



## Programs and Polices

Summer Season 2019

Spring Season Schedule: Monday June 3rd, 2019 to Thursday, August 1st, 2019

### Mission Statement

The coaching staff at Minnesota Diving Academy strive to provide unparalleled, expert coaching at a world-class facility for all its divers wanting to learn and improve their skills.

### MDA Diving Group Introduction

#### A. Learn-to-dive Lessons Groups

*For divers who have no diving experience and who want to learn to dive.*

Learn-to-Dive Lesson program is for divers who are new to diving. MDA coaches use proven, positive teaching techniques, including basic skill progressions that promote body balance, spatial awareness, and body alignment. Divers will work on learning a front approach, back press, head first entries, correcting body form, and progressions to new dives. The training emphasis is on diving safely, while also preparing divers for the mental demands of higher level diving. Divers will work primarily on 1-meter springboard, though they will be introduced to dryland equipment, trampoline, 3-meter, and platform as well.

Divers will improve their physical conditioning, mental toughness, and self-esteem through diving. Our low ratio of coaches to divers ensures optimal attention and progress.

- Lessons are offered mid-day Sunday, plus Monday and Tuesday evenings. Divers can sign up for one, two, or three classes each week.
- Classes are offered from 6:00 to 7:00pm on Monday/Tuesday, and 12-1 on Sundays.
- When you fill out the registration form, please identify the lessons you plan to attend, so we can assure adequate staffing.

Lesson Fees for 2019 Spring Season:

Option 1 (Pay by season 10% discount)

- \$324 for 3 X / week
- \$260 for 2 X / week
- \$162 for 1 X / week

Option 2. (Pay each month)

\$120 per month for 3X / week

\$96 per month for 2X / week

\$60 per month for 1X / week

**B. Junior Olympic [JO]**

For divers from age 7 to age 12.

JO program is for divers who have successfully completed the lesson programs and are ready for the greater challenges and rewards of a higher level diving. Divers will improve their diving skills on 1-meter, 3-meter, and will start to practice platform diving. At the same time, divers will challenge themselves and start to build their characters in confronting fears, achieving goals, establishing sportsmanship, and enjoying the rewards of accomplishment.

- 1M, 3M, and introduction to platform, plus conditioning dry board, trampoline and spotting.
- One practice will be 2 hours that include pool time, conditioning, and dryland.
- Pool practices will be divided among 1 meter, 3 meter, and platform. There will be at least one 5M-platform practice every week for JO divers.

We encourage JO divers to participate in 3+ practices per week.

- JO Select divers will be encouraged to compete at regional, zone and national levels.

## Coaching Fees for the 2019 Spring Season

- \$720 = 3+ practices / week
- \$576 = 2 practices / week

## C. High School Enrichment

*For divers who intend on competing at the State Championship*

The High School Enrichment program will focus on 1 meter and 3 meter springboard training plus dryland and conditioning. The goal of this program is to prepare divers for the State Championship meet and also prepare them for upcoming college diving recruiting.

### Coaching fees for 2019 Spring Season

- \$720 = 3 practices / week
- \$576 = 2 practices / week
- \$360 = 1 practice / week

## D. Elite Group:

*For high-school level divers and skilled, experienced divers*

Elite Group is made up of high school-age divers and experienced divers who are committed to realizing their optimal potential in diving. The training focuses on perfecting divers' skills on 1-meter, 3-meter, and platform to assist divers both physically and mentally making them ready for the competition in association, region, zone and national meets.

Many of our elite group divers are invited to dive at the collegiate level, some with scholarship offers. Elite divers are encouraged to practice 5 days per week.

- 1M, 3M, and platform, plus conditioning, dry board, trampoline and spotting. Elite divers will participate in at least 1 platform practice per week.
- Practices are offered 3 to 5 days per week for 13 weeks, including pool time, dryland and conditioning training.

### Coaching fees for the 2018/2019 Winter Season

- \$864 = 3+ practices / week
- \$720 = 2 practices / week

## Annual Club Membership Fee For All Club Divers

The following fees are paid annually by club members (September 1, 2018- August 31, 2019)

This fee covers administrative costs, parties, meetings, and purchase of new dryland equipment, including belts, mats, diving boards etc. This fee is not prorated.

- Elite and JO Group Divers: **\$100**
- High School Enrichment and Learn-to-Dive: **\$75**

## USA Diving Membership

Every diver is required to be a member of USA Diving to get the insurance coverage for practices and competitions. USA Diving memberships are not prorated. You are welcome to set up your own USA Diving Membership by going to [www.usadiving.org](http://www.usadiving.org).

