



Commitment • Attitude • Respect • Discipline

HANDBOOK

January 2025

The best (and only!) dive club in Hampton Roads

CONTENTS

Welcome.....	3
Accolades.....	3
Seasons Defined.....	3
Team Description & Levels.....	4-8
Team Practice Schedules.....	8-10
Dry Land Training and Conditioning.....	10
The Coaches.....	11
Our Philosophy.....	11
General Policies.....	12
Travel Information.....	13
Private Lessons.....	13
Competition/Training Policies.....	13
Annual Clinic.....	14
Training Trips.....	14
Team Apparel.....	14
Team Suits and Backpacks.....	14
AAU and USA Diving Registration.....	15
Waiver.....	16
Diver Information Sheet.....	17
Release Forms.....	18
Member Agreement.....	19-20
Appendixes.....	21

WELCOME TO K2 DIVING

K2 (K squared) Diving began when Keith Kopecky was coaching at Old Dominion University (ODU) in the 1990s. Our college divers called themselves the “K squared” divers because of Coach Keith’s initials—KK.

K2 DIVING officially started in July 2011 and has continued to grow over the years. While sitting with a group of new divers one day, Coach Keith mentioned the story of the original K2 divers at ODU. They liked the K2 name and they decided to call the team K2 DIVING, which now, most people refer to as “K2.” K2 divers consistently produce great results at the Age Group, High School, Masters, and National levels.

ACCOLADES

K2 DIVING is home to:

- 16 AAU All-Americans
- 6 High School All-Americans
- 12 High School State Champions
- 4 High School State Championship Silver Medalists (*including 1 in 2024!*)
- 1 two-time AAU National Champion
- 4 AAU National Championship Silver Medalists
- 1 AAU National Championship Bronze Medalist
- 1 Masters National Champion
- 1 Masters World Champion

We practice at the following facilities:

- **Hampton Va. Aquaplex**
1908 Coliseum Dr. Hampton, Va.
- **Norfolk Academy**
155 Wesleyan Dr. Norfolk, VA
- **K2 DIVING Dry Land Training Center (DLTC)**
303 Maxey Dr. Virginia Beach, VA

SEASONS DEFINED

K2 DIVING practices and competes year-round. High school age divers typically participate in the **Virginia High School League (VHSL)** diving season (November-February). K2 DIVING is an **Amateur Athletic Union (AAU)**, and **USA Diving** registered club and participates in both USA and AAU sanctioned competitions, including regionals and nationals. As for travel, most meets are within a 5 to 6-hour drive. Many of the meets are in Virginia (Christiansburg, Richmond, Alexandria) and North Carolina (Chapel Hill, Huntersville, Raleigh, and Wilmington).

TEAM DESCRIPTION & LEVEL INFO

K2 DIVING operates on a **Skill Level** and **Team-Invite** system. There are various levels and Teams that divers can progress through. With each level, the complexity of the skills increases providing an incentive for divers to achieve higher levels.

K2 DIVING focuses on 6 main aspects of springboard diving:
(regardless of level)

- Stance
- Approach
- Hurdle
- Take-off
- Execution in the air
- Entry



TRAINING

As divers advance in level, so does the intensity in the training regimen. Our training incorporates both dry land and in-water trainings. As the training increases and intensifies for each level, divers are required to spend more time at practice.

CLINICS (waiver)	NOVICE Team (AAU)
1-day Clinics open to the public (ages 7 & up) <i>When calendar permits</i>	Basic to Intermediate Jumps and Line-Ups and Basic Dives from the 1-meter board
"New Kids on the Boards" (Try-outs, waiver)	K2 JUNIOR Team (AAU)
1–2-hour sessions open to the public to 'try-out for K2 DIVING team w/some instruction (ages 7 & up) <i>When calendar permits</i>	Basic to Intermediate Dives plus Basic Somersaulting and intro to Twisting from the 1 & 3m boards
BEGINNING LESSONS (waiver)	INTERMEDIATE Team (AAU)
Grass-Root skills and drills designed to prepare divers for the next level	Intermediate Dives and Somersaulting plus Basic Twisting dives competing
RECREATIONAL Group (waiver)	J.O. TEAM Invite Only (AAU/USA)
New for 2025! Hone grass-root skills and drills and contemplate competing.	Junior Olympic level Dives including Advanced Twisting dives (Fronts & Backs)
ELITE TEAM Invite Only (AAU/USA)	
New for 2025! Intense training of Advanced & Complex Somersaulting and Advanced & Complex Twisting	

Clinics

Clinics are offered once a month, when possible, usually between March and October, and are designed to 'whet the diver's appetite' to stay on and try MORE! Clinics are about an hour in length. See the schedule for dates or call K2 DIVING at 757-353-5735 or visit our website: k2diving.net to learn more and sign up. Divers are required to fill out a team Waiver.

Try-outs are conducted between November and February (High School season) and may be done at a pool or at the Dry Land Training Center, or both. Submit a questionnaire from the website or call to set up a time that will be convenient to you.

