

# MIDLAKES DIVE LEAGUE OPERATING PLAN 2009

## PURPOSE

The Midlakes Dive League is a novice league designed to introduce young people to and encourage their enjoyment of diving in a safe and positive environment. *Year-round club divers* are welcome and will be provided for in this league.

## FEES

**\$60 per participating club with 5 or more** divers coming from that club which has a diving board useable for competition. (Does diving board meet King County regulations and pass inspection by King County Authorities. Is pool insured? See General Regulations) **Checks should be made payable to Midlakes Swim Association - Dive League, and are due at the Spring Membership Meeting.** The fee covers the AAU club affiliation costs for current sustaining membership, insurance and awards for the Championship meets.

### **MIDLAKES REGISTRATION FEE:**

Additionally, **all divers must register with the Midlakes League, by paying the Midlakes Certification Fee of \$10.** All checks for the Midlakes Certification Fee (\$10) must be made payable to the diver's club. Clubs are to write one check directly to the Midlakes and submit the check to the Midlakes treasurer to cover all of their divers. This payment is due prior to the Championship meet at the end of the season.

### **CHAMPIONSHIP REGISTRATION FEE:**

The **registration fee for the Championship meet shall be \$3.00 per diver** to be submitted in one check to the Midlakes Treasurer. One check shall be submitted per club as the payment for all participating divers from that club.

**The Midlakes Registration Fee and the Championship Meet Registration Fee can be combined in one check to the Midlakes Treasurer totaling \$13.00 per participating diver.**

## TYPES OF MEETS

1. Closed
  - a. Dual or Tri-meets
  - b. Championship meets
2. Open - As arranged with other AAU Diving clubs.

## DEFINITIONS

<b>Closed meet</b>	inclusive to Midlakes Dive League teams only.
<b>Event</b>	competition between divers of one sex in one age group.
<b>Home team</b>	the team at whose club the meet is held.
<b>Host team</b>	the team for which responsibilities are set out under Dual Meet Standards.

Midlakes "A" Diver Must have current AAU (AMATEUR ATHLETIC UNION Registration) Any athlete/diver who is registered as a Junior Olympic diver with U.S. Diving- any diver who has qualified at the high school level for STATE the preceding diving season- or any Midlakes Diver who has finished in first place in 2 age group events in the summer dual season, shall be considered an "A" diver by Midlakes Diving. Year-round Novice Divers can be considered for placement as an "A Diver". Additionally, all Midlakes Age Group Champions(1<sup>st</sup> Place) will begin the

following year as a Midlakes" A" Diver. *Divers moving up to A will remain at that level unless they age up the following season. Divers aging up are allowed to move back to the B level.* Divers must compete in the round with their own age group. Both boys and girls may compete in the same round but will be scored and given awards separately both at weekly meets and Champs. Midlakes A divers will compete the required "A Dive List" in all meets.

Junior Olympic Divers Shall be defined as per U.S. Diving as any diver who was registered as Junior Olympic for the preceding 12 months. That diver remains a J.O. until they have had one calendar year of non-registration with U.S. Diving. Any Athlete participating in the Midlakes program must have current AAU athlete membership.

Midlakes "B" Diver Must have current AAU (AMATUER ATHLETIC UNION Registration). Athlete may dive only in events designated for novices (includes all closed Midlakes meets); Midlakes "B" Divers will compete the required "B" Dive List.

### **SAFETY:**

1. Safety awareness is critical to the success of the Midlakes program. It is the coach's responsibility to inform all parents and divers of the items contained in the "Safety Awareness" handout and have each diver and family acknowledge receipt of this information as follows:
2. Safety Awareness is an attitude or condition that promotes reasonable and prudent actions and behaviors relative to safety measures in diving.

**COACHES:** The coaches' primary responsibilities are 1. EDUACTION 2. SAFETY. Coaching objectives of safety conscious coaches put the Athletes first and winning second.

- Coaches must instruct divers in techniques of appropriate take-off mechanics, skill progressions, body awareness, and performer readiness to minimize the risk of injury.
- The primary safety objective in diving is safe board clearance on every dive.
- Coaches enforce safety rules
- Coaches are responsible for warning divers and parents about the risk of injury before divers are exposed to the risk. Coaches must require that "Risk of Injury" forms are signed by parents and divers before divers begin practice. These forms must be kept on file.
- Coaches must carry Emergency Information and Consent for Medical Treatment forms with them at all times while coaching. Have readily available name, address, phone number (home & work) of diver's parents, emergency contact number, doctor and or preferred hospital, record of physical limitations and allergies.

