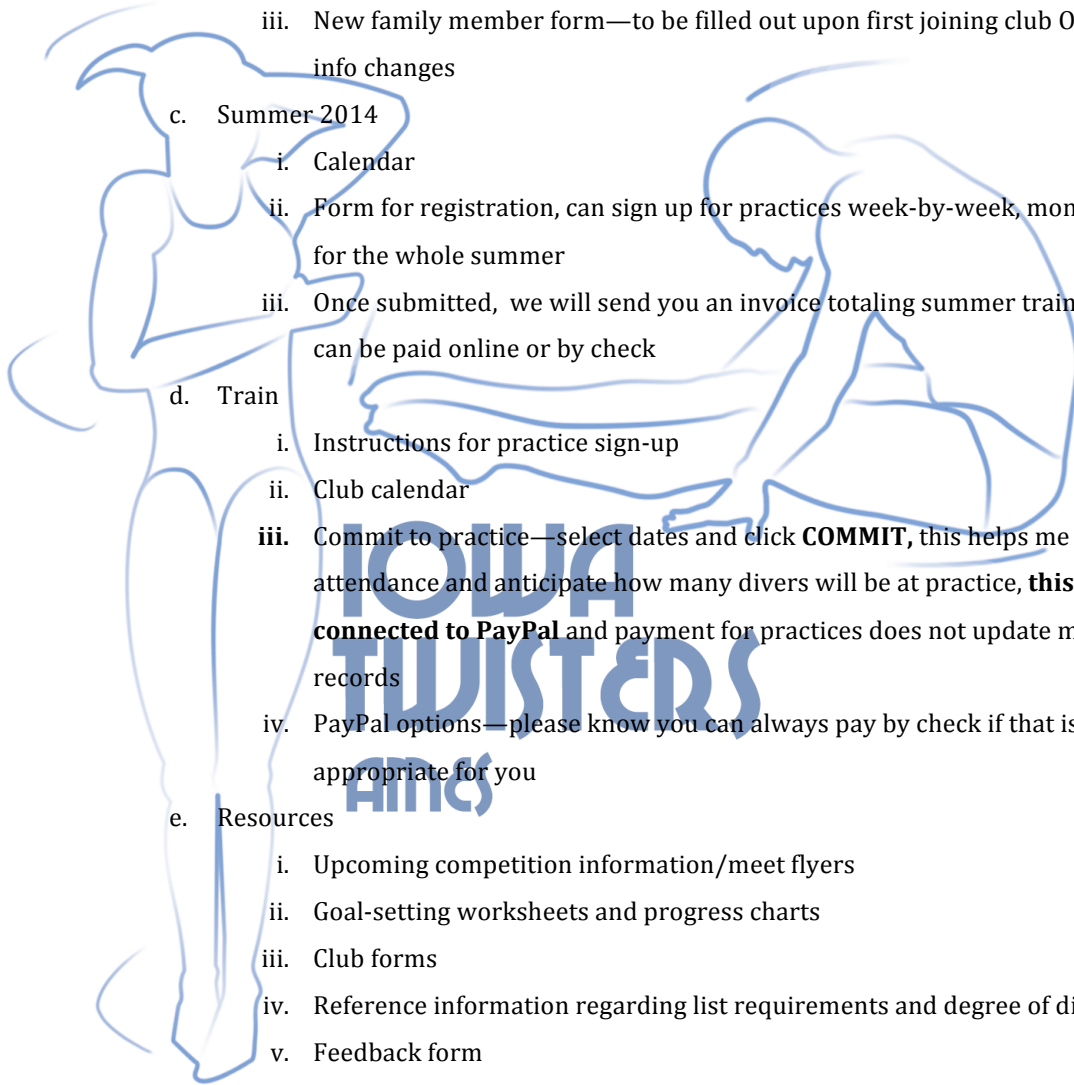


1. Greetings!

2. Website walk-through

- a. Home
 - i. News and Announcements
 - ii. Quick links to Calendar, Upcoming Competitions, and Feedback form
- b. Join
 - i. Info on new member registration and eligibility
 - ii. Link to purchase annual club membership—can be paid online OR by check
 - iii. New family member form—to be filled out upon first joining club OR if any contact info changes
- c. Summer 2014
 - i. Calendar
 - ii. Form for registration, can sign up for practices week-by-week, month-by-month, or for the whole summer
 - iii. Once submitted, we will send you an invoice totaling summer training costs which can be paid online or by check
- d. Train
 - i. Instructions for practice sign-up
 - ii. Club calendar
 - iii. Commit to practice—select dates and click **COMMIT**, this helps me keep track of attendance and anticipate how many divers will be at practice, **this is not connected to PayPal** and payment for practices does not update my attendance records
 - iv. PayPal options—please know you can always pay by check if that is most appropriate for you
- e. Resources
 - i. Upcoming competition information/meet flyers
 - ii. Goal-setting worksheets and progress charts
 - iii. Club forms
 - iv. Reference information regarding list requirements and degree of difficulties
 - v. Feedback form
- f. Learn
 - i. Blog of diving information to help young divers become better ‘students’ of the sport
- g. Meet our divers
 - i. Page of diver names photos
 - ii. Top Dog of the week announced here
- h. Meet our coaches



- i. Photos and bios of Jeff Warrick and MarleyBob Dobyms

