

# **Rose Bowl Diving**

## *Team Handbook*



*2025 - 2026*

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**Dear Rose Bowl Diving Parents,**

Welcome to the Rose Bowl Aquatics Diving Team! We're excited to have you and your child join our dive family. Whether your child is new to diving or has prior experience, we're committed to providing a supportive and positive environment where they can grow both as athletes and individuals.

Diving at the Rose Bowl is about more than just mastering the sport; it's about building confidence, resilience, and teamwork. Our coaching staff is dedicated to helping each diver reach their full potential, focusing on technical skills, hard work, and sportsmanship. We strive to create a training environment that is both challenging and fun, where divers are encouraged to push their limits while always feeling supported - hence our team slogan of "Don't Settle".

We encourage you to stay engaged with the team. Our coaches are always available to answer any questions. Staying connected will help you and your child make the most of the team experience.

We understand that diving requires commitment from both divers and their families, and we're here to support you every step of the way. Whether your child dreams of competing at the highest levels or simply enjoys the sport, we're committed to helping them achieve their goals.

We also encourage you to get involved in our Rose Bowl Aquatics community. From volunteering at meets to attending team events, there are many ways to be part of the team experience. A strong sense of community helps our divers thrive, and we look forward to getting to know you better.

Thank you for choosing Rose Bowl Aquatics. We're excited to see your child grow and succeed with us.

Welcome to the team!

Don't Settle,

**Jean Luc Miralda**

*Rose Bowl Aquatics Diving | Head Coach*

Welcome to the Rose Bowl Aquatics Diving Team!

Whether you're a returning family or joining us for the first time, we're thrilled to have you as part of our diving community. As the President of the Rose Bowl Diving Booster Club, I want to extend a warm welcome and share a bit about what makes our team so special.

Our diving program is more than just a place for your child to learn and compete in the sport of diving—it's a community where lifelong friendships are formed, confidence is built, and every athlete is encouraged to reach their full potential. We're proud of the supportive environment our coaches, parents, and athletes have created, and we're excited to see what this season has in store for all of our divers.

The Booster Club plays a key role in enhancing our diving program, supporting our coaches, and enriching the experience for all our athletes. Through fundraising efforts, volunteer opportunities, and community events, we work together to ensure that every diver has the resources they need to succeed, both in and out of the pool. Your involvement is invaluable, and we encourage every family to get involved, whether by volunteering at meets, participating in our fundraisers, or simply cheering on our divers at competitions.

As we dive into this new season, please know that the Booster Club is here to support you and your diver every step of the way. If you ever have questions or ideas, don't hesitate to reach out—we're here to help.

Thank you for being a part of our diving family. Here's to a fantastic season filled with personal growth, new achievements, and plenty of fun!

Best regards,

**Kristen Moore**

*President, Rose Bowl Diving Booster Club*

## About Us

### **Mission Statement:**

Our mission is to cultivate a passion for diving, guiding athletes of all levels toward personal growth, athletic excellence, and team spirit, fostering pride in their achievements both in and out of the water.

### **Vision:**

Our vision is to create a legacy of nationally competitive champions who excel in the pool and emerge as leaders and positive role models in their communities.

### **About our team:**

The Rose Bowl Aquatics Center Diving Team (RBAC-D) is a dynamic and inclusive program dedicated to nurturing the talents of young athletes while fostering a love for the sport of diving. Located in Pasadena, California, our team is part of the prestigious Rose Bowl Aquatics Center, a facility known for its commitment to excellence in aquatic sports.

Our program is designed for divers of all levels, from beginners exploring the basics to seasoned competitors aiming for national and international success. With a team of highly skilled coaches, we provide comprehensive training that focuses on developing technical precision, physical strength, and mental resilience. Each diver receives personalized attention, ensuring that they progress at their own pace while mastering the fundamentals of springboard and platform diving.

At the heart of our team is a supportive community where athletes are encouraged to pursue their goals with dedication, enthusiasm, and following our “don’t settle” mentality. We emphasize the importance of teamwork, sportsmanship, and personal growth, believing that the lessons learned through diving extend far beyond the pool. Our divers are taught to set ambitious goals, embrace challenges, and celebrate their achievements, no matter how big or small.