Little Spinners

This program, for 6 & 7-year-olds, is still ‘under construction’ and has not started yet. These practices are shorter than the other levels, and include tumbling on mats, learning ‘shapes’ and positions, balance drills, dry deck exercises and skills, and learning to enter the water from the diving board. Participants are required to fill out a K2 DIVING waiver to participate in the Little Spinners program.

“New Kids on the Boards” (try-outs)

Try-outs are offered whenever the K2 DIVING calendar allows, i.e., in between AAU/USA competitions, High School season, etc. Try-outs are designed to give promising new divers a chance to “show what they’ve got” in a controlled setting. Some instruction is offered and divers will be assessed by the coaches to guide them to their next level with K2 DIVING .

Beginning Lessons

Most new divers will start here. The purpose of the Beginning Lesson Program is to offer beginner divers the opportunity to break into the sport of diving at a pace that suits them. Divers will start out learning the grass-root fundamentals of springboard diving on the 1-meter springboard. We will try to introduce divers to the 3-meter springboard... if one is available. The Beginning Lesson Program is a 3-Lesson Session and when divers have completed all the skills and drills in the Beginning Lessons, they will be ready to transition to the Novice Team. If a diver is not ready to transition to the next level, they may remain in the Beginning Lessons until they feel comfortable. Divers are required to fill out a K2 DIVING Waiver to participate.

Recreational Group - NEW

This group is new for 2025. It was developed for the diver who may be transitioning from the Beginning Lesson Program or a recent ‘Try Out,’ and is interested in honing their current skills while beginning to work on new skills. The RECREATIONAL GROUP diver is one who prefers a more casual approach to the sport of diving, attends practices less frequently than the average Club diver, (no more than once/week,) and hasn’t yet developed a desire to compete. No Dry Land will be available to the Recreational Group diver.

Novice Team

This level is for any age. This Team practices 2 times/week in the water plus 2 times/month of Dry Land workouts. Practicing 1/week is not permitted at the Novice Team level. Divers will have 3 days/week to choose from, (water) and 4 days/week to choose from (Dry Land practice), but only choose 2. Divers are billed one fee. When signing up for this team level, you agree to attend the mandatory number of practices, both water and Dry Land. No Dry Land is not an option. See calendars for days and times.

Novice Team divers must be able to perform the following on the 1-meter board upon signing up:

- Front Line-up
- Back Line-up
- Front Jump with full approach
- Back Jump with appropriate back take-off

Divers at this level will focus on **Forward** dives and somersaults, **Back** dives and somersaults, **Inward** dives, and the beginning stages of proper entry techniques from the **1-meter board**. Divers will also be able to get up on the 3-meter board if one is available, and, if they want to. The Novice Team will help divers progress to the next level. Once a diver demonstrates all the required skills, they will be ready to advance to the **K2 Junior Team**. Novice Team divers should be able to perform: **101B or C 1m, 201B or C 1m, 401B or C 1m, 102B or C 1m, 202B or C 1m, 402C 1m.*** Divers on the Novice Team must be AAU REGISTERED, (aau.rsportz.com). If interested, divers on the Novice Team are eligible to compete at AAU Novice or Intermediate competitions.
*Not mandatory, but **strongly** encouraged.

K2 Junior Team (AAU)

K2 Junior Team divers practice 2 times/week in the water plus 2 times/month of Dry Land workouts. Practicing 1/week is not permitted at the K2 Jr. Team level. Divers will have 4 days/week to choose from, (both water and Dry Land), but only choose 2. Divers are billed one fee. When signing up for this team level, you agree to attend the mandatory number of practices, both water and Dry Land. Novice. No Dry Land is not an option. See calendars for days and times.

Divers at this level are generally, divers who are either transitioning from the *Novice Team* or placed by the coaches. K2 Jr. Team divers are fairly new to diving, and/or are ready to commit to the club level, and **must be able to perform all the requirements of the Novice Team**. **K2 Junior Team** divers **must be willing to begin diving regularly on the 3m board** and focus on **Forward** dives and somersaults, **Back** dives and somersaults, **Inward** dives and somersaults and **begin basic twisting dives**. There is no minimum or maximum age at this level, **but K2 Junior Team** divers are typically between 9 & 13 years of age, and sometimes even high school age. The function at this level is to improve board-work techniques, work on harder dives on the 1m board and be willing to try harder dives from the 3m board, and learn the fundamentals of diving in a safe, nurturing, and fun environment.

To be considered for the **INTERMEDIATE TEAM**, **K2 Junior Team** divers should be able to perform:

- 101B or C 1 & 3m, 103B or C 1 & 3m,
- 201B or C 1 & 3m, 202B or C 1 & 3m,
- 401B or C 1 & 3m, 402C 1m,
- 102B-open pike 1m, 5122D 1m,

K2 Junior Team divers must also be AAU REGISTERED (aau.rsportz.com) and able to dive at the novice or intermediate level at AAU competitions.

Intermediate Team (AAU/USA)

Practices a mandatory minimum of 2 days/week, with the option to choose 3, plus 3

days/month for Dry Land. You'll have 5 days/week to choose from for water and several days to choose from for Dry Land, but choose either 2 days/week + Dry Land, or 3 days/week + Dry Land. There will be one set fee for each of those 2 options.

