



Forest City Diving Club

...Evolution of Champions

Parent Information Handbook

Learn to Dive

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.

Assistant 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.

Assistant Coach, Jorge Pupo Carballo

Jorge Pupo Carballo originates from Havana, Cuba. He started diving at the age of 8 years old in the province of Pinar Del Rio. As a talented athlete, he was selected to the Junior National team by age 12 and the Cuban National Team by 18. During his competitive years, Jorge has held the National Champion title on 1M and 3M multiple times. His accolades includes: 2008 Olympics in Beijing, China; Bronze medal at the Pan Am Games in Guadalajara, Mexico; Finalist on the 3M Synchronized diving at the World Championships in Barcelona, Spain 2013; and a Bronze medal in the 2014 Centro America Games. Even with his busy competitive schedule, he graduated from Manuel Fajardo University, Havana, Cuba with a degree in Physical Sports Education in 2007. In 2017, a new adventure begins when Jorge decided to move his family to Canada. His journey began in Thunder Bay, Ontario where he started coaching with the Thunder Bay Diving Club. In December of 2018, Jorge moved to London, Ontario where he has taken a permanent position as Assistant Coach with the Forest City Diving Club. This July (2019), he welcomed a new member to his family and happy to call London, HOME.



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PLOUF – Learn To Dive

PLOUF – Learn to dive program is a Dive Ontario Sanctioned recreational diving program, that was adopted from Quebec. This program is offered across Ontario and has helped to standardize the learn-to-dive program Province-wide. The PLOUF program offers up to six levels. Each level has required skills that proceed under a safe and fun progression. Once learned and performed safely, a diver may progress to the subsequent level. The philosophy of this program is to introduce children to the sport of diving and creating a life long love of the sport through progression.

FCDC currently offers Levels 1-4. Levels 5/6 will be offered based on diver development. Each session is 10 weeks in length. Some sessions are prorated, taking into consideration statutory holidays, pool closures, Christmas and March break.

If you are new to diving, please choose level 1 for your diver. If you are returning to diving, review the last update in your diver's PLOUF booklet to ensure you register for the correct level.

Registration:

FCDC offers an online registration through our Website at www.forestcitydiving.com. You will need to create a family account and password. You are provided with a link to pay via PayPal. Please ensure your payment has been processed. If the transaction did not clear, your child is only holding the spot until midnight that day.

Registration opens 3-4 weeks in advance.



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Athlete Preparation

Diving provides the athlete with:

- self-awareness and self-esteem
- fairness & trust
- independence and responsibility, companionship and fun
- our program is suited for individuals want to dive recreationally, or perhaps develop a base to pursue a competitive program

Showcase : Mini Meets

FCDC hosts two mini meets each year (December and April). Divers from all Levels are encouraged to participate. This is a fun event where divers of all abilities are able to showcase their newly developed skills in front of family. There is a \$5 registration fee and form required prior to the mini meet. All participants will receive an award judged by our National level divers. Pizza and juice are provided post-event.

Policies

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

- **Parent Handbook for PLOUF - Learn to Dive (This document)**
- **Club Policies and Code of Conduct Manual**

Please ensure you have read the above material. If you have any questions, please contact us at forestcitydivingclub@gmail.com.



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General Responsibilities of each Diver:

- Attend your class as scheduled, and be on time
- Help setup and take down training equipment if required
- 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 his or her 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 classmates
- Respect for our training facility including pool deck, change rooms and staff

Club Communication

Our primary means of communication is by email. The Secretary of the board monitors the club's email: forestcitydivingclub@gmail.com. And directs the message to the appropriate coach. We strive to respond to all emails within 48-72hrs. Sorry we do not have a phone number.