



MDA Programs and Polices

Summer Session 2017

Summer Session Schedule: Monday, June 5th to August 4th, 2017

Mission Statement

The coaching staff at Minnesota Diving Academy strives to provide unparalleled, expert coaching at a world-class facility for all its divers wanting to learn and improve their diving skills.

MDA Diving Group Introduction

A. Elite Group:

For high-school level divers and skilled, experienced divers

Elite Group is made up of high school-age divers and experienced divers who are committed to realize their optimal potential in diving. The training focuses on perfecting divers' skills on 1-meter, 3-meter and platform to assist divers both physically and mentally, making them ready for the competition in association, region, zone and national meets.

Many of our elite group divers are invited to dive at the collegiate level, some with scholarship offers. Elite divers are encouraged to practice 5 days per week.

- 1M, 3M, and platform plus conditioning, dry board, trampoline, and spotting. Elite divers will participate in at least 1 platform practice per week.
- Practices are offered 3 to 5 days per week for 13 weeks, including pool time, dryland, and conditioning training.

Coaching fees for the 2017 Summer Session

- \$810 = 3 or more practices / week

B. Junior Olympic [JO]

For divers from age 7 to age 12

JO program is for the divers who have successfully completed lesson programs and who are now ready for the greater challenges and rewards of higher level diving. Divers will improve their diving skills on 1-meter, 3-meter and will start to practice platform diving. At the same time, divers will challenge themselves and start to build their character in confronting fears, achieving goals, establishing sportsmanship, and enjoying the rewards of accomplishment.

- 1M, 3M, and introduction to platform plus conditioning dry board, trampoline, and spotting.
- One practice will be 2 hours that include pool time, conditioning, and dryland.
- Pool practices will be divided among 1 meter, 3 meter and platform. There will be at least one 5M-platform practice every week for JO divers.

We encourage JO divers to participate in 3+ practices per week.

- JO Select divers will be encouraged to compete at regional, zone and national levels.

Coaching Fees for the 2017 Summer Session

- \$513 = 3+ practices / week
- \$378 = 2 practices / week

C. High School Enrichment

For divers who will compete at the State championship

The High School Enrichment program will focus on 1-meter and 3-meter springboard training plus dryland and conditioning training. The goal of this program is to assist divers to be ready for the state championship meet and also prepare them for upcoming college diving recruiting.

Coaching fees for 2017 Summer Session

- \$513 = 3 practices / week
- \$378 = 2 practices / week

D. Learn-to-dive Lessons Groups

For divers who have no diving experience and who want to learn to dive

Learn-to-Dive Lesson program is for divers who are new to diving. MDA coaches use proven, positive teaching techniques, including basic skill progressions that promote body balance, spatial awareness and body alignment. Divers will work on learning a front approach and back press, head-first entries, correcting body form and progressions to new dives. The training emphasis on diving safety, while assisting divers to be prepared for the mental demands of diving. Divers will work primarily on 1-meter springboard, though they will be introduced to dryland equipment, trampoline, 3-meter and platform as well.

Divers will improve their physical conditioning, mental toughness, and self-esteem through diving. Our low ratio of coaches to divers ensures optimal attention and progress.

- Lessons are offered Monday and Tuesday evenings. Divers can sign up for one or both classes each week.
- Classes are offered from 6:00 to 7:00pm.
- When you fill out the registration form, please identify the lessons you plan to attend, so we can assure adequate staffing.

Lesson Fees for 2017 Summer Session

- \$180 for 2X / week (Monday **and** Tuesday)
- \$99 for 1X / week (Monday **or** Tuesday)

Annual Club Membership Fee For All Club Divers

The following fees are paid annually by all club members (September 1, 2016– August 31, 2017)

This fee covers administrative costs, parties and meetings, purchase of new dryland equipment, including belts, mats, diving boards etc. This fee is not prorated.

- Elite and JO Group Divers: **\$100**
- High School Enrichment and Learn-to-Dive: **\$75**

USA Diving Membership

USA diving membership also runs from September 1, 2016 through August 31, 2017. Every diver is required to be a member of USA Diving to get the insurance coverage for practices and competitions. USA Diving memberships are not prorated. You are welcome to set up your own USA Diving Membership by going to www.usadiving.org.

However, you will need to present your membership card to the coach before you can participate in the practice.

- Competitive Limited: **\$15**
Divers with a competitive Limited membership can participate in Camps, clinics, and lessons.
- Competitive Gold: **\$78**
Competitive Gold membership allows for athlete participation in association meets, Invitational meets, and Future Champions meets; as well as region, zone, and national championships.

Payment Policies

Payments for the 2016/2017 Winter Season program fees and annual fees can be made online on MDA's website: www.mndivingacademy.com. We are now working with Sport Ngin to make registration and payment of fees easier and more streamline. All can now be completed ONLINE.

- Club registration, USA Diving Memberships and payment MUST be made prior to a diver participating in practices.
- If a diver's fees are not paid in accordance with any payment agreements in full by the last day of the session, the diver(s) will not allowed to register or participate in the following season with MDA.

Payments can made by Electronic Check or Visa/Master Card.

- Follow instructions on MDA's website to complete check or credit card transactions.
- Visa/Master Card are accepted. Fees can be paid at one time or can be split into up to three equal installments, billed automatically to your credit card or checking account on the first day of each appropriate month.

Payment plans: If special payment plans are desired, please talk to Wenbo Chen. We will be happy to work with you to create solutions that best fit your financial desires.

Prorated fees for divers who are just joining MDA during a season: We will be happy to prorate the season fees to deduct for the portion of the season missed by the diver. MDA will not prorate fees for divers who take extended vacations during a season, or for those who quit during a season for any reason other than illness or injury. If a diver is injured or ill for more than 2 weeks of a season, MDA will credit the diver for the amount of time missed from practice. The final decision to prorate fees rests with MDA alone. The Annual MDA Membership fee and USA Diving Membership fee cannot be prorated.

If you have any question, please call or email Wenbo Chen at 651-592-7460 (cell) 612-624-5874 (office) or wchen@umn.edu.