



**~Michigan's #1 Age-group diving program & Top 20 Team in the Nation~**

## **2018-2019 Diving Season**

### **NATIONAL TEAM CONTRACT**

#### **MISSION STATEMENT**

The mission of the Legacy Diving Program is to promote the sport of diving within a safe and positive environment. Our main objective is to teach the proper mechanics and techniques of diving, which is an essential foundation and progression to success in the sport of diving.

Welcome to the Legacy Diving Program. This packet will provide you with the information necessary to become a member of the Legacy Diving National Team Program. The policies & procedures have been implemented so that there is a clear understanding of what is expected of both athletes and parents involved in our program. Please keep this information, as it may be helpful to refer to from time to time.

As we continue to grow our program to one of the nation's best, we must make communication a top priority if we are going to reach our goals. Therefore, if you have any questions regarding our training progression for the National Team program, please call or e-mail Coach Larry Albright to ask for clarification or guidance. Our goal is to provide a productive and positive experience for the children, parents, and the coaching staff. We are looking forward to facilitating the growth of your child in the sport of diving.

#### **FACILITY**

##### **Oakland University Natatorium**

We are located in the Recreation Center Natatorium on the campus of Oakland University. We train in a beautiful 50m x 25yd indoor pool with a Hot Tub behind the 1 meter boards. We have the following equipment for our diving program:

- Indoor diving facility
- 14' pool depth
- Two 1m springboards on concrete with water spotting rig
- Two 3m springboard on concrete with water spotting rig
- 5 meter platform with rough-tex surfacing.
- 1 trampoline with spotting rig
- 1 Dry Board with spotting rig
- Two 46" flat screens with TIVO systems water stations
- stall bars & Poolside platform box

# **Legacy Diving Coaching Staff**

**Larry  
Albright**  
Head Coach  
& Program  
Director

Larry Albright is in his 12th season as the diving coach for men and women for the Golden Grizzlies after joining the program in 2006. Albright arrived at Oakland after a three-year stint as a club coach for Starz Diving in Indianapolis where he worked with John Wingfield, the USA national team coach/director. In 2014 and again in 2015, Albright earned Horizon League Women's Diving Coach of the Year honors after mentoring Tricia Grant to a stellar junior and senior campaigns, respectively. Grant became the first diver in Horizon League history to advance to the NCAA Championships in 2014, where she finished 31st on the 1-meter board and 25th on the 3-meter. In 2012-13, Albright tutored Grant to a 13th place finish on the 1-meter board and a 15th place finish on the 3-meter board at the NCAA Zone C Regionals. He coached and administered the Starz Diving Satellite Program and was responsible for coaching the techniques and mechanics of diving while also overseeing the strength and conditioning component of the program. Albright also served as the head diving coach at Franklin Community High School for both the boys and girl programs. A native of Walled Lake, Michigan, Albright has also coached diving at his high school alma mater, Walled Lake Central. He has also worked with former Oakland diver and coach Buck Smith, who is now the head diving coach at Eastern Michigan and head coach of the highly successful Legacy Diving Program. During his time in the coaching ranks he has coached four high school All-Americans and six all-state performers. He has also had a pair of high school regional champions under his tutelage.

**Carla  
Szpunar**  
Part time  
Coach

Carla was an AAU age group diver and moved on to dive for Eastern Michigan University under Mike Lyden. She broke EMU's 3 meter school record, placed in the finals for several MAC championships and competed at NCAA's. Carla's favorite days of training came one summer in Mission Viejo California where she trained with Greg Louganis and the Mission Viejo Nadadores. She recalls the amazing talent Greg had and the incredible work ethic he set forth for the team. Carla's coaching experience has included coaching for the Ann Arbor, Ypsilanti, Sterling Heights and Rochester school districts. She's had many divers compete at State Meet including several qualifying for finals. Carla has been with Legacy Diving for the last 6 years. She is passionate for the sport of diving. She is an enthusiastic and energetic coach and we are happy to have her as part of our Legacy Coaching staff.

