



Tualatin Hills Dive Club

Member Handbook



Greetings!

The Tualatin Hills Dive Club extends a very warm welcome to you. We thank you and your family for considering membership in our organization.

We are a volunteer, non-profit organization dedicated to promoting diving in the Pacific Northwest and fielding a diving program that will support this goal and bring credit to our community. We are Oregon and SW Washington's only nationally competitive springboard and platform diving club. We provide instruction for people of all age and ability levels, from complete beginner to National Champion.

Our club is nationally recognized because some of our divers have achieved national and worldwide recognition. In our 35 year history, we have hosted a variety of local, regional and national events. These events have served as significant fundraisers, and they have allowed our fantastic group of parents and divers to maintain the Tualatin Hills Dive Club's excellent reputation in the United States diving community. We look forward to future opportunities that will bolster that reputation and add to our impressive list of accomplishments.

Our organization is populated by good and caring people. Your membership will add more depth to the Tualatin Hills Dive Club and is considered a most welcome addition to our roster. Best wishes for success and happiness in the new diving year ahead!

Sincerely,

THDC Board of Directors and Staff



Tualatin Hills Dive Club

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Tualatin Hills Dive Club
Member Handbook



GENERAL
INFORMATION



Tualatin Hills Dive Club

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INTRODUCTION

Welcome to the Tualatin Hills Dive Club!

This handbook is designed to inform you of all the pertinent information regarding membership in this organization. We encourage you to become familiar with the structure and management of the Club and invite you to become involved!

Our program has been shaping lives for more than thirty years. Diving shapes both the mind and the body. The mind learns about commitment, perseverance, goal setting, dealing with fear, and overcoming the impossible. The body becomes flexible, strong, and develops superior control and balance.

Involvement in diving offers a wide range of opportunities and learning experiences including:

- The opportunity to develop skills, confidence, and pride in your abilities.
- Learning to face challenges and overcome fears.
- Learning to use your mind to develop your body.
- The experience of being a team member.
- Developing self-discipline.
- The opportunity to meet other athletes.
- The opportunity to become a regional and national competitor.
- The opportunity to pursue diving in college (past divers have earned scholarships).

Our elite divers are invited to attend and compete for our nation's finest universities. Some of the schools our divers have attended in the last fifteen years include Brown University, Harvard University, Kansas University, Minnesota State University, Penn State University, Princeton University, University of Alabama, University of Arizona, University of Minnesota, University of Nevada (Las Vegas), University of Nevada (Reno), University of North Carolina, University of Pennsylvania, University of Southern California, University of Texas (Austin), and University of Wisconsin.

The team is led by Head Coach Joe Lyons. He is joined by several experienced and knowledgeable instructors.

MISSION STATEMENT

“The Mission of the Tualatin Hills Dive Club is to provide instruction for all levels of diving and to develop each member of the Club to the best of his/her potential. The key elements of the diving program include promoting overall physical fitness and helping divers face challenges, obtain goals, and learn to handle competition and difficult situations. The Club will strive to maintain a high level of excellence and will make every effort to keep membership dues and fees affordable so that people of various economic backgrounds have the opportunity to participate in a high-level diving program.”

CLUB HISTORY

The Tualatin Hills Dive Club (THDC) was founded in 1971 by six high-school divers. The first coach was Dale Chipman. The students practiced on the 1-meter diving board at Sunset High School's pool and traveled to P.C.C. Sylvania or Pacific University in Forest Grove for 3-meter practice. The team gradually expanded to include younger members. A diving lesson program developed and the Club established an Executive Board and an active parent group.

In 1978, the Tualatin Hills Aquatic Center facility at 158th and Walker Road was built. Thanks to extensive and successful lobbying by then THDC President Ray Bellwood, platforms were included in the building plans. These were the first (and until 1990, the only) platforms between the San Francisco Bay Area and Canada.

With a brand new facility to use, the THDC quickly expanded. Several divers from other Portland-area programs joined the THDC to take advantage of the new diving boards and platforms and to train under Head Coach Dick List. Following Coach Lists' resignation in 1981, the THDC recruited Sheryl Reihman to join the program as Head Coach. Coach Reihman had been an accomplished diver for prominent U.S. Olympic diving coach Hobie Billingsley at Indiana University. During Coach Reihman's tenure as Head Coach, young diver Karen Rissberger became the THDC's first U.S. Diving Junior National Qualifier in 1982. In 1984 and 1985, Coach Reihman was pivotal in luring several members the 1984 U.S. Olympic Diving team, including legendary diver Greg Louganis and world-renowned coach Ron O'Brien, to the Tualatin Hills Aquatic Center to perform exhibitions for THDC divers and the public. The events were popular; every seat in the spectator section of the Aquatic Center was filled for each exhibition.

From 1986 until late 1991, Robin Moberg served as the Club's first full-time Head Coach. With Coach Moberg's and assistant Sharon DeHaas' guidance, young diver John Eisler became the THDC's first ever Junior National Champion when he won the 13 & under 1-meter and Platform events at the 1990 Junior National Championships. Also in 1990, the THDC and THPRD hosted the most-prominent event ever held at the Tualatin Hills Aquatic Center – the Phillips 66 U.S. Diving Senior National Indoor Championships. It featured the USA's best divers and showcased the THDC as an excellent host for the week-long meet that was televised live on the TBS cable network. Success for the Club continued the following year, when Coach Moberg guided the THDC to a 6th-place team finish at the 1991 Junior National Championships in Clayton, Missouri. To date, that remains the highest national ranking the THDC has achieved, and Coach Moberg was awarded USA Diving's Junior Coach of the Year honors following the meet. But Coach Moberg's greatest achievement was the creation of the Dryland Training Center. Together with THDC parent and Board Member Mike Jackson, Coach Moberg oversaw the design, development, and construction of the \$500,000 project that was primarily paid for by the THDC through its own lucrative fundraising activities, a loan, and a grant from the Oregon Sports Trust. Other Tualatin Hills aquatics clubs contributed smaller amounts and the THPRD agreed to own, operate and maintain the building upon its completion. The building opened in 1992, the THDC finished paying off the \$250,000 construction loan within five years, and today the Center remains one of the finest indoor dryland training facilities on the West Coast. Coach Moberg resigned in the fall of 1991 due to illness; he passed away on March 4th, 1992.

Following Coach Moberg's resignation, the THDC hired Ron Piemonte, an Arizona diver and coach, to succeed Coach Moberg as Head Coach. Coach Piemonte directed the THDC for a decade before he left to become Head Coach of the Moss Farms diving program in Moultrie, Georgia. While Coach Moberg received credit for introducing the THDC to the USA, Coach Piemonte is credited for introducing the THDC to the world. Josh Anderson became THDC's second Junior National Champion while under Coach Piemonte's guidance, and in 2000, Coach Piemonte accompanied Josh Anderson to the Olympic Trials in Federal Way, Washington, where Josh finished in the top 12! That was the first (and only) time that a THDC coach or diver represented the Club at the Trials. Coach Piemonte was frequently asked to be one of USA Diving's official coaches for international competitions and was ranked as one of the top 10 junior diving coaches in the country by the U.S. Olympic

Committee. Today, Coach Piemonte is the varsity collegiate diving coach at Virginia Tech University and serves as Vice President of Junior diving for USA Diving, Inc.

After Coach Piemonte's departure at the beginning of 2002, the THDC made several coaching changes. Tom Trapp served as Head Coach for most of 2002, while prominent U.S. Olympic coach and 40-year diving veteran Van Austin was recruited to become the THDC's Head Coach later that year. During Coach Austin's tenure, the THDC's membership swelled from less than six divers in late 2002 to nearly 60 athletes by 2004. In 2005, Coach Austin retired and appointed then-Assistant Coach John Eisler, a former THDC diver (and National Champion), to the position of Head Coach. Coach Eisler departed in 2006 after a year of further growth which led to the return of THDC divers to the Junior National Championship meet.

The THDC hired Joe Lyons to succeed Coach Eisler – he started with the THDC on January 1st, 2007. Coach Lyons has plans to further the THDC's impressive diving legacy by growing local interest in the THDC and by developing the Club's divers to their full potential. Successful days are ahead for the THDC!

THDC AND THPRD

The Tualatin Hills Park & Recreation District (THPRD) is a tax-based organization that finances and implements recreation and leisure-time activities for its constituents. The District recognizes special competition-based programs as an appropriate way of encouraging participation in specific sports activities. This policy enabled establishment of the THDC. As a sponsoring organization, the District allows the THDC to use the aquatics facilities for daily practice sessions and for hosted meets. In exchange, the THPRD makes these requirements of THDC:

- That the Club be formally organized as a tax-exempt non-profit corporation and be governed by a written Constitution and Bylaws.
- That participants are not selected on the basis of competency of skill, but that instructional and competitive programs are open to all who desire them.
- That THPRD policies and directives are adhered to.
- That participants maintain a current THPRD "Frequent User Pass" as a condition of membership in the Club.

ORGANIZATION AND GOVERNMENT

The Tualatin Hills Dive Club is registered as a 501c(3) non-profit corporation with the State of Oregon. This assures that persons working with the Club may not be held personally liable for activities undertaken for the Club or for expenses the Club incurs. Contributions made to the Club are tax-deductible, making donations to the Club attractive to business, industry and individuals.

A Board of Directors governs the THDC. The Board consists of the President, Vice President, Secretary, Treasurer, and up to three at-large Directors, with each Board member serving for one year. The general membership elects Board members at the Annual Meeting. Election and Board composition details are described in the Club's Bylaws. Evening Board meetings are regularly scheduled for the 2nd week of each month and all members are welcome to attend.

The THDC is an affiliate of USA Diving, Inc., the national governing body of springboard and platform diving in the United States. USA Diving is a member of United States Aquatics Sports, Inc. and FINA (the international federation that governs diving and several other aquatic sports).

USA Diving sanctions “Future Champions” (formerly Novice), Junior, Senior and Masters diving programs. THDC members may participate in any of these programs, but most of the Club’s competitive efforts are focused within the Junior diving program.

The USA Diving Junior program includes divers who are age 18 and under. Divers compete with other divers in their age-group. The following age-groups are recognized at all competitions: 13 & under, 14-15, and 16-18. Some competitions allow for 9 & under and 11 & under age-groups as well. A specified number of dives is required for each age and gender group.

The United States is divided into ten Junior diving regions that feed into five Junior diving zones. A qualifying system is set up such that the regional competitions serve as qualifying meets for the zone competitions, and the zone competitions serve as qualifying meets for the Junior National Championships. Regional and zone competitions are conducted twice yearly (March/April and June/July), while the National Championship meet occurs annually in August.

In addition to being an affiliate of USA Diving, the THDC is also a member club of the Amateur Athletic Union (AAU). The AAU is a national multi-sport body that recently returned Diving to its list of sponsored sports. There are several AAU-sanctioned meets throughout the year that the THDC may host or attend, including the annual AAU National Championship Invitational held each summer.

MEMBERSHIP EXPECTATIONS

The THDC offers instructions for all levels and all ages, from beginners to national competitors. Anyone interested in participating in diving instructions and/or competition is eligible for membership in the Club, regardless of age or ability. All paying members in good standing are eligible to vote in Club elections.

All divers are expected to:

- Attend practices regularly or as determined by the coaches.
- Do their best.
- Pay attention and follow coaches’ instructions.
- Verbally and emotionally support other Club members.
- Not interfere with the instruction of others.
- Not smoke, drink alcoholic beverages, abuse drugs, or use illegal drugs.

Adult divers and parents of minor divers are expected to:

- Support the diver’s commitment.
- Pay dues and fees in a timely manner.
- Participate in Club fundraisers.
- Volunteer to help at Club-hosted meets.
- Not interfere with the coaching staff when instruction is occurring.
- Attend general membership or special meetings.

The above expectations are outlined in the THDC Code of Conduct, which all members must sign annually.

All members must pay all Board-approved membership dues and fees in order to participate in Club activities. Specific costs of membership and detailed fee information are listed in the “Dues and Fees” section of this handbook. Costs may change from year to year.

