

# MIDDLE TENNESSEE

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## d i v i n g   p r o g r a m

**Lessons- Beginners through Advanced.**

**Middle & High School Program**

**Competitive Dive Team**



For Information,  
Contact Coach Tim Jones

at [timothypjones70@gmail.com](mailto:timothypjones70@gmail.com)

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[WWW.MIDDLETNDIVING.ORG](http://WWW.MIDDLETNDIVING.ORG)

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## d i v i n g p r o g r a m

### GENERAL INFORMATION

- Open to boys and girls age 10 and up. (Must be comfortable in deep water)
- The Middle TN Diving Program is available for beginner lessons through competitive team on both 1 meter (low board) and 3 meter (high board).
- AAU & USA Diving competition is also available, with competitions against other regional and national competitors.
- High school & middle school programs representing all local schools.
- **Bronze Group:** beginners and younger athletes.
- **Silver Group:** divers with some experience (All 5 diving groups represented)
- **Gold Group:** divers with all competitive groups, high school competition ready (11dive list).

### TIMES & FACILITIES

- Practice times are scheduled throughout the week.
- Practices are held at Glenclyff HS (managed by the YMCA of Middle TN) and/or Tennessee State Univ –Gentry Complex Pool
- **TSU Pool** has one 1 meter and one 3 meter boards **Glenclyff Pool** has two 1 meter boards.
  - *Tuesday & Thursday 6-8pm at Glenclyff HS*
  - *Monday & Wednesday* (hopefully starting in October) **at TSU Pool**
  - First ½ hour is dryland training & 1 ½ hrs on the diving boards.
- Other times may also be arranged. (Ex. Meets, Fridays & Weekends)

### REQUIRED INFORMATION

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

### COSTS

(starting September 1<sup>st</sup> 2019)

- **AAU registration** \$18.00 Athlete w/benefits membership  
 \* Please see website <http://diveaaui.org/> Team code: **WYA9DT**
- USD registration \$75.00 Competitive Gold – Travel to Zone & National meets  
 \$20.00 Competitive Blue – Local /Regional meets  
 \* Please see website [www.usadiving.org](http://www.usadiving.org) (“Membership” tab)
- Program fees per month, **due by end of the first week of the month.**

<u>Lesson Fees</u>	\$150 (1 day/week)
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<u>Practices/week</u>	<u>Practices/month</u>	<u>Fee/month</u>
2	8	\$ 200
3	12	\$ 250
4	16	\$ 300

Please make checks payable to: **Middle TN Diving** or contact Coach Jones for **bill pay** options.

\*If any questions or comments please contact: Coach Tim Jones **Venmo** @Tim-Jones-170

H – 673-3434 O-963-5610 C-714-8866 [timothyjones70@gmail.com](mailto:timothyjones70@gmail.com)

Please join the *Middle TN Diving Program* in the GroupMe phone app.

[MIDDLETNDIVINGPROGRAM@GMAIL.COM](mailto:MIDDLETNDIVINGPROGRAM@GMAIL.COM) OR [WWW.MIDDLETNDIVING.ORG](http://WWW.MIDDLETNDIVING.ORG)

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### INFORMATION FORM

Current Date\_\_\_\_\_

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip, \_\_\_\_\_

Identification # \_\_\_\_\_ 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 \_\_\_\_\_

AAU or U.S.A. Diving Membership # \_\_\_\_\_

Please circle or high-light

# Years been diving \_\_\_\_\_ Summer League Club \_\_\_\_\_

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### **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 Nashville Parks and Recreation, Tennessee State University, Middle Tennessee State University, Ensworth H.S. & the YMCA of Middle TN (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 & Tennessee State University, Middle Tennessee State University, Ensworth HS & YMCA of Middle TN, 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 practice facilities 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)

\_\_\_\_\_  
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