### **DIVERS:**

- Divers must know understand the risks involved in the sport.
- Divers are expected to follow the team rules for safety.
- Divers are expected to attend practice to assure proper training.

**MEET OFFICIALS:** It is the meet officials' responsibility to provide a safe environment. The authority carries responsibility.

- If an official has any reason to believe that a diver is facing unreasonable risk due to skill deficiency, fatigue, trauma or other reason he/she should notify the diver's coach and/ or the referee.
- The meet director or referee has the authority to eliminate any dive if in his opinion circumstances exist which might place the diver in danger. It is recommended that those making the decision take time to consult with the diver and coach.

- The meet referee has the ability to change the dive to another position (making the dive easier) for safety reasons.

**PARENTS:**

If concerns arise regarding the diver's emotional state, fatigue, illness, injury, the use of certain facilities, or if they identify any other factors that risk the child's well being it is the diver's parents/guardian responsibility to notify the coach and to remove their diver from the situation.

**DIVING AT NEW POOLS:**

Divers and coaches who are diving at any new pool facility MUST BE WARNED about pool limitations. All divers and coaches must familiarize themselves with the dimensions of the new pool. Divers should be instructed to enter the deep-water diving area feet-first in an unfamiliar diving facility.

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**RISK OF INJURY**

All sports involve an element of risk to the participant, and diving is no exception. We feel that is very important that diving participants be made aware of this risk.

Diving, as is the case with all sports, carries a risk of physical injury. No matter how careful the diver and coach are, no matter how many spotters are used, no matter what height is used, or what landing surface exists, the risk cannot be eliminated. Reduced, yes, but never eliminated. The risk of injury includes minor injuries such as bruises, and more serious injuries such as broken

bones, dislocations, and muscle pulls. But the risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck, or head.

At \_\_\_\_\_ our Diving Team philosophy will be based on the objectives: ATHLETE SAFETY FIRST and DIVING PERFORMANCE and WINNING SECOND...The importance of SAFETY in diving is recognized when the diver is presented with three potentially injurious situations:

- 1) The chance of hitting the diving board
- 2) The chance of incorrect landing on the surface of the water
- 3) The chance of hitting the bottom, another swimmer or diver, or a floating object

The primary safety objective in competitive diving is safe board clearance on every dive. These situations can be minimized when the diver practices good safety habits, such as body awareness, appropriate take-off mechanics, skill progressions, performer readiness, and following their coach's instruction.

**ALL TEAM MEMBERS WILL BE REQUIRED TO FOLLOW THE SAFETY RULES PRESENTED TO THE TEAM**

I have read the above safety information and I understand that competitive diving, like any other athletic endeavor, carries with it a risk of bodily injury. I understand that Safe Diving is a product of hard work, skill training, and dedication on the part of the diver.

Diver's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

**GENERAL REGULATIONS:**

1. All meets will be conducted in accordance to current AAU (Amateur Athletic Union) regulations except as is noted in the Midlakes Operating Plan for Diving. Attention should be paid especially to the registration of all divers and coaches with AAU as Individual Athlete and Coach members respectively. Midlakes Swim League will be registered as the "club" and the individual teams club facilities will be registered as third party insured sites. (See Responsibilities of Midlakes Board of Director's Dive Rep, below). All Midlakes pools are required to have a certificate of insurance. This certificate now must specifically state that diving is included as a covered activity and name the Midlakes League as an additional insured.
2. Lifeguards must be scheduled at each pool for any diving activity. This includes both practice and meets. Each pool hosting a meet shall be required to have a certified life guard on duty for the duration of the meet. The lifeguard shall not be the coach. The pool shall be closed during the competition portion of the

meet. If swimmers are in the water during the competition portion of the meet, the referee will stop the meet until they exit the pool.