COACHING STAFF

Introducing Head Coach Joe Lyons...

Joe Lyons vividly remembers how he began his diving career. He went to a tryout with a group of his friends, and after fifteen minutes the swim coach pulled him aside and told him he was not going to make it as a swimmer. He wanted to be on the team so he asked him if he could try the diving team, and the rest is as they say... history.

Joe attended Arizona State University, where he had the good fortune to dive under a great coach – Ward O’Connell. Joe practiced with Ward during ASU’s practice, and then attended the club team practice afterwards. The club team was coached by Joel O’Connell, Ward’s wife, and right off the bat they took Joe under their wing. They helped him become one of the best divers in the PAC-10, but more importantly they showed him what it meant to be a role model. It is their influence that cemented Joe’s conviction to working with children – as a teacher and as a coach.

After Joe’s graduation, he entered into the Masters of Education program at ASU, and became Ward’s assistant coach. In those two years, Joe helped Ward coach two athletes to the NCAA championships.

When Joe finished his Masters program, he began teaching and at the same time, reinstated the Sun Devil Divers – an age-group program that had disbanded two years earlier. Within two years, Joe had athletes competing at the Junior and Senior National Championships. In 2000, he took over the Clavadistas Del Sol diving program in Scottsdale, Arizona. There, he again coached many athletes to the Junior and Senior National Championships. In 2003, he was named Lead Coach of the West for the Canada Challenge.

In January 2007, Joe was hired to be the Head Coach for the Tualatin Hills Dive Club. He is very excited to be working with the athletes and parents of the THDC. Joe is assisted at THDC by several knowledge and personable instructors.

LEVELS OF DIVING AND PRACTICE STRUCTURE

The Tualatin Hills Dive Club caters to aspiring divers of all ages and ability levels. The program offerings range from short introductory diving lessons for beginners to serious training that involves lengthy in-water and dryland sessions for elite and experienced divers.

For organizational purposes, each THDC member shall be assigned to one of five groups containing members of like ages, abilities, desires and commitments. Monthly dues and quarterly fees vary from group to group. The Head Coach will have the final say concerning the group assignments.

Here is a brief description of each group:

- | | |
|---------------|---|
| Gold | This group is for members who are competitive at the regional and national level. Most of the members of this group are 14 years of age and older. Gold members practice six days per week. |
| Silver | This group is for members who are (or desire to be) competitive at the regional and national level. Silver members practice four days per week. |
| Bronze | This group is for members who desire to eventually become a Silver or Gold member. Members of this group work to learn the necessary requirements to participate in regional |

USA Diving events, and compete in USA Diving Future Champions and/or AAU Novice events. Bronze members practice three days per week.

Olympic Garden

This group is for members new to the Club who are serious about eventually competing in regional and national diving events. Olympic Garden members practice three days per week and will participate in dryland and in-water sessions that are more rigorous than what is offered in each Lesson group. Emphasis is on learning the basic skills, body motions, flexibility and strength to become future stars in the sport of diving. Most Olympic Garden members are between 7 and 11 years of age.

Lessons

This group is for members who desire an opportunity to enjoy the sport of diving without the rigors or expectations of competing at the regional or national level. Lesson group members pre-pay for a set of 1-hour lessons, and may attend lessons as often or as seldom as they choose. For an additional fee of \$50 per event, Lessons group members may participate in any THDC-hosted USA Diving or AAU meets.

Details about dues and fees can be found in the “Dues and Fees” section of this handbook.

MEETS AND COMPETITIONS

Meets are held year-round. The Head Coach determines the competitive schedule with approval of the Board of Directors. Divers must meet established criteria of the competition and have the coaches’ permission in order to participate.

Home Meets...

Generally, the THDC will host one invitational diving meet per year. In addition, the Club may host a couple smaller, less-formal meets geared towards beginning divers. During most years, the Club is also awarded a large, three-day regional USA Diving competition that attracts divers from all over the Western U.S.

Hosted meets require the participation of every Club family. Advance preparations include sending out information, publicizing the event, obtaining food for coaches’ hospitality and scheduling meet scorekeepers, registrars, and computer operators. During the meet, jobs include selling shirts and suits, announcing, manually keeping score, using the computer scoring system, attending to the hospitality area and working at the registration & awards table.

Away Meets...

Traveling to meets in other cities is an excellent way to test a diver’s developing skills while enjoying the benefits of visiting new places and making new friends. Parents are required to travel with younger children or arrange for a chaperone if they are unable to attend. Home stays with diving families hosting the away meet are sometimes available for older divers.

The Head Coach will determine which meets are appropriate for THDC members to attend and criteria for participation.

Please read the THDC Code of Conduct for specific requirements and expectations for away meet travel.

INJURIES AND INSURANCE

While the THDC Board of Directors and coaching staff will make every effort to create a safe participation environment for THDC members, accidents and injuries can and will occasionally occur. This is because the sport of diving and its associated training activities involves risky acrobatic moves and physical contact.

All THDC members receive accident and injury insurance coverage through USA Diving, Inc. and the AAU. This insurance coverage is secondary, however, to each individual member's personal insurance. Following an accident or injury, the USA Diving and AAU policies may cover expenses not covered by the member's primary personal insurance. Because the USA Diving and AAU insurance is only secondary coverage, all THDC members must maintain and offer proof of personal insurance coverage as a condition of membership.

If a member suffers from an accident or injury as a result of participation in THDC activities, proper procedure is for the member to notify a THDC coach immediately. If the member's injury is serious enough to warrant a possible insurance claim, the THDC coach will complete any and all necessary accident/incident reports and will send those reports to USA Diving and/or the AAU. Following receipt of those reports, USA Diving and/or the AAU will forward them to their insurance providers, who will then contact the injured member directly to begin the process of settling the claim.

The THDC has general liability insurance coverage through USA Diving and the AAU. It is the Head Coach's responsibility to register the THDC as a club annually with both of these organizations in order for the insurance coverage to be valid. As a benefit of being an individual coach member of each organization, each THDC coach receives liability insurance coverage through USA Diving and the AAU as well. The THDC also annually purchases an AAU-sponsored Director & Officer (D & O) liability insurance policy that covers the costs of any liability claim against any volunteer THDC Board member. More information about the AAU's D & O policy and an application form can be found on this webpage: http://aausports.org/default.asp?a=pg_insurance.htm. It is the responsibility of each individual Board member to register themselves with the AAU annually in order to be covered by the policy.

It is imperative that each THDC diver be registered with USA Diving and the AAU. Unregistered divers not only are disqualified from receiving any insurance coverage, but they also jeopardize the validity of the THDC's general liability insurance policy. USA Diving registration must be renewed annually with the start of each new calendar year, while AAU registration must be renewed annually each August. The Head Coach is responsible for ensuring that each THDC diver is properly registered and can assist with the registration process. Information about the costs of registration is included in the "Dues and Fees" section of this handbook.

CLUB CONTACT INFORMATION

THDC office phone number:	(503) 645-2863
THDC e-mail address:	thdc_coach@yahoo.com
THDC website:	http://www.tualatinhillsdiveclub.com

THDC contact for financial matters:

Marti Zeigler
THDC Bookkeeper
3104 NW 123rd Place
Portland, OR 97229
e-mail: martized@aol.com
phone: (503) 645-2816

THDC contact for all other correspondence:

Joe Lyons
THDC Head Coach
16651 Carnegie Avenue
Lake Oswego, OR 97035
e-mail: thdc_coach@yahoo.com
phone: (971) 227-6495



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POLICIES

&

PROCEDURES



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DRYLAND SAFETY GUIDELINES FOR COACHES

1. **WARN OF INHERENT RISKS.** Know, understand and appreciate the risks involved. **WARNING!** Catastrophic injury, paralysis, or even death can result from landing improperly on the head in an inverted position on and off the trampoline, dryland diving board, or port-a-pit.
2. **PLAN PROPERLY.** Make sure the Emergency Action Plan is adequate and emergency contact information is readily accessible to the dryland training station. Lesson plans should take into consideration that overhead belt spotting is a one-on-one activity.
3. **PROVIDE ADEQUATE SUPERVISION.** The coach's competencies should be commensurate with the tasks. Remember that a lack of adequate supervision is the primary cause of injury in accidents involving the trampoline, dryland diving board and/or port-a-pit. To minimize the risk of spinal cord injuries, use the overhead spotting belt on the trampoline or dryland diving board for all dives, twists, and/or single or multiple somersaults.
4. **PROVIDE A SAFE PHYSICAL ENVIRONMENT.** Verify that the trampoline, dryland diving board, port-a-pit and overhead spotting rigs comply with U.S. Diving's specifications and recommendations for use. In addition, the area where dryland equipment is used must be well-lit and free of distractions such as excessive noise or flashing lights.
5. **CHECK EQUIPMENT REGULARLY.** Before use, the dryland equipment should be checked for defects. Check that the equipment is installed and maintained according to the manufacturer's specifications. Any worn, frayed or defective component should be taken out of service. Check that the safety belt is adjusted on the diver to fit properly over the underpad and is buckled securely.
6. **KNOW THE DIVERS' SKILLS AND LIMITATIONS.** Know each diver's capabilities, skills and limitations and modify the activity accordingly. The best indicator of readiness to perform is a diver's ability to safely perform a basic lead-up skill with similar mechanical requirements.
7. **PROVIDE PROPER INSTRUCTION.** Teach divers how to bounce in a controlled manner including how to check the bounce in order to stop. Always follow simple to complex progressions. Allow ample time for divers to achieve task mastery at each skill level. Master the basic jumps, drops and landing skills first before somersaulting is attempted in the safety belt.
8. **LIMIT USE TO U.S.A. DIVING OR AAU REGISTERED ATHLETES.** Anyone not registered as an athlete with U.S.A. Diving or the AAU is uninsured. This includes coaches!
9. **PROVIDE PROPER FIRST AID AND EMERGENCY CARE.** Know the procedures and skills necessary to execute the Emergency Action Plan including proper in-line stabilization techniques. Remember that whenever a diver strikes his/her head, it must be assumed that a neck injury is involved. ***IN THE EVENT OF AN ACCIDENT, FOLLOW THE THDC EMERGENCY ACTION PLAN AND NOTIFY THPRD AQUATIC CENTER STAFF.***
10. **MAINTAIN CURRENT COMPETENCIES.** Keep current in U.S. Diving Safety Training for Competitive Diving Coaches as well as first aid and CPR. Maintain physical fitness and spotting proficiency.
11. **KEEP RECORDS.** Register all clubs, coaches and divers as U.S. Diving members and/or AAU athlete members before the diver's first training session.



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DRYLAND DIVING BOARD RULES FOR DIVERS

1. **The Dryland Diving Board is for THDC participants' use only. No exceptions.**
2. Divers should be dry when using the dryland diving board.
3. **Only feet-first jumps are allowed from the dryland diving board to the port-a-pit.** Jumps are to be performed from either the standing position on the end of the board or by performing a forward approach and hurdle. Unless the diver is wearing a safety belt and is being spotted by a qualified, supervising coach, absolutely no twisting or somersaulting is allowed from the dryland diving board to the port-a-pit.
4. **Only single bounces are allowed.** A diver should never bounce on the dryland diving board multiple times.
5. No diver should use the dryland diving board unless the activity is being adequately supervised by a qualified coach.
6. The dryland diving board is to be used for serious diving training; never for horseplay.
7. Keep the arms overhead and hands flat to protect the head, neck and spine when simulating head-first entry to the port-a-pit while in the safety belt.
8. The dryland diving board should be properly mounted and dismounted. Never use the dryland diving board as a projectile device to jump away from.
9. Only one person is allowed to be on the dryland diving board at a time.
10. Proper attire should be worn when using the dryland diving board. Avoid clothing that impedes movements, such as street clothes, jeans, etc. Jewelry, including watches, earrings, and rings should not be worn.
11. Never go under the dryland diving board while someone is on the apparatus.
12. Do not sit or lean on the dryland diving board while someone is using the apparatus.
13. The dryland diving board should never be used by a person who is dizzy, fatigued, or under the influence of drugs, alcohol, or medication which can inhibit coordination or perception.
14. Proper stretching and warm-up can help prevent strains and sprains. It is important that anyone who is going to use the dryland diving board warm-up properly, both off and on the apparatus, before practice actually begins.
15. Avoid overtraining. Keep the duration short; it is difficult for divers to perform well when tired.