Divers at this level are generally divers who are either transitioning from the *K2 Junior Team* or placed by the coaches. INTERMEDIATE TEAM divers are ready to commit to the club level, and **must be able to perform all the requirements of the K2 Junior Team**. INTERMEDIATE TEAM divers will focus on **Reverse** dives and Somersaults and **Twisting** dives. There is no minimum or maximum age at this level, but INTERMEDIATE TEAM divers are typically between 10 & 14 years of age, and sometimes even high school age. The function at this level is to improve board-work techniques, work on harder dives on both the 1m & 3m boards, and learn the fundamentals of diving in a safe, nurturing, and fun environment.

To be considered for the **J.O. PRE-TEAM**, INTERMEDIATE TEAM divers will be able to perform:

- 101B or C 1 & 3m, 103B or C 1 & 3m, 104C 1m
- 201B or C 1 & 3m, 202B or C 1 & 3m, **203B or C 1 & 3m***
- 301B or C 1 & 3m, 302B or C 1 & 3m **303B or C 1 & 3m***
- 401B or C 1 & 3m, 402C 1m, **403B or C 1 & 3m***
- 102B-open pike 1m, 5122D 1m, **5132D 1 &/or 3m***, 202A-hollow 1m, 5221D 1m, **5231D 1 &/or 3m***

*Not mandatory, but **strongly** encouraged. Or, have recently demonstrated the ability and desire to accomplish several of these dives in a relatively short period of time if being considered for the next level.

INTERMEDIATE TEAM divers must also be AAU & USA DIVING REGISTERED (aau.rsportz.com and usadiving.org) and **are able to dive at the novice or intermediate level at AAU/USA competitions.**

JUNIOR OLYMPIC TEAMS (Invite only)

Both Teams, Pre-Team and Team are identified separately but are combined for practices. The **J.O. Teams** practice a mandatory **minimum of 3 days/week with the option to choose 4, plus 4 days/month Dry Land**. You'll have 5 days/week to choose from for water and several days to choose from for Dry Land, but choose either 3 days/week + Dry Land, or 4 days/week + Dry Land. There will be one set fee for each of those 2 options.

No Dry Land is not an option. See calendars for days and times.

J.O. Pre-Team

Divers at this level are at least 12 years old and must be able to perform all the requirements of the INTERMEDIATE TEAM and preferably most, if not all, of the *Strongly encouraged, but not mandatory dives, and begin focusing on more advanced dives including harder somersaults and twisting dives on both the 1 and 3-meter springboards. Divers in this level are upper-intermediate (no longer Novice) divers (by AAU standards), who are committed to adhering to a more in-depth training regimen and aspire to practicing year-round to begin prepping for National competitions. For J.O. PRE-TEAM divers to be considered for the **J.O. TEAM** level, divers will be able to meet all dive requirements necessary to compete in their AAU & USA **Group Level** (A, B, & C) competitions on both 1 & 3 meter, including:

- 104B or C 1m, **105c 3m***
- 203B or C 1 & 3m, **204C 1m***
- 303 B or C 1 & 3m, **304C 1m***
- 403B or C 1 & 3m
- 5122D 1m, **5134D 1m***, 5132D 3m, 5221D 1m, 5223D 1m, 5231D 3m, **5233D 1 &/or 3m***

***Strongly encouraged, but not mandatory**

J.O. Pre-Team divers must be AAU & USA DIVING REGISTERED (aau.rsportz.com and usadiving.org) and compete in J.O. competitions. J.O. PRE-TEAM divers are required to complete weekly conditioning/cross-fit/weight training exercises.

J.O Team

Divers at this level are at least 12 years old, and **must be able to perform all the requirements of the J.O. Pre-Team level and preferably most, if not all, of the *strongly encouraged, but not mandatory* dives.** J.O Team divers:

- Are **invited by the Coach and other** J.O. Team members who they feel possess the social skills and maturity to serve as **Ambassadors** to the community and **Mentors** to other club divers. J.O
- Have made diving their main sport. They are **committed to train year-round** and work on a competitive list of dives with higher degrees of difficulty (DD), which include ADVANCED & COMPLEX SOMERSAULTING and ADVANCED & COMPLEX TWISTING.
- Agree to commit to a year-round schedule, must be both AAU & USA DIVING REGISTERED and compete in J.O. competitions. (aau.sportz.com and usadiving.org).
- Are required to complete weekly conditioning/cross-fit/weight training exercises.

Elite Team - NEW

This Team is new for 2025. Elite Team divers are divers agreeing to **commit to an intense set schedule of diving, Dry Land and Conditioning and whose main focus is their commitment to qualifying for BOTH AAU and USA Nationals, and strive to make the FINALS in their age group.**

The training schedule for an Elite Team diver is **a minimum of 4 days/week in the water, (no exceptions), with the option to choose 5, plus 2-3 days/week Dry Land with 2 being minimum.** You'll have all 5 days/week to choose from for water and several days to choose from for Dry Land, including your 3 exclusive weekday mornings and 1 early Sunday morning, but choose either 4 days/week + Dry Land, or all 5 days/week + Dry Land. *See calendars for days and times.*

There will be one set fee for each of those 2 options. Elite Team divers compete at both AAU & USA meets with a competitive list of dives on both 1 & 3m. To be considered for the Elite Team, simply contact Coach Keith. From there, we'll meet in somewhat of an interview format to discuss the possibility.