**Shawn  
Daily**  
Assistant  
Coach

Bio will be added to our 2018-2019 packet next week at which time you may request the information via email.

**Kevin  
White**  
Assistant  
Coach

Bio will be added to our 2018-2019 packet next week at which time you may request the information via email.

**Angie  
Wise**  
Assistant  
Coach

Bio will be added to our 2018-2019 packet next week at which time you may request the information via email.

# NATIONAL TEAM PROGRAM DETAILS

## National Team Schedule

A "National Team Diver" is expected to practice and compete a JO 1m & 3m list at local MDA competitions, as well as USD regional, Zone, and National competitions. The purchase of a team suit, t-shirt, warm-up, and bag is mandatory. National Team divers must train a **minimum of 2 practices per week** and are strongly encouraged to train **4x per week!**

**Days & Times** Sunday, Monday, Wednesday, Thursday 4-8pm

## National Team Financial Responsibility

**United States Diving Membership:** All Divers must join USD and MDA (Michigan Diving Association) in order to dive in our program. The USD membership cost is \$75 and you go to [www.usadiving.org](http://www.usadiving.org). Click on Membership – Join Now – Competitive Gold Member. Fill out all of the information including Association= Michigan and Team= Legacy Diving. You must print off the membership card and present a copy before you begin practicing.

**REC ID CARD**— \$10.00 (one-time fee paid to the REC directly!)

## TRAINING FEES

Maximum of 3 practices per week	\$200/month
Four practices per week	\$225/month

**LEGACY MEMBERSHIP FEE:** Includes pool rental, equipment costs, & membership.  
Full Year = \$1,000 2 payments of \$500 (September & March)

10% off if you pay your full membership fee up on or before September 15th.

**\*\*Note: If you choose to pay up front it is non-refundable.**

**\*Payments are due by the first week of every session...**refer to attached calendar

**\*NOTE:** If you have 2 or more divers in the program you will receive 5% off of your total cost.

## COMPETITION/COACHING FEE

\*See competition billing below!

## Legacy Diving Contract

### **Billing Policy:**

1. After we receive your registration form/liability form, we will add your Name and email to our billing website. Once added, you will have a Legacy Diving Account and will receive a username and password via email. **Be SURE to submit the Parents Name and Email address on the registration form that you would prefer to be listed as the Legacy Account Manager.** We have a drop-box located in our dry-land area to submit your check and paperwork and we also accept **paypal payments using email address: kari69@gmail.com**  
You may mail in your forms and payments to:

**Larry Albright  
2347 Old Salem Ct.  
Auburn Hills, MI, 48326**

2. All billing questions are to be directed to: Kari Albright at (248) 248-875-8377 cell OR e-mail: legacydivingou@gmail.com (preferred)
3. **\*\*National Team divers will be billed monthly, regardless of whether or not they attend practice regularly.**
  - a. **Vacation, breaks, etc...You will still be responsible for the full month of training fees.**
  - b. **Athlete injury or major illness will be handled on an individual basis with regards to billing.**
4. **\*\*Training fees will only be pro-rated when practice is not being offered or if a new National Team Member starts after a session has already begun. Remember that you are reserving a spot on the team. The National Team is an all-year round commitment.**
5. If you are thinking about taking a break, you must have prior approval from the Head Coach, Larry Albright. You may continue to pay for your spot and it will be held for you. However, if you do not discuss this with the head coach, you may not have a spot available to you, if you decide to return.
6. Families with more than one diver in the program will receive 5% off of their second child's total cost. The purchase of a team suit, t-shirt, warm-up, and bag is mandatory for all Michigan Team and National Team Members.

