

City of Leeds Diving Club

Information Pack

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Welcome

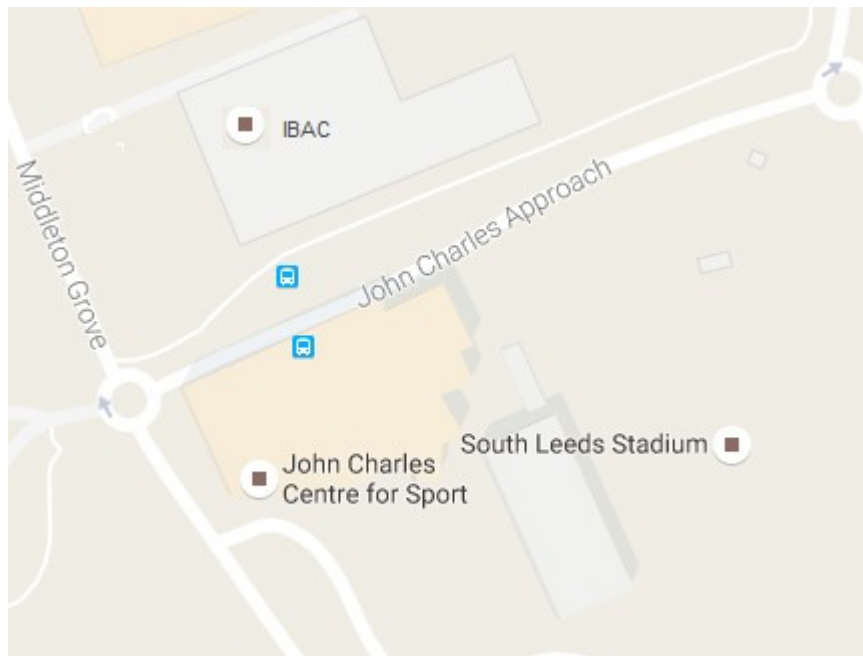
Congratulations your son/daughter has been selected to join the City of Leeds Diving Club, one of the premier clubs in the UK. We have had Commonwealth, Olympic and World Champions within our Senior dive team and National and European Champions amongst our juniors. Welcome to our diving family.

There is a lot of information to absorb, and this pack attempts to pull as much of this together in one place.

The club is based at the John Charles Centre for Sport at:

Middleton Grove
Leeds
LS11 5DJ

The centre comprises a number of buildings but the two you will use the most are the main Aquatics Centre and the IBAC (Indoor Bowling & Athletics Centre). Pool sessions take place in Aquatics whilst dry land sessions are split between here and the IBAC.



Coaches, Committee and Staff

Key People for the Training Scheme

Marc Holdsworth : Head Coach

Marc is in charge of running our dive training scheme programme and head coach responsibilities alongside coaching our elite divers and high-performance athletes.

Phoebe Banks : Training Scheme Lead

Alongside assisting Marc with running the training scheme, Phoebe is responsible for Learn2

Dive and leading our Talent Identification programme.

Sharon Barraclough : Scheme Administrator

Sharon is our front of house admin officer and is the person to talk to for any

enquiries regarding the training scheme.

COLD Committee

Honorary Club President: Claire Wheeler

Vice President: Vacant

Honorary Club Secretary: Lisa Moseley

Honorary Club Treasurer: Lisa Gilbert

Welfare Officer : Jude Wright

Membership Officer: Tanya Wade

Divers/Coaches Representative : Chloe Johnson

Fundraising: Fiona Croft

General Members :

Helen Thomas, Becky Simmonds, Helen Dutton, Kieran Baker.

If you would like to speak to any of us about anything related to diving or the club, then simply ask around as many of us are on the balcony most evenings or head to the [website](#) to get in contact with us.

Scheme and Club

When joining City of Leeds Diving you are joining two very different but intrinsically linked parts to our club.