In addition to rigorous training, we offer our athletes opportunities to compete at various levels, from local meets to national championships. These competitions not only allow our divers to showcase their skills but also to build confidence and camaraderie with their teammates.

The Rose Bowl Aquatics Center Diving Team is more than just a sports program; it’s a place where young athletes can grow, learn, and thrive. We take pride in creating an environment where each diver feels valued, supported, and inspired to reach their full potential. Be part of a tradition of excellence that has shaped champions in and out of the water.

## Team Policies

### Attendance:

We understand that life can be busy, and schedules can be unpredictable. That's why we offer a variety of practice times to accommodate our divers and their families. While regular attendance is important for skill development and team cohesion, we recognize the need for flexibility. We encourage our divers to attend as many practices as possible, and we're here to work with you to ensure a balanced approach that supports both your divers goals and personal commitments.

Once at practice, please make sure that your diver arrives:

- On time
- Dressed appropriately for the activity they will be doing (some divers have dryland before practice while others have them after practice).
- With a water bottle, work out shoes, and a positive attitude ready to learn.

### Make-Ups

In general, there will be no make-ups for any training group. Please note that workouts generally **are not** canceled because of rain. However, they will be canceled if there is lightning or other dangerous weather conditions. The coaching staff makes every attempt to notify you of sudden cancellations as soon as possible via e-mail or Whatsapp.

We do not offer make-ups or refunds for missed practices.

### Billing:

All families are required to keep an active credit card on file with the Rose Bowl Aquatics Center (ActiveNET). All monthly coaching dues and transactions are conducted through our facilities team. All accounts will be billed on the 1st of the month. If payment is not processed by the 5th of the month, there will be a \$25.00 late fee added to the account. If payment is not processed by the 8th of the month, there will be a late fee of \$50.00 added to the account.

Please note, divers will not be allowed on deck after the 8th of the month if their accounts are not clear.

## Athletes Code of Conduct:

To ensure a safe and respectful environment, all divers must adhere to the following guidelines:

1. **Exemplary Sportsmanship:** Embrace the highest standards of sportsmanship. You represent the present and future of many generations of Rose Bowl divers.
2. **Respect for All:** Treat teammates, coaches, and Rose Bowl Aquatics patrons with courtesy and respect. Follow your coach's instructions without argument.
3. **Positive Attitude:** Be encouraging and supportive of fellow divers.
4. **Focused Training:** Give your full attention to coaches and follow their guidance.
5. **Role Modeling:** Represent yourself, your team, and your community with integrity, both on and off the diving board.
6. **Commitment:** Attend practices and competitions regularly, striving to balance athletics, academics and extracurricular activities.
7. **Safe Equipment Use:** Only use diving equipment (dryboards, trampoline, mats, bars, among others) with your coach's permission and supervision. Athletes are not allowed on any of our equipment while unsupervised.
8. **Appropriate Behavior:** Use respectful language. Foul language, bullying, and any behavior that degrades or intimidates others will not be accepted.
9. **Pool Deck Safety:** No running, rough play, or unsafe behavior on the pool deck.
10. **Proper Use of Facilities:** No playing on the platform or bouncing the diving board unless instructed by your coach.
11. **Dive Order:** Be ready and attentive when it's your turn to dive.
12. **Hot tub Etiquette:** Use the hot tub respectfully, avoiding jumping, eating, roughhousing, or throwing objects. This is a shared space with Rose Bowl patrons. Abusing the use of the hot tub may result in banning the visits altogether.
13. **Rose Bowl Pool Rules:** Because our diving team trains at RBAC, athletes are required to follow all facility rules. These include:
  - a. No running on pool decks.
  - b. No rough play
  - c. No foul language
  - d. No glass containers/gum in pool decks or locker areas.
  - e. A full list of RBAC Pool rules can be found on the "resource" tab of our team website.

Please review these expectations with your diver. Violations will result in consequences, and repeated offenses may lead to suspension of the team.

