

DIVE SASK PARENT GUIDE

FALL 2019



WHO IS DIVE SASK?

Dive Sask is the Provincial Sport Governing Body for the sport of Diving. We ensure that our clubs operate with safety and integrity and that our coaches are trained through the National Coach Certification Program. We receive funding through Sask Lotteries, and we work with Sask Sport and Diving Canada to guarantee you excellence in all areas of Sport leadership.

We believe that great sport starts with great coaches. Therefore all Dive Sask Coaches have:

- been trained and certified under the National Coach Certification Program
- taken the Respect in Sport module
- submitted a Criminal Record Check

You can contact us at info@divesask.ca or 306-780-9405 and can see more about our programs and services at www.divesask.ca

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BOARD

Korene Boehm - Chair & RDC Rep
Lori Hesselberg-Secretary & SDC Rep
Norm Wiens
Jennifer McKenzie
Andrew Mitchell
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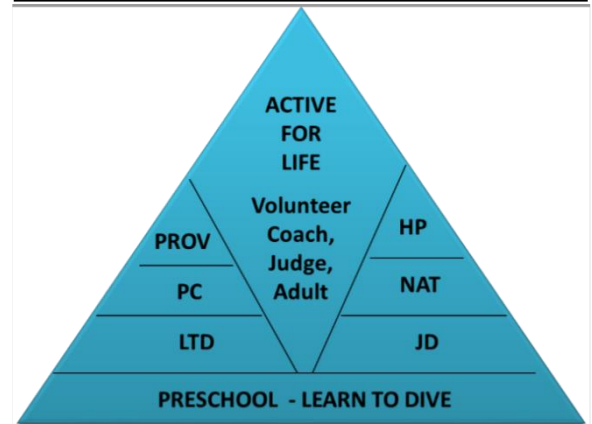
STAFF

Karen Swanson - Executive Director
Laura Desautels - HP Coach South
Steve Carroll - HP Coach North

ATHLETE DEVELOPMENT

At Dive Sask we believe that there is not one path to success—each child has his/her own passion, skill, goals, and potential. Family commitment varies from family to family. Some divers will become National level athletes, some will find great joy at a Provincial or even Recreational level. As you can see in this diagram, not all divers will—or should—enter the National or High Performance stream. Each level has its own training and competition standards. Some divers may jump from the Provincial side of the pyramid to the National side—but this will not be the right path for many others. Please speak to your coach about where your child best fits in this Athlete Development model—and then be the best cheerleader you can be for your diver!

Every athlete has a path, but not all athletes are on the SAME path.



COMPETITIVE LEVELS FOR ATHLETES AND COACHES

JD PROGRAM

Junior Development Testing was developed in our province and we are excited by the results we are seeing. Developed by Saskatchewan coaches, this program is meant to teach fundamental strength and flexibility competencies to 5-9 year olds. It is not a competitive program, but rather a progression program and as athletes work through the 4 levels, reaching bronze, silver or gold standards in a variety of skills and physical competencies, they will be preparing for National level competition. Currently each club (RDC & SDC) will hold at least one in-house test per year, and we will hold 1 joint test. Athletes will be recognized at a Bronze, Silver or Gold level and future placement will be guided by these results.

NOVICE PROGRAM

Novice (Provincial) athletes will have the opportunity to compete at 3-4 meets throughout the year—in addition to any in-house meets planned at your club. These meets are;

- Sask Provincials, January, Regina
- Novice Nationals, Spring, AB
- Manitoba Provincials, June, Winnipeg
- Possibly one other competition out of province

The meet in Winnipeg in June will be a Team Sask Bus Trip with Dive Sask contributing to the cost of a bus and a team shirt. The purpose of this trip is to give our Provincial athletes the opportunity to have a Team Sask experience—to travel with athletes from around the province. This is a chance to have some fun together with other Provincial and National athletes, as well as a chance to have that first experience travelling separately from mom and dad. The younger athletes will stay with parents in the team hotel but can ride the bus. Older athletes will stay with team in the hotel. This will prepare athletes for the possibility of future National travel events.