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TRAMPOLINE USE RULES FOR DIVERS

1. **The trampoline is for THDC participants' use only. No exceptions.**
2. Divers should be dry when using the trampoline.
3. Diving skills on the trampoline are practiced as single contact activities, one skill at a time. Initiate take-offs using no bounce, a step-in hurdle, "priming the bed", or several low bounces. High multiple bouncing routines like trampolinists perform are out of the scope of usage in a U.S. Diving program.
4. If the diver is not wearing a safety belt or is not being hand-spotted by a supervising coach, **multiple twists and/or single or multiple somersaults are not allowed on the trampoline** unless specific, individual permission is granted by the supervising coach.
5. No diver should use the trampoline unless the activity is being adequately supervised by a qualified coach.
6. The trampoline is to be used for serious diving training; never for horseplay.
7. Beginning divers can learn many skills with little or no actual bounce on the trampoline.
8. A good jumper is one who can maintain CONTROL on the trampoline while performing skills well, not just "going for the trick".
9. Keep the arms overhead and hands flat to protect the head, neck and spine when simulating head-first entry onto the trampoline while in the safety belt.
10. The trampoline should be properly mounted and dismounted. Never use a trampoline as a projectile device to jump from.
11. **Only one person should bounce on the trampoline at a time.** The only exception is when a coach is physically spotting a skill.
12. Proper attire should be worn when using the trampoline. Avoid clothing that impedes movements, such as street clothes, jeans, etc. Jewelry, including watches, earrings, and rings should not be worn.
13. Never go under the trampoline while someone is on the apparatus.
14. Do not sit or lean with arms on the pads of the trampoline while someone is jumping.
15. The trampoline should never be used by a person who is dizzy, fatigued, or under the influence of drugs, alcohol, or medication which can inhibit coordination or perception.
16. Proper stretching and warm-up can help prevent strains and sprains. It is important that anyone who is going to use the trampoline warm-up properly, both off and on the apparatus, before practice actually begins.
17. Avoid overtraining. Keep the duration short; it is difficult for divers to perform well when tired.



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EMERGENCY ACTION PLAN (EAP)

The following Emergency Action Plan (EAP) should be followed by THDC Coaches during any emergency or potential emergency involving a THDC member's safety:

1. Coach CHECKS the scene and identifies the emergency situation.

- a. Halt practice and clear the area.
- b. Check the accident scene to ensure that the environment is safe for others to act.
- c. Quickly assess the level of seriousness of the situation.

2. If necessary, coach CALLS for assistance.

- a. If victim's injury seems critical (examples: victim has no pulse, is not breathing, becomes unconscious, or is bleeding severely), then **CALL 911 immediately**.
- b. Notify (or have additional staff/divers notify) aquatic center staff/lifeguard of the emergency.
- c. Direct additional coaching staff & other divers to assist in the EAP.

3. Coach CARES for the victim.

- a. Thoroughly assess the victim's condition (with help from aquatic center staff/lifeguard, if necessary).
- b. **If the victim is OK:**
 - i. Check equipment and repair/clean/replace it if necessary.
 - ii. Resume practice/return to coaching.
- c. **If the victim needs care:**
 - i. Notify aquatic center staff/lifeguard of the emergency (if not already done).
 - ii. Instruct other divers and coaches to follow all lifeguard/aquatic center staff directions.
 - iii. Cooperate with all lifeguard/aquatic center staff requests.
 - iv. Retrieve all the victim's forms (Emergency Information & Consent, Member Info, etc.).
 - v. Notify the victim's parent/guardian of the emergency (if victim is a minor).
 - vi. Notify the THDC President of the emergency.
 - vii. Interview witnesses and record their account of the incident.
 - viii. Check equipment and repair/clean/replace it if necessary.
 - ix. Resume practice/return to coaching.

4. Coach FOLLOWS UP on the incident.

- a. Document the incident by completing THPRD, USA Diving and AAU accident/incident reports.
- b. Have a discussion with coaching staff about the incident and the response.
- c. Periodically contact the victim to check on his/her recovery progress.
- d. Cooperate with any requests for information by insurance providers & adjusters.



Tualatin Hills Dive Club

Member Handbook



SUPERVISION POLICY

1. Any diver 9 years of age or younger must have a parent/guardian supervisor present at all practices.
2. Any diver at least 10 years of age but less than 18 years of age may attend THDC practices without a parent/guardian supervisor, provided that the diver's parent/guardian:
 - Is comfortable with the THDC coaching staff's supervisory qualifications.
 - Instructs their child to personally "check-in" with a THDC coach upon arrival, and personally "check-out" with a THDC coach upon departure.
 - Understands and accepts that the THDC coaching staff's supervisory responsibilities begin at the designated starting time of the practice session, or when the diver "checks-in" with a THDC coach – whichever is later.
 - Understands and accepts that the THDC coaching staff's supervisory responsibilities end at the designated finishing time of the practice session, or when the diver "checks-out" with a THDC coach – whichever is earlier.
 - Agrees to personally pick-up their child from practice. If a non-parent/guardian must pick up a diver from practice, then a written note or personal phone call to the THDC coaching staff explaining the situation is required. E-mail is acceptable. The name of the person picking up the child must be included in the message.
 - Agrees to personally enter the facility and make contact with a THDC coach to acknowledge that the diver's supervision is being resumed by the parent/guardian if the diver is being picked-up earlier than the designated practice finishing time.
 - Explains to their minor **child who has license to drive** to and from practice that:
 - The diver must remain at practice until the designated practice finishing time. If a diver must leave practice early, then a parent/guardian written note or personal phone call to the THDC coaching staff explaining the situation is required. E-mail is acceptable.
 - The diver may not transport any other THDC diver away from practice without permission from the transported diver's parent/guardian to the THDC coaching staff.
 - Accepts that there will be brief periods during the designated practice session when the diver may be temporarily unsupervised. Examples of such periods include, but are not limited to, when a diver enters the changing area and when the diver transits between the Aquatics Center and the Dryland Training Center.



Tualatin Hills Dive Club

Member Handbook



FUNDRAISING AND PARTICIPATION POLICY

Fundraising and Quarterly Fees...

In order to employ a highly-skilled coaching staff and to maintain a balanced budget, the THDC must charge a quarterly fundraising fee for members in the Gold, Silver, Bronze and Olympic Garden groups. To lessen the financial burden, the THDC will offer several organized fundraising events per year as an opportunity to earn credits towards these quarterly fees. Participation in these fundraisers is strongly encouraged, but not required. The THDC Treasurer will maintain a fundraising credit account for each member, and will communicate an account balance to each member following each fundraising event.

Quarterly fundraising fees are billed for the quarter in advance, according to this schedule:

- 1st quarterly fee (for Mar/Apr/May) will be billed on **February 15th**; payment due by **March 10th**
- 2nd quarterly fee (for Jun/Jul/Aug) will be billed on **May 15th**; payment due by **June 10th**
- 3rd quarterly fee (for Sep/Oct/Nov) will be billed on **August 15th**; payment due by **September 10th**
- 4th quarterly fee (for Dec/Jan/Feb) will be billed on **November 15th**; payment due by **December 10th**

Although quarterly fees are billed for the quarter in advance, individual fundraising dollars earned in the previous quarter will be summed and the amount due the following quarter will be reduced or eliminated accordingly. If an individual fundraises more than the quarterly fee amount in any given quarter, the surplus amount will be applied towards the next quarter's amount due. Fundraising dollars earned apply only towards quarterly fees and cannot be applied to monthly dues. Paid quarterly fees will not be prorated or reimbursed and, upon discontinuing THDC membership, there will be no refund of surplus fundraising dollars.

The THDC shall waive the first quarterly fee due for all new members and for members who upgrade their membership from the Lessons program to the Gold, Silver, Bronze or Olympic Garden groups.

Please read the "Dues and Fees" section of this Handbook for specific quarterly fee amounts.

Participation...

There are several THDC-sponsored events that occur throughout the year, with the success of such events being dependent upon volunteer participation by members and their families. It is expected that each member-family contribute by volunteering to actively participate in the planning and execution of hosted meets and fundraisers. Members are also encouraged to serve on the THDC Board of Directors and/or a THDC committee.

CONFLICT OF INTEREST POLICY

No member of the Tualatin Hills Dive Club Board of Directors or Staff shall derive any personal profit or gain, directly or indirectly, by reason of his or her participation in the Tualatin Hills Dive Club. Each individual shall disclose to the Tualatin Hills Dive Club any personal interest in which he or she may have in any matter pending before the organization and shall refrain from participating in any decision on such matter. Any member of the Tualatin Hills Dive Club's Board of Directors or Staff shall refrain from obtaining any list of Tualatin Hills Dive Club members for personal or private solicitation purposes at any time during the term of their affiliation.



Tualatin Hills Dive Club

Member Handbook



REIMBURSEMENT POLICY

Members and employees of the Tualatin Hills Dive Club may be required to incur expenses from time to time to conduct Club business and to further the mission of the THDC. The purpose of this policy is to ensure that (a) adequate cost controls are in place, (b) travel and other expenditures are appropriate, and (c) a uniform and consistent approach exists for the timely reimbursement of authorized expenses incurred by THDC members and employees. It is the policy of the THDC to reimburse only reasonable and necessary expenses actually incurred.

When incurring business expenses, Tualatin Hills Dive Club members and employees are expected to:

1. Always seek Board of Directors' permission first.
2. Exercise discretion and good business judgment with respect to those expenses.
3. Be cost conscious and spend the Club's money as carefully and judiciously as an individual would spend his or her own funds.
4. Report expenses, supported by required documentation, as they were actually spent.

To be reimbursed for Tualatin Hills Dive Club business expenses, send a detailed account of the expenses and ALL RECEIPTS to the THDC Bookkeeper at this address:

Marti Zeigler
THDC Bookkeeper
3104 NW 123rd Place
Portland, OR 97229

Prior to fulfilling each reimbursement request, the THDC Bookkeeper shall confirm approval from either the THDC President or the THDC Treasurer.



Tualatin Hills Dive Club
Member Handbook



DUES AND
FEES



Tualatin Hills Dive Club

Member Handbook



OVERVIEW OF DUES AND FEES

The vast majority of the THDC’s annual revenue is generated from member dues and fees. Each year, the Board of Directors reviews the dues and fees to ensure that the amounts charged are reasonable given the projected budget. Considerable effort is also made compare the THDC’s dues and fees to those at other diving clubs throughout the country. Historically, the THDC’s dues and fees have been below the national average.

FEES FOR LESSONS MEMBERS

Getting Started...

Following the free trial-lesson period, one must officially become a member of the THDC to continue receiving diving instruction. To become a member:

- **All forms must be completed and signed.** The Head Coach will provide the relevant forms and will collect and keep the completed forms. Example forms are contained in the “Membership Forms” section of this Handbook.
- **Pay to the THDC a \$50 New Member Fee.** The purpose of this fee is to cover the yearly administration and insurance costs associated with the THDC’s memberships in the AAU and USA Diving. This Fee must be in the form of a personal check, bank check, or money order, payable to the “Tualatin Hills Dive Club”. The Head Coach shall collect the check prior to the new member’s first official practice or lesson (following the free trial) and will forward the check to the THDC Bookkeeper.
- **Register with the AAU.** Each THDC member must maintain current registration with AAU in the sports of Diving and Trampoline/Tumbling. The cost for each yearly registration is **\$16 per year, per sport**. Re-registration must occur every year prior to September 1st. Registration with USA Diving is optional for lessons members. The Head Coach can answer any questions about the AAU registration process.

Practice Fees...