## Parents Code of Conduct:

- Arrange for your diver's punctual arrival to practice and timely pick-up following practices and competitions;
- Show interest and enthusiasm for your diver and encourage him/her without pressuring him/her for results;
- **Do not criticize coaches, officials, or other divers in front of your child, among parents or to other members of the coaching staff; we will follow a zero-tolerance policy as it does not represent our values and mission.**
- **DO NOT COACH YOUR CHILDREN FROM THE POOL DECK.** Refrain from doing at home as well; *Failure to do so will result in loss of deck privilege and/or disciplinary procedures following our team handbook.*
- Stay out of the dive well and in the bleachers during practice, competitions, or training of any kind; respect the barriers during our practice times. *Failure to do so will result in loss of deck privilege and/or disciplinary procedures following our team handbook;*
- Address misunderstandings or miscommunications as soon as possible to prevent a more serious problem; please speak to the coaches in private regarding challenges rather than other parents. Meetings can be scheduled with our coaching staff before or after practices at any time;
- Stay current with diving training fees, booster team fees, and memberships (USA Diving/AAU);
- Consider your child's diving schedule and calendar when scheduling family plans, especially in the busy summer months or during competitions;
- When attending meets: thank the coaches, officials, meet director, and other volunteers for their time and help;
- Attend parent dive booster meetings;
- Participate in projects where volunteers are needed, such as events for fundraising, dive meets held at the RBAC, and socials;
- If you need to film your child for the college recruitment or any other reason from a different location than the bleacher area, please talk to the Head Coach to decide on what day works best;
- Parents are responsible for their divers while at meets apart from when they are on pool deck practicing or competing. This includes transportation to and from pool/hotel for their divers; travel plans and meals.
- Follow team guidelines as directed by Head Coach, including appropriate account set ups.
- Refrain from texting coaches unless it is an emergency. Communication should be during work hours (Mon - Sat; 9 am – 7:30 pm) and via email or through our group chat.



## Disciplinary Procedures

When an investigation related to a potential violation of this Code is warranted, some or all of the following will occur:

1. Head Coach investigation. This can include: interviews with parties involved, consultation with other coaches or officials, review of digital media, etc.
2. Head Coach consultation with the RBAC Executive Director, if the severity of the situation warrants it.
3. Further investigation by RBAC Executive Director.
4. The Head Coach will issue the resulting discipline.

Disciplinary actions for violating the code of conduct will apply to both players and parents/guardians. These may include, but are not limited to any combination of the following:

- Verbal or written warning.
- Meeting with Coaching Staff and/or RBAC Executive Director.
- Suspension from team practices, meets or team events.
- Demotion from a group/team roster.
- Removal from the Rose Bowl Dive Team.

Appeals:

1. An athlete or parent may appeal a disciplinary action to the RBAC Executive Director and Head Coach within 10 business days of the decision.
2. *Please note:* decisions by USA Diving are not appealable.

## Communication:

The RBAC diving coaches are dedicated to building a positive and long-lasting relationship with your diver, ensuring a pleasant and rewarding experience in every session. We encourage open communication and are always available to address any questions or concerns you may have. The best time to connect with our coaches is before or after a practice day or meet, as this allows them to fully focus on your diver during training.

Our coaches are committed to working closely with families, and they welcome discussions to ensure the best possible experience for your diver. Please note that final decisions regarding training, practices, dive lists, and competitive readiness are made by the coaching staff with your diver's best interests in mind. If you would like to schedule a meeting or discuss any concerns, please reach out to Head Coach Jean Luc via the email provided below.

Our main communication method will be through email for all team related communication. In addition, we utilize WhatsApp for quick announcements and reminders. Please make sure you have an updated email address on your athletes registration account and have downloaded the app. Here are some resources you might also find useful regarding our team emails:

- Head Coach: [jmiralda@rosebowlaquatics.org](mailto:jmiralda@rosebowlaquatics.org) 626-564-0330 ext. 404
- Rose Bowl Billing: [customerservice@rosebowlaquatics.org](mailto:customerservice@rosebowlaquatics.org) 626-564-0330
- Team Email: [diving@rosebowlaquatics.org](mailto:diving@rosebowlaquatics.org)
- RBD Boosters [rosebowl.diving@rosebowldiving.org](mailto:rosebowl.diving@rosebowldiving.org)

