



YCF Diving Policies & Procedures Divers

Conduct:

- Conduct between parents, divers, and coaches shall be respectful and sportsmanship like in nature. In the event of an issue between divers, coaches shall be informed and allowed to handle the situation in whatever discipline necessary.
- Profanity, horseplay, and other acts of misconduct will not be tolerated and will be handled at the coaches' digression.
- Misconduct will result in consequences deemed appropriate by the coach which include demotion, suspension from practice and/or expulsion from the team.
- Divers should maintain appropriate conduct and represent the YCF diving name at all diving competitions both at and away from the pool deck.

Practice Times:

- Divers shall arrive 10-15 minutes before his/her scheduled practice time and be dressed and ready to start class at the designated start time.
- Constant tardiness will result in a conference with the parent and diver as well as any other consequences the coach deems fit.

Dryland Equipment:

- Divers must follow all rules for the dryland equipment, including the trampoline, dry boards, and mats.
- Divers are not permitted on dryland equipment unless under direct supervision of a coach.
- Any diver found to be breaking the rules, will be excused from the equipment and may lose his/her ability to use the equipment.

Missed Practices/Make-up Workouts:

- Divers are allowed to make up missed workouts. The make-up workout must be scheduled before the diver may participate. Make-up classes can be scheduled via email to coach or by calling the coach during stated office hours.
- Make up workouts must be completed by the end of the month or they will be lost.

Travel/Competitions:

- While traveling with YCF Diving, all divers must adhere to the YCF Diving rules of conduct.
- It is required for divers and parents to stay at the designated team hotel when traveling unless special arrangements have been made with the coach.
- Divers are expected to be on their best behavior at all times, including while at hotels, on the pool deck, restaurants, etc. Divers found to be breaking the rules of

conduct will be reprimanded and possibly asked to withdraw from the event and return home.

- Any divers caught drinking, smoking, or using profanity will be dismissed from the event and possibly sent home.
- All divers must attend team meetings that take place throughout the competition.
- Divers must adhere to coaches' curfew hours set forth at the time meeting.
- All divers must come prepared to all competitions with YCF bathing suit, warm up, and clothing. YCF apparel must be worn at all times during competitions and warm ups must be worn on podium for awards.
- In competitions where finals are held (i.e. JO Nationals), all divers are required to attend final if YCF teammate is competing unless prior arrangements have been made with the coach.
- Divers under the age of 18 must be accompanied by a parent, unless special arrangements have been made with the coach.
- Divers in the lessons and JO1 groups are encouraged to participate in all available meets with novice, intermediate, and JO level events.
- Divers in the JO2-JO5 groups are required to participate in all USA Diving qualifying and championship meets, including Regionals, Zones, and Nationals (if qualified). Divers are also required to participate in the Winter/Christmas Invitational held every December and the All-Star Invitational (if eligible) held every February.
- Failure to compete in above stated competitions can result in demotion, suspension, and/or expulsion from the team, unless special arrangements have been made with the coach.

Volunteering/Fundraising Efforts:

- All divers must participate in team fundraising events. Each group is given a goal and divers are expected to try their best to reach the group goal.
- Divers receiving scholarship monies from the YMCA Scholarship fund are required to participate in all fundraising events and/or YCF events.
- Divers are required to participate in all endeavors necessary to promote and support meets and fundraising events such as volunteering at home meets, sales of fundraising events, community service events, etc. Divers unable to participate must be excused from the event by the coach.
- All divers receiving scholarship monies from the YMCA Scholarship Fund are required to volunteer at all YCF Diving events.

Cancellation Policy:

- To cancel membership to the YCF Diving team, please refer to the YCF Diving Parents Policies and Procedures.

I have read and understood the above YCF Diving Code of Conduct. I understand that failure to comply w above can result in disciplinary action including demotion, suspension, and/or expulsion from YCF Diving.

Diver Signature: _____ Date: _____

Parent Signature: _____ Date: _____