PRACTICE SCHEDULES

Beginning Lessons | 3 lessons \$55.00

- Space is limited (there may be a waitlist depending on the number of divers; you will be notified if waitlisted).
- Practices are 60 minutes, once per week.
- Fees are due on or before the first day of lessons.
- Divers are expected to attend all practices.

Novice & K2 Junior Teams | Monthly commitment

Practices 2 times per week minimum at the pool and 2/month of Dry Land training.

- **Divers are required to do dry land conditioning and are expected to attend all practices.**
- Fees vary based on the option you choose. Divers are billed one fee (for both water and Dry Land-combined.) Fees are monthly **or in 2-month or 3-month Sessions** and are **due on or before the 15th day of the month. Late payments may result in a diver not practicing until paid.**
- Divers are expected to pay for the entire month of practice regardless of attendance.
- Practice days/times will remain the same each month unless you notify Coach Keith of a change. Please provide at least two weeks' notice.
- Whenever possible, make-ups will be allowed in the event of personal conflicts, inclement weather, building closings, etc., and within the current month. But for staffing purposes and workout planning, divers need to plan to come to **their** assigned practice. Multiple missed practices do not carry over to the next month. **NOTE: Standalone Dry Land practices, e.g., replacing another workout, count the same as a regular pool workout.**

Intermediate Team | Monthly commitment

Practices a mandatory minimum of 2 days/week, with the option to choose 3, plus 3 days/month for Dry Land.

- Divers are required to do dry land conditioning and are expected to attend all practices.
- Fees vary based on the option you choose. Divers are billed one fee (for both water and Dry Land-combined.) Fees are monthly **or in 2-month or 3-month Sessions** and are **due on or before the 15th day of the month. Late payments may result in a diver not practicing until paid.**
- Divers are expected to pay for the entire month of practice regardless of attendance.
- Practice days/times will remain the same each month unless you notify Coach Keith of a change. Please provide at least two weeks' notice.
- Whenever possible, make-ups will be allowed in the event of personal conflicts, inclement weather, building closings, etc., and within the current month. But for staffing

purposes and workout planning, divers need to plan to come to **their** assigned practice. Multiple missed practices do not carry over to the next month. **NOTE: Standalone Dry Land practices, e.g., replacing another workout, count the same as a regular pool workout.**

J.O. Teams: Pre-Team & Team Level | Monthly commitment

Invite only. The J.O. Teams practice a mandatory minimum of 3 days/week with the option to choose 4, plus 4 days/month Dry Land.

- Divers may also participate in high school diving.
- Divers are required to do dry land conditioning and are expected to attend all practices.
- Fees vary based on the option you choose. Divers are billed one fee (for both water and Dry Land-combined.) Fees are monthly **or in 2-month or 3-month Sessions** and are **due on or before the 15th day of the month. Late payments may result in a diver not practicing until paid.**
- Divers are expected to pay for the entire month of practice regardless of attendance.
- Practice days/times will remain the same each month unless you notify Coach Keith of a change. Please provide at least two weeks' notice.
- Whenever possible, make-ups will be allowed in the event of personal conflicts, inclement weather, building closings, etc., and within the current month. But for staffing purposes and workout planning, divers need to plan to come to **their** assigned practice. Multiple missed practices do not carry over to the next month. **NOTE: Standalone Dry Land practices, e.g., replacing another workout, count the same as a regular pool workout.**

Elite Team: | Annual commitment

Invite only. Divers agree to commit to an intense set schedule of diving, Dry Land and Conditioning,

- Divers may also participate in high school diving.
- Divers are required to do dry land conditioning and are expected to attend all practices.
- Fees vary based on the option you choose. Divers are billed one fee (for both water and Dry Land-combined.) Fees are monthly **or in 2-month or 3-month Sessions** and are **due on or before the 15th day of the month. Late payments may result in a diver not practicing until paid.**
- Divers are expected to pay for the entire month of practice regardless of attendance.
- Practice days/times will remain the same each month unless you notify Coach Keith of a change. Please provide at least two weeks' notice.
- Whenever possible, make-ups will be allowed in the event of personal conflicts, inclement weather, building closings, etc., and within the current month. But for staffing purposes and workout planning, divers need to plan to come to **their** assigned practice. Multiple missed practices do not carry over to the next month. **NOTE: Standalone Dry Land practices, e.g., replacing another workout, count the same as a regular pool workout.**

DRYLAND TRAINING/CONDITIONING

Strength and conditioning exercises include plyometric, cross-fit, and general weight training exercises. Tennis shoes are required. Dry land practices are often scheduled with your respective level/team. It is preferred that all other sessions be accompanied by an adult if there are less than 2 or more divers. Some of these conditioning exercises are done during Dry Land workouts but **for the best results, divers should commit to their own workout, (required for all J.O. and ELITE Team divers)**, coordinated between diver and coach, and STICK TO IT!