The *Training Scheme* is run by a team of coaches who are employed by Leeds City Council (LCC) and any fees for training are paid by direct debit to LCC. Coaches are responsible for all aspects of the divers' training, preparation for competitions and anything related to this. If you have a query about your child's training, then they will be happy to arrange a time to chat. Coaches generally hold one-to-one meetings with divers and parent/guardians throughout the year to discuss diver progress and goals.

The *Club* is responsible for the social and pastoral side of things and operates separately but in partnership with the Diving Coaching Scheme. The club has its own committee - think of us like a school PTA. We are a group of parents, divers and coaches who volunteer to allow your children to get the best out of their time at the club. We are a non-profit group, giving our time freely, who organise trips to competitions, social events, fund raisers and supply kit. We also run two very successful annual competitions, "The White Rose Invitational" for Skills divers and "G-Star" which is an "Age Group and elite" competition. We are a member of ASA and are the vehicle by which divers can compete. The club will enter divers into most competitions and organise chaperoned trips if needed. Please visit our website (www.diveleeds.org) for further information about the competitions we host.

Coaching takes place within a number of squads across various levels. New divers will typically enter either via TID (Talent Identification) Squad or lesson. Your child will be assigned a group and coach and you should have an explaining sessions times etc from Sharon Barraclough who administrates the coaching scheme. Please see the illustration below which details the

development pathways within the Training Scheme. Please remember that all divers develop at different speeds and hence movement between squads will be based around their personal development.



Membership

As a member of our diving squad and to be eligible to take part in activities associated with City of Leeds Diving Club, **including training**, all divers need to be a member of Swim England and the club for insurance purposes.

The membership fee covers the member's Swim England membership cost which ensures both land and pool-based training are covered by insurance. It also contributes towards club running costs, such as competitions, upskilling our coaches, providing necessary courses for our volunteers, subsidising club social events and other general running costs. **All Divers** who train as part of a City of Leeds Diving Club squad are obliged to become members and cannot train with one of our squads without doing so.

Club membership is paid annually in January and comprises of the Swim England fee and the Diving Club fee. When you join the club, you will receive an email from the club membership secretary via our Club's registration platform

(Team Unify) which will contain a link to activate your membership.

Competitions

So you've been selected to compete for City of Leeds. Congratulations! Here is some information that you should find useful...

Diving Age-Bands

When the divers compete, they are divided both by gender (Open and Female) and age. The age-bands are usually in bands of two years which are given different letters.

| Group | Ages |
|-------|-------|
| E | 8-9 |
| D | 10-11 |
| C | 12-13 |
| B | 14-15 |
| A | 16-17 |

The cut-off for deciding which group a diver is in is the 31st December of the current year. Eg. If your child is 14 on 31st December 2017, they would dive in group B for that year.

In some of the very large competitions, the bands are subdivided into C1 & C2 etc. (C1 being the younger half). This is simply for when there are too many C age divers to dive together.

These age-bands are used for both skills) and "Age Group" diving so don't get confused by the similar names.

(Skills) Competitions

Most divers first experience of competing will be at the skills level. Divers will normally dive from 1m, 3m and the poolside, with a round-robin approach, rotating to the next board once all divers have finished. The scores for all three boards are added up to determine the leader board. From age group B and above, skills events take place only on 1m and 3m.

Once your diver has become competent with their skills dives, they may progress onto harder dives and hence stop competing in skills competitions, instead moving into 'Age Group' competition. This competition format involves divers performing a minimum of 5 dives (depending on age) from the 1m and 3m springboards, and platforms. Younger divers only compete on 5m platform, but as divers progress, they move up the boards as they learn more complex dives. If your diver progresses well enough, they can progress to Elite competition, which is the highest level of competition within British Diving. Additional information can be found on the [Swim England website](#).

Scoring

Scoring for dives works as follows:

- There are usually 3 or 5 Judges who score each dive out of 10
- The middle three scores are added together (ie with 5 judges, the highest and lowest scores are ignored)
- This total is multiplied by the "degree of difficulty" or DD. Each dive has a DD assigned (you can look online for a list – [example here](#)) so the harder the dive, the higher the DD
- This total is the score for the dive

E.g. a Forward piked 1½ somersault (103b) on 1m has a DD of 1.7.

