



# FAQ **Westleigh Dive Team 2023**

**How can the Dive Team benefit my diver and my family?** The Dive Team at Westleigh is a wonderful experience! It is flexible and fun, for a variety of ages, and requires no prior experience. Whether you want a casual, no-pressure environment or want to really work hard, improve your skills and seriously compete *or anything in-between*, we have what you are looking for. Your child will get to learn fun new dives, be social, be active, all while outdoors and at the pool where your family is already a member. Dive Team offers an unlimited number of practices, 4-6 fun meets with lighthearted competition, social activities, weekly snacks, a highly skilled and experienced coach and lots of splashing and fun. It is a wonder that kids would choose to be anywhere else this summer!

**Who will coach my child?** Meg Tomayko is our highly skilled and experienced Head Coach. She has been diving since she was 5 years old and is currently Assistant Coach of the West Virginia University Dive Team. She has years of experience coaching club teams just like Westleigh and is passionate about helping young divers gain a love for the sport of diving. If your child wants to work hard, learn new skills, and level up Meg is the coach for you. If your child wants to have a casual, fun, splashy time with no pressure, or anything in between, Meg is the coach for you. Depending on the size of the team, there may be 1-2 assistant coaches.

**What is the schedule?** Divers attend 45 minutes of practice each weekday between 4pm and 7pm from (about) May 31<sup>st</sup> until the 3<sup>rd</sup> week of July, with the exception of July 4<sup>th</sup>, any days the pool is closed due to inclement weather, and some Wednesdays when Westleigh hosts swim meets. There are 4-5 meets in the season held on Sundays at 4pm, with the option of a Rookie Meet for first time divers. Divers who qualify will be eligible to compete at the Divisionals and All Stars meets at the end of the season. There is an optional final meet for those who do not qualify. We wrap up the season with a banquet which we hope all our divers and their families will attend to celebrate our young athletes.

**Does my child have to come to all the practices to be able to participate in a meet?** The short answer is no. One of the best aspects of this fun summer team is its flexibility. But you should consider that your diver will not be able to perform any dive that the coach feels is not safe due to lack of practice and therefore your child may only be able to dive "Exhibition" (not for a score) at the meet. We recommend that your diver attend at least 3 practices per week. Your diver will get out of this experience what they put into it.

**Do we have to come to all the meets?** No. The Dive Team welcomes divers at any level of commitment. Your child can either participate in practices and meets or just the practices. (Please see the above question for eligibility to participate in meets.)

**Does my child need diving experience?** Nope. No diving experience is required. The only requirement is that your child must be able to safely swim unassisted to the ladder after diving.

**What ages can participate?** Kids up to age 19 can participate. (Divers must be 18 or younger on May 31<sup>st</sup>, 2023 to be eligible.) Your child's age group is determined by their age on May 31, 2023.

**Do we need to be members of Westleigh to join the Dive Team?** Yes

**Can I be on the Swim Team and the Dive Team?** Yes! That's great! There may be slight overlap in schedules but with a little flexibility it can work out well to do both teams.

**Do I need special suit/attire?** Nope. Any well-fitting suit will do. One piece is recommended to avoid any "wardrobe malfunctions" when your diver hits the water. For fun and spirit, you can purchase the same suit as the Swim Team, but that is not required.

**My child wants to participate but I'm busy. Is volunteering mandatory?** Yes. There is a lot to do, and the team reps can't do it alone even if they wanted to. MCDL requires each team to fill certain roles at the meets. If families do not fill those roles or help out in other ways, there will not be a Dive Team. If you are unable to contribute your time, speak with the Dive Team Representative directly. She may consider a rare exception allowing you the option of contributing financially to offset the cost of hiring professionals for the unfilled roles.

**I am willing to help out, but I don't have any experience.** No problem at all! You are in good company with the rest of us parent volunteers who are just figuring it out as we go. There is free, quick and easy training for all jobs. No need to feel intimidated or to stay away due to lack of experience.

**What is the cost?** Registration is \$150 per diver (\$130 per sibling). Must be received before the first time your child attends practice.

**I'm on the fence about my child participating. How can I learn more?** Call, text or email the Dive Team Co-Representatives, Andrea Richardson (202-425-3037) or Callie Heaton (301-467-8887). They are Dive moms and would love to talk. [westleighdiveteam@gmail.com](mailto:westleighdiveteam@gmail.com)

**My child is unsure about joining. Can we try it out before we decide?** Sure! We have a "try it" option. For just \$45 your child can attend 3 practices, which is then applied to the registration fee if your child decides to join the team. If your child does not join the team the \$45 is not refundable.