Coaches who coach athletes at this level will be certified as **Instruction Beginner Certified** coaches or **Competition Introduction Trained** Coaches and will have taken the Respect in Sport course and submitted a Criminal Record Check.

NATIONAL PROGRAM

Athletes will qualify to attend National Championships by achieving the National qualifying standards set by Diving Canada at 2 competitions. We believe that National level athletes should compete at 4-6 meets throughout the year and we are committed to hosting 2 qualifying meets within Saskatchewan each year.

Coaches who coach athletes at this level will be certified as **Competition Introduction Certified** Coaches or **Competition Development Certified** Coaches and will have taken the Respect in Sport course and submitted a Criminal Record Check. They must be approved by Diving Plongeon Canada before being allowed to register in Saskatchewan.

ATHLETE FUNDING

Competition Funding

Athletes qualifying to attend National Championships will receive funding to assist with travel costs. While final funding amounts will depend on number of divers who actually qualify and amount of funding in the pre-set budget, Dive Sask expects to give each athlete:

- \$350 if travelling to Manitoba or Alberta,
- \$500 if travelling to any other province.

No funding will be given for meets held in Saskatchewan. Divers and/or their coach may also apply to receive funding for other events such as Jr Pan Ams, Jr Worlds or other international meets.

Future Best

Dive Sask will submit applications on behalf of its top divers each year to Sask Sport to be considered for a Future Best Grant. This funding is for those athletes who are at or near the Jr National Team level and is meant to help them achieve Sr National team status.

Kids' First

Dive Sask has a small fund which is set aside to assist low income families or families who because of extraordinary situations need financial assistance to pay for training costs or travel costs for National level athletes. Application can be made through the Club Head Coach or the Dive Sask Executive Director.

In Reach Program

Diving Canada is in the process of setting up a training center at the Shaw Center in Saskatoon. Chosen athletes will travel to Saskatoon for targeted training camps and Dive Sask will assist with the cost of pool rental and travel costs. More details to follow!

CUBA TRAINING CAMP

Over the past 8 years we have held High Performance Training Camps for our Canada Game hopeful athletes in Cuba at a training facility which has been supported by Diving Canada. We intend to hold such a camp again in April, 2020. We believe this is both a reward for the hard work these athletes have been doing and a chance for our provincial team to bond and get to know one another away from the routine of home and school. We want to prepare these athletes to travel and to be away from mom and dad so that when they are fortunate enough to qualify to attend National camps or are invited to International events as part of Team Canada (we have at least a couple each year) they will not be overwhelmed. Also, learning to compete outside is important as many International competitions are at outdoor venues.

This year we will be inviting our top age group athletes — we are already looking towards our potential 2021 Canada Games Team. The cost of a trip such as 1 week in Cuba is obviously high - usually about \$1600 per athlete. Dive Sask will generally provide around \$750 to the top 10 athletes to assist with costs and will also pay for the coaches and a manager. An additional 3-5 athletes **may** be invited fully self funded. We try to give 2-3 months notice so you will have time to do some additional fundraising if necessary.

Athletes are invited to this camp by the High Performance Committee based on performance at Provincials in January. We will be looking at percentage of National qualifying standards achieved. We will also look at subjective things such as training attitudes and emotional maturity. Sorry—no parents are permitted!



DIVE SASK ANNUAL AWARDS

Provincial and National athletes will have the opportunity to be recognized at the Annual Awards Banquet for their performance over the previous year. Awards will be given to:

Top Diver Awards: (A-D & Senior Male and Female) This award is calculated based on percentage of National standard attained at Provincial Championships (25%) and National Championships (75%).