Dry Land trampoline, springboard training, and conditioning are the best ways to increase aerial awareness, form, and explosive strength. Divers utilize this training to improve overall acrobatic ability, kinesthetic (*where you are in the air*) awareness, and athleticism. Dry Land practices are held at the Dry Land Training Center, (DLTC) and are scheduled with your team or individually. Dry Land practices are included in the monthly fee.

ABOUT THE COACHES

Keith Kopecky is a former diver and college coach. Starting at age 10, he dove all through high school in Cleveland, Ohio. He finished his competitive career at the University of Richmond, winning State titles on both 1 & 3 meter in 1974 & 1975, under All-American Coach, Dick Tobin. Keith began his collegiate coaching at Virginia Commonwealth University. He then relocated to Norfolk, VA to coach at Old Dominion University (ODU). Every year at both schools, Keith qualified both men and women for NCAA Regional Competition. His female diver, Heather Schoffstall, held the 3-meter pool record at ODU set in 1992 until 2011, when Diving changed from an 11-dive format to the 6-dive optionals only format. Heather was inducted into the ODU Sports Hall of Fame in 2019. Over his coaching career, Keith worked with several Olympic coaches: Ron O'Brien (Ohio State), Hobie Billingsly (Indiana), Dick Kimball (Michigan), Todd Sheritt (South Carolina) and Rick Shavone (Stanford).

Amy Sawyer

Amy is a former diver and current high school dive coach. Amy's diving career started around 11 years old where she joined the University Dive Club in Cleveland, Ohio. Amy dove competitively at the U.S. Junior and Senior levels as an age-grouper. She was coached by the Cleveland State University Dive coach Jeff Arnold. Amy dove all 4 years for Westlake High School. She was a 4-time undefeated conference champion. She qualified for the state competition every year and placed 2nd her senior year in 1991. Amy attended Clarion University of Pennsylvania on a diving scholarship and was coached by Dave Hrovat.

Amy finished her diving career winning both 1-meter and 3-meter at the NCAA Division II College Championships. Amy was a 7-time diving All-American. She was also awarded the NCAA Division II Female Diver of the Year in 1995, and was also named the Female Athlete of the Year

for Clarion University. Amy coached Burkwood Dive Team in Richmond, VA for 3 years after college, then went on to coach a small age group team in Chesapeake called Tidewater Dive Club for a few years before taking a break to start a family. After taking some time off to raise her children, Amy has returned to coaching. She currently coaches for Chesapeake Public Schools. Amy is an elementary teacher and lives in Chesapeake with her husband Will. They are a blended family with 5 children and 2 dogs.

Stephanie Kerkeles Dale

As a diver: Stephanie dove from age 6 to 22. She began her career at Santa Clara Diving Club, then moved to Stanford Diving Club, and then accepted a full scholarship to Fordham University (Division 1 diving) in New York. Throughout her career, she competed at several USA Diving National Championships, high school sectional championships, and college conference championships.

As a coach: Stephanie didn't come from a gymnastics background, so, she had to learn all the fundamentals from the start and take her time building, which meant she made a lot of mistakes along the way and had to learn what worked and what didn't. Now, she loves to share this knowledge with those in the sport of diving.

In college Stephanie coached the New York Dive Club alongside Head Coach Zhihua Hu all 4 years, coaching kids aged 5-18 of all skill levels. Most of those kids went on to accept scholarships at division 1 schools. She was also the head diving coach at Larchmont Yacht Club for two summers (a summer league) in 2017 and 2018 and was recognized with an award for her team's accomplishment of going undefeated in the 2017 season.

Diving for Stephanie was never only about the physical and tactical skills you need to develop, but also the mental ones. She had to work through several mental blocks throughout her career and now loves to coach young and college athletes on how to work through their own.

OUR PHILOSOPHY

K2 DIVING focuses on 4 main principles known as CARD:

Commitment • Attitude • Respect • Discipline

Together, these principles make a successful & cohesive team.

GENERAL POLICIES

Divers are expected to attend all scheduled practices. **‘Make-Ups’ at another team’s practice are not encouraged.** If you are unable to attend a practice, please be considerate and notify the coach (by phone or text), as early as possible. Keith’s cell phone number is 757-353-5735. The numbers for the other coaches are listed on the monthly calendar.

