



**INTERMEDIATE
Team Program
Fall 2016-Summer 2017**

~Michigan's #1 Age-group diving program & Top 20 Team in the Nation~

USA Junior

256 National Qualifiers
136 Junior National Finalists
15 National Champions
10 National Silver Medalists
11 National Bronze Medalists
6 Canadian JO National finalists
2002-2016 Michigan State Team Champions
2016 AAU Women's Team Champions
2016 AAU National Team Champions
2016 AAU Nationals: 13 National Champions, 8 Silver Medalists, 5 Bronze Medalists
2013, 2015, 2016 Summer Zone Team Champions
Region Champions- 2005, 2007, 2009, Spring 2010, Summer 2010, 2015, 2016
Junior East Nationals 3rd place Team finish-2007 & 2010
Junior World finalist 12th place 3m, 13th 1m-Malaysia, 2006

USA Senior

10 Olympic Trial Qualifiers
3rd place Men's team-2005 Senior Nationals
5th place Overall team-2005 Senior Nationals
5th place Women's Team-2009 Senior Nationals
3rd place Women's Team – 2010 Senior Nationals
6th place Overall team- 2010 Senior Nationals
49 Senior National Qualifiers
28 Senior National Finalists
3 Senior National Silver Medalist
11 US Open finalists
4 Qualifiers-2012 Olympic Trials
3rd place Women's Team- 2012 Senior Nationals
2012 Senior National 1m Champion
2012 Olympic Trial 3m Finalist
2012 Olympic Trial 3m Synchro Bronze Medalist
2011 3m Senior National Silver Medalist
US Open Team Champions-2006
US Open 1m Men's Champion-2006
2015 & 2016 Junior and Senior Zone C Combined Team Champions

High School

2016 All American National Champion
22 High School State Champions
79 All-Americans
143 High School State Finalists
84 All-State Divers

LEGACY DIVING

Welcome to the Legacy Diving Program. This handbook will provide you with the information necessary to become a member of the Legacy Diving Program. The policies and procedures have been implemented so that there is a clear understanding of what is expected of both athletes and parents involved in our program. Please keep this information, as it may be helpful to refer to from time to time.

As we continue to grow our program to one of the nations' best, we must make communication a top priority if we are going to reach our goals. Therefore, if you have any questions regarding our training progression for the Learn to Dive Team program, please call or e-mail Coach Matt Ventura to ask for clarification or guidance. Our goal is to provide a productive and positive experience for the children, parents, and the coaching staff. We are looking forward to facilitating the growth of your child in the sport of diving.

MISSION STATEMENT

The mission of the Legacy Diving Program is to promote the sport of diving within a safe and positive environment. Our main objective is to teach the proper mechanics and techniques of diving, which is an essential foundation and progression to success in the sport of diving.

FACILITY

**Eastern Michigan University
Jones Natatorium**

We are located in the Michael H. Jones Natatorium on the campus of Eastern Michigan University. We train in a beautiful 50m x 25 yd. pool. We have the following equipment for our diving program:

- Indoor diving facility
 - 17' pool depth
- Two- 1 meter (2013) Two- 3 meter (2014) springboards on concrete.
 - 1, 5, 7.5 & 10 meter platforms with rough-tex surfacing.
 - Bubbler system to accelerate learning
 - 1m springboard water spotting rig
 - 3m springboard water spotting rig
 - 5m platform water spotting rig (first one in the nation)
 - Four trampolines, two with spotting rigs
 - Three Dry Boards, one with spotting rig
 - Floor/platform spotting rig
 - 30X6' carpeted spring floor
 - 8 sets of stall bars
 - Two 30X6' carpeted foam floors
 - Five 32 inch flat screens with TIVO systems on all dry-land and water stations
 - Surround sound system in dry gym
 - 120" Projector screen with 1080P HD Projector in dry-land