The THDC offers diving lessons each weekday evening and on select Saturdays. Lessons are 1-hour in length, with the start time varying seasonally. Each THDC member in the lessons program may attend lessons as often or as seldom as they choose. In order to attend, each member must have a valid “Lesson Pass” and must present that pass to the lessons coach each day of attendance. The cost of the pass is dependent on the number of lessons purchased:

- **5-Lesson Pass** **\$75** (\$15 per lesson)
- **10-Lesson Pass** **\$120** (\$12 per lesson)
- **20-Lesson Pass** **\$200** (\$10 per lesson)

Members can purchase a Lesson Pass directly from the THDC coaching staff before or after practice. Payments must be in the form of a personal check, bank check, or money order. Checks should be made payable to the “Tualatin Hills Dive Club”.

At the beginning of each lesson, the coach will mark each member’s pass to update the number of lessons remaining. **It is imperative that each member bring a valid pass to each lesson. Each member will be**

allowed one “I forgot” excuse per month. “I forgot” lessons will cost \$25, payable upon billing. Members who fail to pay by the due date on the bill will have their Lesson Pass suspended until payment is received.

Each Lesson Pass expires 6-months after its issue date. The Lesson Pass is non-transferable, but multiple family members may share a Lesson Pass. There will be no refund for an unused or lost Lesson Pass.

Other THDC Fees...

- **Annual Administration/Insurance Fee.** This \$50 fee will be billed to all THDC lessons members every year on August 15th. To avoid a late fee or a suspension of the Lesson Pass, full payment must be received by September 10th. The purpose of this fee is to cover the yearly administration and insurance costs associated with the THDC’s memberships in the AAU and USA Diving.
- **Meet Participation Fee.** Lessons members who participate in any meet and who have been THDC members for longer than 90 days will be charged a Meet Participation Fee of \$50 per event entered. *(This Fee will be waived for all THDC Lessons members who are 7 years of age and younger.)*

DUES AND FEES FOR OLYMPIC GARDEN, BRONZE, SILVER AND GOLD MEMBERS
--

Getting Started...

It is a natural progression for members in THDC’s lessons program to join the Olympic Garden, Bronze, Silver or Gold groups after several months of practice. In order for a lessons member to “upgrade” their membership:

- **All forms must be completed and signed.** The Head Coach will provide the relevant forms and will collect and keep the completed forms. Example forms are contained in the “Membership Forms” section of this Handbook.
- **Pay to the THDC the first month’s membership dues for the group in which the new member shall be assigned.** This fee must be paid, upon billing, in the form of a personal check, bank check, or money order, payable to the “Tualatin Hills Dive Club”.

Occasionally, with the permission of the Head Coach, a new THDC member might initially join the THDC at the Olympic Garden, Bronze, Silver or Gold level without proceeding through the lessons program first. In these situations, the new member must also pay the **\$50 New Member Fee**.

Payment Information...

The THDC operates on a monthly billing system. Bills (for the following month) are sent to each Olympic Garden, Bronze, Silver and Gold member on the 15th day of every month. Payments to the THDC must be in the form of a personal check, bank check, or money order. Checks should be made payable to the “Tualatin Hills Dive Club” and sent to the THDC Bookkeeper at this address:

Marti Zeigler
THDC Bookkeeper
3104 NW 123rd Place
Portland, OR 97229

All payments must be received by the THDC Bookkeeper on or before the 10th day of each month. A \$25 late charge will be added to the next month’s bill if payment is not received, in full, by that deadline. Members who miss two consecutive monthly payments or who maintain a past-due account balance greater than \$500 will have their participation privileges suspended until all outstanding debt is paid in full.

Monthly Dues...

Dues are assessed to all non-lessons members every month of the year, including times when the Club is “on break” or when the diver is absent. The following monthly dues are effective January 1st, 2008:

<u>MEMBER GROUP</u>	<u>DAYS/WEEK</u>	<u>MONTHLY DUES</u>
Olympic Garden members	3	\$125
Bronze members	3	\$135
Silver members	4	\$150
Gold members	6	\$175

Any family with two or more diving members shall be charged full-price for the first diving member. A 25% dues discount will apply to each additional diving member in the same immediate family.

Quarterly Fees...

As described previously in the “Fundraising and Participation Policy” section of this Handbook, Club members in the Olympic Garden, Bronze, Silver and Gold groups will be assessed and billed quarterly (four times per year) fees in addition to monthly dues. The following quarterly fees are effective January 1st, 2008:

<u>MEMBER GROUP</u>	<u>QUARTERLY FEE</u>
Olympic Garden members	\$125
Bronze members	\$250
Silver members	\$375
Gold members	\$375

Any family with two or more diving members shall be charged full-price for the first diving member. A 25% quarterly-fee discount will apply to each additional diving member in the same immediate family. The maximum amount any one family shall be charged in quarterly fees is \$750 per quarter.

Members are encouraged to participate in fundraising opportunities to offset their quarterly fee obligations.

Inactive Diver Fees...

There may be an occasion when a non-lessons Club member desires to take time off from practice and competition. While monthly dues are not intended to be a “fee for service” and are charged for every month of the year, the Club does offer a discount for members who intend to be inactive for several months. In order to be classified as “inactive” and to receive the discount, all of the following conditions must be met:

- The member must not participate in any THDC practice for the duration of the inactivity.
- The period of inactivity must be greater than or equal to two full calendar months.
- The member must be in good standing with no outstanding payments due.

If the above conditions are met, then a member can request inactive status. Dues and fees for inactive members are as follows:

- The first full calendar month of inactive status shall be billed at the regular monthly dues rate.
- For each additional calendar month beyond the first full calendar month, inactive members shall be billed at the discounted rate of **\$25** per month. Payment of this fee reserves a practice slot for the inactive member.
- There shall be no discounts for (or waivers of) any other THDC fees.

Other THDC Fees...

- **Annual Administration/Insurance Fee.** This \$50 fee will be billed to all Club members every year on August 15th. To avoid a late fee and/or a suspension of practice privileges, full payment must be received by September 10th. The purpose of this fee is to cover the yearly administration and insurance costs associated with the THDC’s membership in the AAU and USA Diving.
- **Away Meet Coach Travel Fee.** The THDC monthly dues do not cover the cost of sending a THDC coach to away meets. Therefore, the Club must charge a fee of \$100 per away meet to each away meet attendee. This fee will be included in each attending member’s monthly bill, as applicable. Depending on the situation, the fee may be charged the month prior, the same month, or the month after the away meet. An exception to this policy applies to members who qualify for and attend the USA Diving Junior (or Senior) National Championships. There shall be no fee charged to members who bring national recognition to the THDC by competing at these prestigious, elite-level competitions.

AAU and USA Diving Registration Fees...

Each THDC member in the Olympic Garden, Bronze, Silver and Gold groups must maintain current registrations with USA Diving and with the AAU in the sports of Diving and Trampoline/Tumbling. The cost for registration with USA Diving is **\$75 per year**. The cost to register with the AAU is **\$16 per year, per sport**. Re-registration must occur every year prior to September 1st for the AAU and prior to January 1st for USA Diving. The Head Coach can answer any questions about the registration processes.

THPRD FEES

As part of the Club’s agreement with the Tualatin Hills Park & Recreation District, all Club members must maintain a valid THPRD Frequent User Pass. Below are the current pass fees (subject to change by the THPRD):

<u>PASS TYPE:</u>	<u>ANNUAL:</u>	<u>6-MONTH:</u>	<u>3-MONTH:</u>	<u>1-MONTH:</u>
Individual	\$105	\$62	\$35	\$14
Dual (2-people)	\$157.50	\$93	\$52.50	\$21
Household	\$210	\$124	\$70	\$28

* Prices listed are for “In-District” resident-members. Out-of-District resident-members are required to pay an annual assessment fee in order to purchase a Frequent User Pass from the THPRD.

FEES FOR “VISITING” DIVERS

The THDC welcomes divers from other programs (including former THDC members who are diving for their college) and provides a visiting diver policy for divers who desire to train with the THDC for a limited time:

- A diver is considered “visiting” if the diver regularly trains with a coach or program not affiliated with the THDC and intends to train with the THDC for a period of three months or less.
- Visiting divers are not members of the THDC and are not eligible to vote in Club elections.
- Visiting divers must be registered athletes with USA Diving and/or the AAU.
- Visiting divers must submit to the THDC proof of valid primary, personal health insurance.
- Visiting divers must sign the THDC Participant Information, Medical Information, Waiver and Release of Liability form.
- Visiting divers must pay the THPRD daily or established admission fee to use the facilities.
- Practice fees for visiting divers will be determined by the Head Coach (and subject to approval by the Board of Directors) based on the training time made available.

MEMBERSHIP TERMINATION

If a member no longer desires to participate in any THDC activities, then the member must provide a notice of membership termination to the Head Coach. The notice should be in writing (e-mail is acceptable). Upon receiving notice, the Head Coach shall notify the THDC Treasurer and Bookkeeper of the termination.

RETURNING TO THE THDC AFTER TERMINATION

If a non-lessons member chooses to rejoin the THDC within six months of their termination date, a **\$300** reactivation fee will be assessed to the rejoining member. A former member desiring to rejoin the THDC more than six months after their termination date shall be treated as a new member once again, and will be charged a **\$50** new member fee instead of the reactivation fee.

In addition to the above fees, returning members must pay any and all outstanding debt leftover from the previous membership term before rejoining the Club.

In the rare event that the Board of Directors votes to terminate the membership of a Club member, the termination shall be considered permanent and the member will not be allowed to rejoin the THDC.



Tualatin Hills Dive Club
Member Handbook



MEMBERSHIP

FORMS

SAMPLE COPIES ONLY.

***PLEASE SEE THE THDC HEAD COACH FOR ACTUAL
FORMS TO FILL-OUT AND RETURN.***



Tualatin Hills Dive Club

Calendar Year 2008 Membership



Requirements for Membership

In consideration of being allowed to be a member of the Tualatin Hills Dive Club (THDC) through **December 31, 2008**, the undersigned agrees to:

1. Read, understand and sign the THDC “Code of Conduct” form.
2. Read, understand, complete and sign the THDC “Minor Participant Information, Medical Information and Consent to Treatment, Waiver and Release of Liability” form, or the “Adult Participant Information, Medical Information, Waiver and Release of Liability” form if the participant is 18 years of age or older.
3. Read, understand, complete and sign the THDC “Contact Information and Media Release” form.
4. Read, understand and agree to follow the policies and procedures explained in the Member Handbook and the corporation’s Bylaws.
5. Pay to the THDC, within 25 days of billing, any and all fees approved by the THDC Board of Directors, including (but not limited to) monthly dues, quarterly fees, late payment fees, meet travel fees, coaching fees, annual fees and other fees. Accept that the dollar amount of each fee can increase or decrease at the discretion of the Board of Directors.
6. Maintain membership, as directed by the THDC Head Coach, in the AAU and/or USA Diving and agree to follow the policies and procedures specific to each organization.
7. Assume and be responsible for all costs (including travel costs) resulting from participation in meets, competitions, camps, clinics and intrasquad competitions.
8. Maintain a valid Tualatin Hills Park and Recreation District (THPRD) ID card and Frequent User Pass. Be aware that the amount of this fee is determined by the THPRD and can change.
9. Maintain valid personal health/medical insurance and offer proof of that insurance when requested.
10. Accept any and all penalties, as specified in the documents referenced above and/or as determined by the THDC Board of Directors, levied for violations of the terms of this agreement, including (but not limited to) delinquent payments and the violation of the Code of Conduct.

I/WE HAVE READ THE ABOVE REQUIREMENTS FOR MEMBERSHIP AND UNDERSTAND AND AGREE TO MEET ALL OF THE LISTED REQUIREMENTS.

ATHLETE (Signature)

____ / ____ / ____
DATE

If athlete is less than 18 years of age, then the parent or legal guardian must also sign below.