However, you will need to present your membership card to the coach before you can participate in the practice.

- Athlete: **\$20**

Divers with a competitive Limited membership can participate in Camps, clinics, and lessons.

- Competitive Athlete: **\$75**

Competitive Gold membership allows for athlete participation in association meets, Invitational meets, and Future Champions meets; as well as region, zone, and national championships.

## Payment Policies

Payments for the 2019 Spring Season program fees and annual fees can be made online on MDA's website: [www.minnesotadivingacademy.com](http://www.minnesotadivingacademy.com). We are now working with Sport Engine to make registration and payment of fees easier and more streamline. All can now be completed ONLINE.

- Club registration, USA Diving Memberships and payment **MUST** be made prior to a diver participating in practices.
- If a diver's fees are not paid in accordance with any payment agreements in full by the last day of the session, the diver(s) will not allowed to register or participate in the following season with MDA.

Payments can be made by Electronic Check or Visa/Master Card.

- Follow instructions on MDA's website to complete check or credit card transactions.
- Visa/Master Card are accepted. Fees can be paid at one time or can be split into up to three equal installments, billed automatically to your credit card or checking account on the first day of each appropriate month.

Payment plans: If special payment plans are desired, please talk to Eleanor Smart. We will be happy to work with you to create solutions that best fit your financial desires.

Prorated fees for divers who are just joining MDA during a season: We will be happy to prorate the season fees to deduct for the portion of the season missed by the diver. MDA will not prorate fees for divers who take extended vacations during a season, or for those who quit during a season for any reason other than illness or injury. If a diver is injured or ill for more than 2 weeks of a season, MDA will credit the diver for the amount of time missed from practice. The final decision to prorate fees rests with MDA alone. The Annual MDA Membership fee and USA Diving Membership fee cannot be prorated.

If you have any question, please call or email Eleanor Smart, (913)-787-3220 (cell) or [smart098@umn.edu](mailto:smart098@umn.edu).

## Minnesota Diving Academy Summer 2019

**Address:** Jean K. Freeman Aquatic Center / Cook Hall  
1910 University Ave SE, Minneapolis, MN 55455

**\*Yellow: St. Catherines Aquatic Center**

**Address:** Aimee & Patrick Butler Center, St. Catherines University  
2004 Randolph Avenue, F-18  
St. Paul MN 55105

Date	Elite	J.O.	H.S.	Lessons
Mon. 6/3	6:00 to 8:00	6:00 to 8:00	6:00 to 8:00	6:00 to 7:00
Tues. 6/4	5:30 to 8:00	5:30 to 8:00	5:30 to 8:00	5:30 to 6:30
Wed. 6/5	6:00 to 8:00	6:00 to 8:00	6:00 to 8:00	6:00 to 7:00
Thur. 6/6	5:30-8:00	5:30 to 8:00	5:30 to 8:00	
Mon. 6/10	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
Tues. 6/11	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
Wed. 6/12	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
Thur. 6/13	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	
Mon. 6/17	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
Tues. 6/18	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
Wed. 6/19	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
Thur. 6/20	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	
Mon. 6/24	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
Tues. 6/25	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
Wed. 6/26	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
Thur. 6/27	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00

Date	Elite	J.O.	H.S.	Lessons
<b>Mon. 7/1</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Tues. 7/2</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Wed. 7/3</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Thur. 7/4</b>	No Practice			
<b>Mon. 7/8</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Tues. 7/9</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Wed. 7/10</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Thur. 7/11</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Mon. 7/15</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Tues. 7/16</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Wed. 7/17</b>	No Practice	Pool Closed	Due to a	Swimming Meet
<b>Thur. 7/18</b>	No Practice	Pool Closed	Due to a	Swimming Meet
<b>Mon. 7/22</b>	No Practice	Pool Closed	Due to a	Swimming Meet
<b>Tues. 7/23</b>	No Practice	Pool Closed	Due to a	Swimming Meet
<b>Wed. 7/24</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Thur. 7/25</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Fri. 7/26</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Mon. 7/29</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Tues. 7/30</b>	3:30 to 7:30	5:00 to 7:30	5:00 to 7:30	5:00 to 6:00
<b>Wed. 7/31</b>	No Practice	Pool Closed	Due to a	Swimming Meet
<b>Thur. 8/1</b>	No Practice	Pool Closed	Due to a	Swimming Meet