2.0 GPA is required. Coaches may require team members to bring them copies of their report cards. A Diver may not participate in any AAU or USA Dive meet if their GPA is below a 2.0
4. Team suits are required to be worn at all club meets
5. Transportation to local meets and practices is the responsibility of the diver/parent and arrangements must be made in advance with another adult driver. Coaches are not allowed to transport divers
6. Team membership can be terminated at the discretion of the Head Coach

TEAM TRAVEL POLICY:

Parents or designated guardians of divers who are 13 years or younger are required to travel and board with their diver.

The parent or guardian must arrange for a chaperone if unable to travel to the meet with the diver. Although the club may recommend hotels for everyone to stay in, parents are ultimately responsible for housing, transporting, and monitoring their children during diving competitions. If a parent cannot attend, HE or SHE (not the coach) will be responsible for planning for his or her child to stay with another family.

The Head Coach may designate and enforce a curfew. Whether at home or away meets, all team meetings and workouts are required. The Coaching Staff strongly recommends staying at the designated meet hotel, if possible, to facilitate team communication, bonding, transportation, getting to breakfast, workout, and team meetings on time. Staying in the same hotel is especially beneficial to newer or more inexperienced families who are traveling.

It is strongly encouraged that divers and their families stay in the "team hotel" at away competitions so that communication, meetings and special events are more easily managed.

TEAM CODE OF CONDUCT:

The purpose of this code is to promote the best possible individual, team, and competitive diving program by establishing a set of conduct rules to help ensure a friendly, safe and productive diving environment. The code is further designed to promote a favorable image of Charger Divers. This code is generally accepted by teams nationwide and is supported by USA Diving and the AAU.

GENERAL CODE OF CONDUCT – ATHLETE:

1. All members will respect the coaches. This includes giving them their full attention when they are speaking and providing instruction without back talk or arguments
2. All members will arrive on time at practices & competitions early enough for designated stretches and warm up
3. All members will treat each other with respect and display good sportsmanship. Foul language or name-calling is not permitted. Disrespectful, indiscreet or destructive behavior will not be tolerated. Any form of sexual harassment **WILL NOT BE TOLERATED**
4. Running or other horseplay activity is not allowed.
5. Athletes must notify the coach on deck if the parent has not arrived to pick them up within 15 minutes of the end of a scheduled practice or event
6. All athletes are expected to participate in all designated championship meets they qualify to attend
7. Charger Dive Club is a drug free organization; using alcohol, non-prescription illegal drugs or tobacco is not permitted
8. All members are expected to wear designated team suits, T-shirts, and warm-ups during all club competitions unless otherwise cleared with coaching staff
9. All members are expected to win with character and lose with dignity. This means greeting fellow competitors in the same manner regardless of the place or score you receive
10. NO Cell Phones during practice time, including dryland. Cell phone use is for emergency only
11. Social Media restrictions, divers are not allowed to post any inappropriate language, posts/text. This is considered a form of bullying

GENERAL CODE OF CONDUCT – PARENTS:

Youth sports programs play an important role in promoting the physical, social and emotional development of children. It is essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in or at practices, competitions or related team events should be positive models of good sportsmanship and lead by example demonstrating fairness, respect and self-control.

1. Parents, Guardians or family members should not engage in unsportsmanlike conduct with any coach, parent, participant, official or other attendee
2. Parents, guardians or family members should not encourage their child or other person to engage in unsportsmanlike conduct with any coach, parent, participant, official or other attendee
3. Parents will not engage in any behavior that may endanger the health, safety or well-being of any coach, parent, participant, official or other attendee
4. Parents, guardians or family members should not encourage their child or other person to engage in any behavior that may endanger the health, safety or well-being of any coach, parent, participant, official or other attendee
5. Parents, Guardians or family members should not engage in the use of profanity at team facilities, events and social media affiliated with the Charger Dive Club
6. Parents, Guardians or family members will treat any coach, parent, participant, official or other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability

7. Parents, Guardians, or family members will encourage child to treat any coach, parent, participant, official or other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability
8. Parents, Guardians or family members will not engage in any verbal or physical threats aimed at any coach, parent, participant, official or any other attendee
9. Parents, Guardians, or family members will not encourage children to treat any coach, parent, participant, official or other attendee to engage in any verbal abuse or physical threats aimed at any coach, parent, participant, official or any other attendee
10. Parents, Guardians, or family members will not use non-prescription illegal drugs or alcohol during or while attending a team related event. This includes being under the influence when in the presence of coaches, parents, participants, officials or any other attendees
11. Parents, Guardian or family members will not permit or encourage a child or any other person to use non-prescription illegal drugs or alcohol during or while attending a team related event
12. Parents, Guardian or family members are responsible for their own personal conduct as well as the conduct of their children when representing Charger Dive Club at competitions, practices and related events, or anywhere in public when they are wearing identifying apparel
13. Although indirect, and gossip cannot be prohibited, it is strongly encouraged that parents communicate directly to the coaching staff regarding specific areas of concern in a respectful and productive manner to preserve the positive, family atmosphere of Charger Dive Club

