



## **Michigan Team and National 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  
3<sup>rd</sup> place Men's team-2005 Senior Nationals  
5<sup>th</sup> place Overall team-2005 Senior Nationals  
5<sup>th</sup> place Women's Team-2009 Senior Nationals  
3<sup>rd</sup> place Women's Team – 2010 Senior Nationals  
6<sup>th</sup> 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  
3<sup>rd</sup> 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

**2016-2017 Season  
Legacy Diving Contract  
Michigan Team and National Team**

**Welcome to the Legacy Diving Michigan Team and National Team. You have been selected by our coaching staff to be a member on our Travel Team. This selection was based upon your ability level and potential, as well as your desire to compete in Junior Olympic 1m, 3m, Platform (N.T.) USD and MDA competitions. As a part of the Michigan Team you are required to practice a minimum of 3x-4x/week. The National Team is required to practice a minimum of 4x-5x/week. The coaching staff is looking forward to working with athletes who have a great work ethic, enthusiasm to learn and make corrections, and excel in the sport of diving. This is a full year commitment both physically and mentally for the diver, as well as a financial commitment for the parents. In addition, we will need all of the parents and divers to volunteer with the running of any home meets or events that we host through Legacy.**

**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 17<sup>th</sup> 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:** [lsmith@emich.edu](mailto:lsmith@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](mailto: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](mailto:Ventura.legacy@gmail.com) & 440-670-3606

**Assistant  
Coaches**

Carla McNamara, Mattie Boucha, Andrew Sivulka

# Michigan Team Information

## Michigan Team Schedule

A “Michigan Team Diver” is expected to practice and compete a JO 1m & 3m list at local MDA competitions, as well as USD regional, zone, and national competitions. The purchase of a team suit, t-shirt, warm-up, and bag is mandatory. Michigan Team divers must attend a minimum of 3 practices per week, and are strongly encouraged to attend 4 practices per week.

### **Days & Times**

Monday, Tuesday, Wednesday, Thursday	4:30-8:00pm (Ed’s group) 5:30-9pm (Buck’s group)
Sunday	12-3:30pm (Ed’s group) 1:30-5pm (Buck’s group)

## Michigan Team Financial Responsibility

**United States Diving Membership:** *All* Divers must join USD in order to dive in our program. The USD membership cost is \$75 and you go to [www.usadiving.org](http://www.usadiving.org). Click on Membership – Join Now – Competitive Gold Member. Fill out all of the information including Association= Michigan and Team= Legacy Diving. You must print off the membership card and present a copy before you begin practicing.

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

### **TRAINING FEES**

Three practices per week	\$200/month
Four practices per week	\$225/month

\*Payments are due by the first week of every month...refer to attached calendar!

NOTE: If you have 2 or more 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 2<sup>nd</sup> and 3<sup>rd</sup> child’s total cost.

**LEGACY MEMBERSHIP FEE:** Includes pool rental, equipment costs, & MDA membership  
Full Year = \$900

4 payments of \$225 (September, December, March, June)

**10% off if you pay your membership fee up front in September.**

**Note: If you choose to pay up front, it must be in the form of a check and is non-refundable.**

### **COMPETITION/COACHING FEE**

\*See competition billing below!

# National Team Information

## National Team Schedule

A “National Team Diver” is expected to practice and compete a JO 1m, 3m, and Platform list at local MDA competitions, as well as USD regional, zone, and national competitions. A team suit, t-shirt, warm-up, and bag is required. National Team divers must attend a minimum of 4 practices per week, and are strongly encouraged to attend 5 practices per week.