Top Diver Group E: Total of best 1m and best 3m from either in-province Qualifying meet

Rookie of the Year: Best results for a first year Age Group diver at National Championships

JD Award: Medals awarded for overall Testing score (8.0=Bronze, 9.0 =Silver, 10.0=Gold)

Top Novice Diver Awards: (A-D, male and female combined) Total of 1m and 3m at Novice Nationals (or Novice Provincials as set by Technical committee)

Top Club Awards: Top Novice Team: based on points earned at Novice competitions; Top Age Group Team: highest team placing at both Jr. National Championships combined; Top Senior Team: based on percentage of National standard attained at either Sr. National Championships; Club of the Year - Based on membership growth, participation and performance at National and Novice Provincials and Nationals and International meets.

SAFE SPORT

Dive Sask believes in sport that is safe for our athletes and coaches. We have taken the Responsible Coaching Movement Pledge (coach.ca) and would like you to be aware of some of the resources that are available to you and your child. A complete list of conduct and complaint policies can be found on our website.

Canadian Sport Helpline

A Canadian Sport Helpline is now available through the Sport Dispute Resolution Centre of Canada (SDRCC). This resource is available for anyone who is aware of a suspected incident of abuse, harassment, discrimination or bullying or if anyone has any questions and/or concerns regarding an incident. Experts are available to provide advice, guidance and resources on how to proceed/intervene appropriately in the circumstances.

Web: <http://abuse-free-sport.ca/en/>

Email: info@abuse-free-sport.ca

Phone/Text Message: 1-888-83SPORT 1-888-837-7678

Business Hours: 8 am – 8 pm (Eastern Time) 7 days a week

Diving Plongeon Canada Independent Third-Party Safe Sport Resource Officer

DPC now has in operation an independent Third-Party Safe Sport Resource Officer who is available to receive questions and concerns from participants in Canadian diving who believe that they or others are potentially unsafe for one reason or another. The Third-Party Safe Sport Resource Officer is completely independent of DPC and is in place to review such issues and provide guidance on addressing safe sport situations as well as determine if issues fall within the parameters of DPC's Conduct Policy.

DPC Safe Sport Resource Officer

Diane Aubé Lazenby Email: Diane@DALlaw.ca

Respect in Sport for Parents

Dive Sask requires that all parents whose athletes receive funding from Dive Sask for Athlete Assistance, Meet Funding or Cuba Training Camp funding must take the Respect in Sport for Parents Online Module. The \$12 cost will be shared by Dive Sask and your club. Instructions for taking this course can be found at www.divesask.ca in the Resources section. Parents whose athletes are not receiving funding are also welcome to take this excellent online course.

Steps to Resolve Conflict

Disagreements are normal - ugly conflict does not have to be. How you handle differences of opinion will make the difference between healthy resolution and the difficulty that comes from unresolved conflict. Dive Sask has a number of policies in place to help you navigate your way through disagreements or disputes. **Steps to Resolve Conflict** can be found in the Dispute Resolution Resource section of the Dive Sask website. Please take a moment to read all of these policies—which are also mandatory at your club.

INSURANCE

All Dive Sask members receive the following insurance coverage from Gameday Insurance:

ACCIDENT/SICKNESS BENEFIT	\$2,000,000
(DIVING RELATED) DENTAL ACCIDENT	\$5,000
TRIP INTERRUPTION	1 WAY ECONOMY
LIABILITY FOR ALL MEMBERS AND CLUB VOLUNTEERS	\$5,000,000
LIABILITY FOR DIRECTORS & OFFICERS	\$1,000,000

CLAIM SUBMISSION

All accident claims must be submitted to the Insurer within 30 days so it is important that if your child is injured and receives medical attention you submit an Accident Claim form to Dive Sask well before the 30 days is up. Your Head Coach will be able to provide you with the proper form or it can be found in the Policy section of the Dive Sask website. This form must be signed by your doctor before submission. Receipts for treatment may be attached or may be submitted later when the claim has been filed.

Even if you do not think an insurance claim will be initiated, it is wise to submit the accident claim form in case further medical attention such as physiotherapy is necessary at a later time.

This is secondary insurance which will take over when other policies which you may hold have been exhausted. It does not cover pre-existing conditions.



Dive Sask is grateful for the substantial financial support we received from Sask Sport and Saskatchewan Lotteries