



These guidelines have been developed to maintain focus, build self reliance, and make it logistically possible for the coach to effectively teach, develop and challenge the divers at every practice and competition the team will attend during the season and during diving practices both at the pool and the dry land facility. We expect our members to represent the Club with class and sportsmanlike conduct. Once you have read the agreement and reviewed with your coach and parent(s) please sign and return to your coach.

Preamble

FCDC goal is to “provide all divers, from entry level participants to Olympic and World champions with the programs and services required to achieve personal excellence and self-fulfillment.”

The vision and values of The Forest City Diving Club emphasize ethical conduct and behavior, integrity, tolerance and respect for others. Dive Ontario supports this vision.

In joining FCDC, each member undertakes to strive to achieve FCDC mission in accordance with the vision, values and guiding principles of Dive Ontario.

To assist members in fulfilling their undertaking, a set of guidelines has been prepared which are intended to provide a suggested course of conduct for parents, athletes and coaches.

The strength of the relationship between coach and athlete is crucial to the athlete’s pursuit of excellence. It is a relationship that entails the exertion of significant influence by the coach over the behavior and conduct of the athlete. Consequently, there is not an equal balance of power between coach and athlete. The coach contributes, among other things, expertise in the mechanics, skill and art of diving. At the same time, the wellbeing of the athlete, at least while the athlete is under the age of majority, remains the ultimate responsibility of the parent.

Therefore, the relationship among parent, coach and athlete should be marked by a **collaborative approach** to the athletic endeavors of the athlete where, within the context of team spirit, the best interests of the athlete are the sole basis for decisions to be taken by both parent and coach.

It is important to elaborate on what is meant by a collaborative approach. The respective responsibilities of parent and coach should be understood and respected. The responsibilities of the coach encompass not only technical aspects of diving but also developing in athletes the skill and discipline to train and compete at the highest competitive levels. A collaborative approach is not meant to encourage parents to intrude into the coach’s arena of expertise and responsibility. What is crucial is that the parent, coach and athlete understand and accept the objectives of the program so that all three parties work in concert to accomplish the stated goals.

- Our ultimate goal is to encourage all athletes to excel
- Initial groupings each year will be established by the Head Coach with input from the Assistant Coaches based on previous year performance and taking into consideration talent, desire, work ethic, and the competitive level each diver is willing and able to work toward
- Each diver will be given every opportunity to perform to the level they desire
- If an athlete is showing promise, he/she may be invited to spend additional time with his/her coach or work in conjunction with other coaches
- Movement between groups will be determined by the Head Coach with input from the Assistant Coaches.

Diver Expectations while at Practice

1. Each diver will conduct themselves in a sportsmanlike manner.
2. Each diver will be on time. Arriving on time means that you are ready to enter the water at the designated pool time and your warm up has been completed.
3. Each diver will work to the best of their ability.
4. Each diver will do as asked by the coach. If the coach is asking you it is because they believe in your ability.
5. You will get the opportunity to do your dive, if you fail to go on your turn you will be asked to jump off and let the next diver go. Stepping aside is not acceptable; you must jump off and let the next diver go. If you fail to obey this rule you will be asked to leave the pool.
6. You will not be disrespectful to your coach or fellow team mates. If you are seen to be disrespectful you will be asked to leave the pool.
7. Your responsibility is to dive, please leave your personal problems outside of the pool. Your coach is always available before and after practice to discuss any issues you might have and will always support you.
8. During practice your coach is the ultimate authority. Your parents must remain in the viewing area and are not permitted on deck. If your parents become disruptive YOU (the diver) will be asked to leave the pool. Again, the coach is always available before and after practice to discuss any issues the diver or parents may have.
9. If you are asked to leave the pool, please do so. If you wish to discuss after practice the Coach is available, during practice is not the time to have this discussion.
10. Relationships between divers (romantic or otherwise) are your personal business; however the relationship is to remain outside of diving. While at practices, competitions or dry land your time and energy needs to be focused on your diving.

Diver Expectations while at Competitions

1. All team members are expected **to be at the pool to watch and support their teammates for the entire duration of the competition**. Any special travel or visitation circumstances for a diver must be discussed with and approved by the Head Coach well in advance of planning for a competition.
2. The team will travel in the Forest City Diving Club official team uniform at a minimum both in and out of the pool.
3. All athletes must honour the curfew set by the coaching staff at each competition and must be respectful of the hotel rules and other guests.
4. All athletes, coaches, chaperones, and parents are expected to abide by the Forest City Diving Club Code of Conduct while representing the Club at any meet. All members must demonstrate respect for the coaches, chaperones, officials, athletes, host committees and travel accommodations associated with each competition. Any failure to do so may result in a suspension from competition and potential dismissal from the team.