- Divers are expected to be prepared for practices, including bringing all necessary equipment: suit, towel, shammy, jump rope, tennis shoes for conditioning, etc.
- Monthly Statements are issued near the 1st of the month. Families with more than one diver are eligible for a multi-child discount: First diver is full price. The second diver is ½ off.
- Fees vary based on the option you choose under your Teams’ fee structure. Fees are monthly, or may be paid in either 2-month or 3-month sessions. All fees are **due on or before the 15th day of the month.** Fees are not prorated, and divers are required to pay for the entire month regardless of attendance. **Late payments may result in a diver not practicing until paid.**
- Checks must be payable to K2 DIVING.
- Zelle and Venmo are 2 other means of submitting your monthly dues.
- A practice may be cancelled due to unannounced pool schedule change with little to no warning, inclement weather, unexpected pool maintenance, etc. *Whenever possible, make-ups will be allowed in the event of conflicts, inclement weather, building closings, etc., but for staffing purposes and workout planning, divers need to plan to come to **their** assigned practice.*
- Teams may be combined if it is determined ahead of time that attendance with one team may be low.
- Sometimes divers reach a plateau, or a level they find too difficult to overcome. If this occurs, the coach will schedule a meeting with the diver and parents to develop a plan to help the diver be successful to improve and advance. Included in the plan, will be a timeline to reach that goal. If, at the time of the deadline, it is apparent to the diver, coach, and diver’s parents that improvement, and subsequent advancement is unobtainable, alternatives will be addressed.
- PRACTICING WITH OTHER COACHES/TEAMS: Except for attending DIVE CAMPS and working under the guidance of the camp’s coaching staff, or practicing with another team while travelling (seek permission first), if a K2 Diver wishes to work with another coach not affiliated with K2 DIVING , outside of or within the Hampton Roads area, it is requested that you, as well as the other coach, seek permission from K2 DIVING before attending any practices. If working with another coach in the Hampton Roads area not affiliated with K2 DIVING , it is preferred that you cease practicing with K2 DIVING until your training period with the other coach is completed.

TRAVEL FEES

- These are fees assessed to help cover the expenses incurred by coaches while traveling to competitions (hotel, gas, food, etc.).
- Fees can either be paid prior to competing, or billed to your next month's statement.
- For 1-day meets less than 50 miles away=\$25 per diver.
- For weekend meets (Saturday-Sunday) more than 50 miles away and if competing both days=\$50 per diver. If competing only 1 day=\$25 per diver.
- For additional days; training or competition, (i.e., Thursday, Friday, etc.), add \$25 per diver per day.

PRIVATE LESSONS

- **INDIVIDUAL:** Private Lessons are available when pool space and/or K2 Dry Land Training Center time allows. A minimum of 2 and a maximum of 4 divers is preferred. Sessions are 1-1½ hours in length and fees are \$55/diver/2 divers, or \$45/diver/4 divers.
- **TEAM:** Private Lessons for teams are conducted at either a pool facility or one of the K2 DIVING facilities, and/or the K2 Dry Land Training Center when pool time and/or K2 Training Center time allows. A maximum of 8 divers is permitted. Sessions are 4 hours in length-2 hours in the pool/2 hours Dry Land Training and fees are \$275 (up to 4 divers), \$450 (up to 8 divers).
- **Fees for Private Lessons** are separate from monthly fees.

COMPETITION/TRAINING POLICIES

K2 Divers are expected to always demonstrate GOOD SPORTSMANSHIP. This means no whining or showing disappointment if you performed a bad dive or if someone beats you. Congratulate your competitors and teammates. Also, **thank the lifeguards on your way out.**

- Divers are expected to warm up and stretch as a team under the direction of a designated team leader.
- **Divers are required to wear K2 DIVING apparel. During the award presentation, divers must wear some form of K2 DIVING apparel such as a shirt, sweatshirt, warm-up, hat, etc.**
- We compete as a team and all divers should cheer for their teammates. If you need to leave the meet for any reason, please be sure to let a coach know.
- Parents and siblings may observe practices and competitions from the observation areas (bleachers/balcony). Parents SHOULD NOT coach, motion to your diver, or enter the pool deck to offer correction or guidance. Parents coaching from the stands is disrespectful to the coaches and is greatly frowned upon. After a warning, parents may be asked to leave if the behavior continues.

ANNUAL CLINIC

K2 DIVING sometimes conducts a clinic during the Christmas Holiday, depending on space and time (times/location TBA). Clinics are open to divers ages 9 & up. Exact days, times and location will be announced closer to the winter.

TRAINING TRIPS

K2 divers have opportunities to go on training trips during holiday breaks to facilities outside the Hampton Roads area that provide for **intense training and access to platform diving**. Fees and itineraries are released as the trips are scheduled. We try to schedule 2 Training Trips/year. One is for the J.O. teams and possibly, a few invited Intermediate Team divers. The other one is for all K2 Divers. Times and locations TBA.

TEAM APPAREL AND ACCESSORIES

K2 DIVING apparel such as shirts, bathing suits, warmups, shammies, Parkas, and sweatshirts are available for purchase at the K2 DLTC. There are also K2 DIVING branded accessories available (Shammies, caps, blankets, flags, magnets, and more). **Sales are either cash or check, or billed to your next month's statement.**

TEAM SUITS AND BACKPACKS

- All divers are required to wear K2 DIVING branded swimsuits at competitions.
- Female team suits have "K2" embroidered on the suit.
- Colors: **Purple** or **Teal**. (Other brands and styles of the [in stock] Jolyn and Sporti **Purple/Teal** suits that may be substituted: Speedo, Nike, Tyr, Dolphin).
- Male team suits are black or purple with "K2" embroidered on the suit.
- Divers may also purchase a purple "K2" backpack and have the diver's name embroidered on the backpack.
- Swim caps are optional. If a diver chooses to wear a swim cap during competition, then the diver must wear a K2 branded swim cap.

