

S.L.A.P. Diving School, Inc.

Mission and Diver Code of Conduct

S.L.A.P. Mission Statement:

Members of the S.L.A.P. Diving team will work with the coaches and the other divers to perform at the highest level of competitive diving. The goal of the program is to provide a conducive environment for learning skills, practicing, improving body dynamics, and increasing self-confidence.

Team Requirements:

ALL team members are required to:

1. Participate in 3 practices a week, including weights and gymnastics
2. To be On Time → on the pool deck 5 minutes before practice starts wearing the appropriate attire
3. Dress requirements include: shorts, t-shirts, suit, and tennis shoes
4. Maintain a productive attitude toward yourself and everyone else around you at all times
5. Divers are required to adhere to the “try at least once” philosophy in all cases. Coaches will construct learning in a safe and progressive manner, but all divers are required to move through the progressions and attempt each required skill
6. No swearing or anything that sounds like swearing on and off the pool deck
7. Respect for teammates, coaches, others teams, facilities, and equipment
8. Inclusion of all team members on and off of the pool deck.
9. It is all team members’ responsibility to encourage and enforce these requirements

Commitment:

All team members are expected to follow all the team requirements outlined in this disclosure along with any team rules designed by the team itself during the season. We created these requirements as a team, and we need to follow them together.

1. **Attendance:** Divers are required to attend 3 out of 5 practices a week. This commitment includes weight and gymnastics. These requirements are held for everyone unless serious and legitimate emergency arises. Contact Rachel Degener regarding any lateness or absence by calling (585-3955), or by email (rae023@yahoo.com).
2. **Personal Conduct:** Divers are expected to be good citizens both on and off the pool deck. This includes, and is not limited to, appropriate language (no swearing or anything that sounds like swearing), responsible and legal behavior, inclusion of all team members and working together, respecting other teams and other members of the community, and open communication between athletes and the coach.
3. **Team Traveling:** All team requirements must be upheld when traveling as a member representing the SLAP diving team. Behavior and attitude must be appropriate at all times. Extend common courtesy to all facilities, equipment, and other teams. Include all team members in all activities.

Consequences:

- **Tardiness or Missing practice**

Situation: At 3 tardies in a 4 week period, tardiness over 15 minutes, or missed practice

Consequence: Complete the written tardy practice with no talking to others or use of the hot tub

- **Behavior**

Situation: Diver given a third reprimand for inappropriate behavior towards coach, other divers, or him/her-self (this includes any disruption of the practice)

Consequence: Diver will write a one page essay on a coach given topic in seclusion from the rest of the team. That part of practice will be sat out completely. If the paper is not finished the diver will lose the privilege of practicing for a week.

Diver's signature _____ Date _____

Parent's signature _____ Date _____