



Forest City Diving Club

...Evolution of Champions

Parent Information Handbook

Mission Statement

Forest City Diving Club will promote the recruitment, development and retention of successful athletes by providing high quality programming in the sport of diving at all levels.

Vision

To be a well-respected, financially sustainable Canadian diving organization where every athlete in our club is provided the opportunity to reach their full potential at any level they choose.

Core Values

Safety
Hard Work
Encouragement
Integrity
Respect of others
Fairness
Passion
Joy of Sport
Open communication

Contact Information

Questions or Concerns:

Club Address: Forest City Diving Club
C/O Canada Games Aquatic Centre
1045 Wonderland Rd North
London, Ontario, N6G 2Y9

Email: forestcitydivingclub@gmail.com (email is checked regularly and answered within 48-72hrs)

Website: www.forestcitydiving.com



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Our Coaches

All of our programs are instructed or overseen by nationally certified coaches who have been carefully selected for their experience, enthusiasm and knowledge of the sport of diving. They are also coach facilitators, which mean they can teach a coaching program and monitor progress before a new coach becomes certified by evaluation.

Head Coach, Yun “Wing” Hu

Wing hails from the Chinese Province of Wuhan where he was a National Champion on Platform. He trained at the Wuhan China Institute of Physical Education and was part of the Diving Team of Tianjin as diver and later as coach. His career aspirations had him traveling around the Globe as a coach to diving clubs within China and in Indonesia and Venezuela. He has taken his divers to international competitions including Youth Olympics, Junior Pan American Games, Junior World Diving Championships and Grand Prix. Wing is coming to us from Venezuela, where he was the Head Coach of the Venezuelan Olympic Diving Team and his most mentionable accolade include the 2016 Rio Olympics. He has chosen to plant some roots in London, ON and to start another chapter in his life to include FCDC.

High Performance Coach, Luda Zakharenko

Luda can look back on an exceptional diving and diving coach career. Born in Minsk, Belarus, Luda was a National team diver for the Soviet Union. She was the National Champion on Platform as well as the Belarusian National Champion on multiple occasions. A graduate of the Belarusian State University for Physical Education in Sports, she became the Vice Principal of the Diving Sport School for 11 years. Luda immigrated to Canada in 1997 where her family resided in Ottawa. She has coached for the Nepean Ottawa Diving club and the Ottawa National Diving Club before settling in the city of London in 2009 where she held the position of Assistance Coach for the Forest City Diving Club. She has coached many divers at the Provincial, National and International level and has been selected as one of several coaches for the Junior National Team. She has several divers who are on the High Performance Athletic Development program and was the recipient of the Good-to-Great Coaching award in 2015 presented by the Coaching Association of Ontario.



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Schedule:

The schedule for training is set during the month of June for the following season. All athletes make commitment for the new season before the end of July of their current season. Training for the Competitive Stream (DPC registered divers) runs from September 1-August 30 and for the Diver Development stream, training occurs from September 1-June 30. Coaches reserve the right to modify a diver's training as they see fit for progress and will discuss with diver/parent appropriateness/readiness for competition. Should a change of diving level occur within the season, fee adjustment will be made accordingly.

National Level Divers:

Depending on your divers age group, total training time could be up to 20 hrs a week. Training will include dryland, pool time, strength training, ballet, and yoga.

Competitions include all 3 Provincial Qualifier and up to 3 potential Out-of-Province Qualifiers, Junior Nationals

Provincial Level Divers:

Depending on your divers age group, total training could be up to 11 hrs a week. Training will include dryland, pool time, strength training and ballet.

Competitions include 4 invitational meets, Provincial Championship

Diver Development:

Your diver will receive 4hrs a week of training. Training will include dryland, pool time and ballet.

Competitions include 2 Mini Meets held at the Canada Games Aquatic Centre

Training Fees:

Training fees are collected and used to cover the cost of the operations of the club. Fees are calculated based on the number of training hours for each level. Fees are adjusted accordingly to reflect pool rate increases, mandated minimum wage, and inflation.

Dive Ontario Fees:

Dive Ontario requires all **competitive** divers participating in competitions be registered with the Canadian Amateur Diving Association (CADA) as an athlete. This fee is usually set in the months of September/October and will be included with your first instalment.



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Policies

FCDC has three important documents that outline all policies and procedures related to diving as follows:

- **Parent Handbook (This document)**
- **Diver Agreement (signed annually)**
- **Club Policies and Code of Conduct Manual**

Please ensure you have read the above material and completed the proper documents to be scanned back to forestcitydivingclub@gmail.com.

They are also available on our website at www.forestcitydiving.com

Sports Tax Credit

As of 2017/2018, the government no longer provides tax credit.



