



2022-23
Team and Lesson
Handbook

Created August 2010
Updated August 14, 2022

By
Sven Schultz





Bay Area Star Dive Team

Our team mission is to provide an environment where kids can develop **courage** through accomplishing new skills, **character** by taking responsibility for their own actions and supporting those around them, and finally by demonstrating a **commitment** to an activity that is not learned in a day, but by regularly exhibiting long term continuous improvement to small details which creates the perfect dive.



SUCCESS



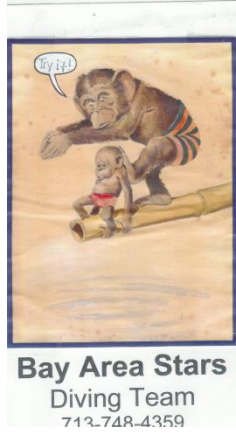
**WHAT PEOPLE THINK
IT LOOKS LIKE**

SUCCESS



**WHAT IT REALLY
LOOKS LIKE**

History



Bay Area Star Dive Team, Inc. was started by Kuni and Sven Schultz after Sven moved here in 1984. The team's official date was 1987 and offered year-round practices in several area pools including many CCISD facilities, Houston Parks and Recreation and others. It would take a book to explain all of her diving accomplishments. Kuni was always the leader and inspired many athletes to dive in college. A video of her will always be found on the front page of our team's website, BayAreaStar.com. If you are looking for what the team's core values are, please watch that video.

Kuni is recognized in Fame located at the Lee her many contributions



the Texas Swimming and Diving Hall of and Joe Jamail Swim Center in Austin for to Texas and USA diving.



Introduction

For ten years, BASDT has made Pearland's Recreation Center its base with our new gym location across the street. This year we have made efforts to expand our services to the University of Houston, San Antonio's Northside ISD pool, and Spring Branch ISD pools. Our goal this year is to offer four groups. The first two levels are for instruction only, the other two offers competition in the Houston area and one group is to compete at AAU Nationals level events.

Strength, flexibility and coordination helps with being a good diver but other items are important as well. How does the child behave with others? Do they show respect to adults and are willing to help if needed? Are they curious about what they can do to improve? Is there an interest to develop the ability to overcome adversity?

Families know their children best but the staff is knowledgeable about the sport's challenges. The four groups are Red, Blue, White and Green. My hope is to be firm and consistent with our team's policies but empathetic to unique situations.

For some families, funding is part of the equation as to what sport their kid participates in. For many their daughters' gymnastic leotard might have been \$800 and now your team swim suit is \$80. A bit less but still an investment. We really don't know where AAU RWB, Nationals or other upper level meets will be this year. For the Red and Blue groups, the booster club fee will have an additional cost after we know where those meets are.

We are setting up a registration fee system that rewards families to pay before September 1, 2022. Families may change levels either with up or down based on their kid's interest. A detailed summary is provided in this document. After October, you will be asked to sign a contract which has you commit to your child's group through either May, June or July.

It is important to know there are four different periods of practice through the year. September-October we will only have pool Monday, Wednesday, Thursday and Saturday. From November-February we will add Fridays and then starting in March we may expand to six days per week. For the summer, we develop and completely different schedule.

Returning this year is Coach Alycia, Alyssa, Chad, Todd, Lukas and myself.

Thank you for considering BASDT for your child. My hope is no matter what service you use, the feeling that your child was well prepared, had fun and was treated with respect is what matters most.



BASDT Coach's



Coach **Alycia McEachen** graduated in 2019 from Purdue University with a degree in Aeronautical and Astronautical Engineering. She now works for Axiom Space taking part in developing the world first commercial space station. She started diving at 9 years old and competed in high school AAU and USA dive. This is her 3rd year to coach with BASDT. On her free time she loves spending time with friends and family and likely can be found by the pool with a good book.



Coach **Chad Hummel** started diving when he was 9yrs old. He took lessons with Kuni and Sven Schultz for one summer. He then joined the BASDT full time. He competed for Coach Sven at Clear Brook High School from 1997-2000. He was a two-time State Qualifier, 4 time All State earner. He competed at TCU on a diving scholarship from 2000-2004. He holds both the Clear Brook High School and TCU records. Chad competed in USA DIVING and qualified for Nationals twice. He loves spending time with his family. Heather (wife), Lilah (daughter). He loves being outdoors and helping kids reach their full potential in whatever they do.



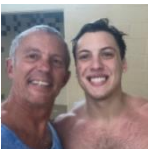
Coach **Lukas Schultz** has been diving with BASDT since he was 3 years old. He represented his high school at the UIL State championship and just completed his master's degree from Texas A&M Galveston. He works full time for an Energy company and still finds time to help kids on weekends. Coach Lukas loves working out and playing role playing games.



