

RED 
WOLF
ELITE

Team Handbook

2024-2025

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ORGANIZATION

Governing Bodies

-All divers are required to be members of AAU Diving. Depending on the level of competition, members may also be required to join USA Diving. If you are over the age of 18 you must also join USA diving and complete the safesport course.

-AAU diving- <https://diveaau.org>

-USA diving- <https://www.teamusa.org/usa-diving>

RWE Membership Requirements

-The participant must be a minimum of 5 years old and must know how to swim before joining the diving team.

-The participant will fall into one of five groups: 8&Under, Academy, Junior Elite, Masters, or one of our group classes (Learn to Dive, High School Prep, etc)

-The participant (if over the age of 18) or the parent/legal guardian (if 18 or under) must register online and accept all waivers and policies electronically. This includes a concussion waiver, safety and training waivers and policies, and a summary of behavior policies.

Communication

-The club's primary means of communication with members is through email on our website. The email entered when registering online will be used only for billing and account management. Team information, schedule updates and meet information from coaches is communicated through team email lists. The website also offers members the ability to view our monthly newsletter and calendar of events. You may also contact Coach Jacquie at 919-345-4780 weekdays from 10:00am-8:00pm

BILLING POLICIES

Fees

-When you register online, you will pay for a session plus a small website fee. Our sessions are Sept/Oct, Nov/Dec, Jan, Feb/March/April, May/June, and July/Aug.

-Each term must be paid in full up front on our website.

-There is a travel fee associated with meets for the Junior Elite Team. The travel fee is paid by October 15th. Each meet will also have its own fees associated to register for the meet.

Multi-Child Member Discount

-If you have a second child with our program, there is a 20% discount. For a third child, the discount is 40%. A fourth child will have a 60% discount.

CODE OF CONDUCT

****Red Wolf Elite always tries to create the best team environment possible and we need everyone's cooperation to make this happen. Consequently, any failure to comply with this Code of Conduct may result in suspension or dismissal from the team.****

Divers Code of Conduct

-Follow all instructions given by the coaches at practices, meets, and all other team activities. Communicate clearly and directly to the coaching staff with any questions or concerns.

-Display proper respect and sportsmanship toward coaches, teammates, officials, and the public, and refrain from any behavior that may discredit, or embarrass the team.

-Be respectful of other people's possessions and property and refrain from activities that cause damage to either. Team members are financially responsible for any damage they cause.

-Any physical or verbal harassment of others is strictly prohibited.

-The possession or use of alcohol, tobacco products or controlled substances is prohibited at any time. There is a zero-tolerance policy on banned substances (e.g. alcohol, tobacco products, illegal drugs). Disciplinary action will be taken if divers abuse these substances (indefinite suspension from the team may be required).

-Follow all facility rules at practices and meets.

-Use appropriate language at all times at practice, meets, and all other team activities. Use appropriate and acceptable language. Do not use racist, discriminatory, or sexually explicit comments even in jokes.

-Attend training sessions on time, with the correct apparel (tennis shoes,

bathing-suit, gym shorts & shammy) and a willingness to learn. Inform the coaching staff, as soon as possible before the session, if you will be late or unable to attend practice. Attend every practice from beginning to end. If you must leave early, please inform the coaching staff before the practice session begins.

-Parents and friends are not allowed on the pool deck during workout without the coach's permission. Parent/coach conferences are welcomed, but should be arranged, in advance, by appointment with the Head Coach. The Head Coach MUST be present at ALL parent/coaches conferences.

-Do not use the equipment, dry land areas or the pool while coaches are not present. When a coach is present, only one person is allowed on the trampoline at a time, unless instructed by the coaches.

-Report any instances of pain or injury to the coaching staff before leaving the training session.

-Refrain from using personal property during training (electronic games, phones, etc). Leave them in a bag unless you get a coach's permission to bring your phone on deck for filming purposes.

-Do not gossip or spread rumors. Bullying and harassment will not be tolerated. Report any instances of these to the coaching staff.

-Support fellow divers during training sessions and competition in victory and defeat. Divers should act as role models for other divers during workout, competitions and any other team activity.