Athletes

In addition to the above, compliance with and understanding of the following specific behaviors are expected of The Forest City Diving Club athletes:

1. Athletes must comply with the by-laws, rules, regulations and policies of FCDC and Dive Ontario, as adopted and amended from time to time;
2. Verbal or physical abuse of team mates, opponents, officials, coaches, spectators or sponsors will not be tolerated;
3. Disrespect to officials, coaches or team mates, including the use of foul language or obscene or offensive gestures will not be tolerated;
4. Athletes must demonstrate respect for aquatic facilities and equipment and any other properties which FCDC or Dive Ontario has contracted;
5. Athletes must be punctual for practices—in the event an athlete will be late or unable to attend, the coach must be notified;
6. Any other unreasonable conduct which brings the sport of diving and The Forest City Diving Club into disrepute, including but not limited to, abusive use of alcohol, non-medical use of drugs, or the use of alcohol or cigarettes by minors will not be tolerated.

Parents

Parents should make every effort to reach an understanding with the coach about the stated goals, the objectives of the diving program, athlete attendance at competitions and financial requirements.

Parents should understand that the objective in the sport of diving is to reach individual personal excellence for each athlete given the resources available to each athlete.

Subject to recognizing team interests, the best interest of the athlete will be paramount.

Parents should recognize and understand that expertise and experience reside in the coach encompassing the physics and physiology of diving as well as the psychology and discipline of training and competing.

Collaboration among parent, coach and athlete will usually occur on a frequent, regular basis to ensure that the nature and objectives of a diver's training program are clearly understood and agreed upon by all.

Collaboration among parent, coach and athlete should take place at times mutually convenient to all.

Parents should recognize and understand that successful coaches will acknowledge and reward positive attitudes, performances and work ethics on the part of their divers. Such acknowledgement and reward will not necessarily constitute favoritism by the coach of one athlete over another.

Parents should recognize that critical evaluation is an essential part of a coach's repertoire in conducting a successful competitive diving program.

Parents should appreciate that the pursuit of excellence involves hard work, self-discipline, fair play, good sportsmanship and mutual support among all members of the team. Such values will also promote success in the non-athletic endeavors of athletes.

Parents should recognize and understand that the pursuit of excellence at the highest levels of competitive sport requires extraordinary dedication and commitment on the part of the athlete, coach and parent.

Parents of athletes are expected to volunteer their time and expertise to the sport at the club, provincial and national levels.

Parents should understand and recognize that their presence on deck may be deleterious to a successful training program and competitions. Other than when their presence is required in a volunteer capacity, parents should view training sessions and competitions from designated viewing areas.

Parents should recognize the essential role that officials play in ensuring impartial, fair competitions in accordance with established rules and should refrain from undermining that role by unfair comment or criticism.

Parents should recognize that ill-considered, unreasonable comments about a coach would seriously impair the ability of the coach to conduct a successful training program and will limit the chances for success for every athlete involved in the program.

Parents and coaches should recognize that the use of tobacco and alcohol in conjunction with athletic endeavors is detrimental and often dangerous. Their use by athletes should be discouraged by word and by deed. The use of such products in conjunction with athletic events should be prohibited.

Parents should ensure their divers are punctual in arriving for training sessions and competitions.

Coaches

Coaches should make every effort to reach a clear understanding with athletes and parents in designing training programs, determining what competitions an athlete will attend and the extent to which financial resources will be available to support the athlete's endeavours.

Coaches should understand that the objective in the sport of diving is to achieve individual personal excellence for each athlete given the resources available to each athlete.

Subject to recognizing team interests, the best interests of the athlete will be paramount.

Collaboration among parent, coach and the athlete will occur on a frequent, regular basis to ensure that the nature and objectives of the diver's training program are clearly understood and agreed upon by all.

Collaboration among parent, coach and athlete should take place at times mutually convenient to all.

In designing and conducting training programs, coaches should strive to create an environment for their athletes which is safe, promotes mutual support among all team members and treats all participants equitably in a nondiscriminatory manner.

Coaches should conduct themselves in a professional manner.

Just as the Forest City Diving Club aspires to the pursuit of excellence for our divers, our coaches should strive to achieve the highest degree of professional competence through appropriate training.

Coaches should be alert to harmful conditions afflicting their profession (for example, burnout and addictions) in themselves and others in the coaching community. Such conditions are not only seriously detrimental to the personal wellbeing of our coaches but they also impair the ability of our coaches to achieve the highest level of performance for our athletes.

In the appropriate circumstances, coaches should be prepared to use all available resources, including the expertise and experience of other coaches, consistent with working in the best interests of their athletes. Coaches should recognize that the best interests of an athlete are not always consistent with the best interests of the coach. Subject to recognizing team interests, the best interests of the athlete will be paramount.

Both parents and coaches may sometimes become aware of information concerning others which is confidential and deserves to remain confidential. The confidentiality of such information should be respected.

Coaches should respect and adhere to the spirit and letter of the rules governing diving in order to ensure that fairness remains one of the guiding principles of our sport. Respect for officials and their role in judging at competitive events is an integral part of achieving fairness in our sport.

Coaches should be prepared to contribute to achieving the highest professional standards for the diving coaching community. Coaches are encouraged to participate in clinics and workshops and to share expertise with their peers.

Coaches must never advocate or condone the use of illegal drugs or performance enhancing substances.

Parent(s)/Guardian(s) and Athlete(s):

Please read and sign acknowledging that you have read and will abide by the above as being the terms and conditions of membership to the Forest City Diving Club.

Athlete

Date

Parent(s)

Date

Coach

Date