

Parent Handbook



443 Marion Road
Oaklands Park, 5046
08 7071 0944

Email: info@divingsa.com.au

Website: www.divingsa.com.au



[DSA on Instagram](#)



[DSA on Facebook](#)

Welcome to Diving SA

Diving SA (DSA) is the only diving club in South Australia and is also the State's representative association. DSA is a member of Diving Australia Incorporated (DA) which is the national representative body. DSA is a not-for-profit organisation, operated by a Board of Management, run mostly by volunteers.

DSA has approximately 250 active members, the majority of which are from 7 to 18 years of age. DSA runs programs and State competitions at the South Australian Aquatic & Leisure Centre (SAALC) Marion.

DSA encourages participation in the sport of diving. We encourage 'recreational' diving (for those not particularly interested in competition), as well as providing pathways for the competitive divers.

Diving Offers:

- Improved physical fitness and motor skills.
- Confidence building and resilience.
- Measured and monitored progression over time to more difficult dives and higher boards and platforms.
- A fun environment to learn new skills and challenge themselves.
- Building new friendships.
- Improve social skills and to learn to deal with success and disappointments.
- An opportunity for interstate travel representing the club in competitions.

Dive Pool Etiquette For Divers

- Please meet your coach on the far (road) side of the dive pool. Please be on time for your lesson.
- Listen to your coach and follow pool deck instructions.
- No running on pool deck.
- Only use warm up/training equipment if a coach is present and has given permission.
- One diver on a board at a time.
- Make sure there are no divers in the water under the board prior to diving.
- Once you have completed your dive, make your way back to the pool edge and exit the pool quickly.
- No loitering under the boards or in the water after your dive.
- Parents are not permitted on pool deck unless invited by the coach. If you wish to stay and watch your child's lesson, please use the seating in the Diving Grandstand.
- HAVE FUN!

As a parent here are a few tips to help your child and the club be successful:

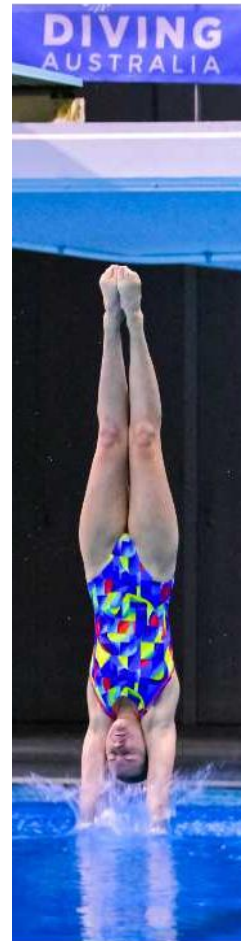
- Try to be on time for training sessions so as to not inconvenience the coach and other divers.
- Encourage your child without pressuring them. Always show interest and enthusiasm.
- Try not to coach your child, let the coaches do their job.
- Do not criticise coaches, officials or other divers in front of your child.
- Let your child know that you will be there for them, even if a practice or competition does not go as well as hoped or anticipated.
- When asked, help out with club activities.

Parent Involvement

Diving SA relies on parents and volunteers to help it be successful. There are many ways to be involved in the club.

Here are just a few:

- Undertake a Judging course and if wanting to, to then judge at our State competitions (Diving levels 1-4 for novice judges)
- Fundraising committee
- Competition committee
- Board member
- Volunteer at a fundraising event
- Using your skills to help assist the club in some way
- Volunteer at competitions, including roles of:
 - Table Staff
 - Marshalling
 - Laminating Certificates
 - Set-up and pack up before and after competitions



Class Timetable

Diving South Australia offers many different training options for Members depending on their individual skill level. All new Divers commence in Learn-to-Dive sessions.

There are Learn-to-Dive lessons every day of the week, giving members the option to book into one or two sessions depending on how keen the diver is to progress their skills.

Learn-to-Dive class sizes are limited where possible to 8 participants and only sessions with available space will be offered.

Learn-to-Dive Lessons

Saturday: 10:00am – 11:00am / 11:00am – 12:00pm
Sunday: 9:00am – 10:00am / 9:30am – 10:30am / 10:00am – 11:00am
10:30am – 11:30am / 11:00am – 12:00pm
Monday – Friday: 5:45pm – 6:45pm / 6:45pm – 7:45pm
Wednesday: 5:45pm – 6:45pm only

If your preferred lesson is currently fully booked please drop us an email and ask to go on to our waiting list. Email admin@divingsa.com.au to let us know your preferred days/times.