Legacy Diving Coaching Staff

Buck Smith
Program
Director

Coach Buck Smith is entering his 17th year as the Head Men's and Women's Diving Coach of Eastern Michigan University. During his tenure at Eastern Michigan University, Smith has qualified 8 female divers and 3 male diver to the NCAA Championships, while producing three NCAA All American's. Smith's divers have placed in the top eight at the Mid-American Conference Championships 159 times, won 23 MAC Championship titles, hold two MAC Championship records, as well as claiming five school records. He has also been named MAC Diving Coach of the Year 16 times between the men's and women's diving teams. In the 17-year history of Legacy Diving, Smith has had 232 national qualifiers, 136 junior national finalists, 15 national champions, 10 silver medalists and 11 bronze medalists. He has also had a Junior World Finalist and coached his team to seven Junior Olympic Regional titles, as well as three Junior Zone Championship titles. Smith has also coached six Canadian Junior Olympic National finalists. At the senior national level, Smith has had 49 Senior National qualifiers, 28 finalists, 3 silver medalists, and 2 national champions. In 2012, four former and current Legacy divers qualified for Olympic Trials. Buck was also the head coach and team leader for the USA Diving National team who competed at the Grand Prix in Rostock, Germany in 2012. Buck is married to wife Kara Smith and they have two girls ages 10 and 8, Allie and Karlie.

Contact information: bsmith@emich.edu & 734-751-8178

Ed Goodman
Michigan &
National
Team
Head Coach

Coach Ed Goodman has been coaching with Legacy Diving for the past year and was Head Diving Coach at Moss Farms Diving in Moultrie, Georgia from 2005-2014. During his tenure, he coached a variety of talented young athletes, including Ryan Helms, a Senior National Champion and bronze medalist at the Junior Pan Am Games. Coach Goodman's past divers hold multiple Georgia high school state records and have made impressive competitive appearances at Junior Olympic National Championships. Coach Goodman has an extensive background in competitive diving, gymnastics, tumbling, trampoline, plus years of experience coaching his own teams. Ed hails from the Florida Keys, where he was responsible for developing the Islamorada Diving Club. He's also enjoyed coaching positions with the Ft. Lauderdale Diving Team, as well as the University of Toledo, Ohio, and the Sylvania Diving Club. Prior to embarking on his coaching career, Ed was an NCAA national qualifier at the University of Cincinnati, a national Junior Olympic diving champion in 1977, and a two-time world age-group tumbling champion.

Contact Information: divegoodman@gmail.com & 229-798-8173

**Matt
Ventura**
Learn to
Dive,
Intermediate
Team & High
School Team

Coach Matt Ventura is a graduate of Eastern Michigan University where he was a collegiate diver for 4 years under Coach Buck Smith. Throughout his collegiate diving career, Matt has coached at Legacy Diving. He is currently the diving coach at Skyline High School and has been there for the past 4 years. Coach Ventura previously coached country club diving for Ann Arbor Country Club, Travis Pointe, and , Huron Valley. In addition, Coach Matt is the Assistant Coach for the EMU Men's and Women's diving team under Coach Buck Smith. He looks forward to coaching at Legacy and being a part of a very successful program.

Contact Information: Ventura.legacy@gmail.com & 440-670-3606

**Assistant
Coaches**

Carla McNamara, Mattie Boucha, Andrew Sivulka

Intermediate Team Program Information

Intermediate Team Program Criteria

This team is designated for those divers who were successful in our Learn to Dive Team program and demonstrated/passed the basic skills on all stations in order to progress on to a more consistent and intensive program. These divers are encouraged to commit to practicing **2x/week minimum** and compete in at least two of the Michigan Diving Association meets, as well as the State meet. The Intermediate Team program will feed into our Michigan Team program. Divers will have instruction on the proper basics and mechanics on 1m & 3m springboard, as well as trampoline, dry-board, and belts.

Days & Times

Monday, Tuesday, Wednesday, Thursday: 5:00pm-7:00pm

Sunday: 1:15pm-3:15pm

United States Diving Membership: *All* Divers must join USD in order to dive in our program. The USD membership cost is \$20. Please visit www.usadiving.org. Click on Membership – Join Now – Competitive Blue Membership. Fill out all of the information including Association: Michigan, as well as Team: Legacy Diving. You must print off the membership card and present a copy before your first practice.

REC/IM ID CARD— \$5.00 (one-time fee paid to the REC directly!)

SESSION FEE:

One practice per week \$300/12 week session + \$60 membership = \$360
Two practices per week \$525/12 week session + \$75 membership = \$600
Three practices per week \$600/12 week session + \$100 membership = \$700
Four practices per week \$675/12 week session + \$100 membership = \$775

***If you pay full amount up front by check, you will receive 10% off!**

You will be billed the entire amount in the beginning of the session. However, Legacy Diving permits our members to pay ½ up front, and the remaining balance mid-way through the session.