Coach **Alyssa Jackson** has been coaching diving for 12 years. She is a varsity letterman from Friendswood H.S. but her background was gymnastics. She has worked with kids of all ages and levels through the years, and she puts a large focus on strength, conditioning and flexibility.



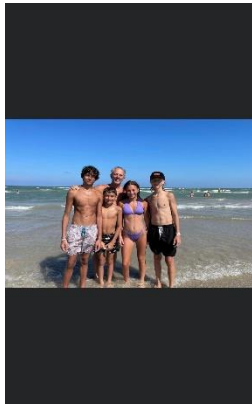
Coach **Todd Jensen** started diving at age 10 with Kuni at the Dad's Club YMCA on I-10. He was a High School All American all four years. He completed in Senior Nationals earning 13th place on the 3 meter. Coach Todd is a grandfather and spends his free time with dog rescue and fishing.



Coach **Sven Schultz** has been around diving boards for the most of his life. He competed at the Jr. and Sr. National level, represented U of H for four years and has worked with others to give families an opportunity to received competitive dive instruction in the south Houston area for over 35 years. He has been married to Monika Schultz for over 30 years and is still figuring out what to do with his free time.

2021-2022 Dive year

Corpus Christi



Spring Break Trip



AAU Nationals



Midland RWB qualification



Conroe Invitational



Team Green



This program offers allows families the most flexibility to participate in dive. Practices are once per week and a one-day gymnastic requirement. All age groups are welcome but it is limited to two years of participation. Divers who are high school age should be able to perform a minimum AAU novice list on one meter.

Age	6-13	
	School year	Comments
Pool Workout Requirements	One day per week. Days are Wednesday, Thursday and or Saturday (pool only)	Pool times are 5:30-6:40
Gymnastic or other requirement	One day per week	Afternoon 6:45-7:30 p.m.
Meet Requirements	None	A \$20 per day plus entry fee is required for attending away meets.
Memberships	AAU only	
Booster Club	\$200 check, plus \$50 for additional kid	Make out to BASDT Booster club
Dive Dues	Offer September – May	\$170 per month, \$85 additional kid. Pay with check or paypal



Team White



Practices are twice per week with pool and gym. All age groups are welcome but it is limited to two years of participation. Divers who are high school age should be able to perform a minimum AAU novice list on 3 meter.

Age	6-17	
	School year	Comments
Pool Workout Requirements	Pick two days, Monday, Wednesday, from 5:30-6:40 pool/ or Saturday 8:00-9:30 a.m.	
Gymnastic or other requirement	Two days per week	Afternoon 6:45-7:30 p.m.
Meet Requirements	None	A \$20 per day plus entry fee is required for attending away meets.
Memberships	AAU only	
Booster Club	\$200 check / \$50 for additional kid.	Make out to BASDT Booster club
Dive Dues	Offer September – May	\$250 per month/1/2 off for additional kid

Team Blue



This program offers an athlete the opportunity to attend at least three one half hour practices per week in the pool and should attend at least two gymnastics/trampoline classes. You commit to 10 months starting in September and end in June. You are required to attend our meet in November, commit to learning a JO list on both boards and compete in four meets before June.

	6-18 years old	
	School year	Comments
Pool Workout Requirements	3 times per week for 1.5 hours in the pool (Mon., Wed. or Saturday)	4:00-5:25 or 5:30 to 6:30 p.m.
Gymnastic or other requirement	Gym 6:45-7:30	Divers should attend 2 days per week of gym.
Meet Requirements	Attend our meet, the Holiday Hoe down, The Laura Wilkinson than any other local meet we attend.	A Team suit, shirt and bags. \$20 per day coaching fee plus entry fee is required for attending away meets.
Memberships	AAU only	\$330 per month through May. Paid with check or paypal. June price TBA
Booster Club	\$200 annual fee	Paid by check BASDT Booster club

Team Red



- The purpose of the Red Team is to train AAU Nationals and AAU RWB. This 11-month commitment, is limited and not for everyone. Skill is important but more is the desire to demonstrate a long-term commitment to growth. Athletes are required to make every opportunity to achieve the National level standards.

Age	6-19 years' old	
	School year	Comments
Pool Workout Requirements	4 times per week in the pool (M, W, Th, and F) through May. Pool times are 4-5:30 Saturdays 8-10:00	
Gymnastic or other requirement	Gym meets after pool from 5:45-6:30	Team suits, team shirts and bags
Meet Requirements	RWB qualification, the Memorial meet if you make it and AAU nationals	\$380 per month through May. June and July TBA
Memberships	AAU	.
Booster Club	\$200	Paid with check BASDT Booster club

BASDT Parent Team Policy Form 2022-23

I, the parent/guardian of _____, understand that diving with BASDT inc. I can change that commitment once per year but no refund is made if the athlete moves to a less difficult level. The athletes are expected to make all practices that they have committed for.