A.A.U. & USA DIVING REGISTRATION

AAU Registration

K2 DIVING is an A.A.U. (Amateur Athletic Union) registered team. For insurance, practice and competition purposes, EVERY diver must register with A.A.U. Divers will not be permitted to participate in the club without an AAU membership. The following is a step-by-step guide on how to register for AAU diving:

1. Go on-line to: aausports.org
2. Click on MANAGE MEMBERSHIPS to *view current* and *renew expired memberships*, or
3. Click on: NEW MEMBERSHIP if registering for the first time, select *youth athlete*,
4. Select: DIVING (duh!)
5. Select: Extended Benefit (read “why” to understand this option vs. Standard)
6. Create an Account
 - Enter your information
 - Under ‘Select a Club,’ type in our Club Code: **W3DFET –**
 - Club name is K2 DIVING – K2 DIVING should pop up in the *select your club* box
7. Click continue-pay by credit card on-line and then you will receive a copy of diver’s membership on-line and in an email.
8. Send me confirmation of your certificate. You don’t need to send me a copy of it. I can go into another part of AAU Sports and pull up a more thorough version of your membership card. Do, however, print a copy of your card for your records.

NOTE: don’t hit ‘LOGIN’ when you first get to the membership page. It just takes you thru a much longer version to get to the diving part. Just follow these instructions and you’ll be good.

USA Registration

K2 DIVING is also a U.S.A. DIVING registered team. Invitational Competition and National’s qualifying standards at the USA DIVING level are on a slightly higher echelon than those at the AAU level, which is why only a handful of K2 divers (Gold, Gold Elite, Silver and Bronze Team) are registered at the USA level. Please check with me before registering with USA Diving. When registering:

1. Go to usadiving.org
2. Click on on MEMBERSHIP
3. Join USA DIVNG
4. Choose TYPES OF MEMBERSHIP
5. Choose ATHLETE MEMBERSHIP
6. Proceed from there



WAIVER

To be filled out ONLY if participating in a 'try-out', the Lesson Program, a Clinic or Dry Land Training options. (If signing up for the club, fill out the Registration Form)

Date: _____

Assumption of risk and release

during "tryout", LESSON PROGRAM, or Dry Land Training periods:

I/we _____ (print name/s), for myself and/or

children named here, _____
(participant(s) name), as a participant in a K2 DIVING facility and/or program, am aware of the possibility of accidental or other physical injury which may befall me or my child(ren) during my/our use of the facility, equipment, and/or participation in practices conducted by the Head Coach or other registered K2 DIVING coaches, including practices conducted at other K2 DIVING registered facilities. I do hereby assume the risks of possible accidental injuries that I or my child(ren) may suffer while utilizing K2 DIVING registered facilities and/or practices and release from any, and all liability or cause of action, K2 DIVING, its coaches and volunteers, the AAU, and USA Diving.

Parent/Guardian Signature: _____

Date: _____ Parent/Guardian (if participant is under 18) verifies age of participant as listed above.

Address:	Phone #:
Email Address:	Diver's Birthdate:



INFORMATION/REGISTRATION FORM

Please fill out and bring to practice, or mail to: K2 DIVING, 1564 Ohio Ave., Virginia Beach, Va. 23454

DATE: _____

_____ I am interested in the monthly BEGINNING LESSON PROGRAM
must sign waiver (attached) or register with AAU

TEAM SELECTION: (approved by coach):

☐ Novice ☐ K2 Junior ☐ Intermediate ☐ J.O. Pre Team ☐ J.O. Team ☐ Masters

Diver's Name:	Diver's Full Address:
Diver's Date of Birth:	<input type="checkbox"/> Male <input type="checkbox"/> Female
Diver's Email Address:	Emergency Contact Name & Phone:
Diver's Phone:	Diver's AAU #:
Mother's Name:	Father's Name:
Mother's Address (if different):	Father's Address (if different):
Mother's Phone (if different):	Father's Phone (if different):
Diver's Favorite Subject in School:	Diver's T-shirt Size:
Household Email:	



MEDICAL TREATMENT PERMISSION & ACKNOWLEDGEMENT OF RISK

In consideration of my participation in the activity provided by and through the K2 DIVING Club, I, for myself or on behalf of the participant who I represent, authorize K2 DIVING Club employees to take and provide all necessary medical attention should I, or the participant who I represent, be injured while participating or being transported to or from any K2 DIVING Club-sponsored activity. I have read the policies pertaining to cancellations, rules, and regulations as they pertain to this activity. I acknowledge the risks and responsibilities involved in these activities, and assume the risks and responsibilities involved in these activities. I assume these risks realizing the capabilities of the person(s) participating. I have read this release and understand all its terms and execute it voluntarily and with full knowledge of its significance

Signature of Participant/ Parent or Guardian

Date

Name of Diver/Participant

PHOTO/VIDEO PERMISSION RELEASE AGREEMENT

I understand that I, or the participant who I represent, may be photographed and/or videotaped while participating in this activity. I agree to allow K2 DIVING Club, to use said photographs and/or videotapes in publications, media campaigns, social media, and the K2 DIVING Club website. I further waive any compensation for publishing and/or printing such photographs and/or videos. I understand by affixing my signature on this form, I attest to having read, fully understand, and agree to the conditions as set forth above.