INDEPENDENT PHYSICAL EDUCATION:

Charger Dive Club can act as the off campus Independent PE for attendance and grades. Parents are to be extremely respectful with your school district personnel, principles and/or teachers regarding I.P.E. requests. Let your coaching staff assist you in filling out the appropriate paperwork, or any other assistance you may need. Each district/school might have different requirements. Usually the following may be required:

1. Independent Physical Education form
2. Charger Dive Club Coaching Resume
3. Team Objectives (on letterhead)
4. Proof of National Participation and ranking (AAU/USA dive meet website)
5. Quarterly Grade Form

Anti-Bullying Policy:

The following is a model procedure to implement the Charger Dive Club prohibiting bullying. This plan must be reviewed and agreed to by all athletes, parents, coaches and other adults at the club. Any time reports of bullying are made, the club is expected to implement these procedures.

Action Plan to Address Bullying

PURPOSE:

Bullying of any kind is unacceptable at CDC and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Club is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly, and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

Objectives of the Club's Bullying Policy and Action Plan:

- To make it clear that the Club will not tolerate bullying in any form.
- To define bullying and give all board members, coaches, parents and divers a good understanding of what bullying is.
- To make it known to all parents, divers and coaching staff that there is a policy and protocol should any bullying issues occur.
- To make how to report bullying clear and understandable.
- To spread the word that CDC takes bullying seriously and that all divers and parents can be assured that they will be supported when bullying is reported.

WHAT IS BULLYING:

Charger Dive Club prohibits bullying. Generally bullying is intentional behavior that hurts, harms, or humiliates a member, either physically or emotionally. Those targeted have difficulty stopping the behavior and generally will not report it for fear of retaliation. Bullying is also the use of aggression, whether intentional or not, which hurts another person and results in pain or distress. Bullying is the severe or repeated use by one or more CDC members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has a harmful effect:

- **Harm:**
 - Causing physical or emotional harm to the other member or damage to the other person's property; (ie: taking hair ties, taking sunscreen or food without permission, taking a person's turn on the mats or at practice, cutting in line)
- **Property:**
 - Placing the other member in reasonable fear of harm to himself/herself or of damage to his or her property.
- **Hostile Environment:**
 - Creating a hostile environment for the other member at any activity.

- **Training:**
 - Materially or substantially disrupting the training process or the orderly operation of any training activity (which shall include but is not limited to practices, workouts and other events of The Club, whether official or unofficial in nature).

- **Psychological :**
 - Sometimes bullying can be sinister in nature, not obvious to coaches or others but causes harm to the recipient. Usually, the offending bully takes special care not to be obvious in the harm caused. The bullying is not physical in nature.

- **Social Bullying/Relational Aggression:**
 - This is any bullying that is done with the intent to hurt somebody's reputation or social standing. Social bullying often happens between friends. It can happen in two ways: either by trying to exclude somebody, or encouraging others to ignore, chastise or threaten a friend. This bullying is most common among girls but is not limited to girls and the main weapon a bully uses is to harm or manipulate relationships.

- **Verbal Bullying:**
 - This is any bullying that is done by speaking. Calling names, spreading rumors, threatening somebody, and making fun of others are all forms of verbal bullying. Verbal bullying is one of the most common types of bullying and the main weapon the bully uses is their voice.

- **Cyberbullying:**
 - This is any bullying that happens over any technological device. This includes email, instant messaging, social networking/media sites such as Facebook/Instagram, text messages and cell phones. The bully knows that some forms of communication and bullying such as Instagram/Snapchat includes group chat forums that disappear after a period of time so there is no trace of the bullying. Some bullies use social media to rally others against the victim by spreading rumors or creating an isolating incident for the victim. This is one of the newest ways a bully will hurt their victim and can be devastating and sinister in nature. It can be used to isolate and alienate its victim.

- **Bystanders:**
 - A bystander may or may not be a friend of the target, but he or she is aware that the bullying is happening. Bystanders can be silent bullies if they do not try to get help for the victim. We all have a responsibility to step up for our teammates and do the right thing. Watching someone suffer in silence is cowardly and not a character quality to be proud of in a teammate.

- **Unfair Use of Power:**
 - Power can be defined in many ways (ie older, stronger, smarter, more friends in a given situation). Everyone needs power and control in their lives. However, people engaging in bullying behaviors use their power in unhealthy ways to manipulate and hurt others.