3. Care will be taken to follow the rules of the AAU ( Amateur Athletic Union), of which the Dive League is a part.
4. Midlakes rules shall be followed as to eligibility and other inquiries.
5. Standard colored dive list forms are recommended for all meets but required for the Championships. Standard colors are pink for girls and blue for boys. Position abbreviations shall be as follows for ease of announcing: S=Straight, T=Tuck, P=Pike and F=Free. The dive lists need not be signed by anyone. The Dive Sheet Entry Forms will be made available to coaches and parent Dive Reps at the preseason meeting.
6. The age of each diver is set at the age of that diver on June 15 of the year in which he/she competes. Divers will be allowed to dive in their respective age group ONLY. Explanation: Any diver 8 years old or younger must dive 8 and under, Anyone 9 or 10 must compete as a 10 and Under, 11 and 12 year old divers must dive 12 and Under. 13 and 14 year old divers must dive 14 and Under and any diver 15,16 or 17 years old will dive 17 and Under. **No diver will be allowed to dive outside of their respective age group.**
7. Divers may compete in one event per meet as regulated by their age on June 15<sup>th</sup> of the year they compete/
8. Each diver must be covered by AAU Diving insurance to participate in the Midlakes program. The only way for this to happen is for each diver to individually register with AAU, as an Athlete Member. One unregistered diver in the program will void all insurance for all of our teams and coaches. **It is the responsibility of your coach and parent dive team rep to verify registration cards for each participant.**

## ATHLETE MEMBERSHIP REGISTRATION

AAU Memberships are valid for one year from beginning September 1 and expiring August 31<sup>st</sup> of the calendar year. **DIVERS ARE NOT ALLOWED to practice or compete until on-line AAU registration with payment is made on the following website.**

**Website:** [www.aausports.org](http://www.aausports.org)

On the website: Click, Join AAU - Click, Athlete Button. Complete the "Athlete Application Form" including e-mail address, name, address, phone, date of birth and gender. You will need the following information to complete the application.

Program = Youth:

Membership Fee = Athlete Registration Added Benefit (\$14.00):

Sport = DI-Diving

AAU Club Name = Midlakes Diving

AAU Club Code = **PNDI477KBO**

Translation code: PND (I – Letter i) 477 KB (O = Number zero)

Improper Keystrokes will lead to diver being improperly registered.

**Please Note: This is a new/annual registration number different from 2008**

*Divers MUST register for Added Benefit Program (\$14)*

9. The names and AAU registration #'s of Divers holding current, athlete registration with US Diving must be given to the Midlakes Board of Director's Diving Rep. at least (3) three days prior to his/her first competition. Divers registered with a year round dive club holding US Diving Registration must also be registered as an athlete with AAU.
10. The home team coach will report the results of meets to the Midlakes Board of Director's Dive Rep. by telephone the same day they occur. The COACH WILL MAIL a copy of the team score sheet to the Midlakes Board of Director's Dive Rep. the next day by mail.
11. The home team coach will coordinate meet schedule changes with the Midlakes Board of Director's Dive Rep. before the change is finalized.
12. Coaches will confirm with host coach the time and place of their meets the day before they occur.
13. Safety credentials for coaches:  
All coaches are required to be current in First Aid Multi-Media (or equivalent). CPR Certification as approved by the Midlakes Association. This course must have been completed during the current year and prior to the Midlakes season. **All Midlakes coaches must register as a Coach with AAU (Amateur Athletic Association) even if they have an athlete membership (Copies of valid First Aid/CPR cards are required to complete registration with Midlakes). The AAU Coaching Registration expires 8/31 of each year and coaches must re-register each season.** Registration is to be made on-line at AAU.com This fee for AAU registration and safety trainings will be paid individually by all Midlakes Coaches.
14. Each club will be encouraged to have as many parents, as possible, attend the judging clinic held prior to the season. Any parent attending the clinic will considered certified judges and may act as referee.
15. Each club will appoint a Midlakes Dive Team Club Representative who is not the coach. The Dive Team Club Rep will promote and advertise diving at their pool, assist the pool in hiring a dive coach, work with the pool manager to have dive team sign-ups, be responsible for registration and eligibility of all divers with AAU (Amateur Athletic Union) in accordance with Midlakes rules, coordinate and host home meets: secure and set up supplies for home meets, procure table workers to help with meets and champs, procure judges

for home and away meets, attend Midlakes meetings as required, and most importantly assist the coach with administrative duties. The Dive Team Club rep is not responsible for coaching the divers

- 16 **Coaches must have dive entry sheets completed upon arriving** with their team at the pool for competition. All dive sheet entry forms must be turned in to the scorer's table at the time warm-ups begin. In the interest of safety, it is expected that during warm-ups our Midlakes Coaches will be available to coach and assist their diver's, giving them 100% of their attention. Failure to complete paperwork prior to warm-ups delays the starting time of the meet.
- 17 **The coach and the Midlakes Dive Team Parent Representative are both required to attend the mandatory coaches meetings.** The first meeting is held prior to the start of the season (generally at the same time as the judging clinic for parents) and the second meeting is held 3 days prior to the Championship Meets.
- 18 Midlakes Dive Team Club Representatives are encouraged to join AAU (Amateur Athletic Union) as an official for insurance purposes. This can be done individually on-line.

