



# Welcome to the City of Goodyear Aquatics Summer Dive Team

Goodyear Pool  
430 E. Loma Linda Blvd  
Goodyear, AZ 85338  
623-932-4809



Recreation Office  
3075 N. Litchfield Rd  
Goodyear, AZ 85395  
623-882-7525

We are looking forward to another fantastic summer for the Goodyear Sharks Dive Team. The Goodyear Sharks Dive Team has a reputation for being one of the largest and highly successful recreational dive teams in the state of Arizona and is continuing to make advances into higher levels of AAU regional and national competitions. Along with continued success at these meets, we are also advancing the sport of diving and being recognized as team of integrity and good sportsmanship.



## The Goodyear Sharks 2013 Team Packet



Congratulations & Welcome! You are now a member of the Goodyear Sharks Dive Team! The information contained in this packet will introduce you the Goodyear Sharks Team and the AKD (Arizona Kids' Diving) League. Please read this entire team packet before starting practice. We look forward to working with your diver and family throughout this season!

## General Information

Goodyear Sharks Dive Team is a seasonal recreation diving program. This program focuses on a competitive diving environment with lots of hard work and fun. Together the team will enjoy ice cream during our team picture day, go to Sky Zone, and see the movie *Wreck-It-Ralph* at the Goodyear Ballpark.

**Prices:** Activity Fee: \$69.00  
Resident Discounts: \$20.00  
Sibling discount \$5.00

**Practices Times and Guidelines:** Stretching & attendance begins 15 minutes before practice. Divers will **NOT** be able to enter the water until the coaches and lifeguards are present.

### May 20 – June 7 (Afternoon practices)

3:30 - 5:30 PM (10 & Up)  
5:45 - 7:30 PM (9 & Under)

### June 10 – July 18 (Morning practices)

7:00 - 8:15 AM (8 -11 yrs) Intermediate  
8:15 - 9:30 AM (5 & Under -7yrs) Novice/Beginner  
9:30 - 10:45 AM (12 & Up) Advanced/Elite

### What to bring to practice:

- Swimsuit
- Shammies
- Reusable water bottle



- Sunscreen
- Flip flops/some sort of shoe
- Towel

**Team Suits:** One-piece suits are required for dive practice and competition. If you are a male diver who is on Swim and Dive team a jammer style suit is acceptable for dive, however as a coach I would prefer the boys get the racer style, as it enhances the illusion of vertical through the water and allows them to score better. Team suits are available for purchase but are not mandatory. You may purchase a suit during one of the suit fittings, online at [www.eastvalleysports.com](http://www.eastvalleysports.com) or call East Valley Sports – (480) 832-8172. Prices vary depending on suits styles. The team suit ranges in price anywhere from \$26 - \$75 depending on style. East Valley Sports will hold suit fittings at the Goodyear Pool on the following dates



- Thursday, May 23 from 3:30 -7:00pm, during practice.
- Thursday, June 6 from 3:30 -7:00pm, during a swim meet.

**Shammies:** Are recommended but not required. Shammies are used to dry off and rid water before toweling. Our Dive Booster Club will have tie-dyed shammies available for \$10.00 each.

**Daily Practice:** will feature a different form of workout in accordance with our regular board work

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Physical Training	Dive Gymnastics	Underwater Workout	Shallow Water Workout	Practice Meet
Gym shoes		goggles	goggles	

**Cancelled Practice:** Practices may be cancelled due to thunder, lightning, water contamination or injury. If you drop your child off at practice please make sure they know how to get a hold of you to be picked up if practice ends early.

**Supervision:** Only registered divers are allowed into the pool during dive team practice and meets. Parents are encouraged to attend practices to watch their children; however parents and sibling must remain in the bleachers area or on the back deck not to obstruct coaching or lifeguards view of the pool. Parents are responsible for keeping track of any siblings that may accompany them. Lifeguards and coaches are not responsible for watching those children not participating in Dive Team.

**Food and Beverage:** Food and beverage is permitted in the bleachers only! Please restrict consumption to this area only. Note: Glass and smoking is not permitted in any aquatics facility.

## Team Communication Mechanisms

Communication of information is an essential element to a successful season. Please do your part by reading this packet in its entirety as well as attending the mandatory parents meeting, reading the team email blasts and checking the team board. Below are the main methods of communication throughout the busy seasons.