PARENT OR LEGAL GUARDIAN (Signature)

____ / ____ / ____
DATE

PARENT OR LEGAL GUARDIAN (Printed Name/Relationship)



Tualatin Hills Dive Club

Calendar Year 2008 Membership



Code of Conduct

In consideration of being allowed to be a member of the Tualatin Hills Dive Club (THDC) through **December 31, 2008**, the undersigned agrees to abide by the THDC Code of Conduct, which exists to promote the best possible performance and favorable image of the THDC and its members:

GENERAL CONDUCT:

1. Illegal use or abuse of alcohol, tobacco or drugs is unacceptable and is a violation.
2. If a diver, of any age, is visibly under the influence of alcohol at or around the pool or other competition-related activity venues, this diver will be in violation.
3. Indiscreet, destructive, disrespectful or any other behavior considered to be detrimental to the THDC is a violation. Every effort should be made to avoid "guilt by association" with such activities. This rule applies to divers and their parents, guardians, spouses, children, other relatives and friends.
4. Anyone encountering any unlawful incidence with police or security (with the exception of minor traffic offenses) will be in violation.

CONDUCT FOR AWAY MEETS OR TRIPS:

1. Divers will abide by the rules set forth for them by coaches, parents, chaperones, and/or host families.
2. Divers under the age of 18 must have a designated adult chaperone. Furthermore, it is a violation for unrelated divers under the age of 18 to spend time together in a hotel room unless: 1) there is an adult chaperone present, or 2) the hotel room door is ajar and the room curtains are open. As a general rule, unrelated divers under the age of 18 may not share a hotel room without an adult chaperone staying in the room as well. The THDC Head Coach and/or Board of Directors can waive this rule on a case-by-case basis for divers who have convincingly demonstrated responsible attitudes, actions and behaviors.
3. A diver 18 years of age or older is in violation if he/she fails to inform the attending THDC coach of his/her whereabouts when independently engaging in activities away from the other attending THDC members. This rule is for normal safety accountability when traveling.

THE BOARD OF DIRECTORS AND/OR THE SUPERVISING COACH CAN ASSIGN ONE OR MORE OF THE FOLLOWING PENALTIES FOR VIOLATIONS OF THE CODE:

1. Withdrawal from practice/competition and forced departure from an away meet at the violator's expense.
2. Suspension or restriction of participation in designated Club activities.
3. Permanent dismissal from the THDC.

I/WE HAVE READ THE ABOVE CODE OF CONDUCT AND UNDERSTAND AND ACCEPT ALL OF THE INFORMATION CONTAINED THEREIN.

ATHLETE (Signature)

____ / ____ / ____
DATE

If athlete is less than 18 years of age, then the parent or legal guardian must also sign below.

PARENT OR LEGAL GUARDIAN (Signature)

____ / ____ / ____
DATE

PARENT OR LEGAL GUARDIAN (Printed Name/Relationship)



Tualatin Hills Dive Club

Calendar Year 2008 Membership



Minor Participant Information, Medical Information and Consent for Treatment, Waiver and Release of Liability

MINOR PARTICIPANT INFORMATION

Participant Information: Today's Date: _____

First Name: _____ Middle Name: _____ Last Name: _____

Date of Birth: ____/____/____ E-mail Address: _____

Home Address: _____

Home Phone Number: _____ Cell Phone Number: _____

School Attended: _____ Grade in School (as of January 1, 2008): _____

Insurance Provider: _____ Phone Number: _____

Insurance Group ID #: _____ Insurance Account #: _____

Name of Personal/Family Doctor: _____ Phone Number: _____

Name of Personal/Family Dentist: _____ Phone Number: _____

Parent/Guardian Information:

Parent/Guardian Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Parent/Guardian Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Primary Emergency Contact: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Secondary Emergency Contact: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Preferred Contact Person & Mailing Address for THDC Correspondence: _____

Preferred E-mail Address for THDC Correspondence: _____

FOR THDC USE ONLY:

Diver's AAU Number: _____

Diver's USD Number: _____

Parent/Guardian Initials: _____

MEDICAL INFORMATION AND CONSENT FOR TREATMENT

Minor Participant's Name: _____

Each Tualatin Hills Dive Club participant may take part in a variety of training techniques, which may include: warm-ups, stretching, strength training, conditioning, motor skills development, mental training, agility exercises, endurance exercises, team and individual games, swimming, jogging, running, jumping, bouncing, and/or any other activity that could be used to enhance performance as related to sports training. It is assumed that all participants are in good physical condition, and a physician's approval has been granted for participation in all related activities. To the best of my knowledge, there are no physical or other conditions which will interfere with participation in any of the above activities, or other related activities. **Parent/Guardian Initials:** _____

Does the participant have any known medical conditions that may prevent or restrict training participation?

NO ____ YES ____ If yes, please explain: _____

Does the participant have any known allergies, including insect bites/stings, foods, medication allergies, or adverse reactions to certain medications?

NO ____ YES ____ If yes, please explain: _____

Is the participant currently taking any medications for any reason, either prescription or non-prescription?

NO ____ YES ____ If yes, please explain: _____

Is there any other information about the participant's medical history that the Tualatin Hills Dive Club or any medical professional should be aware of?

NO ____ YES ____ If yes, please explain: _____

I, the undersigned, hereby authorize any THPRD or THDC coach, employee, supervisor, chaperone or director to consent to any examination, anesthetic, X-ray, medical or surgical diagnosis or treatment and/or hospital care to be rendered to:

_____,
name of minor diver

should an injury occur during any Tualatin Hills Dive Club activity. Further, I agree to be solely responsible for the expense of any and all such medical treatment not covered by insurance and agree to provide to the Tualatin Hills Dive Club, upon request by the Head Coach and/or Board of Directors, all relevant information concerning any injury, diagnosis, treatment, and/or medical expense that results from participation in Tualatin Hills Dive Club activities.

PARENT OR LEGAL GUARDIAN (Signature)

_____/_____/_____
DATE

PARENT OR LEGAL GUARDIAN (Printed Name/Relationship)

WAIVER AND RELEASE OF LIABILITY

Minor Participant's Name: _____

In consideration of being allowed to participate in any way in Tualatin Hills Dive Club programs and related events and activities, the undersigned:

1. Agree that prior to participating, or in the case of a minor participant, the parent(s) or legal guardian(s) will instruct the minor participant that prior to participating, he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses that might result not only from their own actions, inactions or negligence but the actions, inactions or negligence of others, the rules of play, or the conditions of the premises or of any equipment used. Specific to diving and diving-related activities, no matter how careful the diver and coach are, no matter how many spotters are used, no matter what height is used or what landing surface (including water) exists, the risk of physical injury cannot be eliminated. The risk of injury includes minor injuries such as, but not limited to, broken bones, dislocations and muscle pulls, and catastrophic injuries such as, but not limited to, permanent paralysis or death from landings on the back, neck or head. Injuries can occur anywhere inside an aquatics facility from the use of, but not limited to, diving springboards, ladders, platforms, mats and the side of the pool. Injuries can also occur in and around other facilities from use of, but not limited to, the trampoline, dryland diving board, dryland wood platform, weight equipment, rope, mats, pads and stairs. Further, there may be other risks not known to us or not reasonably foreseeable at this time, including risks associated with travel, transportation, overnight stays, consumption of prepared food and drinks, athletic events, competitions and practice, the variety of training techniques, and other activities.
3. Assume all the foregoing risks and accept personal responsibility for the damages, including medical and emergency expenses, following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue the Tualatin Hills Dive Club, its respective administrators, directors, agents, coaches, and other employees of the organization, other participants, the Tualatin Hills Park and Recreation District, sponsoring agencies, sponsors, municipalities, advertisers, and, if applicable, owners and lessors of premises used to conduct activities, all of which are hereinafter referred to as "releases", from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or part by the negligence of the releasee or otherwise.

I/WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I/WE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT FREELY AND VOLUNTARILY.

MINOR PARTICIPANT (Signature)

____ / ____ / ____
DATE

PARENT OR LEGAL GUARDIAN (Signature)

____ / ____ / ____
DATE

PARENT OR LEGAL GUARDIAN (Printed Name/Relationship)



Tualatin Hills Dive Club
Calendar Year 2008 Membership



**Adult Participant Information,
 Medical Information,
 Waiver and Release of Liability**

ADULT PARTICIPANT INFORMATION

Today's Date: _____

First Name: _____ Middle Name: _____ Last Name: _____

Date of Birth: ____/____/____ E-mail Address: _____

Home Address: _____

Home Phone Number: _____ Cell Phone Number: _____

Insurance Provider: _____ Phone Number: _____

Insurance Group ID #: _____ Insurance Account #: _____

Name of Personal/Family Doctor: _____ Phone Number: _____

Name of Personal/Family Dentist: _____ Phone Number: _____

Preferred Contact Person & Mailing Address for THDC Correspondence: _____

Preferred E-mail Address for THDC Correspondence: _____

FOR THDC USE ONLY:
Diver's AAU Number: _____
Diver's USD Number: _____

Participant's Initials: _____

MEDICAL INFORMATION

Participant's Name: _____

Each Tualatin Hills Dive Club participant may take part in a variety of training techniques, which may include: warm-ups, stretching, strength training, conditioning, motor skills development, mental training, agility exercises, endurance exercises, team and individual games, swimming, jogging, running, jumping, bouncing, and/or any other activity that could be used to enhance performance as related to sports training. It is assumed that all participants are in good physical condition, and a physician's approval has been granted for participation in all related activities. To the best of my knowledge, there are no physical or other conditions which will interfere with participation in any of the above activities, or other related activities. **Participant's Initials:** _____

Do you have any known medical conditions that may prevent or restrict training participation?

NO ____ YES ____ If yes, please explain: _____

Do you have any known allergies, including insect bites/stings, foods, medication allergies, or adverse reactions to certain medications?

NO ____ YES ____ If yes, please explain: _____

Are you currently taking any medications for any reason, either prescription or non-prescription?

NO ____ YES ____ If yes, please explain: _____

Is there any other information about your medical history that the Tualatin Hills Dive Club or any medical professional should be aware of?

NO ____ YES ____ If yes, please explain: _____

I, the undersigned, acknowledge that the above information is complete and accurate to the best of my knowledge. Should an injury occur to me during any Tualatin Hills Dive Club activity that renders me physically or mentally unable to consent to treatment, I hereby authorize any THPRD or THDC coach, employee, supervisor, chaperone or director to consent to any examination, anesthetic, X-ray, medical or surgical diagnosis or treatment and/or hospital care on my behalf. Further, I agree to be solely responsible for the expense of any and all such medical treatment not covered by insurance and agree to provide to the Tualatin Hills Dive Club, upon request by the Head Coach and/or Board of Directors, all relevant information concerning any injury, diagnosis, treatment, and/or medical expense that results from participation in Tualatin Hills Dive Club activities.

PARTICIPANT (Signature)

_____/_____/_____
DATE

PARTICIPANT (Printed Name)

WAIVER AND RELEASE OF LIABILITY

Participant's Name: _____

In consideration of being allowed to participate in any way in Tualatin Hills Dive Club programs and related events and activities, the undersigned:

1. Agree that prior to participating, or in the case of a minor participant, the parent(s) or legal guardian(s) will instruct the minor participant that prior to participating, he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses that might result not only from their own actions, inactions or negligence but the actions, inactions or negligence of others, the rules of play, or the conditions of the premises or of any equipment used. Specific to diving and diving-related activities, no matter how careful the diver and coach are, no matter how many spotters are used, no matter what height is used or what landing surface (including water) exists, the risk of physical injury cannot be eliminated. The risk of injury includes minor injuries such as, but not limited to, broken bones, dislocations and muscle pulls, and catastrophic injuries such as, but not limited to, permanent paralysis or death from landings on the back, neck or head. Injuries can occur anywhere inside an aquatics facility from the use of, but not limited to, diving springboards, ladders, platforms, mats and the side of the pool. Injuries can also occur in and around other facilities from use of, but not limited to, the trampoline, dryland diving board, dryland wood platform, weight equipment, rope, mats, pads and stairs. Further, there may be other risks not known to us or not reasonably foreseeable at this time, including risks associated with travel, transportation, overnight stays, consumption of prepared food and drinks, athletic events, competitions and practice, the variety of training techniques, and other activities.
3. Assume all the foregoing risks and accept personal responsibility for the damages, including medical and emergency expenses, following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue the Tualatin Hills Dive Club, its respective administrators, directors, agents, coaches, and other employees of the organization, other participants, the Tualatin Hills Park and Recreation District, sponsoring agencies, sponsors, municipalities, advertisers, and, if applicable, owners and lessors of premises used to conduct activities, all of which are hereinafter referred to as "releases", from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or part by the negligence of the releasee or otherwise.