### **\*\*Competition Billing:**

1. Competitive divers are responsible for paying all meet registration fees in advance. For a MDA meet, you will be able to submit one check to Larry Albright which includes your Legacy Coaching fee, and your Meet registration fee. For a USD meet, you will need to go on-line to divemeets.com to register by the deadline for the competition. In most cases, meet fees are non-refundable. Divers are responsible for their own travel costs for each meet.
2. Legacy Meet Coaching Fee: The following fee will be collected by the Legacy Parents Committee prior to leaving for the competition:
  - a. \$30/meet for Michigan Diving Association JO events.
  - b. TBD: USD Junior Regional, Zone, and National competitions (Depends on the number of divers attending the meet)
3. **\*Please note: If the total cost of the coaches time and travel expenses is greater than the coaching fees that are listed above, than the total cost will be divided amongst the divers competing in that meet.**
4. All billing questions should be directed to: Kari Albright at 248-875-8377 or e-mail: legacydivingou@gmail.com (preferred)

## **Behavior:**

Parental Role: Please refer to our Legacy Diving Parents Handbook on our website!

1. All parents who wish to stay and observe their son/daughter's training session must sit in the bleacher area on the pool deck. Parents may not observe on the pool deck.
2. At no time should you coach your son/daughter before, during, or after practice.
3. ALL coaching/training questions should be directed to your diver's coach and or Larry Albright at [albrigh3@oakland.edu](mailto:albrigh3@oakland.edu) or cell phone 248-760-9676.
4. Please assist our staff with promoting and ensuring healthy eating habits, sleep and study habits, as well as social habits. Our athletes represent Legacy Diving in public and need to be respectful of others as well as exhibiting healthy habits i.e.: No smoking, drinking, drugs, or vaping, etc...

## Divers Role

1. All divers are required to follow all of the rules of OU and the Rec. building, as well as Legacy Diving rules.
2. It is expected that all divers respect *ALL* coaches on the coaching staff, as well as fellow divers.
3. Divers exhibiting poor behavior or bad attitudes will be asked to leave practice.
4. Repeated attitude or behavior problems will result in removal from the program.
5. Divers are expected to attend all scheduled practices.
6. Please let the head coach know if you will be missing a practice and the reason for your absence.
7. Tardiness is not acceptable. If you are late to practice, you must let the coaches know why you were late.
8. The diver is responsible for all communication with the head coach or coaching staff. Any questions, conflicts, injuries, should be discussed between the coach and the diver.
9. The diver is not to learn any new dives on their own or with any other diving program.
10. The diver must receive permission to dive with any other coach or program.
11. A diver may not decide what dives they will be competing at a competition. The coach will make those decisions.
12. Please ensure healthy eating habits, sleep and study habits, as well as social habits. o You represent Legacy Diving in public and need to be respectful of others as well as exhibit healthy habits. o i.e.: No smoking, drinking, drugs, or vaping, etc...

# **PARTICIPATION COMMITMENTS & FUNDRAISING**

## **PARENT PARTICIPATION:**

LDOU hosts events/meets that occur throughout the year, with the success of such events being dependent on volunteer participation by members and their families, it is expected that each member-family contribute by volunteering to actively participate in the planning and execution of LDOU sponsored events to help them run smoothly.

**FUNDRAISING:** In order to keep the team financially sound, meet our financial commitments for coaches wages, team travel & continue to purchase the necessary training equipment, the following policy is necessary and WILL BE ENFORCED.

ALL LDOU divers & parents are **REQUIRED** to participate in fundraising efforts. It is required of a family to generate an amount equal to \$100.00 per year. If a diver elects not to participate in such functions, they can be exempted by submitting a check in the amount of their fundraising commitment. A fundraising charge of \$50.00 will be assessed on a semi-annual period. The period is defined as September 9 to December 12 and January 1 to April 24 of this calendar year.

### Fall 2018 – Fundraiser

Dive-A-Thon: Divers will seek pledges for completing a number of dives in an hour, as well as special donations for certain dives. (Date to be determined)

### Spring 2019 – Fundraiser

TBD – (April 23<sup>rd</sup> tentatively)

