



**DDC Parent Expectations on Communications and Actions**

1) All parent communication with coaching staff is to be done through email, phone call at 571-762-0069 or by setting up a meeting with coaching staff.

- Text message is a permissible form of communication by divers only to inform coaches of late arrivals, the need for early departures or absence from practice. Text messages of any other nature will not receive a response.
- It is not appropriate to talk to the coaches over the balcony at practice unless approached by coaching staff.

2) Text messages may be used at meets to inform parents of adjustments to the prearranged schedule from the coaches to the families. Parents are not to use that avenue to communicate messages to coaches at a meet unless to inform a coach of an emergency, illness, injury or late arrival to warm ups.

- Any question a diver has at a meet can be communicated to coaches at any time by the diver through any avenue.

3) Parents should refrain from communication with their divers during practice or in the middle of a meet unless there is an emergency that needs to be immediately addressed. Coaches must work with a diver both physically and mentally in those situations. It is extremely important that they are allowed to do so.

4) When divers qualify for trips as a member of a USA Diving National Team, parents who attend are to stay in the background and have no communication with coaches or staff unless approached by coaches or staff. If a parent disagrees with policies, procedures or how any facet of the trip is going, they are to keep those opinions to themselves (unless they believe there is bodily harm that may occur). Parent’s interactions on these trips could positively or negatively impact divers and coaches selection onto future international trips.

5) Dominion Dive Club should always be represented in the best light at all times by athletes, coaches and parents. When at meets, parents should make all efforts to avoid any gossip and at all times refrain from any negative comments to or about any athlete, coach or parent.

6) Refrain from giving diving advice to athletes unless specifically asked to by DDC coaching staff. In regards to athletes diving, one simple phrase is always welcomed: “Watching you dive brings me joy.”

- Actions speak louder than words. Always have positive body language with athletes when at practice or at a meet. Divers will feed off of that positive energy.

7) DDC coaching staff is committed to imparting upon our athletes a strong set of core values. In order to do that, the correct actions must be reinforced by parents at all times. Expectations of athletes include but are not limited to honesty, respect, work ethic, teamwork, timeliness, humility, positivity and leadership. It is imperative that we, as adults, embody these same attributes and be proper role models for the divers.

8) At no point at a meet or during practice should any parent ever be on the pool deck unless specifically asked to do so by the lead coach at that meet or practice.

“I understand the above policies and understand that non-adherence to above policies can and will result in diver’s immediate removal from Dominion Dive Club.”

Divers Name(s): \_\_\_\_\_

Signature of Parent 1 \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent 2 \_\_\_\_\_ Date \_\_\_\_\_