I have read this release and understand all its terms and execute it voluntarily and with full knowledge of its significance.

Signature of Participant/ Parent or Guardian

Date

Name of Diver/Participant



MEMBER AGREEMENT

Upon intending to join K2 DIVING , and prior to registering with AAU and/or USA Diving, you should read, understand, and agree with these Terms and Requirements. These Terms and Requirements apply to all members of K2 DIVING and are in place simply to help ensure that members (divers and parents) understand what is expected of them when participating and representing K2 DIVING .

The Terms and Requirements cover, but are not limited to:

- Team Description & Levels
- Team Practice Schedules
- Dry Land Training and Conditioning
- General Policies
 - practices
 - fees
 - diver's progress
- Travel
- competition/training protocol
- Fees
- AAU/USA Diving Registration
- Waiver
- Info Sheet
- Permission Forms

Team Descriptions and Levels:

After an initial TRY-OUT or Beginning Lesson Program, divers are placed in a certain level. Divers remain in that level until they have met the necessary requirements for that level according to the **Prerequisites and Requirements** and have received the coach's approval to advance to the next level.

Team Practice Schedule:

- Divers are strongly encouraged to practice, at least, the required # of days for your level, including Dry Land, and hopefully the maximum # of days when possible. Dry Land Training is included in all Team levels. Whenever possible, make-ups will be allowed in the event of personal conflicts, inclement weather, building closings, etc., and within the current month. But for staffing purposes and workout planning, divers need to plan to come to their assigned practice. Multiple missed practices do not carry over to the next month. **NOTE: Standalone Dry Land practices, e.g., replacing another workout, count the same as a regular pool workout.**

Dry Land Training and Conditioning:

- Dry Land Training and Conditioning will be offered to all Team levels and is automatically included with all practice options. Divers are encouraged to attend Dry Land Training and Conditioning as often as you can. No Dry Land is not an option with any of the Team levels. **NOTE: Standalone Dry Land practices, e.g., replacing another workout, count the same as a regular pool workout.**

General Policies:

- Practices: divers are expected to attend all scheduled practices, be prepared for all practices, and inform the Coach if you are unable to attend any practice. If a practice is cancelled by the Coach, K2 DIVING will do everything possible to reschedule a make-up practice.
- Fees: Invoices are issued on the 1st of the month. Families with more than one diver are eligible to a multi-child discount. Fees are monthly, or by sessions, and are due by the 15th of each month. Fees are not prorated, and divers are required to pay for the entire month regardless of attendance. Checks should be payable to K2 DIVING . Venmo and Zelle are also available methods of payment.
- Progress: Divers sometimes reach a plateau, or a level they find too difficult to overcome. If this occurs, the coach will schedule a meeting with the diver and parents to develop a plan to help the diver be successful to improve and advance. Included in the plan, will be a timeline to reach that goal. If, at the time of the deadline, it is apparent to the diver, coach, and diver's parents that improvement, and subsequent advancement is unobtainable, alternatives will be addressed.

Travel Policies:

- Competition/Training: Divers are expected to:
 - Always demonstrate good sportsmanship
 - Warm-up and stretch as a team
 - Wear K2 DIVING apparel
 - (Parents) Observe from observation areas.
- Travel Fees:
 - These are fees assessed to help cover the expenses incurred by coaches while traveling to competitions and trainings (hotel, gas, food). Fees can either be paid prior to competing (preferred) or billed to your next month's statement.

AAU/USA Diving Registration:

Depending what Team level you're on, either AAU registration, USA Diving Registration, or registration in both, is required.

Waiver:

To be filled out ONLY if participating in a 'try-out,' a Clinic, the Beginning Lesson Program, Dry Land Training, or the Little Spinners program.

Information/Registration Form:

Pertinent information for each diver that is kept on file and referred to for contact information.

Permission Forms:

Permission to grant your diver medical treatment if necessary and permission to allow your diver to be photographed and/or video-taped while participating in this activity.

Assumption of Risk:

As a participant in a K2 DIVING facility and/or program, divers/parents need to be aware of the possibility of accidental or other physical injury which may befall them (diver/parent), during any use of facilities, equipment, and/or participation in practices conducted by the Head Coach or other registered K2 DIVING coaches, including practices conducted at other K2 DIVING registered facilities. By joining K2 DIVING LLC, divers/parents assume the risks of possible accidental injuries that they or their child(ren) may suffer while utilizing K2 DIVING registered facilities and/or practices, and release K2 DIVING LLC, its coaches and volunteers, the AAU, and USA Diving from any, and all liability or cause of action.

Please retain this copy for your records. No signature is required, however, by joining K2 DIVING, you agree to these policies.

HANDBOOK APPENDICES

(recommended files to add at your discretion, available upon request)

- A. FINA Rules (rules governing AAU & USA Diving Competitions)**
- B. USA Diving Concussion Information Sheet**
- C. Conditioning Exercises and Workouts**
- D. Spectator guide to Springboard Diving**
- E. Team Captains**
- F. Prerequisite Dives & Requirements | Quick Reference**

revised 1.2025