- **Coaches** – Jerolyn is available by appointment or after practice to talk about the season, answer questions, discuss your child’s performance and other upcoming events or activities.
- **Team Board**- We will have a team board with important information posted. Please check the board daily for current information.
- **Website** – [www.goodyearaz.gov/rec](http://www.goodyearaz.gov/rec) to download the meet schedule, parent packet and activities schedule.
- **Emails** - Due to the size of the team the most frequent form of communication will be email. Emails will be sent out weekly regarding information on upcoming events, meets, activities and any other items of importance. Please make sure your email and phone number are updated when registering.



**Parents Meeting** - The Parents Meeting is Mandatory! See dates below. Coach Webb will discuss the upcoming meet schedule, importance of volunteering, activities schedule, participation in the Grand Canyon State Games, AKD-Finals and give you an opportunity to ask questions about the upcoming season.

- May 28, 2013 5:30 – 7:00 PM; City Hall, 190 N. Litchfield Road, Rm. 117



### Problems and Concerns

Most problems or concerns can best be solved at the source. Please approach a coach by appointment or after practice to discuss any issues, concerns or problems. It is unfair to the team to discuss an individual diver’s problem or concern during practice. A common communication gap can occur if a parent feels more comfortable discussing a disagreement over coaching philosophy with other parents rather than resolving it directly with the coach. Not only is the problem never solved, but in fact this approach often creates new problems. Listed below are some guidelines for how a parent should raise difficult issues with a coach:

- Try to keep in mind that you and the coach have the best interest of your child at heart.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team. Sometimes the interest of an individual may be subordinate to the interest of the team or group.
- If another parent uses you as a sounding board for complaints about a coach’s performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. The coach is ultimately the one who can help resolve the problem.
- After you have spoken to the Head Coach and you are not satisfied with the response, you may contact the Pool Manager.

## For Parents

Parents are the backbone of our team as they drive the diver(s) to practices, activities and meets. They volunteer to work at all our home and away meet and are involved in other matters that support the team. Parents should encourage their diver(s) and give positive support. Please stay clear of comments like “perfect” or “flawless” as the sport of diving is subjective. All help, suggestions and support are greatly appreciated by the coaches and staff.

- We want your diver to establish a constructive relationship with his or her coach concerning all dive matters. A good relationship between coach and diver produces the best results for both the diver and the team. When parents interfere with a coaches opinion as to how the diver should train or dive, it can cause considerable confusion for the diver. If you have a problem or concern involving your diver, please contact the coach immediately. The coaches are the absolute authority in all matters of dive schedules, diver development, and participation in meets.
- Always offer encouragements; never lecture your child about a performance. You will make them feel worse than they already do. Let your divers discuss the competition with their coach. Always give support and encouragement to do better next time.
- A coach or team can be supported or ruined in the eyes of a diver by his/her parent. Never complain about the number of hours your child puts in each day at practice or the coaching staff. Rather, make them feel that it is worthwhile and that you respect the coaches. Remember, anything worthwhile requires sacrifice.

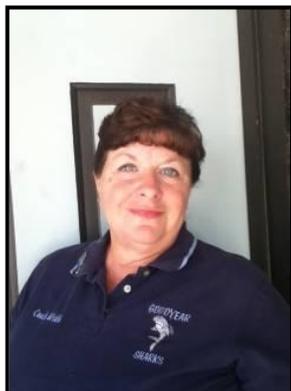
### Expectations/Code of Conduct

As part of the Goodyear Sharks Team all participants, parents, guest & spectators will be expected to follow the Code of Conduct listed below. As well as follow all posted pool rules, cooperate with lifeguards, coaches and pool staff. Please have a positive attitude when attending practices, meets and participating in team activities.

- I understand that the goal of this summer dive league is to support childhood growth and development through dive – the fundamental techniques will be emphasized, with focus on sportsmanship, teamwork and having fun.
- I understand gossip and use of profane/abusive language or gestures is considered unsportsmanlike conduct and will not be permitted or tolerated.
- I will make every effort to discuss any concerns or take suggestions to the coaching staff or pool management before approaching the Recreation Coordinator, Superintendent or Director. The coaching staff is open to all suggestions and ideas and would love to hear feedback from their parents. Please approach the coaching staff at an appropriate time (not during dive meets or practice).
- I will not coach or instruct the team or any diver including my own; at practice or meets (from the stands, deck or any other area) or interfere with the coaches.
- I understand that officials who judge meets are volunteers, who have the best interest of all divers in mind. I may not agree with some of the scores or decisions made by an official during the dive meets, and if so, I will direct all questions or concerns with the Head Coach at an appropriate time as not to interfere with the progress of the meet or other diver’s performance.
- I understand that participation by my child in diving is voluntary. Participation in meets and events shall not be forced.
- I understand that coaching staff will make final decisions for the dive sheets.



