

## U.S. DIVING GRASSROOTS **FUNDAMENTALS** REGISTRATION

**Instructions:** Fill in the clinic date and site. Send the completed registration form to the instructor of the course to be received no later than the pre-registration deadline. All materials will be handed out at the clinic by the course instructor. Clinics are subject to cancellation if the minimum number of four registrations are not received by the instructor by the deadline. Dates and times are subject to change. Check with the local contact for a course status update and directions prior to your departure.

**Eligibility:** Grassroots FUNDamentals clinics are open to all grassroots coaches and U.S. Diving coach members coaching entry level diving and focusing on teaching diving fundamentals.

**Benefits:** Coaches receive Grassroots Skill Progressions adapted and reprinted from Dive Safe (1995) including new material on front approach progressions. Coaches have the opportunity to earn Bronze and Silver Dive Safe Coach Achievement Awards.

**Local Contact's Responsibilities: Site selection.** Select a site with a classroom, deep water and the following spotting stations: basic tumbling mats, pool side (*no protruding ledges underwater*) and 1-meter springboard. **Equipment.** Supply one hula hoop (*Bronze sessions only*) and one stack mat (*waterproof*) for every five coaches and a VCR and TV/monitor.

Provide two small sized local U.S. Diving registered athletes who can already perform the Dive Safe skills for every pre-registered coach to practice spotting techniques. Promote the course locally within your U.S. Diving association. Contact the instructor on the pre-registration deadline posted on the schedule to determine course status. Arrive 30 minutes early to help the instructor set up. Make lunch arrangements for the divers, instructor and coaches. Provide adequate hydration during the training sessions. Know the facility's emergency action plan and arrangements for EMS. Check that spineboards with head restraints are available on site. Make arrangements for a lifeguard to be available during the training session.

### REGISTRATION INFORMATION

Clinic Date \_\_\_\_\_ Site \_\_\_\_\_

Name \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Day

Address \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Eve

State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Region \_\_\_\_\_ Diving Association \_\_\_\_\_ U.S. Diving membership # \_\_\_\_\_

Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age \_\_\_\_\_ Circle: M F

Your Diving program name and location \_\_\_\_\_

Address \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Do you have U.S. Diving Registered Athletes in your program? \_\_\_\_\_ Yes \_\_\_\_\_ No

Is there any reason that you can not perform the functions related to this course? YES NO

If yes, can you perform the essential functions with reasonable accommodations? YES NO

If you require reasonable accommodation, please contact Janet L. Gabriel at 954/462-6536 x 213 no later than the preregistration deadline for your course.

Registrant's signature \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_