

# **MERRIMACK DIVE TEAM HANDBOOK**



**2007**

# Merrimack Dive Team Handbook 2007

Welcome to Merrimack Park's Dive Team!

This Handbook is your guide to the Merrimack Dive Team. Please keep it handy for a quick reference. Throughout the season, updates are posted on the Dive Team's bulletin board opposite the baby pool.

Head Coaches: Aly Karp & Jenny Thiede  
Team Reps: Maureen Slowinski  
Ann Thiede

For the 2007 dive season, Merrimack is one of 5 teams in Division II in the Montgomery County Dive League (MCDL). This is the same division that the team competed in last year. Merrimack (MP) is ranked #4 and competes against: #1 Robin Hood (RH), #2 Manor Woods (MW), #3 Carderock Springs (CS), #5 Flower Valley (FV). The league's website is: [www.mcdiving.org](http://www.mcdiving.org).

Meets are generally held on Sunday nights, starting at 5:00 p.m. Divers are required to be at the hosting team's pool 1 hour prior to the start time of the meet for warm-ups. Merrimack will host 2 home dive meets this year.

## Diving News for 2007!

There are a few important rule changes for the 2007 season. Details are in the 2007 MCDL Handbook & Rules, pages 6 & 7.

1. Eligibility: Any diver on a team's roster prior to the start or *re-start* of a meet is eligible to participate.
2. Missing dive numbers on dive sheets: If the dive number is missing from a diver's sheet, the dive is failed. If *all* dive numbers are missing, the diver is disqualified from participating in the meet.
3. Sportsmanship: The referee has the right to fail a dive and/or disqualify a diver who behaves in an unsportsmanlike or disrespectful manner.

## Dive Practice Schedule

Dive Practice begins Tuesday, June 5. Practice is held Monday through Friday from 4:00 – 5:00 or 5:00 – 6:00. Any changes or updates will be communicated to the divers through the coaches, pool bulletin board or emails.

## Dive Meet Schedule

The 2007 Dive Meet schedule is as follows:

### Dual Meets:

Sunday, June 17 at 5:00 pm:	Merrimack at Robin Hood (away)
Sunday, June 24:	BYE
Sunday, July 1 at 5:00 pm:	Flower Valley at Merrimack (home)
Sunday, July 8 at 5:00 pm:	Manor Woods at Merrimack (home)
Sunday, July 15 at 5:00 pm:	Merrimack at Calderock Springs (away)

### Divisionals:

Sunday, July 22 (approx. 8:00 am):	Division II: Manor Woods
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### All-Stars:

Wednesday, July 25 (approx. 3:00 pm): Age groups 8 & Under, 9-10, 11-12: East Gate  
Thursday, July 26 (approx. 3:00 pm): Age groups 13-14, 15-18: TBD

Rain dates for dual meets are generally the Monday following the Sunday that was rained out. Notices will be posted on the bulletin board.

### **Parent Responsibilities**

Parent support is required for a successful team. When you register your child for the dive team, you will receive a volunteer form. Many jobs are available, many require NO knowledge of diving. League officials are especially needed. These jobs include table workers to record diver scores and write ribbons during meets, referees, and judges. Other volunteers are needed to coordinate the awards banquet and possibly a fun night were the divers play games, "show-off" their talents, and sell hot dogs and snacks to help subsidize costs.

Officials, including judges, referees, and table workers, are assigned before the meets and posted on the bulletin board. **If you do not volunteer at least once, you will be assigned a job.** If you cannot meet your obligation, you must arrange for a substitute and report the substitution to one of the team reps.

Parents are responsible for supervising their children at the meets. If a parent cannot attend a meet, please make arrangements for another adult to supervise your child, and notify coaches or reps about the arrangements.

All parents of registered divers receive the 2007 MCDL Handbook & Rules for competition. While not a best-selling novel, it is full of extremely useful information for the season: meet schedules, clinic schedules, directions to all participating pools, team representatives names & contact information, rules, degree of difficulty, and pictures of divers performing many dives (*just in case you needed to know what a 5132D forward dive, 1 \_ somersaults, 1 twist in the free position looked like being performed!*)

Parents should not coach their children during practice and at meets. This is very distracting to the coaches and confusing to the diver. Parents should not be on the deck during meets. The most important role for all parents is to be supportive and encouraging.

We know that there are many ways to show love for your child, but simply being there is one of the best. Become involved with the team. Share the work and join in the excitement.

### Snack Bar Coordinator

This year we will need a Snack Bar coordinator, who will be responsible for organizing snack bars for our home meets. These snack bars are fundraisers which supplement the cost of the team.

### **Officials & Coaches Clinics**

We need referees, judges, and especially table workers. Table workers require no prior knowledge of diving, just a willingness to help out.