## Coaching Staff



### Head Dive Coach: Jerolyn Webb

My name is Jerolyn Webb and I am now beginning my 16<sup>th</sup> year coaching at Goodyear and am a co-founder of the Arizona Kids Diving League. This league promotes the sport of diving and provides the teams our divers compete against. The years of experience I have in this sport totals over 45 years and include many individual success stories, including my own ability to still participate in the sport. The goal of “Safety First” is being passed on to all students, some of which are aspiring to become divers for their respective high schools and future dive coaches. Our second goal of teaching good sportsmanship and integrity of competition has been rewarded by our team winning the APS Power Player of Year Award the summer of 2007 at the Grand Canyon State Games. Last, but not least, our goal to make the sport of diving a FUN and rewarding experience for all who come out and hopefully lay a permanent foundation for good health and exercise that will last their lifetime.

## Additional Information

### Separate Registration Fees

**Grand Canyon State Games:** I have the pleasure of being the Dive Commissioner again this year for the Grand Canyon State Games (GCSG). As in the past, preparation for the games is our first big meet for the season. The fees for GCSG consist of \$15.00 for one event, \$8.00 for each additional event for both Divisions I (AAU/USD) and Division II – Park and Recreation. More information to come as it becomes available. This will be discussed in depth at the Parent’s meeting.

**Amateur Athletic Union Membership:** AAU is a great organization and I find our involvement has provided our more advanced divers with additional opportunities for competitions out of state and to qualify for Regional and National Meets. We have an opportunity to compete in the AAU Junior Olympics, another multi-sport festival to be held in Detroit, MI. The diving portion will be held July 25-28 and will include both Novice and Junior events along with Synchro events. Intermediate divers that would like to participate, you will be required to join AAU prior to registration. There are no qualifying scores for this competition. On the subject of qualifying scores, this year, AAU Nationals will be held in San Antonio, TX, for those divers on our Division I team who meet qualification scores and wish to go. Our only meet that is a qualification meet is GCSG.

AAU membership is only \$14.00 for the year September 1<sup>st</sup>, 2012 through August 31, 2013. I do not require membership for my Novice-Green or Intermediate-Yellow (Division II) divers, although I recommend all Advanced – Red and Elite – Blue (Division I) divers to join, as their competitions will be sanctioned by AAU and follow FINA rules. More information will be provided as required.

**3-Meter Practice Fee:** 3-meter practices will be available for an additional fee. These practices are for divers who meet the qualifications of Advanced (Red) or Elite (Blue). Intermediates (Yellow) may qualify for 3-meter practice with the Coach’s recommendation. Divers who wish to participate must request permission from the Dive Coach before attending practice.

Days: Mondays (9-Under) & Wednesdays (10-Up)

Dates: June 10 – July 17

Times: 6:30 pm – 8:00 pm

Location: Southwest Valley YMCA; 2919 N. Litchfield Rd. Corner of Thomas and Litchfield Rd.

Price: Additional Fee of \$10 cash or check made payable to “YMCA” and signed YMCA waiver form

**Team Activities-** see team activities flyer for specific details.

- June 14: Team Pictures - price varies depending on packet choices  
(Dive Team Time Slot is 8:00 am)
- June 24: SkyZone - \$10.00 per person (Lunch – 2 pieces of pizza and soda available for \$3.00)  
Additional waiver must be signed or processed on-line by parent or legal guardian only)
- July 8: Movie @ the Ballpark- Free Featuring: *Wreck-It-Ralph!*

### Dive Meets, Invitational's and Finals

Dive meets are held for the enjoyment of the children. Dive meets teach sportsmanship and discipline while our athletes develop their competition skills. These characteristics combined together result in team spirit; working together for a common goal. Parental support through active participation in meets and events helps to reinforce those life skills. It is recommended that divers participate in every meet, but please let a coach know which meets you won't attend by the Wednesday before the meet. The format for the dive meets has changed for the upcoming season. The dive meets are now separated by age group as opposed to ability. Meets are now 9-Under/Novice and Junior events and 10-Over/Novice and Junior events. This allows all our divers to compete with athletes their same age, but only divided by ability. (Beginners with beginners, more experience competing with more experienced.) Several of the meets have all age groups competing and are indicated on the Dive Meet Calendar.