I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

PARTICIPANT (Signature)

____ / ____ / ____
DATE

PARTICIPANT (Printed Name)



Tualatin Hills Dive Club

Calendar Year 2008 Membership



Contact Information and Media Release

As per the Tualatin Hills Dive Club's Letter of Agreement with the Tualatin Hills Park & Recreation District (THPRD), the THDC must provide to the THPRD Superintendent of Aquatics, each quarter, a membership list that contains the following information about each member:

- | | |
|---|-----------------------------|
| - Name | - Preferred mailing address |
| - Parent/guardian names (if applicable) | - Preferred e-mail address |
| - Date of initial THDC participation | - Preferred phone number |
| | - Date of birth |

It is both the THPRD's and the THDC's policy not to distribute the above information to any individual or organization outside of the THPRD or THDC. However, in an effort to ease communication within the THDC membership, the THDC occasionally distributes a Roster to its members, with the above information included.

Do you give consent for your contact and personal information, limited to the types of information listed above, to be included in the THDC Roster?

- YES**, I give consent for my contact and personal information, limited to the types of information listed above, to be included in the THDC Roster.
- NO**, I do not give consent for each type of contact and personal information listed above to be included in the THDC Roster. Please **DO NOT** include the following information:

Note: All THDC members' names, parent/guardian names (if applicable) and date of initial THDC participation will be included in the Roster.

Additionally, from time to time, THDC members and/or staff, THPRD staff and/or outside media professionals may take photographs and/or video of THDC members during sanctioned THDC practices, competitions and events. The THDC may choose to display photos and/or video of members on bulletin boards, in pamphlets/flyers, in newspaper articles, on websites and/or on television for the purpose of promoting the THDC.

Do you give consent for the THDC to display appropriate photos and/or video taken of you during any sanctioned THDC practice, competition or event?

- YES**, I give consent for the THDC to display appropriate photos and/or video of me.
- NO**, I do not give consent for the THDC to display appropriate photos and/or video of me.

ATHLETE (Signature)

_____/_____/_____
DATE

If athlete is less than 18 years of age, then the parent or legal guardian must also sign below.

PARENT OR LEGAL GUARDIAN (Signature)

_____/_____/_____
DATE

PARENT OR LEGAL GUARDIAN (Printed Name/Relationship)



Tualatin Hills Dive Club
Member Handbook



APPENDIX A

YEARLY ACCOMPLISHMENTS

&

NATIONAL/INTERNATIONAL COMPETITORS



Tualatin Hills Dive Club

Member Handbook



YEARLY ACCOMPLISHMENTS

- 1971 Club founded by Coach Dale Chipman, THPRD Aquatics Director Steve Weiss, and a six-member diving squad using Sunset High School pool.
- 1973 THDC hosts its first invitational meet at Sunset pool.
- 1978 Tualatin Hills Aquatic Center opens in November; the new facility becomes the “home pool” for THDC and attracts many new members with Dick List as Head Coach.
- 1979 Prominent U.S. Diving Olympic and University of Michigan coach Dick Kimball conducts diving clinic at THDC.
- 1981 Sheryl Reihman becomes Head Coach and expands program; prominent U.S. Diving Olympic and Indiana University coach Hobie Billingsley conducts diving clinic at THDC.
- 1982 THDC hosts the Zone D Junior Diving Championships.
- 1984 THDC performs community diving exhibition with Olympians Greg Louganis, Wendy Wyland, and Dave Burgering.
- 1985 THDC performs community diving exhibition with Olympians Greg Louganis, Wendy Lian Williams, Michelle Mitchell, and Jim Gray; THDC hosts Masters National Championships; THDC Head Coach Sheryl Reihman exits.
- 1986 Prominent Canadian National Team Coach Don McGavern visits to consult and conduct a series of clinics; Robin Moberg becomes THDC’s first full-time Head Coach; Sharon DeHaas becomes Assistant Coach.
- 1987 THDC hosts the Zone D Junior Diving Championships; THDC begins fundraising partnership with Sunset BINGO and Oregon Sports Academy, which later turns into one of the most profitable fundraisers for any dive club in the entire U.S.
- 1988 THDC hosts first annual Pacific Coast Invitational; Robin Moberg named Region VII Coach of the Year; THDC wins grant to begin an Oregon diving outreach campaign with Robin Moberg and divers conducting educational clinics at several facilities across the state.
- 1989 THDC hosts Pacific Coast Invitational; THDC wins Region VII Championships; THDC hosts a community diving exhibition with Olympian Mark Bradshaw.
- 1990 THDC hosts the Phillips 66 USA Diving Indoor National Championships featuring the country’s top senior divers; Robin Moberg named Region VII Coach of the Year; John Eisler becomes first THDC Junior National Champion and international competitor at the Can-Am-Mex Championships; Wes Reed joins THDC coaching staff as a 2nd Assistant Coach.
- 1991 THDC performs community diving exhibition with U.S. National Champions Pat Evans and Matt Scoggin; Construction begins on the Dryland Training Center; John Eisler wins another Junior

- National title; THDC finishes 6th as a team at the Junior National Championships; Rachel Tuominen becomes the first THDC diver to qualify for the Senior National Championships; Robin Moberg named USA Diving Junior National Coach of the Year; Robin Moberg resigns as Head Coach due to illness.
- 1992 Ron Piemonte becomes Head Coach; Sharon DeHaas resigns as Assistant Coach; Robin Moberg passes away on March 4th; The Dryland Training Center is completed; THDC hosts the Zone D Junior Diving Championships; Ron Piemonte named Region VII Technical Director of USA Diving and Zone D Coach of the Year and is invited to a National Team training camp.
- 1993 Japanese Junior National Champion (Aya Otsubo) trains with THDC for one month; John Eisler wins another Junior National title and goes on to represent the U.S. at the World Junior Championships in London, England; Ron Piemonte selected as one of the World Team coaches.
- 1994 Ron Piemonte selected to participate in a Senior National Training Camp; Six Japanese National Team divers train with THDC for two weeks; Assistant Coach Wes Reed resigns.
- 1995 Dave Biespiel becomes Assistant Coach; Ron Piemonte selected as Head Coach of the Junior National Team for the International Championships meet in Germany; Two-time Mexican Olympian Maria Romero trains with THDC for the summer; John Eisler wins bronze medal at the World Junior Championships in Gangzhou, China.
- 1996 Ron Piemonte and divers Josh Anderson, Katie Case, and Melanie Jackson travel to Graz, Austria for a European Invitational; Ron Piemonte travels to Arizona for a week to help train the Japanese National Team for their Olympic Trials; Josh Anderson wins a Junior National title and goes on to represent the U.S. at the Can-Am-Mex Championships.
- 1997 Josh Anderson and Ron Piemonte invited to a National Training Camp; The U.S. Olympic Committee ranks Ron Piemonte as one of the top ten Junior diving coaches in the country.
- 1998 THDC wins Region 10 Spring Championships; Japanese National and International Champion (Kiichiro Miyamoto) trains with THDC for two months; Josh Anderson finishes 8th on the 10-meter platform at Senior Nationals and becomes THDC's first U.S. Diving Senior National Team member and representative at an international senior diving competition; THDC wins Region 10 Summer Championships; THDC hosts diving events for the NIKE World Masters Games.
- 1999 THDC wins Region 10 Spring Championships; Two Japanese National Team members train with THDC for one month; Josh Anderson finishes 6th on the 10-meter platform at Senior Nationals and becomes the first THDC diver to qualify for the U.S. Olympic Trials; THDC's roster of seven Junior National qualifiers is the largest in history – the team finishes 7th overall; Josh Anderson qualifies for the Junior World Championships in the Czech Republic; Ron Piemonte selected as Junior World Team coach; Tom Trapp hired as an additional Assistant Coach.
- 2000 THDC and THPRD install a ½ meter diving board beneath the 7 ½ meter platform; Josh Anderson and Ron Piemonte become the first THDC diver & coach to participate in the U.S. Olympic Trials – Josh finishes 12th on the 10-meter platform at the Trials in Seattle.
- 2001 Tom Trapp replaces Dave Biespiel as primary Assistant Coach; Ron Piemonte resigns to become Head Coach at Moss Farms Diving in Georgia.
- 2002 Tom Trapp named Head Coach while prominent U.S. Diving coach Van Austin becomes consultant; Tom Trapp exits later in the year; Van Austin agrees to become Head Coach.
- 2003 John Eisler hired as Assistant Coach

- 2004 THDC ends the 17-year Sunset BINGO fundraiser due to losses following BINGO's decline in popularity; THDC is accepted into the Rose Garden's Food for Funds program – a fundraiser to partially replace BINGO.
- 2005 THDC withdraws from Food for Funds program; Van Austin and John Eisler swap roles – John Eisler becomes Head Coach and Van Austin cuts back to part-time; Van Austin later resigns.
- 2006 THDC organizes several fundraisers, including a Texas Hold'em tournament, a wreath sale, and a fireworks stand. Toni (Kunk) Anderson hired as permanent Assistant Coach; John Eisler resigns as Head Coach; Toni and Josh Anderson named interim Head Coaches.
- 2007 Joe Lyons becomes Head Coach, Toni Anderson returns to role of Assistant Coach; Toni Anderson later resigns to pursue a teaching career; former U.S. Olympic Diving Team member Rachelle Kunkel begins assisting THDC. A Dive-A-Thon is organized as a fundraiser.

NATIONAL AND INTERNATIONAL PARTICIPANTS

1982	JUNIOR NATIONAL CHAMPIONSHIPS (NOBLESVILLE, INDIANA)				
	Karen Rissberger	12 & under Girls	1-meter	3-meter	
1984	JUNIOR NATIONAL CHAMPIONSHIPS (THE WOODLANDS, TEXAS)				
	Karen Rissberger	13-14 Girls			
1985	JUNIOR NATIONAL CHAMPIONSHIPS				
	Karen Rissberger	15-17 Girls	1-meter (23rd)		
	Nathan Smith	12 & under Boys	1-meter (20th)	3-meter (16th)	Platform (10th)
1987	JUNIOR NATIONAL CHAMPIONSHIPS (IRVINE, CALIFORNIA)				
	Nathan Smith	13 & under Boys		3-meter (4th)	Platform (16th)
1988	JUNIOR NATIONAL CHAMPIONSHIPS (ORLANDO, FLORIDA)				
	John Eisler	13 & under Boys	1-meter (11th)		Platform (22nd)
	Drew Jackson	13 & under Boys		3-meter (9th)	Platform (11th)
1989	JUNIOR NATIONAL CHAMPIONSHIPS (THE WOODLANDS, TEXAS)				
	John Eisler	13 & under Boys	1-meter (2nd)	3-meter (7th)	Platform (3rd)
	Drew Jackson	13 & under Boys	1-meter (18th)		Platform (15th)
1990	JUNIOR NATIONAL CHAMPIONSHIPS (TEMPE, ARIZONA)				
	John Eisler	13 & under Boys	1-meter (1st)	3-meter (7th)	Platform (1st)
	Drew Jackson	14-15 Boys	1-meter (16th)		
	CAN-AM-MEX CHAMPIONSHIPS				
	John Eisler	13 & under Boys	1-meter (1st)	3-meter	Platform
1991	JUNIOR NATIONAL CHAMPIONSHIPS (CLAYTON, MISSOURI)				
	John Eisler	13 & under Boys	1-meter (1st)	3-meter (2nd)	Platform (3rd)
	Kerri Hallinen	14-15 Girls		3-meter (13th)	
	Drew Jackson	14-15 Boys	1-meter (7th)	3-meter (15th)	Platform (8th)
	Melanie Jackson	13 & under Girls	1-meter (7th)	3-meter (5th)	
	Rachel Tuominen	16-18 Girls			Platform (2nd)
	SENIOR SUMMER/OUTDOOR NATIONAL CHAMPIONSHIPS (BARTLESVILLE, OKLAHOMA)				
	Rachel Tuominen	Senior Women			Platform