## Competitions:

Through the year, a series of diving competitions (meets) will be scheduled. The vast majority of the meets are held locally giving our athletes the opportunity to showcase some of their skills. These meets will be sanctioned by either USA Diving or AAU Diving (learn more about these two in our resource section on the website). *Meet attendance is not required, unless otherwise noted on the team site.* **ALL HOME MEETS ARE REQUIRED FOR ALL DIVERS.** It is strongly recommended and encouraged for divers of all ages to attend as many meets as they can. Similarly to other sports like basketball, soccer, baseball - we cannot only practice, we have to put in motion what we have practiced. Our Rose Bowl Dive coaching staff will connect and let you know if and when your diver is ready to begin competing.

## Our training groups:

Group Name	Age	Description	Fee	Tot Prac
Green Group	Open	The Rising Stars "Orange Group" is our first training group. This team serves as an intermediate step between our lessons program and the the Green/White Teams (designed for the youngest new athletes). This progression allows divers to build confidence and skills in a structured manner.	\$250	2
Green Group	10 & u	This group is designed for the youngest new athletes to our sport. Divers in this group have graduated from our lessons program. This group is fun and allows your athlete to fall in love with our sport.	\$275	3
White Group	12&U	This group is designed for our youngest divers who have developed diving skills! Athletes will fall in love with our sport and continue to grow their skills on all boards and levels! This group will help athletes fine-tune their base skills before moving up to our next groups.	\$295	3
Blue Group (Middle School Team)	11-14	This group is perfect for those who want to take their diving skills to the next level! We focus on perfecting competitive dive execution, mastering hurdles, and nailing takeoffs, all while helping you grow your list of dives and grow towards Jr. Nationals. Divers in this group will get the chance to dive from every height—1m, 3m, and even the tower when it's available.	\$350	4 +flex *
Red Group (High School Team)	14-19	This group is ideal for those gearing up for high school competitions (CIF) and beyond (Jr. Nationals, AAU Nationals). Divers here will focus on 1-meter, 3-meter, and tower dives. We emphasize conditioning and fine-tuning every dive as we develop new dive lists.	\$350	4 +flex *
High School & Middle School National Team	All	<p>This is one of our top-tier training groups. Divers in this group are committed to practicing five times a week and participating in all available meets. Training includes dryland exercises, trampoline work, and more. Divers in this group are required to attend 80% of all meets available (unless otherwise cleared by the head coach).</p> <p><b><i>This group is by invitation only and limited by capacity.</i></b></p>	\$475	6

Gold Group (College team)	19+	Our collegiate group is designed for athletes ages 19 and over. More info coming soon..		
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*\*+Flex : this refers to our additional off site practices for tower and dryland. These practices are included for this team and available.*

## About our Boosters

### **Mission Statement:**

The Rose Bowl Dive Booster (RBDB) club is dedicated to supporting the Rose Bowl Diving Team and its divers of all ages. Our mission is to create a positive community, uniting divers, coaches, and club families at the RBAC.

### **RBAC and Booster Club**

In collaboration with the Aquatics Center, the Boosters Club endeavors to address the specific requirements of our divers. **As an entirely volunteer-driven organization comprising parents, the Booster Club provides support to ALL athletes and coaches through booster fees, fundraising initiatives, and active volunteerism.**

The organization's decision-making authority is confined to the allocation of funds it raises, and its scope encompasses various areas. These include:

- ★ Annual Rose Bowl Dive Booster Fee
- ★ Equipment and Maintenance Needs as requested by the Head Coach
- ★ Dive Meet Volunteer Management
- ★ Fundraising Activities
- ★ Social and Team-Building Events
- ★ Professional Development Opportunities for Coaches

The annual booster fee, contributed to the Booster Club, plays a vital role in supporting the ongoing initiatives of the organization. Upon registration of your child to the team, your family automatically joins the Booster Club, accompanied by the requisite payment of annual dues.

The Boosters Executive Committee is composed of volunteer parents of divers and our head coach. Opportunities abound for parents to contribute through volunteering at meets and participating in committees. Our current executive committee is composed of the following: President, Vice President, Secretary, Treasurer, Head Dive Coach.