**What to Expect:** Please plan to arrive at the pool at the designated check-in/warm-up time. This way you have time to find a place to sit, pop up your tent and gather your swimming items. Coaches will call for warm-ups which last anywhere from 15-30 minutes. Shortly after all teams have warmed up the meet should begin. Please sit in the team area so when coaches and volunteers call for events divers are readily available and don't miss their events.

**What to bring:** Dive Meets are usually more than a couple of hours in the sun. Preparing for meets can sometimes feel like packing for a weekend trip. Listed below are some highly recommended items to bring to a dive meet.

- Shammie
- Swimsuit
- Towels (more than one is suggested)
- Sun block
- Water

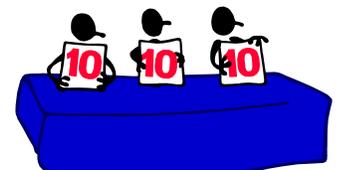


- Healthy snack
- Blanket or lawn chairs to sit
- Entertainment items to pass time; cards, games, toys etc.
- Cooler with lots of water
- Tent, Tarp, Umbrella (shade)
- Hand held misting systems/bottles

**Team Area:** At every meet there will be a designated team area for the Goodyear Sharks, marked by our team banner. Please sit in this area to receive the vital information regarding warm-ups, upcoming events and any other information. Coaches and volunteers will only go to the team area to call for events.

**Warm-ups and Safety:** Stretching prior to events is mandatory for each participant. This is to ensure optimum performance while competing and prevent pulling or overstretching muscles due to the excitement of the competition. Warm-up should consist of jumps and line-ups (front and back) and at least one time through each of the dives to be performed in the competition. Please note: It is very important to not over warm-up, as this will cause fatigue and rob the diver of peak performance for their event.

**Scoring:** Five judges will be used at every competition in order to eliminate the high and low scores. The remaining three scores are added together and multiplied by the degree of difficulty for the dive and that is the "award" for the dive. All the dive awards are added together to obtain the diver's final total and this is used for their placement in the competition, highest score winning.



### Failed Dives/Automatic Deductions:

Competitive Dive, like any other sport, has a set of rules and officials to enforce these rules. A panel of five Judges, watch each dive performed and awards a numeric score. If the Referee sees a violation, he or she declares the infraction and instructs the remaining judges how to adjust their score accordingly. Should a dive be failed, the diver continues in the contest but receives a "0" award for that dive only. While it can be disappointing for a beginning diver to "fail" a dive, it is all part of the learning process and is really no different than a foul in basketball or a penalty in soccer.

**Finals:** At the current time, **all** divers are qualified to compete in the AKD League Finals. AKD Finals will be held on Friday, July 19, (6-Over age groups 3-meter) at the YMCA and Saturday, July 20 (All age groups 1-meter) at the Goodyear Pool, Sunday, July 21 (Tentative plans to hold all age groups 1 & 3-meter Synchro Events) at the Buckeye Pool. (Should this not work out, 1-meter Syncho events will be added to Saturday's schedule at the Goodyear Pool). Divers will only be allowed to dive their events at the time scheduled; divers will not be allowed to dive at an earlier time or with a different age group in order to have their scores included in their event due to schedule conflicts.

### Who's Who?

Running a team of this size takes the help of every parent. It takes at least 25 adults to run a dive meet to ensure a smooth and successful event. Please be assured that no matter what job you volunteer for, you will be able to watch your child dive! The meets will not be able to start until we have enough volunteers. One adult from each family will be expected to volunteer throughout the summer. Volunteer training will be provided. A list of volunteer positions along with a brief explanation is included below.

#### AKD LEAGUE COACH AND PARENT CLINIC/ TRAINING

Saturday, June 1, 2013  
9:00 am – 1:00 pm

SW Valley YMCA  
2919 N. Litchfield Road, Goodyear, AZ 85395  
(623) 935-5193  
Certificates of Completion will be awarded.