### **RESPONSIBILITIES OF THE MIDLAKES BOARD DIRECTOR'S DIVING REPRESENTATIVE**

1. Register Midlakes Swim League as a club with AAU (Amateur Athletic Union)
2. Set the schedule for all meets. This will be done with as much input as possible from the participating clubs and no later than the coaches meeting.
3. Host the mandatory coaches meeting before the first meet.
4. Provide a roster of all coaches and Midlakes dive team club dive reps.
5. Arrange for a judging clinic before the first meet.
6. Report meet results to local media via Midlakes Publicity Chairman.
7. Coordinate League participation in open meets, there if are any.
8. Midlakes Board of Directors Rep(s) must register with **AAU** as "Officials" for insurance protection.

**RESPONSIBILITIES OF THE CHAMPIONSHIP MEET DIRECTOR:** Will organize the meet so that all divers can participate, taking into account the amount of meet time will help determine number of entries and how to best structure available. In most years these responsibilities remain the responsibility of the Midlakes Board of Director's Dive Representative and may be shared jointly with the host club.

1. Secure location of meet.
2. Set and report warm-up schedule one week prior to Champs.
3. Secure awards for:
  - a. Ribbons 4<sup>th</sup> – 15<sup>th</sup> , Medals 1<sup>st</sup> - 3<sup>rd</sup> Places
  - b. 1st – 6th Place Team Award
4. Confirm dive lists are correct for DD and order.

5. Appoint referee, officials, and table workers for each event.
6. Confirm each diver's registration with AAU (Amateur Athletic Union)
7. Insure that programs are available to meet attendees and that meet results are received by coaches as soon after the meet as possible. Insure that local clubs and news media have information about meet both before and after.
8. Oversee presentation of all awards.

### **DUAL MEET STANDARDS**

1. Meets will be held during the Midlake's season per the arranged competition calendar, beginning at 5:00p.m. At 4:45 there will be a closed warm-up for first event participants only, and this format will be followed for each event. HOST clubs will provide a 30-minute warm-up for the visiting team prior to the first event (beginning at 4:15)
2. All dive sheet entry forms must be completed and turned into the officials' table prior to the warm-up for the first event.  
\*Degree of difficulty shall be according to U.S. Diving tables. Diving order shall alternate from club to club in each event as the number of entries warrants.
3. Judges will be provided by both teams. Five judges per event are required, three from the HOST team and two from the visiting team. If this quota cannot be filled, three judges may be used. The meet referee should be flexible to allow for a full judging panel. Judges seating is at the discretion of the meet referee. Judges will be impartial.
4. Host coach will appoint a certified referee for each meet. This person must have attended a Midlakes Judging Clinic in the current year and may not be a coach of the participating team competing in the meet.
5. The referee shall be announced at the beginning of the meet. Duties of the referee are outlined on page 11 of this Operating Plan.
6. Dual and Championship meet guidelines are shown below with the following applications and restrictions:

#### **MIDLAKES DIVE REQUIREMENTS SUMMER 2009**

AAU Club Number: PND1477KB0

Translation code: PND (1= Number one) 477 KB (O = Number zero)

Improper Keystrokes will lead to diver being improperly registered.

6 Dives Total

17&U A= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 4 Groups

14&U A= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 4 Groups

6 Dives Total



17&U B= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 3 Groups

14&U B= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 3 Groups

12&U A= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 3 Groups

5 Dives Total

12&U B= 1 Req Front Dive @ 1.9 D.D., 4 remaining Dives to come from 3 Groups

10&U A= 1 Req Front Dive @ 1.9 D.D., 4 remaining Dives to come from 3 Groups

4 Dives Total

10&U B= 1 Req Front Dive @ 1.9 D.D., 3 remaining Dives to come from 2 Groups

8&U A= 1 Req Front Dive @ 1.0 D.D., 3 remaining Dives to come from 2 Groups

3 Dives Total

8&U B= 1 Req Front Jump @ 1.0 D.D., 2 remaining Dives to come from 2 Groups

Forward and Backward jumps are 1.0 D.D. and can be used as a Group requirement.