1992	JUNIOR NATIONAL CHAMPIONSHIPS (AUSTIN, TEXAS)				
	John Eisler	14-15 Boys	1-meter (2nd)	3-meter (3rd)	Platform (4th)
	Kenny Haglund	13 & under Boys	1-meter	3-meter	
	Kerri Hallinen	14-15 Girls	1-meter	3-meter	
	Drew Jackson	16-18 Boys	1-meter (22nd)	3-meter (29th)	Platform (DNF)
	Jamie Jensen	14-15 Boys	1-meter	3-meter	Platform
1993	SENIOR INDOOR NATIONAL CHAMPIONSHIPS (AUSTIN, TEXAS)				
	Drew Jackson	Senior Men	1-meter (32nd)		
	JUNIOR NATIONAL CHAMPIONSHIPS (PASADENA, CALIFORNIA)				
	John Eisler	14-15 Boys	1-meter (1st)	3-meter (4th)	Platform (5th)
	Drew Jackson	16-18 Boys	1-meter (17th)	3-meter (12th)	Platform (25th)
	Melanie Jackson	14-15 Girls	1-meter (15th)		
	Jamie Jensen	16-18 Boys			Platform (23rd)
	SENIOR OUTDOOR NATIONAL CHAMPIONSHIPS (LOS ANGELES, CALIFORNIA)				
	Drew Jackson	Senior Men	1-meter (26th)		
	JUNIOR WORLD CHAMPIONSHIPS (LONDON, ENGLAND)				
	John Eisler	14-15 Boys	1-meter (8th)		
1994	JUNIOR NATIONAL CHAMPIONSHIPS (ROCKVILLE, MARYLAND)				
	Josh Anderson	13 & under Boys		3-meter (22nd)	
	John Eisler	16-18 Boys	1-meter (8th)	3-meter (4th)	
	Kenny Haglund	14-15 Boys	1-meter (18th)	3-meter (20th)	
	Drew Jackson	16-18 Boys	1-meter (9th)	3-meter (12th)	Platform (16th)
	Jamie Jensen	16-18 Boys		3-meter (23rd)	Platform (24th)
	SENIOR OUTDOOR NATIONAL CHAMPIONSHIPS (MOULTRIE, GEORGIA)				
	John Eisler	Senior Men	1-meter (24th)		
	Kerri Hallinen	Senior Women		3-meter (40th)	
	Drew Jackson	Senior Men		3-meter (27th)	
1995	JUNIOR NATIONAL CHAMPIONSHIPS (MOULTRIE, GEORGIA)				
	Josh Anderson	14-15 Boys	1-meter (14th)	3-meter (14th)	Platform (6th)
	John Eisler	16-18 Boys			
	Kenny Haglund	14-15 Boys			
	Jamie Jensen	16-18 Boys			
	Blake Novoa	13 & under Boys			
	JUNIOR WORLD CHAMPIONSHIPS (GANGZHOU, CHINA)				
	John Eisler	16-18 Boys	1-meter (3rd)	3-meter	
1996	SENIOR INDOOR NATIONAL CHAMPIONSHIPS (OXFORD, OHIO)				
	John Eisler	Senior Men	1-meter (37th)		
	JUNIOR NATIONAL CHAMPIONSHIPS (CORAL SPRINGS, FLORIDA)				
	Josh Anderson	14-15 Boys	1-meter (4th)	3-meter (1st)	Platform (9th)
	Sunny Busby	13 & under Girls	1-meter (19th)	3-meter (17th)	
	Katie Case	13 & under Girls	1-meter (14th)		Platform (7th)
	Melanie Jackson	16-18 Girls		3-meter (20th)	
	Dustin Jones	16-18 Boys		3-meter (32nd)	
	Justin Withers	13 & under Boys	1-meter (16th)	3-meter (20th)	
	SENIOR OUTDOOR NATIONAL CHAMPIONSHIPS (MOULTRIE, GEORGIA)				
	John Eisler	Senior Men	1-meter (37th)		

CAN-AM-MEX CHAMPIONSHIPS (WINNIPEG, CANADA)				
	Josh Anderson	14-15 Boys	1-meter (4th)	3-meter (3rd) Platform (6th)
1997	JUNIOR NATIONAL CHAMPIONSHIPS (AUSTIN, TEXAS)			
	Josh Anderson	16-18 Boys	1-meter (12th)	3-meter (15th) Platform (12th)
	Ashley Zeigler	13 & under Girls		3-meter (22nd)
SENIOR SUMMER NATIONAL CHAMPIONSHIPS (BATON ROUGE, LOUISIANA)				
	Josh Anderson	Senior Men		3-meter (32nd) Platform (23rd)
1998	SENIOR SPRING NATIONAL CHAMPIONSHIPS (INDIANAPOLIS, INDIANA)			
	Josh Anderson	Senior Men		3-meter (23rd) Platform (8th)
INTERNATIONAL YOUTH DIVING MEET (WALDKRAIBURG, GERMANY)				
	Josh Anderson	16-18 Boys	1-meter (6th)	3-meter (7th) Platform (2nd)
TORNEO INTERNACIONAL DE CLAVADOS GRAND PRIX (JUAREZ CITY, MEXICO)				
	Josh Anderson	Senior Men		Platform
JUNIOR NATIONAL CHAMPIONSHIPS (LARGO, FLORIDA)				
	Josh Anderson	16-18 Boys	1-meter (13th)	Platform (4th)
	Jenna Hastreiter	13 & under Girls		Platform (17th)
	Sara Schroeder	14-15 Girls		Platform (24th)
SENIOR SUMMER NATIONAL CHAMPIONSHIPS (ATLANTA, GEORGIA)				
	Josh Anderson	Senior Men		3-meter (29th) Platform (14th)
1999	SENIOR SPRING NATIONAL CHAMPIONSHIPS (ORLANDO, FLORIDA)			
	Josh Anderson	Senior Men	1-meter (24th)	3-meter (26th) Platform (6th)
	Katie Case	Senior Women		Platform (30th)
INTERNATIONAL YOUTH DIVING MEET (WALDKRAIBURG, GERMANY)				
	Josh Anderson	16-18 Boys	1-meter (10th)	3-meter (4th) Platform (3rd)
JUNIOR NATIONAL CHAMPIONSHIPS (ORLANDO, FLORIDA)				
	Josh Anderson	16-18 Boys	1-meter (4th)	3-meter (3rd) Platform (2nd)
	Katie Case	16-18 Girls		Platform (15th)
	Jessica Gale	14-15 Girls		Platform (8th)
	Jenna Hastreiter	14-15 Girls		Platform (13th)
	Blaine Hoogenboom	13 & under Boys	1-meter (14th)	3-meter (5th) Platform (3rd)
	Sarah Schroeder	14-15 Girls	1-meter (19th)	Platform (14th)
SENIOR SUMMER NATIONAL CHAMPIONSHIPS (THE WOODLANDS, TEXAS)				
	Josh Anderson	Senior Men		3-meter (26th) Platform (14th)
JUNIOR WORLD CHAMPIONSHIPS (CZECH REPUBLIC)				
	Josh Anderson	16-18 Boys		Platform (6th)
2000	U.S. OLYMPIC DIVING TRIALS (SEATTLE, WASHINGTON)			
	Josh Anderson	Senior Men		Platform (9th)
JUNIOR NATIONAL CHAMPIONSHIPS (MISSION VIEJO, CALIFORNIA)				
	Jenna Hastreiter	14-15 Girls		3-meter (20th) Platform (8th)
	Blaine Hoogenboom	13 & under Boys	1-meter (4th)	3-meter (3rd) Platform (4th)
2001	JUNIOR NATIONAL CHAMPIONSHIPS (INDIANAPOLIS, INDIANA)			
	Jessica Gale	16-18 Girls		Platform (16th)
	Jenna Hastreiter	16-18 Girls		3-meter (17th) Platform (8th)
	Blaine Hoogenboom	14-15 Boys	1-meter (6th)	3-meter (3rd) Platform (2nd)
	Sarah Schroeder	16-18 Girls	1-meter (38th)	3-meter (25th) Platform (28th)

2002	JUNIOR NATIONAL CHAMPIONSHIPS (PALO ALTO, CALIFORNIA)				
	Jessica Gale	16-18 Girls		3-meter (33rd)	
	Jenna Hastreiter	16-18 Girls	1-meter (28th)	3-meter (34th)	Platform (10th)
2003	JUNIOR NATIONAL CHAMPIONSHIPS (CORAL SPRINGS, FLORIDA)				
	Jenna Hastreiter	16-18 Girls	1-meter (29th)	3-meter (35th)	Platform (13th)
2005	JUNIOR NATIONAL CHAMPIONSHIPS (HUNTERSVILLE, NORTH CAROLINA)				
	Daniel Helm	13 & under Boys		3-meter (17th)	
2006	JUNIOR NATIONAL CHAMPIONSHIPS (INDIANAPOLIS, INDIANA)				
	Daniel Helm	14-15 Boys	1-meter (23rd)	3-meter (11th)	Platform (15th)
	Kevin Olson	13 & under Boys	1-meter (11th)		Platform (9th)
	Cassie Weil	13 & under Girls	1-meter (24th)	3-meter (14th)	Platform (7th)
2007	JUNIOR NATIONAL CHAMPIONSHIPS (MISSION VIEJO, CALIFORNIA)				
	Daniel Helm	14-15 Boys	1-meter (8th)	3-meter (6th)	Platform (9th)
	Kevin Olson	14-15 Boys			Platform (8th)
	Cassie Weil	14-15 Girls	1-meter (16th)		Platform (7th)



Tualatin Hills Dive Club
Member Handbook



APPENDIX B

BYLAWS



Tualatin Hills Dive Club

Revised Bylaws

Adopted: October 10, 2007



ARTICLE 1. OFFICE

The registered office shall be located in Oregon at such place as determined by the Board of Directors. The corporation may also have offices at such other places, either within or without the State of Oregon, as the Board of Directors may from time to time determine or as the business of the corporation may require.

ARTICLE 2. PURPOSES

This corporation is organized for the purposes of supporting and promoting the skills of diving, to provide instructions and competition in diving, and to engage in any lawful activity for which corporations may be organized under the Oregon Nonprofit Corporation Act, as amended (herein the "Act").

ARTICLE 3. MEMBERS

Section 1. Diving Members

- (a) **Eligible Individuals.** Any individual who meets the criteria established by the Board of Directors and whose application for membership is approved by the Board of Directors shall be a Diving Member upon payment of the membership fee described in (b). The board criteria for membership for activities at Tualatin Hills Park and Recreation District facilities shall not exclude individuals based on competitive or skill levels. Any Diving Member who has not reached the age of majority shall exercise the membership rights through the Member's parent or guardian, who may exercise all rights of membership including without limitation the right to cast the membership vote and to hold office as the Member.
- (b) **Membership Dues.** The Board of Directors may determine from time to time the amount of initiation fee, if any, and monthly dues payable to the corporation by Diving Members. No Diving Member whose dues are in arrears may vote or be elected to office or to a Board position.
- (c) **Voting Rights.** Diving Members in good standing shall be entitled to one vote on each matter submitted to a vote of the Members. Diving Members may exercise any powers vested in Members by the Bylaws, the Articles of Incorporation, a resolution of the Board of Directors, the Oregon Nonprofit Corporation Act or Federal Law. Voting shall be in person or by proxy. Any such proxy must be in writing, signed by the person granting the proxy.
- (d) **Nontransferability of Membership.** Membership in the corporation is not transferable or assignable.
- (e) **Removal of Members.** Membership in the corporation may be terminated upon a two-thirds (2/3) vote of the Board of Directors: When a Member is 60 days behind in his dues; for any action by the Member that is detrimental to the best interests of the corporation; for failure to abide by the corporation's Code of Conduct; or if it is fair and reasonable taking into account all of the relevant facts and circumstances.