# National Team

## 2018-2019 Calendar

### Practice Session Dates

September	September 9 <sup>th</sup> – October 4 <sup>th</sup>
October	October 7 <sup>th</sup> – November 1 <sup>st</sup>
November <i>No Practice</i>	November 4 <sup>th</sup> – November 29 <sup>th</sup> * 11/22: No practice - Thanksgiving
December <i>No Practice</i>	December 2 <sup>nd</sup> – December 29 <sup>th</sup> *December 9th: Legacy EMU Grand Prix Event <b>TBD</b> *12/24: No Practice - Christmas Eve *12/25: Christmas Day *12/31: New Year's Eve *1/1/2019: New Year's Day
January	January 6 <sup>th</sup> – January 31 <sup>st</sup>
February	February 3 <sup>rd</sup> – February 28 <sup>th</sup>
March	March 3 <sup>rd</sup> – March 28 <sup>th</sup>
April	March 31 <sup>st</sup> – April 25 <sup>th</sup>
May <i>No Practice</i>	April 28 <sup>th</sup> – May 23 <sup>rd</sup> *5/26 & 5/27 Memorial Day Observance
June	May 29 <sup>th</sup> – June 27 <sup>th</sup>

\*More details and events will be added via email!

**The schedule is subject to change due to pool events hosted at Oakland University.**

**You can make-up your practice on another day if available.**

**A competition calendar will be e-mailed to you as soon as it is made available!**

# Release of Liability Form

Legacy Diving and staff will do everything in their power to make sure that \_\_\_\_\_ (Diver's Name) is safe while at practice and meets. In any sport kids are at some risk of being injured.

(Print Parent/Guardian's Name) \_\_\_\_\_ understands that there are risks involved in diving. I/We agree not to hold the Legacy Diving coaching staff or Oakland University responsible for any injuries that may occur.

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

\* Legacy Diving **strongly** recommends that every diver have an annual physical and receive permission from a physician before participating in athletic activity.

## Emergency Contact Information

**Please fill in number(s) where you can be contacted in case of an emergency.**

Parent/Guardian's Name \_\_\_\_\_

Please circle which phone number is the best way to reach you:

Home  
\_\_\_\_\_

Office  
\_\_\_\_\_

Cell  
\_\_\_\_\_

**\*\*Email Address PLEASE PRINT CLEARLY**

\_\_\_\_\_  
**Please list alternate emergency contacts in case of an emergency:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Number \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Number \_\_\_\_\_



# Legacy Diving Registration Form

<u>Team</u>	<u>Days</u>	<u>Times</u>	<u>Total Fees</u>
<u>NATIONAL TEAM</u>	<i>Sunday, Mon, Wed, Thurs</i>	<i>4pm - 8pm</i>	<i>Up to 3 Practices/week - \$200/month 4 Practices/week - \$225/month</i>

**Please fill out the form below, and return to Legacy Diving**

<b>Diver's Full Name</b>	<b>Birth Date</b>	<b>Age</b>
<b># of days attending practice: You must indicate how many days you will be practicing</b>		
<b>Print Parent's First &amp; Last Names <u>*Circle which parent will be the Legacy billing account manager!</u></b>		
<b>Complete Mailing Address</b>		
<b>Parent's Email Address: <u>*Please circle which email address you would like us to use for billing invoices!</u></b>		
<b>Home Phone</b>	<b>Cell Phone</b>	<b>Work Phone</b>

I HAVE READ THE LEGACY DIVING CONTRACT AND UNDERSTAND IT COMPLETELY. I ACCEPT THIS CONTRACT FOR THE 2018-2019 LEGACY SEASON. I ALSO GIVE MY PERMISSION TO LEGACY DIVING TO USE DIVING PHOTOGRAPHS TAKEN OF ME FOR THE PURPOSES OF PUBLICITY ON OUR WEBSITE, PROGRAM INFORMATION, AND POSTERS.

DIVER \_\_\_\_\_ DATE \_\_\_\_\_

MOTHER \_\_\_\_\_ DATE \_\_\_\_\_

FATHER \_\_\_\_\_ DATE \_\_\_\_\_

\* PLEASE KEEP A COPY OF THIS CONTRACT AND INFORMATION PACKET FOR YOUR RECORDS!

Please return **the registration form, liability form, concussion form, & USD membership card** to the address below.

Mail to:  
Kari Albright  
2347 Old Salem Ct.  
Auburn Hills, MI 48326