Jumps CANNOT replace the required front dive.

The Five Groups are: Forward, Back, Reverse, Inward and Twist.

True D.D. is to be used except for where indicated on dive sheet (case of required dive or 8&U and 10&U Back Dive ½ twist = 1.0 D.D.)

Additional Championship Dive can be from any group.

It is okay to have dives from more than the required number of groups but not less.

### **JUDGING:**

7. Judging of diving shall be in accordance with AAU (Amateur Athletic Union) rules in all cases except as hereby noted:

**Arms-up on any feet first entry dive will be awarded a maximum of 4 ½ points,  
The exception to this rule is the front jump. See Number 7, item 6**

1. **Lineups** may be used as a dive, for maximum of 2 points.
2. Any forward dive **without a hurdle**, including the front jump, will receive a maximum score of four (4) points.
3. Divers **helped by a coach** will receive a maximum of two (2) points.
4. **Eggrolls** will be permitted and will be awarded a maximum score of 2. Judges discretion regarding the amount of rotation will be exercised. This dive may be judged failed just like any other dive. The eggroll, where applicable, will have the same DD as a front 1 somersault tuck. (1.4dd)

5. Front dive 1/2 **twist** or back dive 1/2 twist will be called failed or not failed by the referee as normal. Referees will be cautioned to give the benefit of the doubt to the diver.  
**BACK DIVE 1/2 TWIST: FEET MOVE FIRST MAX 2- HIPS TWIST MAX 3 FALLING BACK DIVE –TWIST MAX 4**
6. All **jumps** will have a maximum degree of difficulty of 1.0 no matter where they are used in the list. Divers performing front and back jumps are to hold their arms motionless and straight overhead in line with their body. The body line should be straight during flight and no movement should occur. Jumps should be judged accordingly. A diver using a jump in their dive list **MUST** change the degree of difficulty to 1.0.
7. A **BALK** occurs after the time that a diver assumes a stationary, stable, and balanced position on the diving board. A dive shall be considered set at this point. Movement after the set point that does not initiate the dive will be considered a balk. This is a judgment call that will be made by the meet referee. Midlakes is a novice league leniency should be used before calling a balk. Remembering the importance of the diver's safety, it may be crucial for the diver to regain their balance. If a diver ascends the board and dismounts that shall not be called a balk. **No balks will be called for all 8 & Under and 10 & Under** at any Midlakes meet.
8. Coaches and/or diver may change the individual dive **position on the board, however**, the degree of difficulty will not go up if the new dive has a greater degree of difficulty. The degree of difficulty will go down if the new dive has a lesser degree of difficulty.
9. **No failed dives will be called for any 8 & Under** at any Midlakes meet Judges will score the dive as seen at their discretion.

**SCORING:**

Individual point scoring for dual meets will be as follows:

ALL places must be awarded in each age group, at each meet- provided there are an adequate number of divers. ALL points must be awarded for each event provided there are an adequate number of participants

1st Place	7 points
2nd Place	5 points
3rd Place	3 points
4th Place	1 point

In the event of a tie, the points for the places involved will be totaled, divided by the numbers of divers involved, and the results awarded to each diver. Each event shall total no more than 16 points.

**TRI-MEET STANDARDS**

Dual meet rules apply with the following exceptions:

1. Warm-up for visiting teams will begin at 4:00 PM and competition will begin at 4:30 PM, with a closed warm-up for 8 & Under competition

2. If any team has already met two times, they will not be scored against that team.

## **OPEN MEETS**

In order to provide Midlakes divers more opportunity to compete during the limited summer season, meets may be arranged with other U.S. Diving clubs.

Dates, times, team scores and other rules for these meets will be arranged by the Midlakes Board of Director's Dive Rep with help from the Midlakes dive coaches.

## **MIDLAKES DIVE CHAMPIONSHIP MEET**

Coaches and Club Dive Reps from each participating club are required to attend the mandatory coaches meeting prior to the Championship events. This meeting will be called by the Midlakes Board of Director's Diving Representative three (3) days prior to Champs.