- Parents are required to stay in the stands during practice and not be on deck unless it is for an official capacity. Athletes will not go to parents for conferences, video replay or medication unless the athlete first consults with the coach.
- Communication to parents is done by email: Blind Copy, text and website. Your data protection is important and will not be shared by BASDT, Inc. Parents may provide their contact information to others for rides, caring for one another and miscellaneous trips. All information on meets, camps and training activities must come from a BASDT coach.
- When students miss, a note or email is appreciated but not required for every practice. Attendance will be taken if excessive misses or tardies take place and conference will be arranged. Please let the coaches know if there are any health issues or concerns that may impact the athlete's ability to practice, etc.
- Parents are responsible for their athlete's transportation to meets and practices. Athletes must be picked up promptly after practice ends. Parents with concerns for whom picks up their child may list that on the medical release/ transportation form and should communicate concerns in writing with the coach. Families who are separated or recently divorce should share any court documents if someone should be removed from receiving data on upcoming events. BASDT does not supervise drop offs and pickups.
- The monthly team payments are due no later than five (5) days after the start of the month. PayPal is the preferred method of payment however a check is accepted. Athletes involved with other activities and or sickness, injury are still expected to make their financial club obligations. If a child leaves the program in the middle of a month, no coaching dues are prorated and the booster club dues will not be returned. The billing cycle ends at the end of May.
- The parent/guardian in the Red and Blue groups are expected to volunteer for meet operations. The purpose is to provide a more organized climate where parents buy in to the program, learn the systems, meet other families and allow teachers more time for instruction. Volunteer efforts are typically no more than once or twice per year. Parents are always welcome to do more, but please ask prior to making contributions.
- Participation in diving meets is a part of being on the Red and Blue team. Athletes must have the required bathing suit, bags, and or shirts. Students must wear their team shirt and suit at meets. Athletes are required to make assigned warm up times and submit their entry fees at the appropriate times. The coach will determine which pre meet warm ups are required and athletes cannot make warm ups without a coach on deck. A parent will not attempt to pay private fees to other coaches and or camps without prior consent from Sven Schultz.
- To avoid confusion in training, etc., Parents shall not have their athletes attend dive camps or other coaches without prior consent from Sven Schultz
- Parents should always encourage their child with comments like have fun and do your best. Parents are discouraged from bribing their child to doing dives, sending coaching tips to divers and their coaches especially during the meet and making loud comments that embarrass the team.
- Coaches will receive a stipend for attending meets plus travel compensation. A typical stipend for local meet is \$20 per day plus travel costs. A meet announcement will be made and parents will have at least a week to determine their interest. Parents will register their own children. Based on the number of divers attending, a prior meet cost will be determined. Typically, there will be no refund once a commitment is made.
- In case of some injuries, the BASDT coaches reserve the right to not have your child participate until cleared by medical doctor. Injuries can include but not limited to spine, shoulders and or head.
- Sven Schultz reserves the right to alter these rules to address certain unforeseen family situations. Parents should know that coaches have a policy against discussing another child's information and or situation with someone who is not a parent or guardian.

I have read and discussed with my child, and agree to abide by the team rules and policies for BASDT, Inc. I understand these rules are in place to protect the safety of my child as well as to help my child develop. BASDT has the right to modify these rules if it favors the child.

Parent signature _____

Print name _____

Date _____



Athlete Responsibilities

Practice

All athletes are expected to attend scheduled practices and maintain a positive attitude. Come to practice every day with the attitude that you will have the best practice ever. Stay focused in practice and attempt to make every dive the best you can.

Listen, pay attention and try to make all corrections given by the coach. It is very important each diver treats other divers on your team with courtesy and respect.

We expect our athletes to be:

- Self-motivated
- Respectful of teammates and coaches
- Good sports – excellent sportsmanship is a cornerstone of this program

Our intent is to create a focused training environment in order to get the most out of every athlete. Distractions must be minimized during this time.

- Athletes may not use electronic devices during practice time except during special circumstances i.e. filming their dive. When an athlete plays music out loud, it should not include any vulgar words or inappropriate activities.
- Athletes are expected to wear loose fitting shorts or stretch pants and a t-shirt during dry-land workouts. All hair must be tied back.
- No facial jewelry is allowed. Tattoos are not encouraged.
- No gum chewing during meets or practices
- Use equipment appropriately. Horse play such as excessive Sammy throwing or other items will not be permitted. Put equipment back after its use even if you didn't pull it out.
- Always seek to improve your fitness by a combination of healthy eating, appropriate sleep and avoiding dangerous activities including walking outside barefoot, using proper coverage in the sun and dressing warm in winter months.

Meets

All athletes are expected to:

- Attend all team meetings, warm-ups, practices and events. Please be on time the team will be waiting for you (20-mins early).
- All athletes will wear their team warm-ups and team suit during the first event at every meet.
- Be a good sport on the award stand.