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Diver Development Program

- Our Diver Development group consists of divers selected from a tryout that is held annually in June. Physical testing and Dive assessment are tools used to select potential divers to progress towards the competitive stream. Learn to Dive Coaches may make recommendations to the program. However, any diver/athlete interested may register for the tryouts.
- Equipment required: a swimsuit, towel, t-shirt & shorts for dryland training. Bring a healthy nut free snack post training and water bottle
- Each diver will work towards mastery of the basic fundamentals, then progress towards a provincial list of dives.
- 3 mandatory assessments are held during the season to monitor progress (Nov/Feb/May)
- Mini Meets for Dive evaluation (Dec/Apr) – attendance is mandatory
- A Diver Development training schedule: 2 hrs of pool time, 2 hrs of dryland

GOAL: To achieve continual improvement towards mastery of the fundamentals of diving. As progression occurs, to build a dive list for competition. At the discretion of the coach, a diver may be invited to compete if the coach deems them ready.

Athlete Development

Diving provides the athlete with:

- self-awareness and self-esteem
- fairness & trust
- independence and responsibility, companionship and fun
- This program is suited for athletes who wish to take the next steps towards competition.

FCDC hosts two mini meets each year (December and April). Athletes from Learn to Dive programs are encouraged to participate. The registration fee is included as part of your training fees. Each diver will still need to complete a registration form prior to the Mini Meet. This will be the setting for the Diver Development Group to gain valuable experience on what a competition feels like. This is a fun event where divers of all abilities have the opportunity to showcase their newly developed skills. All participants will receive an award judged by our National level divers. Pizza and juice are provided post-event.



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Competitive Program

Provincial Level

Aspire I/II

- Athletes will be training to compete at Regional dive meets
- Athletes will train to compete on 1M, 3M and Platform events, depending on the development of their dive lists
- Depending on their dive list, coaches will decide which level (I or II) a diver will compete
- Divers will compete in up to 4 regional Dive Ontario Sanctioned Competitions
- Divers who have Aspire II dive lists will compete in the Aspire Provincial Championship in May
- Aspire training schedule can be up to 11 hrs a week.

National

- Athletes will be training to compete at National Qualifying dive meets
- Athletes will train to compete on 1M, 3M and Platform events (depending on the development of their dive lists).
- Divers will compete in all 3 Dive Ontario Sanctioned Provincial Meets
- Divers may compete in up to 3 Out-of-Province Dive Meets at the discretion of their coach
- For Divers who qualify, they will compete at the Speedo Junior Development and/or Junior Elite Nationals at the end of the season: Dates TBD by DPC
- National Diver training schedule can be up to 20 hrs a week depending on age group
- Each diver will work towards his or her own goals. Goals may include:
 - Qualifying for Junior Nationals
 - Medalist at Nationals
 - Compete at International levels

Club Apparel: Team Wear is required if your athlete is competing at the Provincial or National level. As buying more but paying less, FCDC will place one order per season to ensure we receive the proper clothing items at the best possible price. Your diver's coach will inform you of the appropriate attire to acquire for the season.



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Family Participation

Forest City Diving Club relies heavily on family involvement. The effective running of the club through our volunteer Board of Directors depends on the participation of club members. We encourage families to become involved. There are a number of opportunities available throughout the year. If you are interested in volunteering, please email forestcitydivingclub@gmail.com

Board of Directors

FCDC is exclusively a parent/volunteer run organization. The role of the Board is to oversee the financial stewardship of the club as well as ensuring the viability of its programs. Our Board of Directors is voted in every fall at the FCDC Annual General Meeting. Details will be posted on our website. The FCDC Board is always welcoming new faces and assistance. Alternatively, you can volunteer on various sub-committees such as Social, Fundraising, Marketing & Publicity; please email forestcitydivingclub@gmail.com and let us know if you would like to join.

Fundraising

Fundraising is a necessary component of the Club. Training and session fees alone do not cover the operational costs of the organization. Fundraising helps to alleviate budget restraints by offsetting the need to increase training fees to the max. All pre-competitive and competitive divers are required to fundraise to a limit. Diver Development fundraising amount is \$300 and Competitive fundraising amount is \$400. Over and beyond the limit, fundraised totals will be split 50/50 with the club and the diver. **All divers will need to submit a post-dated cheque for May of the following year.** The cheque will not be deposited if you have reached your limit. If your funds raised are above the amount, the money will be added as a credit to your account. We would appreciate your support on any ideas for fundraising activities, please contact FCDC at forestcitydivingclub@gmail.com

Social Events

FCDC has 2 scheduled Team Building events per season. The purpose of these activities is to bring together all levels of athletes in a setting where they can meet one another, encourage team spirit and have fun. As well, FCDC will hold a summer BBQ.. The cost for these events are included in your registration fee. It will not cover the entire cost, however, fundraised dollars will cover the remaining amount owing.