1. Awards will be given to the top twelve divers in an event and to the top three teams for the meet.
2. Individual points will be awarded as follows:

1st Place	7 points	4th Place	3 points
2nd Place	6 points	5th Place	2 points
3rd Place	4 points	6th Place	1 point
3. Each team may enter all their divers (who are eligible to participate) **in their respective age groups only**. Each club must submit a list of all divers to be entered in the championship meets, by age group. This list must be received by the Midlakes Board of Director's Diving Rep ONE WEEK prior to the Championships. The actual Dive Sheet Entry forms for each diver are due 3 days before - see #5.
4. The registration fee for the championship meet shall be \$3.00 per diver to be submitted to the Midlakes Treasurer prior to the Championship Meet. One check shall be submitted per club as the payment for all participating divers from that club. ( see page one)
5. Each club participating in the Championship meet must provide a minimum of 5 experienced adults for their pre-assigned event to work the scorer's table. Each team's pre-assigned event will be made at the discretion of the Midlakes Board of Director's Diving Representative. The names and phone numbers of parent volunteers must be turned in to the Midlakes Board of Director's Diving Rep 3 days prior to the Championship meet at the mandatory coaches meeting.
6. Completed dive sheet entry forms must be received by the Midlakes Board of Director's Diving Rep at the mandatory coaches meeting three days prior to the Championship meet. **Failure to meet the deadline may result in disqualification.** Dive sheet entry forms must be on the correct color paper. (Pink for Girls and Blue for Boys). Individual dives may be changed before the event begins, but the degree of difficulty will not go up if the new dive has a greater degree of difficulty. The degree of difficulty will go down if the new dive has a lesser degree of difficulty.

If a dive sheet entry form for a listed diver is not received as required it is the duty of the Midlakes Board Rep to notify the diver's coach and make every attempt to communicate with the diver. If the diver(and/or) coach then fail to submit the required paperwork a disqualification will result.

7. The Dive numbers and positions ( S=Straight, T= Tuck, P= Pike, and F=Free) will be listed on the dive sheet entry form and will take precedence in the case of any conflict over the description and degree of difficulty. It is the coach's responsibility to insure that the dive sheets are correct. The intent of this rule is to provide for a fair resolution of any dive list problem at the Championship meet. To avoid last minute surprises, coaches are encouraged to instruct divers and parents about dive numbers before the Championship meet.
8. All divers must have competed in at least two regular Midlakes dive meets in order to enter the Championship. Any tri-meet counts as only 1 meet. Exception may be granted upon written appeal to the Midlakes Board of Director's Diving Rep no later than one week before the Championship meet.
9. The Midlakes Dive Championships will be held following the completion of the regular season. It will run 8 and Under Girls through 15 - 17. Division of ages will be determined by the number of registered divers. In the case of too few divers, in any one age group, the meet may be structured combining more than one age group i.e. 12 and Under Boys and 14 and Under Boys may compete at the same time with clear distinction and instruction to the judging panel that a new age group is now on the board.
10. Warm-up shall be at the convenience of the host club, preferably the evening before the morning of the Championship. The Host Club coach and the Midlakes Board of Director's Diving Representative will assign times for a period before the day of the meet and make every effort to inform all other clubs of their allotted time period no later than the day of the last regular season meet. All coaches will invite their clubs to participate in the warm-up and attend with their clubs or provide an alternate safety certified coach to accompany the team.
11. Any extremely unusual problem will be resolved by the Midlakes Board of Director's Diving Representative and the coaches of the participating teams. The Midlakes Board of Director's Diving Representative will preside, and if necessary, the decision will be made by majority vote.

## **MEET PERSONNEL**

1. All meets should have the following officials
  - 5 judges
  - 1 certified referee (this person may be one of the judges, but not a coach)
  - 3 scoring table officials (announcer, recorder, calculator)
  - 1 score table math verification official (Required for all meets to check math: high & low, across, multiplier, and addition)
  - 1 awards person
2. The duties of the meet personnel are as follows:
  - Meet Referee**
    1. Shall be a certified judge with Midlakes, can be from either team.
    2. Shall not be a coach of one of the participating teams.
    3. Will take responsibility that all Midlakes Diving Plan procedures are followed.