3. Summer Practices

- a. Morning Pool practices offered Mondays, Wednesdays, and Fridays
 - i. The same as afternoon practices, brief dryland followed by training on the boards
- b. Morning Mind&Body Class offered Tuesdays and Thursdays
 - i. Conditioning, dryland technique, and resistance training followed by mental toughness training
- c. Afternoon Pool practices offered Mondays-Fridays
 - i. Brief dryland followed by training on the boards
- d. Due to swim camp, diving camp, and other parties wishing to utilize the pool during the summer, times for practices are variable from week to week (our apologies!) Please consult the club calendar for specific times, located on the Summer 2014 and Train pages

4. Summer Competitions

- a. USA Diving Region Championships
- b. Iowa JR & SR Championships in Vinton (outdoor pool)
- c. Bettendorf Invitational
- d. Iowa Games
- e. Meet fees vs. Club Fees
 - i. Club fees for traveling meets follow the table below. The traveling coach's expenses are divided by the number of divers attending the meet (blue column). In addition, each diver pays the coaching fee associated with the number of attending divers
 - ii. For example: 6 divers traveling for a two-day meet, 100 miles away. Coach stays in a hotel for one night at \$80/night. Fees per diver equal: $(\$15 + \$80 + \$30) / 6 + \$18 = \$38.83$ per diver

Coach's EXPENSES		# Divers at Meet	COACHING FEE/DIVER
GAS	Total mileage * \$0.15	1-2	\$25.00
HOTEL	Actual cost	3-4	\$20.00
FOOD	Allowance per day (\$15)	5-6	\$18.00
Cost per diver= Total expenses divided by # of divers attending meet		7-8	\$17.00
		9-10	\$16.00

