

Middle Tennessee Diving



Lessons- Beginners through Advanced.

High School & Middle School Program

USA Diving Competitive Team.



For Information,

Call Tim Jones

H-673-3434,

W-963-5610, C-714-8866

TJONES@tnstate.edu

WWW.MIDDLETNDIVING.ORG/CLICKHERE.SWF

MIDDLE TENNESSEE DIVING CLUB

GENERAL INFORMATION

- Open to boys and girls age 10 and up. (Must be comfortable in deep water)
- Diving lessons are available for beginners through advanced on both 1 meter (low board) and 3 meter (high board).
- USA Diving Junior Olympic competitive team is also available, with competition against other regional and national competitors

- High school & middle school programs representing all local schools.
- **Bronze Group:** beginners and younger athletes.
- **Silver Group:** diver with some experience (summer league or prior instruction)
- **Gold Group:** divers with all competitive groups, high school competition ready,

TIMES & FACILITIES

- Practice times are scheduled Monday through Saturday.
- Practices are held at Centennial Sports-plex and Tennessee State University.
- **Centennial Sports-plex** has two 1meter & two 3meter boards, and spotting belt above trampoline.
 - Centennial Sportsplex: Tuesdays & Thursdays –5:30 to 7pm.
- **Tennessee State University** has both 1 meter and 3 meter boards in a separate diving well.
 - Tennessee State University: Mondays & Wednesdays will be from 3:30 to 5:30 pm. Saturdays - times to be finalized soon (traditionally 11am to 1pm).
- Other times can also be arranged. (Ex. Meets, Fridays & Weekends)

REQUIRED INFORMATION

- Must be a member of USA Diving or AAU Diving, the amateur athletic association.
 1. This covers insurance. (Required by facilities we practice at)
 2. Also allows competition against other programs and teams.
- Must complete and return information form & waiver (signed & dated by parent)

COSTS

- (starting August 1st 2009)
- USD registration \$75.00 Competitive Gold
 \$20.00 Competitive Blue
 \$12.00 Limited Membership (3 month period).
- * Please see website for more information www.usadiving.org ("Membership" tab)
- Lessons -Payment per month, **due by end of the first week of the month.**

<u>Lessons/week.</u>	<u>Lessons/month</u>	<u>Fee/month</u>
2	8	\$ 110.00
3	12	\$ 130.00
4	16	\$ 150.00

Please make checks payable to: **Middle TN Diving**

*If any questions or comments please contact: Coach Tim Jones

H – 673-3434 O-963-5610 C-714-8866 tjones@tnstate.edu

WWW.MIDDLETNDIVING.ORG/CLICKHERE.SWF

MIDDLE TENNESSEE DIVING CLUB

INFORMATION FORM

Current Date _____

Name _____ Date of birth _____

Address _____

City _____ State _____ Zip, _____

Social Security # _____ Sex _____

Home Phone _____ Work Phone _____

Divers Cell # _____ Parent's Cell# _____

Parents Name _____

(Address if different) _____

School _____ Grade _____

Divers E-Mail Address _____

Parents E-Mail _____

Emergency contact person (if parent can't be reached)

Name _____

Address _____ Phone _____

U.S.D. Membership # _____ # Years been diving _____

J.O. _____ Novice _____ Date paid _____

MIDDLE TENNESSEE DIVING PROGRAM

WARNING, AGREEMENT TO OBEY POLICY, RELEASE ASSUMPTION OF RISK, AND AGREEMENT TO HOLD HARMLESS

I am aware that participation by my child in the Middle Tennessee Diving Club training activities can be dangerous and involves RISK OF INJURY. I understand that the dangers and risks of participating may result in death or serious injury, or a serious impairment of his/her future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of participating in the Middle Tennessee Diving Club training activity, I recognize the importance of following policies regarding facility rules, and regulations and will instruct him/her to know and obey such policies.

In consideration of Metro Parks and Recreation (pool facilities) permitting my child to participate in the Middle Tennessee Diving Club activities in the said facilities, I hereby assume all the risks associated with; participation and agree to hold the Metro Parks and Recreation, its employees, agents, representatives, instructors and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever may arise, including simple negligence, by or in connection with his/her participation in any of the aforementioned facilities. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

I also agree to have health insurance coverage while participating in the Middle Tennessee Diving Club activities. Proof of health insurance will be provided to the Club, and Metro Parks & Recreation upon request.

I, being an adult, have read the above statement and fully understand the contents and implications of signing this document.

DATE: _____

SIGNATURE _____

Name(s) of Child(ren)