#### Positions needed per Dive Meet:

- **(2) Announcer:** Announces order of divers, the Divers name, Diver on deck, dive to be performed and reads off judges' scores.
- **(4) Scribe:** Writes down the scores the Announcer calls off and crosses out the high and low scores, hands dive sheet to 2<sup>nd</sup> Scribe. Second scribe adds three remaining scores together and marks total down in designated "total" box; hands dive sheet to Tabulator.
- **(2) Tabulator:** Takes the "total" amount and multiplies it by the Degree of Difficulty and marks the total score for the dive in the "award" column, adds new award to the previous award for running total.
- **(1) Head Scorekeeper:** Marks down the judges' scores on mitered sheets and double checks matches with dive sheets and then double checks the math. Places dive sheet upside down in pile to maintain proper order and hands back to Announcer, ready for next round. When event is complete, determines placement of the contestants and delivers the dive sheets to Awards.
- **(2) Awards:** On forms provided for each meet, tallies placement of divers with team affiliation and total score in order for all events completed. Ribbons are then stapled to original dive sheets and placed in reverse order for presentation. Assists Coach/Meet Director with handing out awards.
- **(2) Team area monitors –** Helps monitor the children that have parents volunteering and makes sure that divers are ready for warm-up prior to their dive event.

- **(2) Event Coordinators** – These individuals assist in lining up the divers in order and keep them in order in between rounds. Only required for the 9-Under age groups.
- **(10) Judges:** Each event requires a five judge panel and usually two events are run at the same time. This panel will be made up from individuals representing all the teams in the league and will need to have completed the **AKD LEAGUE COACHES & PARENTS CLINIC** in order to be considered a judge.

**Water/Candy Donations:** Please donate one case of water for the season of dive meets. The water will be made available for the volunteers and coaches during the meet. Candy is used for “goodie bags” at GCSG and end of the year banquet.

**Other opportunities:** There will be a sign up for other areas to volunteer which include:

- Helping with signups for team Activities
- Setting up & tearing down for the banquet
- Collecting pictures and creating a slide show
- Goodie bags for the divers
- Games for the pool portions of the banquet
- Decorating and banquet program

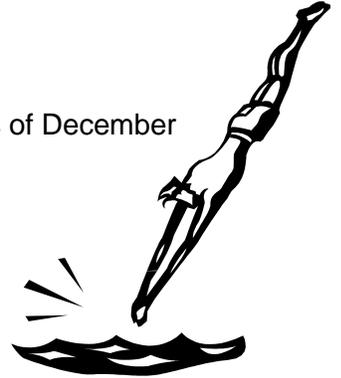


## AKD Rules & Regulations

The purpose of the AKD League shall be to provide a summer recreational program which teaches training and skills to provide a level of competitive diving. Teams included in the AKD League to date are: Goodyear Sharks, Surprise Swordfish, Southwest Valley YMCA Mahi and Dive Neptune of Glendale.

### Eligibility

- The age group of a diver in the league shall be determined by his or her age as of December 31, 2013 of that season. Ages are grouped as followed:
  - 7 & under (3-5 & 6-7),
  - 9-Under (8-9)
  - 10-11, 12-13, 14-15, 16-18, and 19+.
- Division I – (AAU Sanctioned Divers = Advanced to Elite)
- Division II – (Parks & Recreation = Novice to Intermediate)



### Dive Meets

- Each team will be conducting two (2) invitational style meets on separate days; one being Division I and the other Division II. Events offered will be 1-meter, 1-meter synchro and/or 3-meter. These meets are scheduled on Friday mornings, Saturday mornings, or Sunday mornings.
- The Grand Canyon State Games is a two-day dive meet. With Divisions diving on different days.
- AKD LEAGUE FINALS (two-day competition).
- All divers will have seven opportunities to compete.

### Conduct of Meets

- An unlimited number of divers may compete in each of the age group events from any team. An event will be cancelled from the meet if there are no participants.
- Each team will be responsible to provide awards for their two individual invitational's for places 1 through 6 with Participant ribbons for contestants past 6 places.
- Once a diver finishes their respective dive, they should immediately swim to the ladder or their respective corner and climb out of the pool, prior to the next diver's announced dive. This will help the meet to run smoothly and keeps divers from walking in front of the judges. Remaining in the diving well too long may result in disqualification from the meet.
- Meet check-in will begin at 7:00 am, with warm-ups following the check in. Only to divers who have signed their dive sheets and have a coach on deck will be allowed in the pool. 9-Under events will dive first with 10-over following. A short warm-up will be provided in between events. All competition is continuous and will be required to be concluded by 12:00/noon. Older divers, who arrive late, take the chance of missing their event. Divers who show up for the wrong Division will not be allowed to dive unless total number of contestants allow and then only "exhibition". Please double check to make sure you are attending the correct meet.
- Large Invitational's such as Grand Canyon State Games and Finals will have more detailed check-in, warm-up and start times available individually. Please check the information board or e-mails for specific information pertaining to these meets.