- **Peer Pressure Impact on Bullying Behavior:**
 - Peer Pressure occurs when a peer group or individual encourages others to change their attitudes, values, or behaviors to conform to those of the influencing group or individual. Peer pressure can impact and result in bullying when the behavior encourages others to laugh at someone or determine someone is not worthy to be part of the group. Individuals are intimidated to speak out on behalf of themselves or of someone being hurt.

- **Plays Martyr:**
 - The bully plays the long-suffering individual who is unappreciated and lays on the guilt if the victim wants to be with other friends or do other activities not including the bully. Emotionally healthy friends are supportive of their friends and understand it's OK to have other relationships and be with other friends.

- **Possessiveness:**
 - The bully comes on strong and wants or must be with you constantly or shows a dangerous need to have you all to him or herself. Possessiveness is defined as a desire to own or dominate. Bullies often don't have many or other friends of their own which means they grow to resent your other relationships. Bullies are so insecure that they see everyone you spend time with as competition and as a threat to their dominance.

STOP THE BULLYING NOW:

YOU must change the way you respond to the bully, or he/she will continue to take advantage of your good nature and look for opportunities to hurt you. Be a good friend and watch for this type of behavior around you. We all have a responsibility to stop the BULLY and keep the team free of this type of damaging behavior. We are here as competitors but more importantly as teammates. We support and help each other and will not tolerate hurtful damaging behavior from divers, coaches or parents.

Procedure:

- Report any incident to a coach or trusted adult
- Coaches/Board will issue a verbal warning
- Repeat offenses will be documented and offender will be advised that further incidents of ANY kind will result in removal from the team-no questions asked.
- UNDERSTAND that we will ferret out mean, damaging and hurtful behavior on our team and it will not be tolerated.
- Saying you are JOKING is not a valid excuse...EVER!

HANDBOOK, CODE OF CONDUCT, AND RULES AND REGULATIONS
AGREEMENT:

My athlete and I have read all CODES OF CONDUCT and RULES AND REGULATIONS provided by Charger Dive Club in the Handbook, including but not limited to meet information, high school team participation, and agree to all terms listed therein.

I hereby agree that if I fail to conform my conduct to the foregoing while attending practice, competitions or any related team event, I will be subject to disciplinary action at the discretion of the coaching staff and. Disciplinary action may include any or all the measures listed based on the severity of the infraction.

Parent Name _____

Parent Signiture _____

Athlete Name _____

Athlete Signature _____

Date: _____

RELEASE OF LIABILITY

READ CAREFULLY - THIS AFFECTS YOUR LEGAL RIGHTS

In exchange for participation in the activity of Springboard and Platform Diving organized by Charger Dive Club LLC, I agree for myself and (if applicable) for the members of my family, to the following:

1. AGREEMENT TO FOLLOW DIRECTIONS. I agree to observe and obey all posted rules and warnings, and further agree to follow any oral instructions or directions given Charger Dive Club LLC, or the employees, representatives or agents of Charger Dive Club, LLC.

2. ASSUMPTION OF THE RISKS AND RELEASE. I recognize that there are certain inherent risks associated with the above described activity and I assume full responsibility for personal injury to myself and (if applicable) my family members, and further release and discharge Charger Dive Club, LLC, and its representatives, employees, agents, contractors, for injury, loss or damage arising out of my or my family's use of or presence upon the facilities of Charger Dive Club, LLC, whether caused by the fault of myself, my family, Charger Dive Club, LLC, or other third parties.

3. INDEMNIFICATION. I agree to indemnify and defend Charger Dive Club, LLC, against all claims, causes of action, damages, judgments, costs or expenses, including attorney fees and other litigation costs, which may in any way arise from my or my family's use of or presence upon the facilities of Charger Dive Club, LLC.

4. FEES. I agree to pay for all damages to the facilities of Charger Dive Club, LLC, caused by any negligent, reckless, or willful actions by me or my family.

5. CONSENT. I,

(Name) _____ of

(Address) _____,

(City) _____,

California

(Zip Code) _____, consent

to the participation of my _____ (Relation to Athlete), (Participant

Name) _____, in the activity of

Springboard and Platform Diving and agree on behalf of the above minor to all of the terms and conditions of this Agreement. By signing this Release of Liability, I represent that I have legal authority over and custody of

(Participant Name) _____.

6. MEDICAL AUTHORIZATION. In the event of an injury to the above minor during the above-described activities, I give my permission to Charger Dive Club, LLC, or to the employees, contractors, representatives or agents of Charger Dive Club, LLC, to arrange for all necessary medical treatment for which I shall be financially responsible. This temporary authority will begin on _____ and will remain in effect until terminated in writing by the undersigned or when the above-described activities are completed. Charger Dive Club, LLC shall have the following powers:

- a. The power to seek appropriate medical treatment or attention on behalf of my child as may be required by the circumstances, including without limitation, that of a licensed medical physician and/or a hospital.
- b. The power to authorize medical treatment or medical procedures in an emergency; and
- c. The power to make appropriate decisions regarding clothing, bodily nourishment and shelter.

