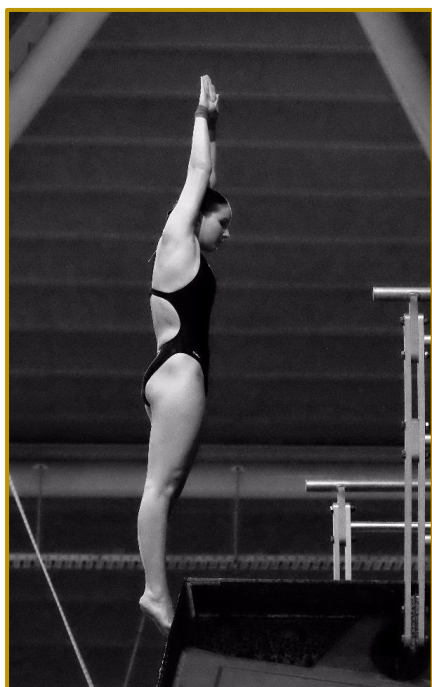


PARENT HANDBOOK

Welcome to Diving!

As a parent of one or more of our divers, you are a very important person in our organisation and its success. We know that a tremendous commitment is needed by both athletes and their parents for the athletes to achieve their best performances. It is hoped that this handbook will provide you with some useful information that may make your life as a diving parent easier and more enjoyable.



We know that all parents seek to make a positive contribution to their child's efforts in sport, and the best role a parent can play is to nurture their child's dreams and give them support and every opportunity to fulfil their potential, to help those dreams come true.

Through diving, children can acquire:

- Improved athletic and motor skills
- A positive self-image
- Improved social skills through interaction with teammates, coaches and officials
- An ability to deal with success and disappointments
- Sportsmanship and leadership skills
- A chance to travel, visit new places and make new friends

Pool Etiquette for divers

- Have fun!
- Respect your coach and listen to them
- All divers are to wait in the stands or on pool deck until a coach arrives
- No equipment is to be used unless a coach has given permission and is present
- Parents are not permitted on pool deck unless invited by the coach
- Look after your own safety
 - Once you have dived, make your way to the pool edge under the board you've just dived from and exit the water quickly
 - No loitering under the boards
 - Don't jump from any equipment to the ground
- Look after the safety of other divers
 - Make sure there are no divers in the water under the board prior to diving
 - Don't talk to a diver on the board that is preparing to dive
 - Don't walk behind the board when another diver is preparing to dive

All policies that **Diving WA** operates under that will affect you and your diver can be found on our website via this link:

- www.wading.com.au/about/policies-and-procedures

Some policies are **Diving WA** formulated whilst others are governed by Diving Australia and the link will redirect you to their website.

Programs

(See appendix)

Progression is based upon three main attributes:

1. Aesthetics
2. Skills
3. Attitude

Further information on each stage and what needs to be achieved for progression can be found on our website www.wadiving.com.au/about/pathway. For further clarification, please speak to your child's coach.



What to bring to training

- Bathing – 1 piece for girls (preferred); speedos/swim shorts for boys (preferred)
- Swim Cap – not essential but can be worn
- Towel
- Chamois
- Water bottle - labelled
- Runners, Shorts and a T-shirt for dry land work.
- Healthy Snack – if training is longer than 3 hours.

*Goggles are not used in diving

Uniforms

All divers can purchase the Diving WA uniform through our website shop:

- www.wadiving.com.au/shop

Uniforms are compulsory for all divers selected to a State team or participating in the Elite Pathways program (National Talent, State Talent, Emerging Talent).

Compulsory items are polo shirt, tracksuit jacket and pants.

Please be aware that due to chlorine, bathers will need to be regularly replaced and you may like to factor this into your cost evaluations for the sport.

Fees

Diving WA is a not-for-profit organisation whose purpose is to increase awareness of diving in WA and promote participation and success in the sport.

It is our aim to try and keep our members' fees to a minimum whilst aiming to break even. All divers must pay registration fees which include registration to Diving Australia, **Diving WA** and your insurance. In addition, if the diver is younger than 16 years old AND a recreational or competitive diver, a parent or guardian must also register as a member. If you join diving after January 1st each year, registration fees are reduced to reflect membership of less than six months. In late June/early July, you will be sent an email asking you to "Register" or "Renew" your membership. This is to ensure our records are kept up to date. Current registration fees are on our website:

- www.wadiving.com.au/registration

In addition, depending on the program the diver participates in, there will be monthly or term fees for the program they enrol in. Venues West/HBF Stadium also charges an entry fee each training

session. Multi visit passes of 10 or 20 can be purchased at HBF stadium reception to reduce the need to find change each training session.

Other costs that may arise during the year depend on the competitions the diver enters, camps and if there is a need to travel to any interstate events. Based on past team travels, the cost per interstate journey is roughly \$2,000 per member (excluding competition costs) but this depends on the size of the team, when and where.



Competitions

During the year, we hold several competitions for all levels of divers and everyone is welcome to compete. Some are fun, whilst some are used to qualify for national and even international events. It's a great way to see how we are all progressing and enables the diving community to get together.

Emails will be sent out in the month before the competition with registration details and an explanation of the competition. Coaches will generally advise their divers which events they should register for. All registrations are done through our website: www.wadiving.com.au/events and detail the cost to compete.

If you have any questions, please speak to your coach about the competition requirements. In the week leading up to the actual event, divers will need to complete their dive list (usually done at training with the coach). Emails will then be sent with a schedule of events and participants. Please check these carefully as the schedule also provides a list of parent helpers (see 'Volunteering' below).