### **Days & Times**

Monday, Tuesday, Wednesday, Thursday	4:30-8:00pm (Ed’s group) 5:30-9pm (Buck’s group)
Sunday	12-3:30pm (Ed’s group) 1:30-5pm (Buck’s group)

## National Team Financial Responsibility

**United States Diving Membership:** All Divers must join USD in order to dive in our program. The USD membership cost is \$75 and you go to [www.usadiving.org](http://www.usadiving.org). Click on Membership – Join Now – Competitive Gold Member. Fill out all of the information including Association= Michigan and Team= Legacy Diving. You must print off or e-mail the membership card and present a copy before you begin practicing.

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

### **TRAINING FEES**

Four practices per week                      \$225/month

Five practices per week                      \$250/month

\*Payments are due by the first week of every month...refer to attached calendar!

NOTE: If you have 2 or more 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 2<sup>nd</sup> and 3<sup>rd</sup> child’s total cost.

**LEGACY MEMBERSHIP FEE:** Includes pool rental, equipment costs, & MDA membership

Full Year = \$1,100

4 payments of \$275 (September, December, March, June)

**10% off if you pay your membership fee up front in September.**

**Note: If you choose to pay up front, it must be in the form of a check and is non-refundable.**

### **COMPETITION/COACHING FEE**

\*See competition billing below!

# Legacy Diving Contract

## ***Billing***

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. You will also pay for the first of three payments of the pool rental & membership fee in September via check.
  1. M.T. =\$900: 4 payments of \$225 in September, December, March, and June.
  2. N.T. =\$1,100: 4 payments of \$275 in September, December, March, and June.
  3. You can mail any checks to:

Legacy Diving  
7430 Warwick Drive  
Ypsilanti, MI 48197
3. Billing Questions: Kara Smith at (734) 904-7250 cell OR e-mail: [kara.smith04@comcast.net](mailto:kara.smith04@comcast.net) (preferred)
4. **Michigan Team and National Team divers will be billed monthly, regardless of whether or not they attend practice regularly.**
  - a. Vacation, breaks, etc... You will still be responsible for the full month of training fees.
  - b. Athlete injury or major illness will be handled on an individual basis with regards to billing.
  - c. If a diver competes on a H.S. team and is not able to come to all Legacy practices, you will be billed a pro-rated training fee for the H.S. season.
5. **Training fees will only be pro-rated if a new diver starts after a session has already begun. Remember that you are reserving a spot on the team. The Michigan Team and National Team's are an all-year round commitment.**
6. If you are thinking about taking a break, you must have prior approval from the Head Coach, Buck Smith. You may continue to pay for your spot and it will be held for you. However, if you do not discuss this with the head coach, you may not have a spot available to you, if you decide to return.
7. 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.
8. The purchase of a team suit, t-shirt, warm-up, and bag is mandatory for all Michigan Team and National Team Members.

## ***Competition Billing***

1. 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 which includes your Legacy Coaching fee, and your Meet registration fee. For a USD meet, you will need to go on-line to [divemeets.com](http://divemeets.com) to register by the

- deadline for the competition. In most cases, meet fees are non-refundable. Divers are responsible for their own travel costs for each meet.
2. Legacy Meet Coaching Fee: The following fee will be collected by the Legacy Parents Committee prior to leaving for the competition:
    - a. \$30/meet for Michigan Diving Association JO events.
    - b. \$25/event for USD Junior Regional competitions
    - c. \$50/event for Junior Zone and Senior Zone competition.
    - d. \$75/event for any Junior or Senior National competition.
  3. \*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.
  4. All billing questions should be directed to: Kara Smith at 734-904-7250 or e-mail: [kara.smith04@comcast.net](mailto:kara.smith04@comcast.net) (preferred)

## ***Behavior***

### Divers Role

1. All divers are required to follow all of the rules of EMU and the Rec. building, as well as Legacy Diving rules.
2. It is expected that all divers respect *ALL* coaches on the coaching staff, as well as fellow divers.
3. Divers exhibiting poor behavior or bad attitudes will be asked to leave practice.
4. Repeated attitude or behavior problems will result in removal from the program.
5. Divers are expected to attend all scheduled practices.
6. Please let the head coach know if you will be missing a practice and the reason for your absence.
7. Tardiness is not acceptable. If you are late to practice, you must let the coaches know why you were late.
8. The diver is responsible for all communication with the head coach or coaching staff. Any questions, conflicts, injuries, should be discussed between the coach and the diver.
9. The diver is not to learn any new dives on their own or with any other diving program.
10. The diver must receive permission to dive with any other coach or program.
11. A diver may not decide what dives they will be competing at a competition. The coach will make those decisions.