The five judges score 6.5, 7, 7, 7.5 and 5

We ignore the 5 and the 7.5 giving a total of $(6.5 + 7 + 7) \times 1.7 = 26.6534.85$

Types of Competition

Competitions fall into different categories:

Events in Leeds (Home Events)

These are easy as you know where you are going so enjoy the home advantage. The club runs these competitions and is reliant on volunteers. Please do volunteer to help. We need people on poolside to marshal the divers, behind

the scenes to record the scores and on the balcony to fundraise. We'll post on Facebook when a competition is approaching. Cost for these competitions will include competition (board) fees and costs for coaches to attend the competitions. Most of these payments are made directly to the club.

Unchaperoned events

These tend to be relatively local such as in Yorkshire or Manchester but could be further afield for National Finals. Parents are responsible for transporting their divers to and from the event and for their safety when they are not competing or in training. Cost will include competition (board) fees and costs for coaches to attend the competitions. Most of these payments are made directly to the club.

Chaperoned Events

When we need to travel further to a competition, we will generally take the divers off your hands for the duration of the event. The club will provide 2 or more chaperones to manage the trip and take responsibility for the children. Team managers and chaperones have all had DBS checks and training in Safeguarding children, as well as undertaken Team Manager training with Swim England.

Cost for these trips varies depending on location and what deals we can get on hotels etc at the time. This cost covers:

- Transport to and from the event and any that is required between pool and hotel etc
- Hotel accommodation
- Food, drinks and snacks in the evening and throughout the day
- A contribution to these costs for the coaches and chaperones that are attending the event
- Competition (board) fees.

All payments for competitions will have deadline attached and if payment is not received by the point the club reserves the right to withdraw a diver from a trip. We give as much notice as possible for these competitions but please speak to a member of the committee if you need flexibility with payment.

Supporting Competitions

Here are a couple of miscellaneous tips for supporting your divers:

- The pool will be busy and hot. Wear shorts!
- Cameras are allowed but you often must sign the registration form on entry. Please only photograph your own child / those for which you have permission to do so. Professional photographers may also attend so photos maybe for sale
- You may be charged an entry fee to spectate – this depends on the club hosting
- Please cheer all the divers (but be quiet just as they start to dive)
- Encourage your child to stay to support the other divers and sit with their friends to cheer on Leeds
- Coaches are responsible for divers when they are on poolside – don't worry, they are in good hands!

Communication

Club Website

This can be found here – <https://www.diveleeds.org>

This is currently under review pending a refresh but it's still a great place for information about the club. Much of the information from within this pack can be found, often with more detail, within the website.

Social Media

We have two Facebook sites. One is open to the public and pitched as a “fan page”. The second is a closed group for members of the club; this is the main forum for advertising events, celebrating our successes and providing updates and information. All parents are encouraged to join.

Just search for “[City of Leeds Diving Club](#)” and click the +Join button.

You can also join the “[City of Leeds Diving Club Supporters](#)” Facebook page

And an Instagram account :[@leeds_diving](#)

What you need for diving

Equipment you will need for each session:

Dry Land

- Training shorts/shirt and running shoes (no baggy Joggers)
- Drink bottle
- Strapping tape or supports if needed

Pool

- Training shorts/shirt
- Swimming costume – no board shorts or bikinis
- Strapping tape if needed
- Chamois
- Towel

Welfare

Wavepower is Swim England’s safeguarding policy and procedures document.

Its aim is to ensure everyone is able to enjoy our sports and aquatic activity in a safe, positive and enjoyable environment in line with current legislation, regulations and guidance.

All Swim England affiliated clubs and organisations must adopt [Wavepower](#).

At the beginning of 2024, an updated version of Wavepower was published.

This is part of Swim England’s commitment to create a culture in our sports and activities which makes everyone feel protected, included and welcomed – and that the safety, welfare and well-being of all participants is ingrained throughout our affiliated clubs and organisations.

To Contact the Club Welfare officer please email Jude Wright on safeguarding@diveleeds.org .