At several nominated competitions, divers have the chance to qualify for National competitions depending upon the program they are in:

National Competition	Eligible Divers Squad
Opens	WAIS/National Talent/National Age/Adults & Teens
Elite	WAIS/National Talent/State Talent/Emerging Talent
Age	National Age/Junior Age/Junior Development/Adults & Teens

In December each year, a calendar of events is published detailing social, fundraising and competition events for your preplanning www.wadiving.com.au/events.

Please be aware that these dates are not set in concrete and may change due to Diving Australia and FINA events.

DiveRecorder

Prior to commencement of a competition, all divers will complete their dive sheets (what dives they are doing) on pool deck with their coaches using DiveRecorder. This same program can be used during a competition to keep track of running scores by parents, whether at the competition or not. The website to use is www.diverecorder.co.uk and then click on LIVE RESULTS, selecting the applicable competition on the right hand side. The site will need to be refreshed to get updated scores and lags do occur.

Please be aware that despite our best efforts, the site does sometimes not connect with our computer's poolside.

Volunteering

As with any not-for-profit organisation, our competitions and social events are run by parent helpers. To ensure this doesn't fall to just a few parents, you will be expected at times to help at competitions and social events. It is not an onerous task and all training is supplied by our wonderful core group of volunteers. It's also a great way to meet other parents and get involved. Please check the program emailed to you in the week of competitions to see if you are listed as a volunteer. If you are, please ensure you arrive at least 15 minutes before the competition time. Every effort is made to ensure you are not volunteering when your diver is competing so that you can watch them without the pressure of volunteering duties.



In addition, from time to time, the opportunity arises to get involved on the Board of **Diving WA** or various subcommittees. The Board is responsible to its members for the strategy, performance, compliance and risk of the Association. The subcommittees are formed from time to time either on an ongoing basis (e.g. Social, Finance, Competitions, Honours & Awards) or for a special purpose (e.g. Hosting of a National Competition).

Guide to Diving

Is your child coming home talking about a 5321D or a hurdle? Are you wondering how the judges gave that a 4 but you thought it was perfect? Why does one diver take one position and another does the same dive in a totally different position?

Our website provides some basic information intended to help you, the spectator, decipher it all:

- www.wadiving.com.au/about/guide-to-diving
- www.wadiving.com.au/about/dive-numbers-101

Member Events

In addition to competitions, Diving also hosts several events during the year where members and their families get to interact on a social level. These include, but are not limited to, an end of year barbecue, an annual awards breakfast or dinner, or a fun night in for the divers which involves a sausage sizzle and games. Some events are held with a view to raising funds to support the sport of diving in Western Australia such as a Bunnings sausage sizzle, quiz night or movie viewings.

There is also the chance to learn more about diving and how the **Diving WA** operation works at the Annual General Meeting, Risk Workshops and Member Forums which are advertised in the Newsletter (see below), on Facebook and/or by email.

Newsletter

On a semi-regular basis, **Diving WA** publishes a newsletter called '**The Rip**' detailing achievements of our members (both in and out of the pool), upcoming events and other diving tidbits. To subscribe to '**The Rip**' and view past editions visit our website via this link:

- www.wadiving.com.au/about/publications

Diving WA also has a Facebook page at www.facebook.com/wadiving. This is used to publish the latest news and events. Please 'like' our page if you would like to receive these notifications.

Diving Safety

Diving, like most sports, can never be completely free from risk. **Diving WA** is extremely conscientious in providing coach education to ensure children benefit from good, safe coaching practices.

Accordingly, it is important that coaches are allowed to develop their divers gradually, methodically and with appropriate, safe progressions. This may take longer with some athletes than others but ensures that the individual diver is well prepared to take the next step - be it executing a particular dive from a higher board or learning a new dive or a dive with a higher degree of difficulty.

Parents should avoid falling into the trap of pushing children to do the harder, often more spectacular, dives before the coach deems they are ready. This timing is a complex combination of being physically strong enough, with consistently good technique as well as being mentally ready to make the attempt. The coach is the best, most qualified person to make this decision.

The divers' experience can serve as a positive model for him/her to follow as he/she approaches other challenges and obstacles throughout life. If you lose your temper or continually put their efforts down they may stop learning, experience performance difficulties and blocks and begin to really hate the sport.

Your child and the coach need you on the team. They can't succeed without you.



Coaching staff

A list of current staff can be found on our website:

- www.wadiving.com.au/about/staff

Where a coach becomes ill or is unable to run a session, we will endeavour to find another coach to cover. On the occasions where this is not possible, the session will be cancelled.

Communicating with the Coach

A diving coach can have a positive and long-lasting relationship with your child. The coach can help a diver to perform well and make diving a pleasant experience. As a parent, you may find it difficult

not to interfere, particularly when your child is upset during training or competition. Remember a coach is working for you and your child and is most likely concerned with long-term goals therefore, may have a different perspective to a parent.



Once enrolled in a program, your child's coach will advise you of the best way of communicating with them, dependent upon their individual situations (i.e. their other commitments such as study, work or family). Please use this method to advise your coach of any concerns, illnesses or absences that may affect your child's attendance or performance at training.

When travelling, parents will be directed to address any concerns they may have to the Head coach or Team Manager for the trip, rather than making direct contact with the coach.

If you are unable to resolve an issue with a coach, please contact our CEO, Steven Rose via email steven.rose@wading.com.au . All communications will be kept confidential.

Working together, parents and coaches can create a positive atmosphere for a diver. Remember it is the parents' job to support the diver and the program and the coach's job to coach.

Being a diving parent has many rewards, but it's not always easy. This booklet has been designed to assist with your role as a diving parent, hopefully making it a little less difficult. This is only a starting point. We hope it is useful. All this information and more can be found on the **Diving WA** website:

- www.wading.com.au/home

Alternatively, please contact the office.

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CEO - Steven Rose

