

# From Dive Coach Jennifer Amman

## Philosophy

To be successful in and out of the pool while teaching proper mechanics to be safe in the diving well, it is important that divers have confidence and the understanding of the sport of diving before rushing into anything that may hurt them. Having pride in themselves, their team and sport as well as their school. Pride is much more than just your satisfaction of your success but it is being respectful to your teammates, coaches, opponents and elders. Teaching good diving is much more than just the ability but it is sportsmanship as well.

## Schedule

The first official practice will begin in August; I encourage all of you to start before that on your own! **Practices will be held at the Northville High School Pool. You will receive a practice calendar on the first day.** I will provide a schedule of all the meets and where they will be held. All meets and practices are subject to change in case of emergencies.

## Practices

Practices are the key to becoming a successful athlete. It is here where you can fine tune your skills. I take practices very seriously and expect you to do the same. I believe in dry land and strength training. It is important to keep your bodies strong throughout the year and not just during season.

## Varsity Letter

The biggest reward a high school athlete can receive at the end of the season is their varsity letter. Divers do not have the point system like swimmers have however the same expectations apply. Divers are **required** to be present at all team functions and participate with the swim team. The requirements to meet the letter standard are as follows:

- 90% participation in practices, meets & team functions
- Must learn all 5 categories of diving - fronts, backs, inwards, reverses & twisters
- Must participate in 5 varsity 6 dive dual meets
- Must participate in 2 varsity 11 dive meets
- Sportsmanship – attitude towards all individuals not just your coaches & teammates

These requirements are not just the only thing a diver has to do to earn their letter, it is the coach's discretion who earns a letter or not.

## Absences

An excused absence is any time the athlete has talked to the coach about being absent PRIOR to the event, practice, function, and the coach approves the absence. Once you reach three excused absences, that counts as one unexcused and you will be held out of the next meet. An unexcused absence is when the coach knows nothing about the absence, or the coach does not feel that it should be excused.

Each unexcused absence results in a suspension of the following meet!!!

**ATHLETES WILL BE REMOVED FROM THE TEAM IF THERE IS AN EXCESS OF MISSED PRACTICES.**

You are also required to be at practice (excused or unexcused) the day before a meet or else you will not be competing at that meet. I also expect everyone to be on time and prepared when practice starts. If you are tardy three times then that will count as an unexcused or excused absence depending on why you were tardy. Being prepared means: dressed and ready to practice, mentally and physically.

## Attire

Athletes are required to wear full swimsuits (no two pieces). It is a good idea to buy two, they wear out quickly. Divers might also want to have the following: a shammy (diving towel to dry off) a water bottle, a towel and anything else they need in order to do their best at practice or in a meet.

\*\* During the fall, winter & spring months the following is required: Shoes (not sandals), pants, coat (doesn't mean sweatshirt) and a winter hat. You are going from being wet in a hot pool to cold outside; we don't need to get sick. Be smart with what you are wearing!!!

## Parents

Parent support is a big part of a winning swim and dive program. I encourage all parents to take a part in their child's sport. There are many things that need to be done, such as preparing food after meets, organizing pasta parties before meets, helping to run the meet, and much, much more. I hope to be in contact frequently with parents. If a parent has a question please email, text, or speak to me outside of practice. Practice times are for athletes. Parents are encouraged to watch practice however they must remain in the stands until practice is over. I have limited amount of time with your athlete and I encourage them to only think of diving at this time so it is important that the parents are on the same page. Children have many things to worry about these days and athletics can be a release for some of them.

## Questions or Concerns

If any parent or swimmer has any questions or a concern regarding what has been outlined in this packet, or about anything else, feel free to email me at [ammanjenn@hotmail.com](mailto:ammanjenn@hotmail.com). I run my team as my college coach ran our team. Respect, integrity and hard work will drive to a successful program or season for an individual or team. We have many rules and unwritten rules around the pool deck, many of these should be used outside the pool in everyday life as well. Bad grades will not be tolerated on the NHS Diving team. Education is more important than any practice or meet, it is important to keep open communication with me regarding your school work and class load. Many of the divers on the team are taking exceptionally hard classes and I work closely with them to ensure they are staying mentally tough throughout the season as well as on top of their school work. If you are having trouble in a class please come to me and we will figure things out on how to help you. Disrespect to any athlete or adult is not acceptable and will be dealt with accordingly. No matter if you are the best diver in the state, if you are disrespectful, cocky, rude and un-sportsmanlike, then you are not very successful at all. People will not remember you for your diving ability but for your demeanor and behavior.

I look forward to working with all of you this season. Go NHS!