Coaching and Administration Staff

If you would like to contact your child's coach directly, please visit our [Coaches](#) page on our website. All active coaches email addresses are listed.

Kelly Tuckwell is our Programs Manager and can be contacted via mobile 0400 746 466 or email kelly.tuckwell@divingsa.com.au

Chloe is our administrator. Chloe's role is part time, please allow a day or so for replies to emails to admin@divingsa.com.au

Fee Structure

DSA Members Fees have two parts:

- Annual Membership
- Term Training Fees

The Diving SA membership year runs from 1 July to 30 June. Membership for a diver is \$200 pa.

Learn-to-Dive lessons are charged per term. A term consists of between 9 and 11 lessons. Learn-to-Dive training fees are as follows (and are subject to change):

*Term fees are "per term" regardless of the number of weeks in the term, but usually equals 10 lessons. There are no DSA diving lessons run on public holidays.

Coaching Fee Schedule

Effective from Term 3 2023

DSA Squads	Sessions Per Week	Weeks per Term	Cost per Term	GST	Per Term incl GST		Hourly Rate	Hrs /term
Learn to dive	1 x 1hr Session	10	\$ 152.73	\$ 15.27	\$ 168.00		\$ 16.80	10
	2 x 1hr Sessions	10	\$ 277.27	\$ 27.73	\$ 305.00		\$ 15.25	20
	3 x 1hr Sessions	10	\$ 376.36	\$ 37.64	\$ 414.00		\$ 13.80	30
	4 x 1hr Sessions	10	\$ 412.73	\$ 41.27	\$ 454.00		\$ 11.35	40
Alumni	Any	Any	\$ -	\$ -	\$ -		\$ -	30
Masters	1 x 1hr Session	10	\$ 152.73	\$ 15.27	\$ 168.00		\$ 16.80	10
	2 x 1hr Sessions	10	\$ 277.27	\$ 27.73	\$ 305.00		\$ 15.25	20
	3 x 1hr Sessions	10	\$ 376.36	\$ 37.64	\$ 414.00		\$ 13.80	30
Accelerate	3 x 2hr Sessions	10	\$ 387.27	\$ 38.73	\$ 426.00		\$ 7.10	60
Squad 1	2 x 1.5hr Sessions	10	\$ 362.73	\$ 36.27	\$ 399.00		\$ 13.30	30
	3 x 1.5hr Sessions	10	\$ 488.18	\$ 48.82	\$ 537.00		\$ 11.93	45
	4 x 1.5hr Sessions	10	\$ 588.18	\$ 58.82	\$ 647.00		\$ 10.78	60
Squad 2	3 x 2hr Sessions	10	\$ 441.82	\$ 44.18	\$ 486.00		\$ 8.10	60
	4 x 2hr Sessions	10	\$ 530.00	\$ 53.00	\$ 583.00		\$ 7.29	80
	5 x 2hr Sessions	10	\$ 662.73	\$ 66.27	\$ 729.00		\$ 7.29	100
	Sessions Per Week	Weeks per Term	Cost per Annum	GST	Per Annum incl GST	Quarterly		
Squad 3	4 x 2.5hr Sessions	12	\$ 2,372.73	\$ 237.27	\$ 2,610.00	\$ 652.50	\$ 5.44	120
	5 x 2.5hr Sessions	12	\$ 2,966.36	\$ 296.64	\$ 3,263.00	\$ 815.75	\$ 5.44	150
	6 x 2.5hr Sessions	12	\$ 3,560.00	\$ 356.00	\$ 3,916.00	\$ 979.00	\$ 5.44	180
Squad 4	4 x 2.5hr Sessions	12	\$ 2,372.73	\$ 237.27	\$ 2,610.00	\$ 652.50	\$ 5.44	120
	5 x 2.5hrs Sessions	12	\$ 2,966.36	\$ 296.64	\$ 3,263.00	\$ 815.75	\$ 5.44	150
	6 x 2.5hr Sessions	12	\$ 3,560.00	\$ 356.00	\$ 3,916.00	\$ 979.00	\$ 5.44	180
ETP	3 x 2hr Sessions	12	\$ 1,584.55	\$ 158.45	\$ 1,743.00	\$ 435.75	\$ 6.05	72
	4 x 2hr Sessions	12	\$ 2,112.73	\$ 211.27	\$ 2,324.00	\$ 581.00	\$ 6.05	96

Please note that pool entry is not included in the DSA Membership or Term Training Fees and is payable to the pool for each session attended. It is advisable to discuss with the [SAALC](#) entry desk staff what will be the best option for you. It is cheaper to buy entry in blocks, and depending on your number of visits per week it may be cheaper to take out a membership with the pool.