Fundraising

The Club needs to fundraise to help with competition costs and many other things. We do this in a variety of ways including social events, awards evenings and sponsorship packages. If you would like to help with fundraising, or know of a business willing to sponsor the club, please email or speak to Fiona Croft (fundraising@diveleeds.org).

Other information

From time to time, events at the pool etc will require changes to your schedule. You will usually be notified of these via email but Facebook, or notifications sent via the Sports Engine app, tends to be used for any late-breaking emergency changes.

The club isn't just here to make your children better at diving, we want to develop their life skills and make them decent human beings. We want to see key transferable skills including:

- Common courtesy – Hello, please, Thank you, goodbye all go a long way.
- Respectful
- Punctual
- Positive mental attitude
- Motivated to learn new skills.

PARENT DO'S + DON'TS

Do For Yourself

- Get pleasure from your children's participation, but do not become overly ego involved.
- Try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty.
- Look relaxed, calm, positive and energised when watching your child compete.

Your attitude influences how your child performs.

- Have a life outside of your child's sports participation.

Do With Other Parents

- Make friends with parents at other events.
- Volunteer as much as you can. Youth sport depends upon the time and energy of involved parents.
- Police your ranks: work with other parents to ensure that all parents behave appropriately at practices and competitions.

Do With Coaches

- Leave the coaching to the coaches.
- Give them any support they need to help them do their jobs better.
- Communicate with them about your child; you can learn a lot about your child from each other.
- Inform them of relevant issues at home that might affect your child at practice.
- Inquire about the progress of your child. You have a right to know.
- Make the coaches your allies.

Do For Your Children

- Provide guidance for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasise fun, skill development and other benefits of participation.
- Show interest in their participation, help them get to practice, attend competitions and ask questions.
- Provide a healthy perspective to help children understand success and failure.
- Emphasise and reward effort rather than results.
-
- Understand that your child will need a break occasionally.
- Give your child some space if needed. Part of sports participation is figuring things out for themselves.
- Keep a sense of humour. If you're having fun, so will your child.
- Provide regular encouragement

Don't for yourself

- Base your self-esteem and ego on the success of your child sports participation.
- Care too much about how your child performs.
- Lose perspective about the importance of your child's sports participation.

Don't With Other Parents

- Talk about others in the sports community. Talk to them. It is more

constructive. Don't With Coaches

- Interfere with their coaching during practice or competitions. This includes entering dry dive/poolside during training times

Don't With Your Children

- Expect to get anything more from their sport other than a good time, physical fitness, mastery and love of a lifetime sport and transferable life skills.
- Ignore your child's bad behaviour in practice or competitions.
- Ask the child to talk with you directly after a competition.
- Show negative emotion whilst watching them perform.
- Make your child feel guilty for the time, energy, and money you are spending and the sacrifices you are making.
- Think of your child's sport participation as an investment for which you expect return.
- Live out your own dream through your child's sport participation.
- Compare your child's progress with that of other children.
- Expect anything from your child except their best effort



LOCO PARENTIS

It is necessary for the Team Manager accompanying your son/daughter to have the necessary authority to obtain any urgent treatment whilst at a international/domestic competition. Could you therefore complete the details below and **return to the team manager ASAP.**

Name of Diver: _____ Date of Birth: _____

Address: _____

Home Telephone No: _____ Parent Emergency No: _____

e-mail: _____

Name, Address and Telephone number of another person to contact if parents are unobtainable.

Name: _____ Contact Telephone No: _____

Address: _____

e-mail: _____

Any medical fact/conditions the Leeds Diving Club Team Manager should be aware of? (i.e. asthma, allergies or any medication that they are currently taking)

Name Of GP: _____

Address: _____

Telephone Number: _____

I _____ being the parent of the above named hereby give permission for the Team Manager to give the immediate necessary authority on my behalf for any

medical or surgical treatment recommended by competent medical authorities, where it would be contrary to my son/daughter's interest, in the doctor's medical opinion, for any delay to be incurred by seeking my personal consent.