4. Will verify that all divers are registered with US Diving by comparing dive sheets with registration list provided to each club.
5. Will call the meet off in accordance with the weather or other circumstances on the advice of the certified lifeguard on duty.
6. Will monitor the quality of the judging and may pull a judge who is blatantly biased toward one team or other.
7. Will monitor diver etiquette, in particular that there be no one present behind or to the sides of the diving board while a diver is on the board.
8. Will stop the meet if there are swimmers in the pool during competition portion of the meet. The referee will not allow the meet to continue until all swimmers exit the pool. This rule includes stopping the meet if a water line forms.
9. Will keep the pool clear of water lines during all competition regardless of age group or weather conditions (Coaches are instructed to clarify this issue with all divers. Reminding them to bring extra towels, warm-up suit, sweats, blankets, etc.)

**Judge** awards scores for each dive during an entire event. No parent may judge an event in which his/her child is entered. If an event has been combined (i.e. 8U Boys and Girls), a judge can judge the girls but not the boys, or vice versa, to avoid conflict.

**Announcer** reads the order in which the divers are diving; reads the name, club affiliation, the dive, position and degree of difficulty for all first dives, thereafter omitting the affiliation; calls for the judges' awards and **reads the scores, always in the same order. The announcer is responsible for keeping the pace of the meet moving and must remain impartial to all teams remembering that they are the host of the meet and a representative of the Midlakes Swim League**

**Recorder** records the judges' scores on the dive sheet entry form; cancels the highest and lowest score if there are five judges; and adds to total the scores.

**Calculator** multiplies the recorder's total scores to the Degree of Difficulty of the dive. This can preferably be done using a diving slide rule or an electronic calculator when available. The calculator adds the result to the running subtotal.

**Math Verification Official** checks the score sheet, verifying the scores and the calculations for accuracy; passes the sheets back to the Announcer in correct order.

**Awards** separates the score sheets by event in the case that events were combined, ranks the score sheets by event and notes the rank on the sheet; fills out any ribbons or medals.

### **MEET MATERIALS**

Table and chairs for all scoring personnel; chairs and scoring flash cards for all judges; pencils, pens, calculator, diving slide rule, awards for divers, public address system, Current Midlakes Dive League Operating Plan, and a method to agitate water.

## **MIDLAKES SUMMER DIVE SCHEDULE SUMMER 2009 HOME MEETS IN BLUE/BOLD**

### **JULY 1st : Wednesday**

**Mercer Island Beach Club** vs. Phantom Lake

**Seattle Tennis Club** vs. Newport Hills

**Mercerwood Shore Club** vs Mercer Island Country Club

### **July 8th: Wednesday**

**Phantom Lake vs** Seattle Tennis Club

**Newport Hills** vs. Mercer Island Country Club

Mercer Island Beach Club vs Mercerwood Shore Club

### **July 15th: Wednesday**

**Mercer Island Country Club** vs. Mercer Island Beach Club

**Seattle Tennis Club** vs Mercerwood Shore Club

**Phantom Lake** vs Newport Hills

### **July 23rd: **Thursday** Due to Swimming Team Meets**

**Newport Hills** vs Mercer Island Beach Club

**Mercerwood Shore Club** vs Phantom Lake

**Mercer Island Country Club** vs Seattle Tennis Club

### **July 27th: **Monday****

**Newport Hills** vs. Mercerwood Shore Club

**Mercer Island Beach Club** vs Seattle Tennis Club  
**Phantom Lake** vs Mercer Island Country Club

*All meets begin at 5:00 pm  
Closed age Group: 8 & Under @ 4:45  
Visting Team Warm-up @ 4:15 - 4:45  
Home Team Warm-up @ 3:45 – 4:15*

**\*If Mercer Island Country Club does not field a team – teams scheduled to meet MICC will have a BYE week**

**MIDLAKES CHAMPIONSHIP DIVE MEETS:  
SUMMER 2009**

**SATURDAY**

**AUGUST 1st:**           GIRLS & BOYS JUNIOR CHAMPIONSHIPS  
                                  @ **Mercerwood Shore Club**

8 & Under  
10 & Under

**SUNDAY**

**AUGUST 2nd:**           GIRLS & BOYS SENIOR CHAMPIONSHIPS  
                                  @ **Newport Hills Swim & Tennis Club**

12 & Under  
14 & Under  
17 & Under

**Warm up for both meets will be at 7:00 AM  
Competition will begin at 8:00 AM**

**This is the event your children work toward all summer. Please don't miss it!  
EVERYONE is a CHAMPION and EVERYONE will participate!**