	11 and up	\$15.00
--	-----------	---------

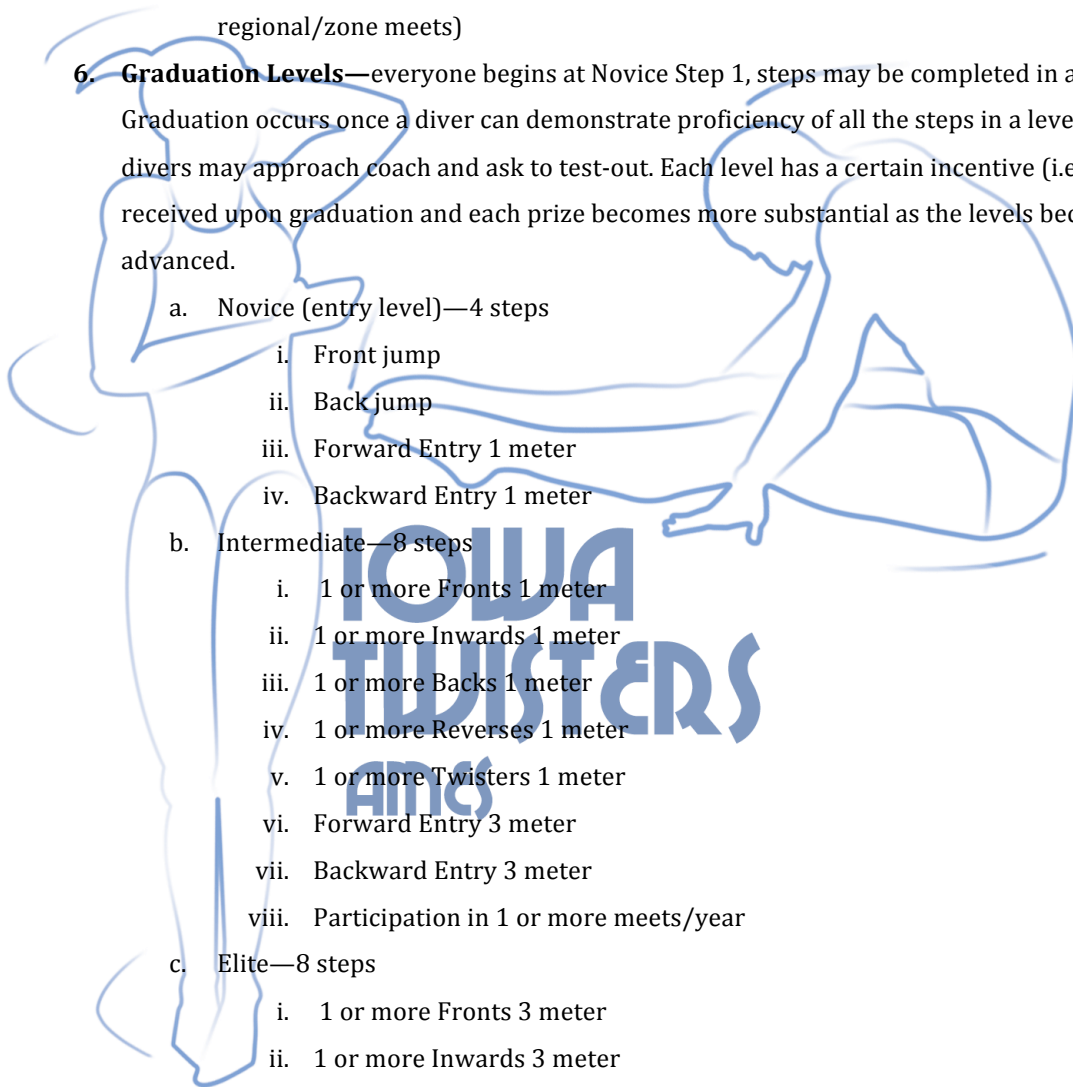
5. AAU and USA Diving Memberships

- a. In the past, we have only required membership to USA Diving. However, investigation into AAU membership has proven to be less expensive for divers and coaches. Therefore, we are now **requiring** all Iowa Twisters divers to be **AAU members**. However, if a diver plans to participate in any competitions, he/she must have USA Diving Competitive Blue (or Gold for regional/zone meets)

6. Graduation Levels—everyone begins at Novice Step 1, steps may be completed in any order.

Graduation occurs once a diver can demonstrate proficiency of all the steps in a level. When ready, divers may approach coach and ask to test-out. Each level has a certain incentive (i.e. prize, TBD) received upon graduation and each prize becomes more substantial as the levels become more advanced.

- a. Novice (entry level)—4 steps
 - i. Front jump
 - ii. Back jump
 - iii. Forward Entry 1 meter
 - iv. Backward Entry 1 meter
- b. Intermediate—8 steps
 - i. 1 or more Fronts 1 meter
 - ii. 1 or more Inwards 1 meter
 - iii. 1 or more Backs 1 meter
 - iv. 1 or more Reverses 1 meter
 - v. 1 or more Twisters 1 meter
 - vi. Forward Entry 3 meter
 - vii. Backward Entry 3 meter
 - viii. Participation in 1 or more meets/year
- c. Elite—8 steps
 - i. 1 or more Fronts 3 meter
 - ii. 1 or more Inwards 3 meter
 - iii. 1 or more Backs 3 meter
 - iv. 1 or more Reverses 3 meter
 - v. 1 or more Twisters 3 meter
 - vi. Forward Entry 5 meter
 - vii. Backward Entry 5 meter
 - viii. Participation in more than 2 meets/year



- d. Championship—7 steps
 - i. 1 or more Fronts 5 meter
 - ii. 1 or more Inwards 5 meter
 - iii. 1 or more Backs 5 meter
 - iv. 1 or more Reverses 5 meter
 - v. 1 or more Twisters 5 meter
 - vi. Drills on each level, any position
 - vii. Complete mental toughness intro

7. Team Bonding Activities?

- a. Craft night
- b. Sky Zone Field Trip
- c. Outdoor water games (Ada Hayden? Parks)
- d. *Other suggestions?*

8. Clothing

- a. Kristi Schaben is our parent volunteer
- b. Preferences? Talk with Divers → **Survey is posted on website homepage**
- c. I would like for all divers to anticipate purchasing a t-shirt and swim suit for next 'season'

9. Facebook and Email

- a. Coming soon! Keep an eye out for notifications via email/website that the new email and Facebook page are up and running!



**IOWA
TWISTERS
AMES**