NOTE: If you have 2 divers in the program you will receive 10% off of your second child's total cost. If you have 3 or more, you will receive 20% off of your 2nd and 3rd child's total cost.

LEGACY MEMBERSHIP FEE:

This fee is already included in your session fee. The fee covers pool rental, Michigan Diving Association fee, and Legacy Membership.

COMPETITION/COACHING FEE

\$15/event coaching fee for any MDA Future Champion events or \$25/event JO USD.

*All registration fees for competitions will be paid by each individual diver to Legacy Diving. Legacy Diving will pay the meet director with one team check.

Legacy Diving Billing Policies

1. After we receive your registration form/liability form, we will add your Name and E-mail to our billing website. Once added, you will have a Legacy Diving Account and will receive a username and password via e-mail. Be SURE to submit the Parents Name and E-mail address on the registration form that you would prefer to be listed as the Legacy Account Manager. You will then receive an e-mail requesting payment. We prefer that you pay on-line via pay-pal when you receive this e-mail. However, we do have a drop-box located in our dry-land area if you prefer to submit a check.
2. Training fees will **only** be pro-rated when practice is not being offered due to a cancellation or if a new diver starts after a session has already begun. If you miss a scheduled practice due to vacation or illness, you can try to make it up on another day that practice is offered.
 - a. Exception: major illness or injury
3. Please designate the number days you will be practicing when registering.
4. Families with more than one diver in the program will receive 10% off of their second child's total cost. A family with more than two divers in the program will receive 20% off their second and third child's total cost.
5. Competitive divers are responsible for paying all meet entrance fees in advance. In most cases, meet fees are non-refundable. Divers are responsible for their own travel costs for each meet.
6. Competitive divers are responsible for paying all meet registration fees in advance. For a MDA meet, you will be able to submit one check to Legacy Diving including the Legacy Coaching fee and Meet registration fee. In most cases, meet fees are non-refundable. Divers are responsible for their own travel costs for each meet.
7. Legacy Meet Coaching Fee: The following fee will be collected by the Legacy Parents Committee prior to leaving for the competition:
 - a. \$15/event for Michigan Diving Association Future Champions events.
 - b. \$25/event for JO USD events.
8. *Please note: If the total cost of the coaches time and travel expenses is greater than the coaching fees that are listed above, than the total cost will be divided amongst the divers competing in that meet.

***All Billing Questions should be directed to: Kara Smith at 734-904-7250 or e-mail: kara.smith04@comcast.net (preferred)**

***All Coaching/Training Questions should be directed to: Coach Matt Ventura at 440-670-3606 or e-mail: Ventura.Legacy@gmail.com**

Behavior Policies

Divers Role

All divers are required to follow all of the rules of EMU and the Rec. building, as well as Legacy Diving rules. It is expected that all divers respect ALL coaches on the coaching staff, as well as fellow divers. Divers exhibiting poor behavior or bad attitudes will be asked to leave practice. Repeated attitude or behavior problems will result in removal from the program.

Parental Role

Please refer to the Legacy Diving Parents Handbook for more details.

All parents who wish to stay and observe their child's training session *must* sit in the bleacher area upstairs. Parents may not observe from the pool deck. Our intention is not to alienate the parents, but rather to provide the safest training and learning environment possible. Our experience has shown that it is distracting to the divers, as well as the coaches when parents are on the pool deck. From a safety standpoint, quite often the divers are watching their parents and not the coaches. We need to have the full attention of the divers while they are in our care. We respectfully ask all parents to refrain from talking to the coaches during training time so that we may concentrate on the divers progression, as well as their safety. At *no* time should you coach your son/daughter before, during, or after practice. If you wish to speak to a coach, please schedule an appointment by e-mailing or calling **Coach Matt Ventura at 440-670-3606 or e-mail: Ventura.Legacy@gmail.com**

Skill Level

The coaching staff will determine when a diver has learned the skills necessary to move up to the next level. When specific skills are performed well enough, and the diver exhibits a strong work ethic, are able to make corrections quickly, and are emotionally ready, they will be asked to move up to the next level. It is important that the skills in each level are mastered before moving on, not only for a solid fundamental base with proper mechanics, but also for safety purposes.

Attendance and Tardiness

Tardiness is not acceptable. All divers are expected to arrive before their class is scheduled to begin. Team members are expected to be on time and to attend all team meetings.