MCDL sponsors three Officials Clinics. Volunteers must attend one of the clinics to become a certified judge or referee. Certification is achieved by attending one of the three clinics and signing the attendance sheet. Table workers do not need to be certified, but can attend a clinic to learn more about these duties.

## Schedule of Officials Clinics

### Officials Clinics

Saturday, June 9	5:00 p.m.	Old Georgetown, Bethesda
Saturday, June 16	5:00 p.m.	Flower Valley, Rockville
Thursday, June 21	6:00 p.m.	Rock Creek, Chevy Chase

### **Diver Responsibilities**

- ♦ Tell your coaches as soon as possible if you cannot attend a dive meet.
- ♦ Be prompt for warm-ups before the meet.
- ♦ Know each dive and the position that you are performing, along with the order of dives.
- ♦ **Check the dives on your dive sheet and SIGN it.** A diver cannot participate in a dive meet without a signed dive sheet. **\*\*NOTE: The new rule is: if a dive number is missing, the dive is failed, if all numbers are missing, the diver is disqualified.\*\***
- ♦ Stay in the team area. Be cheerful and supportive of your teammates.
- ♦ Be respectful and quiet while divers are performing. This is important for focus and safety. When the meet is over, all divers are responsible for team cleanup. Parents, we need your support and cooperation in this matter. Do not encourage your children to leave until they have picked up after themselves.

### **Who Can Join the Team?**

Any child at least age 5 who can pass the Merrimack test for going off the board (swim one lap and tread water for 5 minutes) can join the team. Children should have an interest in learning new dives and not be afraid of trying new things. A mandatory fee of \$10 to cover league insurance is required before any child can participate in a dive team practice. Even if you child wants to "try" one practice to see if the dive team is right for them, you must pay the \$10 insurance fee and sign a permission form. **There are no exceptions!**

### **Coaches**

Coaches are happy to answer parents' questions, **but not at practice!** Interruptions, even short ones, make it very difficult to run the practice in a professional manner, and can even be unsafe.

### **Trophies & Awards**

At the end of the season, all registered divers receive a participation trophy at the Awards Banquet. Divers who attend practice regularly and participate in at least one meet receive a team gift. Special awards are also given for the following:

- ♦ High point, Boy and Girl
- ♦ Most improved, Boy and Girl
- ♦ Sportsmanship award
- ♦ Team Spirit award
- ♦ Merrimack Cup award

During the season, ribbons are awarded at each dive meet for 1<sup>st</sup> through 4<sup>th</sup> place finishes in all age groups.

### **Awards Banquet**

The Dive Team's Awards Banquet is a wonderful night where all divers are recognized for their achievements. The banquet is usually a "pot-luck" dinner where all parents and divers share different dishes. The Banquet is usually held after the dual meet season ends, and just before Divisionals and All-Stars, and is tentatively scheduled for Saturday, July 21, at 5:00 pm. More information will be posted on the bulletin board about this great event as the season starts.

### Team Suits

The dive team's suit is the same as Merrimack's swim team's suit. Parents may purchase the team suit on May 19 during sign-up or from Aardvark Swim & Dive Shop in Rockville. Team suits are discounted. The team suit is not required to participate on the team or in dive meets.

### Team Photo

Information about a team photos will be posted on the bulletin board.

### Directions to Meets

Directions to all meets locations are published in the 2006 MDCL Handbook & Rules for Competition, as well, as posted on the dive team bulletin board.

<b>From Merrimack to:</b>	
Flower Valley 4510 Flower Valley Dr Rockville, MD (301) 929-1284	<ul style="list-style-type: none"><li>- Take I-270 North to Tower Oaks</li><li>- Follow Tower Oaks to Wooten Parkway, to Norbeck Rd/Route 28</li><li>- Turn LEFT onto Carrollton Rd</li><li>- Go 1 block and turn LEFT onto Flower Valley Dr</li><li>- Pool is _ block on LEFT</li></ul>
Robin Hood 225 Mowbray Rd Silver Spring (301) 384-9715	<ul style="list-style-type: none"><li>- From Beltway, exit at New Hampshire Ave. NORTH</li><li>- Turn LEFT onto Randolph Rd</li><li>- Turn RIGHT onto Locksley Ln.</li><li>- Take first RIGHT onto Banbury</li><li>- Take first LEFT onto Tamworth</li><li>- Take first LEFT onto Mowbray</li><li>- Pool is on the RIGHT</li></ul>
Calderock Springs 8200 Hamilton Springs Court Bethesda (301) 365-2292	<ul style="list-style-type: none"><li>- From Beltway, exit at River Road towards Potomac</li><li>- At first light, turn LEFT onto Seven Locks Road</li><li>- Turn RIGHT onto Lilly Stone Drive</li><li>- Turn RIGHT onto Hamilton Spring Road</li><li>- Follow Hamilton Spring Road to end</li><li>- Turn RIGHT onto Hamilton Spring Court</li><li>- Go around circle to pool entrance</li></ul>
Manor Woods Bauer Dr. & Nadine Dr. Rockville, MD (301) 460-0899	<ul style="list-style-type: none"><li>- From Rockville Pike, go EAST on First Street which changes into Rte 28/Norbeck Rd</li><li>- Turn RIGHT onto Bauer Dr</li><li>- Pool is on right side at intersection of Bauer Dr. and Nadine Dr.</li></ul>

### Dues

Dues cover the cost of league fees, insurance, and ribbons and awards. They also partially subsidize the awards banquet at the end of the season.