Athlete Signature

Print Name

Date



Medical Release / Transportation Form

Update 8/21/ 2022 One form per child.

The Bay Area Stars Diving Team, its coaches and representatives are hereby absolved of any responsibilities, legal or otherwise, resulting from an accident, injury or death occurring at any workout or clinic held

I understand that participating in the Bay Area Star Diving Team is the family's choice, and as a condition of being on the team, we hereby agree not to bring suit or assert any claims of damage what so ever against Bay Area Stars Diving Team or its representatives which include but not limited to coaches, administrators, gym owners, pool management personnel, meet officials.

We further give our permission to authorize administration of first aid or any emergency treatment to the participants named below in absent of a parent or guardian, if medical treatment is deemed necessary.

Date	<i>Adult's</i> Signature	Relationship
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Participant. _____

Child	DOB
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Address _____

Street	City	Zip
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Contact number 1 _____ 2 _____

Family Doctors _____ Hospital _____

Insurance _____

Name	Policy Number (s)
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Medical conditions and or school accommodations. _____

Transportation is provided by the parent/guardian and or other family arrangements. Athletes should be picked up at the end of each meet or workout. If there is a concern the BASDT coaching staff should be aware of please specify on the back of this document.



Parent Consent and Acknowledgement

1. BASDT uses a variety of resources to publicize team events and news. Should you object to a photograph or other electronic image of our child in team news, newspaper articles, marketing brochures, publications or promotional videos, please check the circle below.

- I object to the use of photograph or another electronic image of my child as described in the paragraph above.

Initial _____

2. BASDT is not responsible to transporting and the housing of each athlete. Often arrangements will be offered involving the use of commercial transportation such as planes, rental cars and other public transportation. Also, hotels arrangements are made based on the rate and location to the pool. Should you object to any of these activities, please check the circle below.

- I object to the use private and public transportation and will only allow family members to transport our child.
- I object to the use of hotels other than those arrangements made by the family.

Initial _____

3. BASDT does not plan where other athletes / parents transport their friends and teammates. Also, none of the BASDT coaches have Commercial Drivers endorsements so they cannot be paid for driving another athlete. Athletes should only car pool with the consent of each family and it is each family's responsibility to monitor this.

4. As athletes improve on skills some college's coaches may wish additional information. By checking the box below, you do not give BASDT coaches the authority to provide information about your child to a college coach.

- I object to a BASDT coach providing information to a college coach.

Signature of Parent/Guardian _____

Sample document.

November 1, 2022

My name is _____ (print) and I am the parent of _____.

Our child is enrolled with BASDT, Inc and is in their _____ dive group. We are making a financial commitment of \$_____ through _____ (date) to cover diving instruction.

We will make payments using _____ (check or pay pal)

We understand that our child may wish to stop dive instruction but that we are still obligated through our agreed contract date.

Parent signature

Date

Please do not turn this in. This is just an example of what you will be provided in November if you wish to stay with BASDT.

Program Summaries

Age	6-13	
	School year	Comments
Pool Workout Requirements	One day per week. Days are Wednesday, Thursday and or Saturday (pool only)	Pool times are 5:30-6:40
Gymnastic or other requirement	One day per week	Afternoon 6:45-7:30 p.m.
Meet Requirements	None	A \$20 per day plus entry fee is required for attending away meets.
Memberships	AAU only	
Booster Club	\$200 check, plus \$50 for additional kid After 9/5/2022 \$300	Make out to BASDT Booster club
Dive Dues	Offer September – May	\$170 per month, \$85 additional kid. Pay with check or pay pal

Age	6-17	
	School year	Comments
Pool Workout Requirements	Pick two days, Monday, Wednesday, from 5:30-6:40 pool/ or Saturday 8:00-9:30 a.m.	
Gymnastic or other requirement	Two days per week	Afternoon 6:45-7:30 p.m.
Meet Requirements	None	A \$20 per day plus entry fee is required for attending away meets.
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Gymnastic or other requirement	6:45-7:30	Divers should attend 2 days per week of gym.
Meet Requirements	Attend our meet, the Holiday Hoe down, The Laura Wilkinson than any other local meet we attend.	A Team suit, shirt and bags. \$20 per day coaching fee plus entry fee is required for attending away meets.
Memberships	AAU only	\$330 per month through May. Paid with check or pay pal. June price TBA
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Gymnastic or other requirement	Gym meets after pool from 5:45-6:30	Team suits, team shirts and bags
Meet Requirements	RWB qualification, the Memorial meet if you make it and AAU nationals Plus local meets.	
Memberships	AAU Only	.\$380 per month through May. June and July TBA
Booster Club	\$200 Annual fee \$300 After 9/5/2023 plus additional fee for out of State meets	Paid with check BASDT Booster club