7. APPLICABLE LAW. Any legal or equitable claim that may arise from participation in the above shall be resolved under California law.

8. NO DURESS. I agree and acknowledge that I am under no pressure or duress to sign this Agreement and that I have been given a reasonable opportunity to review it before signing. I further agree and acknowledge that I am free to have my own legal counsel review this Agreement if I so desire. I further agree and acknowledge that Charger Dive Club, LLC has offered to refund any fees I have paid to use its facilities if I choose not to sign this Agreement.

9. ARM'S LENGTH AGREEMENT. This Agreement and each of its terms are the product of an arms' length negotiation between the Parties. In the event any ambiguity is found to exist in the interpretation of this Agreement, or any of its provisions, the Parties, and each of them, explicitly reject the application of any legal or equitable rule of interpretation which would lead to a construction either "for" or "against" a particular party based upon their status as the drafter of a specific term, language, or provision giving rise to such ambiguity. Accordingly, the Parties specifically reject the application of Cal. Civ. Code §1654 to this Agreement, as well as any other statute or common law principles of similar effect.

10. ENFORCEABILITY. The invalidity or unenforceability of any provision of this Agreement, whether standing alone or as applied to a particular occurrence or circumstance, shall not affect the validity or enforceability of any other provision of this Agreement or of any other applications of such provision and such invalid or unenforceable provision shall be deemed not to be a part of this Agreement.

11. DISPUTE RESOLUTION. The parties will attempt to resolve any dispute arising out of or relating to this Agreement through friendly negotiations amongst the parties. If the matter is not resolved by negotiation, the parties will resolve the dispute using the below Alternative Dispute Resolution (ADR) procedure.

Any controversies or disputes arising out of or relating to this Agreement will be submitted to mediation in accordance with any statutory rules of mediation. If mediation is not successful in resolving the entire dispute or is unavailable, any outstanding issues will be submitted to final and binding arbitration under the rules of the American Arbitration Association. The arbitrator's award will be final, and judgment may be entered upon it by any court having proper jurisdiction.

12. EMERGENCY CONTACT. In case of an emergency, please call

_____ (Relationship:
 _____) at _____
 (Day), or _____ (Evening).

I HAVE READ THIS DOCUMENT AND UNDERSTAND IT. I FURTHER UNDERSTAND THAT BY SIGNING THIS RELEASE, I VOLUNTARILY SURRENDER CERTAIN LEGAL RIGHTS.

Dated: _____

Signature: _____

Name (Please Print) _____

PARENT/GUARDIAN MEDIA CONSENT FORM

We are sending you this parental consent form to both inform you and to request permission for your child's photo/image/video and name to be posted to the Charger Dive Club, LLC website and social media sites (Instagram/twitter/YouTube).

As you are aware, there are potential dangers associated with the posting of personally identifiable information on a web site since global access to the Internet does not allow us to control who may access such information. These dangers have always existed; however, we as a club want to celebrate your child and his/her success. The law requires that we ask for your permission to use the information about your child.

Pursuant to law, we will not release any personally identifiable information without prior written consent from you as parent or guardian. Personally identifiable information includes student names, photo or image, and locations and times of competitions.

If you, as the parent or guardian, wish to rescind this agreement, you may do so at any time in writing by sending a letter to the coaches and such rescission will take effect upon receipt by the coaches.

By signing this, I/We GRANT permission for this athlete photo/image/video and name to be published on the Charger Dive Club, LLC public Internet site and other social media sites.

Athlete Name: (please print) _____

Print name of Parent/Guardian: (print) _____

Signature of Parent/Guardian: (sign) _____

Relation to Student: _____

Date: _____

PARENT SURVEY:

Parent 1 Name(s): _____

Parent 1 Occupation: _____

Parent 2 Name(s): _____

Parent 2 Occupation: _____

Diver Name(s): _____

Computer proficiency: _____

Special skills: _____

Do you have any expertise or desire to help Charger Dive Club in any of the following areas (please check all that apply)?

Website Expertise: ____

Travel Coordinator: ____

Printing: ____

Grant Writing Experience: ____

Art Design: ____

Journalism / Press Releases: ____

Floral Design / Decorations: ____

Obtaining Donations from local businesses: ____

Own a store or restaurant: ____

Catering business or experience: ____

Music business or experience or own equipment: ____

Own professional video or camera equipment: ____

Other: ____ Please explain _____

Have any older children that need to earn “community service hours” and help out with our dive meets or other events?:

(Please give us their names and ages)

Name _____

Age _____