No membership may be terminated without:

1. Not less than fifteen (15) days prior written notice of the termination and the reasons thereof; and
2. An opportunity for the Member to be heard, orally or in writing, not less than five (5) days before the effective date of the termination, by a majority of the Board of Directors, unless immediate termination is necessary taking into account all the relevant facts and circumstances.

Any proceeding challenging a termination and/or defective notice must be commenced within one year after the effective date of the termination. A Member whose membership has been terminated may be liable to the corporation for any past dues or fees owed to the corporation, as well as any legal fees incurred by the corporation as a result of having to defend an unsuccessful challenge by the terminated Member.

Reinstatement of a terminated membership will be considered when:

1. A mistake is found in a material fact that led to the initial termination, and the Board of Directors unanimously votes to reinstate the terminated membership, or
2. A court orders reinstatement of the membership.

(f) Meetings of Members.

1. Annual Meeting. The Annual Meeting of the Members shall be held at such time each year and at such place (within or without the State of Oregon) as set by the Board of Directors for the purpose of electing Directors and for the transaction of such other business as may properly come before the meeting.
2. Special Meetings. Special meetings of the Members shall take place if: The President calls for such a meeting; the Board of Directors calls for such a meeting; or Members having 50 percent of the votes entitled to be cast at such meeting request such meeting in a writing delivered to the President of a meeting of the Board of Directors.
3. Notice. Written notice of any meeting of Members shall be delivered either personally or by mail to each Member entitled to vote at such meeting at least 10 days but no more than 50 days before each meeting of the Members.
4. Quorum. A quorum for the transaction of business at any membership meeting shall consist of the actual or represented presence of one-half (1/2) of the Diving Members.
5. Action. At any meeting at which there is a quorum, the act of a majority vote of the Members present or represented shall be the act of the membership, unless otherwise provided in these Bylaws, the Articles of Incorporation, Oregon Nonprofit Corporation Act or Federal Law.

Section 2. Nondiving Members. The Board of Directors may establish categories of Nondiving Members, with such rights and responsibilities as it deems appropriate.

ARTICLE 4. BOARD OF DIRECTORS

Section 1. General Powers. The affairs of the corporation shall be managed by its Board of Directors which may exercise all such powers of the corporation and do all such lawful acts and things as are consistent with these Bylaws or the Articles of Incorporation.

Section 2. Number and Qualifications. The number of Directors shall vary between a minimum of three and a maximum of seven, such number to be set by the Board of Directors from time to time. The Directors shall be elected from the active membership of the corporation with the exception that one (1) Director may be an individual from the community who need not be a Member. Officers must be elected from active Members.

Section 3. Election. Directors and officers shall be elected annually by the affirmative vote of the Members. During the Annual Meeting, the Members shall elect persons to fill vacancies on the Board of Directors created by expiring terms and to fill any directorship resulting from an increase in the number of Directors. A Director may serve no more than six consecutive years.

Section 4. Term of Office. Each Director shall hold office for a term of one (1) year and until his successor shall have been duly elected and shall have qualified.

Section 5. Vacancies. Any vacancy occurring on the Board of Directors due to death, removal or resignation of a Director may be filled by the affirmative vote of the remaining Directors, though less than a quorum of the Board of Directors, at any meeting of the Board where notice of filling such vacancy has been given. A Director so elected shall serve for the unexpired portion of the term of his or her predecessor in office.

Section 6. Meetings

- (a) **Time and Place.** Any meeting of the Board of Directors may be held at any place, either within or without Oregon, and at any time as set by the Board of Directors.
- (b) **Annual Meeting.** The Annual Meeting of the Board of Directors shall be held at such time each year and at such place (within or without Oregon) as set by the Board of Directors for the purpose of electing directors and for the transaction of such other business as may properly come before the Meeting.
- (c) **Regular Meetings.** Any regular meeting of the Board of Directors shall be held at a time and place as shall be determined by the Board for the transaction of any business as may come before the meeting. A regular meeting may be scheduled at any Board meeting or may be scheduled thereafter with written notice of such a meeting give either in person or mailed to each Director no less than seven (7) days prior to the date of the meeting.
- (d) **Special Meetings.** Special meetings of the Board of Directors may be called by the President or by any two (2) directors who direct the President to call a meeting. If two (2) or more directors direct the President to call a meeting, such meeting must be scheduled within thirty (30) days after the President receives two (2) requests. Written notice of a special meeting shall be given either in person or by mail to each director no less than three (3) days prior to the date of such special meeting
- (e) **Quorum.** A quorum for the transaction of business at any meeting of the Board shall consist of a majority of the number of directors.

(f) **Action.** At any meeting at which a quorum is present the act of the majority of directors present at such meeting shall be the act of the Board of Directors, unless otherwise provided in these Bylaws, the Articles of Incorporation, or the Oregon Nonprofit Corporation Act. Voting shall be in person or by proxy.

Section 7. Removal. A Director may be removed with or without cause, at a meeting of the members upon an affirmative vote of 75 percent of the total membership. Any number of Directors may be removed at one (1) meeting.

Section 8. Compensation. All Directors of the corporation shall serve without compensation. However, Directors are eligible to be paid employees of the corporation, and to receive partial or complete expense reimbursement for attending a meeting, provided that funds are available and sufficient to compensate all Directors attending such meeting.

ARTICLE 5. NOTICES; INFORMAL ACTION BY MEMBERS/DIRECTORS

Section 1. Notice. Whenever, under a provision of these Bylaws, the Articles of Incorporation or the Oregon Nonprofit Corporation Act, notice is required to be given to any member or Director, it shall not be construed to require personal notice, but such notice may be given in writing, by mail addressed to such Member or Director at his address as it appears on the records of the corporation, with postage prepaid, and such notice shall be deemed to be given at the time when the same shall be deposited in the United States mail. Neither the business to be transacted at nor the purpose of any annual, regular or special meeting of the Members or Board of Directors need be specified in the notice or waiver of notice of such meeting unless required by these Bylaws, the Articles of Incorporation or the Oregon Nonprofit Corporation Act.

Section 2. Waiver of Notice. Whenever any notice is required to be given to any Member or Director under the provisions of these Bylaws, the Articles of Incorporation or the Oregon Nonprofit Corporation Act, a waiver thereof in writing signed by the person or persons entitled to such notice whether before or after the time stated for the giving of notice, shall be deemed equivalent to the giving of such notice. Attendance of a Member or Director at any meeting shall constitute a waiver of notice of such meeting, except where a Member or Director attends a meeting for the express purpose of objecting to the transaction of any business because the meeting is not lawfully called or convened.

Section 3. Approval of Actions. If the notice or waiver of notice provisions required in these Bylaws is not complied with, action taken at a meeting of the Members or Directors shall be valid only if each of the Members or Directors serving at that time, but not present at the meeting, signs a written approval of the minutes of such meeting.

Section 4. Action Taken Without a Meeting. Any action required by the Oregon Nonprofit Corporation Act to be taken at a meeting of the Members or Directors or any other action which may be taken at a meeting of the Members or Directors, may be taken without a meeting if a consent in writing setting forth the action so taken shall be signed by all of the Members or Directors entitled to vote with respect to the subject matter thereof. The action shall be effective on the date on which the last signature is placed on the consent, or at such earlier times as set forth therein.

ARTICLE 6. OFFICERS

Section 1. Officers. The primary Officers of the corporation shall be a President, a Vice-president, a Secretary and a Treasurer, all of whom must be Members of the corporation. The Board of Directors may elect such other Officers as it shall deem desirable, and such Officers shall have the authority and perform the duties prescribed from time to time by the Board of Directors.

Section 2. Election and Term of Office. The primary Officers of the corporation shall be elected annually by the Members at the Annual Meeting. Each Officer shall hold office for a term of one (1) year and until his successor shall have been duly elected and shall have qualified.

Section 3. Removal of Officers. Any Officer may be removed from office, with or without cause, by an affirmative vote of 75 percent of the total membership.

Section 4. Vacancies. A vacancy in any Office because of death, resignation, removal, disqualification, or otherwise, may be filled by the Board of Directors for the unexpired portion of the term.

Section 5. President. The President shall be the Chief Executive Officer of the corporation. The President shall preside at all meetings of the Board of Directors. The President may sign, with the Secretary or any other proper Officer of the corporation authorized by the Board of Directors, any legal instruments which the Board of Directors has authorized to be executed, except in cases where the signing and execution thereof shall be expressly delegated by the Board of Directors, these Bylaws or the Oregon Nonprofit Corporation Act to some other Officer or agent of the corporation. The President shall perform such other duties as may be prescribed by the Board of Directors from time to time.

Section 6. Vice President. In the absence of the President, the Vice President shall perform the duties of the President, and when so acting, shall have all the powers and be subject to all the restrictions upon the President.

Section 7. Treasurer. The Treasurer shall: Have charge and custody of and be responsible for all funds and securities of the corporation, and for filing all necessary financial reports to be filed with any government; receive and give receipts for monies due and payable to the corporation from any source whatsoever, and deposit all such monies in the name of the corporation in such banks or other depositories as shall be selected by the Board of Directors; disburse the funds of the corporation as ordered by the Board of Directors, making proper vouchers, checks or drafts for such disbursements, and shall render to the Board of Directors upon its request, a full written statement of his transactions as Treasurer, and of the financial standing of the corporation; perform such other duties as from time to time may be assigned to him by the President or by the Board of Directors. In the event of his resignation, retirement, or removal of office, the Treasurer shall return to the corporation or turn over to his successor all monies, securities, vouchers, books, paper, and property of every kind and description in his possession or under his control belonging to the corporation.

Section 8. Secretary. The Secretary shall: Record the minutes of the meetings of the Board of Directors in one or more books provided for that purpose; be the custodian of the corporation's non-financial records and keep the same available for inspection; send or cause to be sent written notices of the time and place of all meetings of the Board and see that all notices are duly given in accordance with the provisions of these Bylaws and as required by the Oregon Nonprofit Corporation Act; perform such other duties as from time to time may be assigned by the President or by the Board of Directors.

ARTICLE 7. COMMITTEES

The Board of Directors may from time to time designate committees, which shall consist of two (2) or more Directors for purposes as set forth by the Board. The Board can delegate such powers as are necessary and proper. All matters transacted by any committee in the name of the corporation shall be submitted to and shall be subject to ratification by the Board at its next regular meeting or at a special meeting called for the purpose.

ARTICLE 8. GENERAL PROVISIONS

Section 1. Checks. All checks or demands for money and notes of the corporation shall be signed by such person or persons as the Board of Directors may from time to time delegate.

Section 2. Accounting Year. The accounting year of the corporation shall end on December 31.

Section 3. Articles Govern. In the event any provision of these Bylaws is inconsistent with the Articles of Incorporation, the Articles of Incorporation shall govern.

Section 4. Gender. References in these Bylaws to the masculine gender shall be construed to include the feminine or neuter gender or both as appropriate.

Section 5. Indemnification. The corporation shall indemnify to the fullest extent permitted by the Oregon Nonprofit Corporation Act any person who has been made, or is threatened to be made, a party to a legal proceeding, whether civil, criminal, administrative, investigative, or otherwise (including a proceeding by or in the right of the corporation), by reason of the fact that the person is or was a Director or Officer of the corporation, or a fiduciary within the meaning of the Employee Retirement Income Security Act of 1974 with respect to an employee benefit plan of the corporation, or serves or served at the request of the corporation as a Director or as an Officer, or as a fiduciary of an employee benefit plan, of another corporation, partnership, joint venture, trust or other enterprise.

ARTICLE 9. AMENDMENTS

The Bylaws of the corporation may be amended by the affirmative vote of the Directors. Amendments to these Bylaws may be offered for consideration at any regular meeting of the Board of Directors and shall be voted on at such meeting or at any succeeding meeting or a special meeting called for that purpose. At least two (2) days' notice shall be provided to Directors of such meeting and that a purpose of the meeting is to consider specified amendments to the Bylaws.