-Be responsible for your own belongings and equipment during training and competitions.

-Be prepared to dive when it is your turn. No talking on the board.

-After completing a dive, swim directly into the wall under the diving board and out of the pool immediately.

-Showers under the boards are a privilege. Divers taking too much time in the showers will be banned from using them for the rest of the practice.

Parent code of conduct

-All members will display proper respect and sportsmanship toward coaches, teammates, officials, and the public, and refrain from any behavior that may discredit, or embarrass the team.

-Any physical or verbal harassment of others is strictly prohibited. This includes confronting any athlete or coach members in a hostile, disrespectful, or otherwise inappropriate manner.

-All members are expected to follow all pool rules and facility rules at practices and meets.

-All members are expected to use appropriate language and display a positive attitude at all times at practice, meets, and all other team activities.

-Parents in attendance at practices and meets are expected to show support for all athletes, coaches, and other parents, and refrain from any negative talk.

-Questions and concerns about the program should be brought directly to the group coach (or Head Coach when necessary).

-“Coaching” activities are prohibited by parents during practice.

PRIVACY POLICY AND MEDICAL POLICY

Privacy Policy

-What Are Treatment and Health Care Operations? Treatment includes sharing information among health care providers involved in your care. For example, your physician may share information about your condition with the pharmacist to discuss appropriate medication or with a radiologist or other consultants in order to make a diagnosis. If injured at a practice, coaches and/or lifeguards will assess and assist in the situation. Medical information will then be shared to assist with proper care.

-What Other Ways Can Red Wolf Use Your Medical Information? Your medical information may be used unless you ask for restriction of use of disclosure for:

- Treatments related to your health
- Health oversight activities (audits, inspections, investigations, etc)
- Law enforcement (in response to court order or legal process)
- Disaster relief agency if injured in disaster
- Lawsuits and disputes

-You have rights regarding your medical information. Rights to request

- Right to request restrictions
- Right to confidential communications
- Right to inspect and request a copy
- Right to copy this notice

-If you believe your privacy rights have been violated, please contact Jacquie Ash at 919-345-4780

Medical Policies

-If an athlete sustains a head injury or any other injury requiring medical attention, a doctor's note approving their return to the sport must be provided prior to returning to practice.

MINOR ATHLETE ABUSE PREVENTION POLICY

THIS POLICY APPLIES TO "APPLICABLE ADULTS" WHICH IS DEFINED AS:

- All non-athlete members and adult athlete members;
- Participating non-members (e.g., meet judges, meet computer operators, etc.);
- RWE and NCSU club adult staff; and
- Any other adult authorized to have regular contact with or authority over minor athletes.

GENERAL REQUIREMENT

The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to by all athletes, parents, coaches and other non-athlete members of member clubs on an annual basis.

ONE-ON-ONE INTERACTIONS

1. Observable and Interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) must occur at an observable and interruptible distance from another adult.

2. Meetings

A. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can be easily observed and

at an interruptible distance from another adult, except under emergency circumstances.

B. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

C. Meetings must not be conducted in an Applicable Adult or athlete's hotel room or other overnight lodging location during team travel.

3. Meetings with Mental Health Care Professionals and/or Health Care Providers

If a Mental Health Care Professional and/or Health Care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:

A. The door remains unlocked;

B. Another adult is present at the facility;

C. The other adult is advised that a closed-door meeting is occurring; and

D. Written legal guardian consent is obtained in advance by the Mental Health Care Professional and/or Health Care Provider, with a copy provided to the club.

4. Individual Training Sessions

Individual training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians must be allowed to observe the training session.

SOCIAL MEDIA AND COMMUNICATION POLICY

1. Content

All electronic communication from Applicable Adults to minor athletes must be professional in nature.

2. Open and Transparent

Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian must be copied.

3. Requests to Discontinue

Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the club, or by an Applicable Adult subject to this Policy. The organization must abide by any such request that the minor athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

4. Prohibited Electronic Communication

Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may "friend" the club and/or RWE official page. Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.