Dues to register for Merrimack's dive team are \$55 per diver. Dues are not pro-rated for vacation time and there are no discounts for multiple children. Forms and dues, especially the \$10 insurance fee and permission form, must be turned in before a diver may participate in practices or meets.

## ??FAQ??

**Q: My kid likes to dive, but isn't very competitive. Dive meets sound like a lot of pressure?**

**A:** While we try to make dive meets fun, they are competitive. The diver stands alone on the board, the spectators are quiet, and then the diver performs the dive. Judges score the dive for all to see. Our suggestion is to let your child try it for one meet.

**Q: When is a good time to talk to the coaches?**

**A:** Practice is a BAD time to talk to the coaches. Try to catch them before or after practice, when they are no longer instructing the divers.

**Q: What kind of commitment must I make if my child joins the team?**

**A:** There are two levels of commitment: parent and child. Parents **must** volunteer -- many levels and tasks are available. The League is strictly a volunteer organization, and we rely heavily on parents' time, talents, and energies. If your child dives in a meet, you will be expected to volunteer. Kids must agree to come to practice, listen to the coaches, try new things, and behave.

**Q: What are Divisionals and All-Stars and who can go?**

**A:** Divisionals are meets after the regular dual meet season in which all teams in each division compete against each team. Each team in a division may send two divers to Divisionals. The divers must have participated in at least two dual meets. The Divisional meet is important in determining the winning team in each division. The top three divers in each age group (boy and girl), based on place position at the Divisional meet, go on to compete in All-Stars. At the All-Star meet, divers are competing individually against all other divers from all divisions in the league for honors.

## **MCDL Standards for Individual Behavior**

The mission of MCDL is to promote the sport of diving in a safe and fun environment for the children of Montgomery County. We wish to provide only the most positive experience for our youth, thus, we are committed to the following standards listed below. All individuals who participate in MCDL events should read the following standards, since participation within MCDL is an indication of your willingness to abide by these standards:

- As a diver, you are responsible for yourself and should conduct yourself in a safe and fair manner.
- As parents/guardians of a diver, you are responsible for yourself, as well as all guests and family members who attend an MCDL event.
- The Team's Coach, Team Representative, event officials and volunteers will be held accountable for their own behavior as well as the behavior of the team's parents and spectators, and will be disciplined accordingly if individuals do not uphold these standards.

### ***ALL INDIVIDUALS SHALL:***

1. Comply with the policies and procedures of Montgomery County Diving League as stated in the current MCDL handbook, as amended for each summer season.
2. Respect all participants, coaches, officials and volunteers at every practice or event and encourage all other participants to do the same.
3. Refrain from abusive or inappropriate language or inappropriate physical contact towards officials, volunteers, coaches, and participants.
4. Accept the decisions of the officials as being fair and performed to the best of their ability. Never go onto the deck or approach table workers while an event is in progress. Allow the coach or Team Representative to take all questions, rule interpretations or concerns to the event Referee or, if necessary, to one of the 9 active MCDL Board members.
5. Refrain from giving the children instructions during the event. Allow the coach to guide them.
6. Help ensure the safety of the pool area by reporting any unsafe hazards and removing trash. Please do not leave food or beverages in the pool area. The use of tobacco, alcohol or any drugs at all MCDL events is strictly prohibited.
7. Encourage and compliment divers when they show improvement, demonstrate extra effort, or when they simply need some kind words.
8. Abide by a doctor's decision in all matters of health, injuries and ability to participate.
9. Remember that MCDL Diving is for the kids - *not the adults!*

### ***PENALTY FOR NON-COMPLIANCE:***

If an individual is cited for these or any other reason as amended by the MCDL Rules, the offending individual may be subject to suspension of up to 2 official MCDL events at the discretion of the board. Any unsportsmanlike conduct or behavior in a manner that is deemed inappropriate by the active MCL Board may result in banning the individual(s) or the team from further participation in the League. If an individual is cited a second time or acts out physically towards another person, the individual will not be allowed to attend any MCDL activities for at least one (1) year from the date of the incident and the Pool status within MCDL shall be evaluated for possible immediate suspension by the MCDL Board. When any such action is taken, all cited individuals must meet with the MCDL Board prior to returning to any future MCDL event.

**MCDL Diving is for the kids. Let us all do everything we can to make it a positive experience for everyone.**