It is Diving SA policy that athletes are unable to book back in for the following term should previous term fees remain outstanding. Members must also be financial to be able to compete in State competitions each term.

It is important to point out that Diving SA does not offer “make up lessons” for lessons missed due to member’s reasons. In the event of an illness or injury, some arrangement for recompense will be considered upon presentation of a physician’s certificate. Please review the Member’s Finance Policy for additional information.

Members voluntarily withdrawing from a DSA program are requested to provide one month’s advance written notice to the [Administration Officer](#). Members who do not attend 4 consecutive weeks without notification may forfeit their place in the lesson group or squad. Refunds will only be provided in accordance with clause 1.6. “Refunds” in our [Finance Policy](#).

Athlete Pathways

Diving South Australia caters for all levels, with the option for divers to five for fun or strive for the Olympics! All divers start in the Learn-to-Dive program and work their way through the various levels at a rate depending on their individual level of ability. Please view Learn-to-Dive to Competitive Squads [pathway information](#) on our website.



Badge Levels for Learn-to-Dive & Squad 1



During lessons divers learn a series of skills that when put together form a dive. A lot of work is initially done from the side of the pool as divers learn the necessary skills and techniques to eventually develop a dive list.

With this in mind the Badge Levels system was developed to encourage divers in developing their skills. Levels 1- 8 have set requirements, with each increased level showing a progression of skills.

Further information can be found on our website: [Badge Levels](#)

Coach Contact Information

All our DSA coaches can be contacted directly via email. Please visit our website for [email addresses](#).

Competitions

DSA competitions are held each term and provide divers with the opportunity to test their skills. Competitions are open to all divers who compete in a level determined by their Coach and based on the individual's skills and abilities.

Each level has Springboard and Platform components. As divers are developing their skills it is not unusual for a diver to compete in a higher springboard level than a platform level. The requirements of the Levels System are detailed later in this Handbook.

Members are advised of competitions by email and can register for the event via the website. Each diver will need to discuss with their coach which events to enter. A fee will be payable for each event entered and payment will be required at the time of competition registration for the diver to be eligible to participate. A \$20 non refundable entry fee will also apply.

Diving Australia has a [Guide to Diving](#) on their website. It lists information on:

- Types of dives
- Body positions
- Judging
- Synchronised diving
- Scoring

Qualifying for State Age Championships

At each of the DSA competitions, divers have an opportunity to qualify for National Age Championships. National Age Championships are held in April each year and are hosted in each state on a rotational basis. Divers complete a list of dives according to their age and are required to achieve a minimum score in order to qualify.

Full information of requirements of the levels are detailed on our [website](#).

Accessing Account in Revolutionise Sport – Diving SA website

All invoices paid and unpaid can be viewed online. Log in to your account on the [DSA Homepage](#) and click on “Sign In” in the top right of the screen. Select “Payment History” in the box titled “Membership Status”.

If you need to update an address, email or phone number or wish to check other details, you can update via the account. Ensure to scroll to the bottom of the page and to save your update before exiting. (Please note these instructions are for access via computer web browser and may display differently on a mobile device).



Dive Shop

Diving SA merchandise and kit is available for purchase via our [online shop](#). Participants can purchase DSA kit including uniforms, bathers, beanies and more. These can be collected from the DSA office or arrange to have the items left for collection at a lesson.

We have also partnered with Nelson Team Wear and have an online portal that opens at various times during the year for the purchase of club and team kit including hoodies, training shirts and singlets.

[DSA Nelson Shop](#)



Sponsorship

To deliver affordable programs DSA relies on:

- Grant Funding from the Office of Recreation and Sport.
- The generosity of Members to volunteer their time to serve on the Board and its subcommittees, and to officiate and volunteer at competitions.
- Member and community support of our fundraising activities.
- Members paying their fees in full and on time.

One of the ways you can support the club is via sponsorship. DSA has on offer 4 sponsorship tiers for businesses or individuals. Further information on sponsoring is available via our website – [Sponsorship](#)

Policies

[DSA Policies are available to read or download from our website.](#)

Leaving Us?

It is always sad to say goodbye, but we understand some families move out of the area or athletes find new activities. Please contact the [administration team](#) if you intend to cease lessons. Your account will need finalising subject to finance policy.



Diving South Australia – Age Nationals Team 2022