### Parental Role

1. All parents who wish to stay and observe their son/daughter's training session *must* sit in the bleacher area upstairs. Parents may not observe on the pool deck.
2. At no time should you coach your son/daughter before, during, or after practice.
3. ALL coaching/training questions should be directed to your child's coach:  
**Ed Goodman at [divegoodman@gmail.com](mailto:divegoodman@gmail.com) 229-798-8173**  
**Buck Smith at [lsmith@emich.edu](mailto:lsmith@emich.edu) 734-751-8178**  
You are responsible for getting your son/daughter to the pool on time.

## Legacy Diving Practice Calendar

September	September 6 <sup>th</sup> – October 2 <sup>nd</sup> *Parents meeting on September 12 <sup>th</sup> or 13 <sup>th</sup> at 6:30pm
October	October 3 <sup>rd</sup> – October 30 <sup>th</sup>
November	October 31 <sup>st</sup> – November 27 <sup>th</sup>
December	November 28 <sup>th</sup> – December 18 <sup>th</sup> (3 weeks pro-rated) *December 4 <sup>th</sup> : Legacy Grand Prix Event
January	January 9 <sup>th</sup> - February 5 <sup>th</sup>
February	February 6 <sup>th</sup> –March 5 <sup>th</sup>
March	March 6 <sup>th</sup> – April 2 <sup>nd</sup>
April	April 3 <sup>rd</sup> – April 30 <sup>th</sup>
May	May 1 <sup>st</sup> – May 28 <sup>th</sup>
June	May 29 <sup>th</sup> – June 25 <sup>th</sup>
July	June 26 <sup>th</sup> -July 23 <sup>rd</sup>
August	July 24 <sup>th</sup> -August 6 <sup>th</sup> (2 weeks only: pro-rated fee)

\*More details via e-mail!

Please note: Each month begins on a Monday and ends on a Sunday. The schedule is subject to change due to pool events hosted at EMU.

You can make-up your 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

<u>Team</u>	<u>Days</u>	<u>Times</u>	<u>Total Fees</u>
<u>MICHIGAN TEAM</u>	<i>Mon, Tues, Wed, Thurs</i> <i>Sunday</i>	<i>4:30pm OR</i> <i>5:30</i> <i>12 or 1:30pm</i>	<i>3 Practices/week - \$200/month</i> <i>4 Practices/week - \$225/month</i>
<u>NATIONAL TEAM</u>	<i>Mon, Tue, Wed, Thurs</i> <i>Sunday</i>	<i>4:30pm OR</i> <i>5:30</i> <i>12 or 1:30pm</i>	<i>4 Practices/week - \$225/month</i> <i>5 Practices/week - \$250/month</i>

**Circle the team and the fees that you are registering for.  
Please fill out the form below, and return to Legacy Diving**

<b>Diver's Full Name</b>	<b>Birth Date</b>	<b>Age</b>	<b>How many days per week?</b> Circle one 3x    4x    5x
<b>Print Parents First and Last Names *Circle which parent will be the Legacy billing account manager!</b>			
<b>Complete Mailing Address</b>			
<b>Parent's E-mail Address: *Please circle which e-mail address you would like us to use for billing invoices!</b>			
<b>Home Phone</b>	<b>Cell Phone</b>	<b>Work Phone</b>	

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 ME 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 registration form, liability form, concussion form, and USD membership card to the address below or submit on the first day of practice.

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