Code of Conduct

All athletes and parents are to review and sign the Code of Conduct policy. For your reference, a copy is located on the documents tab of our website: www.forestcitydiving.com



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General Responsibilities of each Diver:

- Attend practices as per schedule provided, and to be on time
- Help setup and take down training equipment (ie: dryland mats, stability balls)
- Ensure Forest City Diving Club communications are delivered to parents
- Packing their own healthy nut free snack
- Ensuring the bleachers are free of garbage after practice
- Adhere to Athlete Code of Conduct

General Responsibilities of ALL Parents:

- Ensure divers get to practice on time
- Alert coaches if your child will be absent
- Communicate with coaches as the need arises with concerns
- be positive and encouraging as you are your diver's best Fan
- Please do not coach your diver regarding any aspects to diving
- Remember that diving is a sport in which each athlete develops at their own pace

General Responsibilities of ALL Coaches:

- Ensure equal training instruction for all athletes
- Communicate with parents
- be positive and encouraging
- Adhere to Coaches Code of Conduct

General Expectations of all Club Members:

- Courtesy, good sportsmanship and co-operation
- Respect for needs and sensitivities of teammates and competitors
- Respect for our training facility including pool deck, change rooms and staff
- Respect for other facilities while away at competition

Club Communication

Our primary means of communication is by email. The Secretary of the board monitors the club's email: forestcitydivingclub@gmail.com and redirects to the appropriate coach. The Club strives to respond to all emails within 48-72hrs. Alternatively, for immediate concerns, the club has established the use of WhatsApp with chat rooms relating to specific diving groups. We request that you download this app so you do not miss any information. It's a great tool for car-pooling as well. If there is a problem that requires attention, please bring it the matter to the attention of the Director of Membership Wellness and Conflict Resolution.



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Consent to Participate and Use of Name, Image and Personal Information

Participating Consent Agreement:

The Forest City Diving Club (FCDC) strives to ensure a safe environment for its divers. However, parents or legal guardians should understand that injuries do occur during some activities because of the inherent nature of the activity and without neglect on the part of the diver or FCDC coaching staff.

A signature on the FCDC Registration Form and at the bottom of this section means the parent or legal guardian authorizes the diver to participate in the Club activities (including in and out of town competitions) and releases Forest City Diving Club, its Board of Directors, and coaches from any and all claims which may arise by reason of the divers' participation in Club activities, including any and all claims which may arise due to bodily injury or illness.

A signature on the FCDC Registration Form and at the bottom of this section means the parent or legal guardian authorizes the Club, its Board of Directors, and coaches and/or any representative of the Club to authorize such medical attention as may be necessary and appropriate in the circumstances should a diver suffer an injury or illness while participating in Club activities and agrees to pay for all medical and any other related expenses incurred in such an event.

A signature on the FCDC Registration Form and at the bottom of this section, the parent or legal guardian releases the Club, its Board of Directors, coaches and/or any representative of the Club from any claim arising from the medical treatment a diver may require while participating in Club activities.

A signature on the FCDC Registration Form and at the bottom of this section, the parent or legal guardian acknowledges that should a diver not abide by the rules and expectations as established by the Club, its Board of Directors, coaches and/or any representative of the Club while participating in Club activities, at the discretion of the coaches, the divers participation may be terminated and the diver may be sent home. For out of town competitions, any additional costs incurred by reason of the termination of a divers participation in Club activities, and/or as a result of a diving being sent home will be the responsibility of the parent or legal guardian.



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Publication Consent Agreement:

The Forest City Diving Club occasionally publishes images and names of our divers on social media, Club Website, newsletter or other publications. These publications serve to promote the club and the sport of diving. For privacy reason, FCDC will require a signature for release of information to the public.

A signature on the FCDC registration form and at the bottom of this section, the parent or legal guardian understands that as a member of the Forest City Diving Club that their diver's name or image may be used in such literature as outlined above.

If you do not consent for your diver's name and/or image to be used in the above stated publications, please send an email to forestcitydivingclub@gmail.com with the subject heading of "Privacy".

Canadian Anti-Spam Legislation Consent:

By signing below, I am agreeing to provide express consent for Forest City Diving Club to contact me from time to time by email or through social media or with the use of WhatsApp to provide information about their club and their programs.

Diver Name (s)

Parent Signature

Parent Name

Date



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Registration Form

Name of Athlete: _____ Birth date: _____ Gender: M F T (circle)

Address: _____

Phone: _____ Health Card Number: _____

Mother's Name: _____ Father's Name: _____

Mother's Address: _____ Father's Address: _____

Mother's Phone: _____ Father's Phone: _____

Mother's Cell: _____ Father's Cell: _____

Mother's email: _____ Father's email: _____

Primary email: Mother Father Both (circle)

Emergency Contact's Name : _____ Phone: _____

Family Doctor: _____ Phone: _____

Address: _____

Medical Concerns: _____

I, _____ (name of parent), on behalf of _____ (diver)

agree to accept a spot on the competitive/pre-competitive team. I hereby understand that this is a full season commitment and I agree to make payment for my diver's training in:

4 installments 8 installments One payment

Sign : _____ Date: _____

Office use only:

- cheque installments Ballet cheque Fundraising cheque
- Diver Agreement consent publication