**Please pack a practice suit, team suit, extra towels, blanket and sweatshirt for your diver. From past early morning experiences, we know that the morning is often very cold and the lines long. A warm diver is a happy diver☺**

### **MIDLAKES DIVING LEAGUE 2009 CALENDAR**

#### **Important Dates for All Parent Dive Reps and Coaches**

All coaches: New coaches and coaches whose certification has expired are required to have current CPR and First Aid. Please complete this certification before the season begins. CRP expires every year. Coaches must be registered with AAU as a coach. Parent Reps can also register on-line with AAU as non-athlete added benefit for \$16.00. The 2009 Club Code for Registration is Midlakes Swm & Dive Association - Code PNDI477KBO. This will give you program insurance with AAU, as a volunteer.

**PARENT CLINIC Mandatory ALL pools: Saturday, June 27th at 8:30am - Location TBD**

**ONE parent for each diver must attend.** Midlake's success depends on trained parents who are comfortable and willing to help during meets. This required meeting ensures that the Dive Season runs smoothly, helps Dive Parent Reps recruit willing team parents and creates a positive and fair environment at all pools for our divers. **PLEASE ENCOURAGE YOUR PARENTS TO RESPECT THIS IMPORTANT MEETING AND ATTEND!!**

**COACHES MEETING MONDAY, JUNE 22nd: Required for All Coaches and Parent Dive Reps  
at 7pm Penny's house: 6550 125<sup>th</sup> Ave SE Bellevue**

<b>June</b>	<b>22nd</b>	First Day of Official Midlakes Practice
<b>July</b>	<b>1st</b>	First Midlakes Dive Meet
<b>July</b>	<b>8 th</b>	Midlakes Dive Meet
<b>July</b>	<b>15th-</b>	Midlakes Dive Meet
<b>July</b>	<b>23rd-</b>	Midlakes Dive Meet
<b>July</b>	<b>27th -</b>	Final Midlakes Dive Meet <i>-All rounds of diving must be concluded by 8:30 PM</i>
<b>July</b>	<b>29th -</b>	<b><u>Coaches/ Dive Rep MANDATORY Meeting 7 PM @ Penny Yantis' Home</u></b> *Dive List Entry Forms for Divers Participating in Midlakes Championships Due *Championship Diving Fees (\$3 per Diver) Paid with roster fees *List of Parent Volunteers/w phone #'s who will be working Champs for each pool
<b>August 1st</b>		Junior Championships (8-10)
<b>August 2 nd</b>		Senior Championships (12-14-17)

#### **JUNIOR & SENIOR CHAMPIONSHIPS - CLUB ASSIGNMENTS FOR TABLE WORKERS:**

**\*Dive Team Club Representatives MUST to be present at Champs both days** to help your coaches and divers, act as an advocate for the champs format (judging,timing, awards, etc.) with your parents, and to help organize your



table volunteers– if you cannot personally accept this responsibility you will need to have a replacement rep to fill in for you. This person must have a full understanding of how champs is structured and be willing to handle your parent contingent. Please include that person’s name on your list of volunteers.

<b>AUGUST 1<sup>st</sup></b> <b>Saturday</b>	8 and Under Boys	Phantom Lake
	8 and Under Girls	Phantom Lake
<b>AUGUST 2<sup>nd</sup></b> <b>Sunday</b>	10 and Under Boys	Mercerwood Shore Club
	10 and Under Girls	Mercerwood Shore Club
	12 and Under Girls	Seattle Tennis Club/MICC
	12 and Under Boys	Mercer Island Beach Club
	14 and Under Girls	Newport Hills Swim & Tennis Club
	14 and Under Boys	Newport Hills Swim & Tennis Club
	17 and Under Girls	Newport Hills Swim & Tennis Club
17 and Under Boys	Newport Hills Swim & Tennis Club	

\*As per the Rule of League Championship Meets: Each Club will be required to have a minimum of 5 volunteers to work at the scorer’s table during their pre-assigned event. Please submit names and phone numbers of these individuals to your Midlakes Board of Directors Diving Representatives. Table workers will be asked to report to the score table immediately following the prior round of competition. In the past few years it has been very difficult to locate table workers prior to the round starting. Meet officials do not necessarily know or recognize your parents. Dive Team Club Reps will have the responsibility of making sure these workers are ready and on deck.