Signature: _____(consent by parent/guardian)



Divers Code of Conduct

General behaviour

1. I will treat all members of the City of Leeds Diving Club, and persons associated with, the Swim England with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with the Swim England on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
3. I understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the disciplinary or child welfare policies.
4. I will display a high standard of behaviour at all times.
5. I will always report any poor behaviour by others to an appropriate officer or member of staff.
6. I will recognise and celebrate the good performance and success of fellow club and team members.
7. I will respect the privacy of others, especially in the use of changing facilities.

Training

1. I will treat my coach and fellow members with respect.
2. I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
3. I will arrive in good time on poolside before the training session starts to complete warm up as directed by my coach.
4. I understand that if I arrive late, I must report to my coach before starting to train.
5. If I need to leave the pool for any reason during training, I will inform my coach before doing so.
6. I will listen to what my coach is telling me at all times and obey any instructions given.
7. I will think about what I am doing during training, and if I have any problems, I will discuss them with my coach at an appropriate time.
8. If I have any problems with the behaviour of fellow members, I will report them at the time to an appropriate adult.

Competitions

1. At competitions, whether they be open meets, national events or club galas, I will always behave in a manner that shows respect to my coach, the officers, my team mates and the members of all

competing organisations.

2. I understand that I will be required to attend events and galas that the Chief Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official and coach.
3. I understand that I must wear appropriate swimwear, tracksuits, and T-shirts/shorts as per the rules laid down by the organisation.
4. I will report to my coach and/or team manager on arrival on poolside.
5. I will warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race.
6. I will be part of the team. This means I will stay with the team on poolside.
7. If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the team manager/coach before doing so.
8. After my event, I will report to my coach for feedback.
9. I will support my team mates. Everyone likes to be supported and they will be supporting me in return.
10. I will never leave an event until either the gala is complete or I have the explicit agreement of the coach or team manager.

Diver Name: _____

Signed: _____

Date: _____

Parents Code of Conduct.

1. I will complete the Medical Information section on the member section of

my Team Unify Account.

I will report any changes in the state of my child's health to the coach prior to training sessions or events. I will ensure that the club has up-to-date contact details for me and for any alternative person(s) as required.

2. I will deliver and collect my child punctually to and from training sessions/events. I will inform a member of the committee or coaching staff if there is an unavoidable problem.

If the organisation changes my child's lane and/or changing times, I will remember that the change is to provide appropriate levels of training and to enable my child to progress, and I should therefore support and encourage this at all times.

3. I will ensure my child is properly and adequately attired for the training session/ events including all mandatory equipment.

4. I will inform the coach/welfare officer before a session if my child is to be collected early from a training session/event and if so, by whom.

5. I will encourage my child to obey the rules and teach them that they can only do their best.

6. I will behave responsibly as a spectator during training/events and treat members, coaches, committee members and other parents of members of both my child's organisation and any other organisation with due respect, in accordance with the Swim England commitment to equality and diversity.

7. I will not use inappropriate language within the organisation environment.

8. I will show appreciation and support my child and all the team members.

9. I will ensure my child's needs are met in terms of nutrition and I will listen to advice given from the coach/nutritionist.

10. I will support the coach and committee appropriately and raise any concerns I may have in an appropriate manner to the welfare officer.

11. I will not enter poolside unless requested to do so or in an emergency.

12. If I wish to have a discussion with the coach, I will check with the welfare officer as to how this can be arranged.

13. Most of all, I will help my child to enjoy the sport and to

achieve to the best of their ability. The organisation will:

1. Inform you at once if your child becomes ill and will ensure their wellbeing

until you are able to collect him/her.

2. Ensure good child safeguarding guidelines are followed at all times to keep your child safe.

3. Ensure all activities are properly supervised/

taught/coached and that consent is obtained for any activity

outside of that previously agreed.

You have a right to:

1. Make a complaint to the club if you feel the organisation or a member of the club is not acting appropriately or in accordance with Swim England/club rules and regulations. Details of how to do this can be obtained from the welfare officer.

2. Make a complaint on behalf of your child to the Swim England Office of Judicial Administration