Make-up Policy

Due to the class structure, make-up classes will only be permitted according to available space. You must request the make-up in advance and receive permission to come to the requested practice. Make-up classes will not be scheduled for classes that happen to fall on holidays.

Legacy Diving Intermediate Team Calendar

<i>Evaluation/try-out Week for <u>NEW</u> Divers to Legacy</i>	<i>New Divers Only: September 6th-11th at normal practice time!</i>
<i>Parents meeting</i>	<i>Parents meeting for <u>ALL</u> Parents: 5:30pm Monday 9/12 OR Tuesday 9/13</i>
<i>12-week session</i>	<i>September 12th -December 4th</i>
<i>Grand Prix</i>	<i>*December 4th: LEGACY Grand Prix Event for all Learn to Dive Team and Intermediate Team divers</i>
<i>Evaluation& Make-up Week</i>	<i>December 5th-8th at normal practice time!</i>
<i>Bring a friend week</i>	<i>December 12th-December 18th: Bring a friend do diving week... free lesson for you and your friend!</i>
<i>12-week session</i>	<i>January 9th – April 2rd</i>
<i>12-week session</i>	<i>April 3rd – June 25th *No practice April 16th: Easter Sunday</i>
<i>6-week session</i>	<i>June 26th – August 6th</i>
	<i>*Pro-rate 12 week session fee in half!</i>

*More details via e-mail!

Please note: the schedule is subject to change due to pool events hosted at EMU.

Your child can make-up a practice on another day if available.

A competition calendar will be e-mailed to you as soon as it is made available!

Release of Liability Form

Legacy Diving will do everything in their power to make sure that _____ (Diver's Name) is safe while at practice and meets. In any sport kids are at some risk of being injured.

(Print Parent/Guardian's Name) _____ understands that there are risks involved in diving. I/We agree not to hold the Legacy Diving coaching staff or Eastern Michigan University responsible for injuries that may occur

Parent/Guardian Signature

Date

Legacy Diving **strongly** recommends that every diver have an annual physical and receive permission from a physician before participating in athletic activity.

Emergency Contact Information

Please fill in number(s) that you can be contacted at in case of an emergency.

Parent/Guardian's Name _____

Please circle which phone number is the best way to reach you:

Home _____

Office _____

Cell _____

E-mail Address _____

Please list alternate emergency contacts in case of an emergency:

Name _____ Relationship _____ Number _____

Name _____ Relationship _____ Number _____

Legacy Diving Registration Form

Intermediate Team

<u>Days</u>	<u>Times</u>	<u>Total Fees</u>
<i>Monday, Tuesday, Wednesday, Thursday</i>	<i>5:00- 7:00pm</i>	<i>1 practices/week - \$360/12-wk session 2 practices/ week - \$600/12-wk session 3 practices/week - \$700/12-wk session</i>
<i>Sunday</i>	<i>1:15 – 3:15pm</i>	<i>4 practices/week - \$775/12-wk session</i>

Diver's Full Name	Birth Date	Age	How many days per week? Circle one			
			1x	2x	3x	4x
Print Parents First and Last Names: *Circle which parent will be the Legacy billing account manager!						
Complete Mailing Address						
Parent's E-mail Address: *Please circle which e-mail address you would like us to use for billing invoices!						
Home Phone		Cell Phone			Work Phone	
Diver/Parent Signature				Date Registering		

I HAVE READ THE LEGACY DIVING CONTRACT AND UNDERSTAND IT COMPLETELY. I ACCEPT THIS CONTRACT FOR THE 2016-2017 LEGACY SEASON. I ALSO GIVE MY PERMISSION TO LEGACY DIVING TO USE DIVING PHOTOGRAPHS TAKEN OF MY CHILD FOR THE PURPOSES OF PUBLICITY ON OUR WEBSITE, PROGRAM INFORMATION, AND POSTERS.

DIVER _____	DATE _____
MOTHER _____	DATE _____
FATHER _____	DATE _____

* PLEASE KEEP A COPY OF THIS CONTRACT AND INFORMATION PACKET FOR YOUR RECORDS!

Please return the following:

1. Registration form
2. Liability form
3. MI Concussion form
4. USD membership card

Mail to:
Kara Smith
7430 Warwick Drive
Ypsilanti, MI 48197