



BC Diving e-news

Happy New Year!

Good Luck in 2010

We hope that your family enjoyed the holiday season and that all our divers are ready to start the New Year. Clubs have already started travelling to competitions throughout the country, in order to qualify for upcoming Nationals in 2010.

Winter Provincials

There were a lot of challenges in putting together the diving calendar this year and the Winter Provincials were up in the air as to the dates. They are now officially slated for **March 26 - 28** in Vancouver. More details regarding the event will follow.

Provincial Training Centre

The Lower Mainland **Provincial Training Centre** has started training at the Vancouver Aquatic Centre.

The goal of the Centre is to support athlete excellence in BC; fully supported by Diving Plongeon Canada. It is based on the recognized potential of the lower mainland area to produce excellent competitive divers.

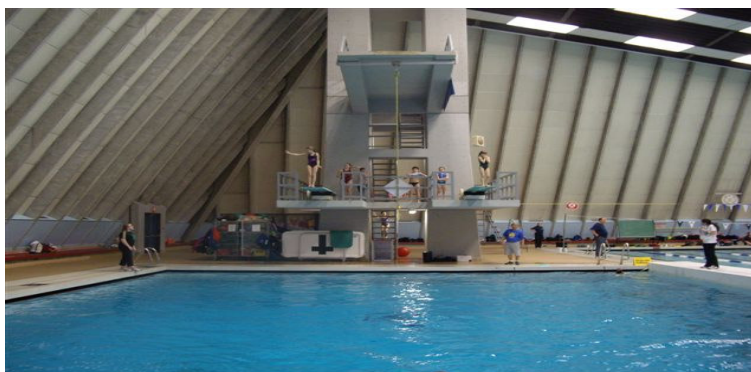
This is an exciting opportunity for BC to build upon the success of the various programs in the lower mainland to realize greater success in the sport of diving. The funding committed by DPC will enable us to focus on coaching and diver excellence for the region. Support for pool rental, coach salaries, equipment and coaching development is very important for BC Diving to help divers reach their full potential. For more information, please contact the diving office.

2009 BC Diving Christmas Camp

BC Diving hosted the 2009 BC Diving Christmas Camp at the Vancouver Aquatic Centre, December 28 - 30.

A big thank you goes out to **VACD** for the use of the dryland equipment during the camp.

Attendance was a little lighter than usual, but a great time was had by all. Thank you to coaches Fu Qiang, Grant Brehaut, Ashley Impellezere, Suzie Jones and Yan Yang for their hard work and expertise provided to all of our participants.



Inside this Issue

<i>Happy New Year</i>	1
<i>Winter Provincials</i>	1
<i>Provincial Training Centre</i>	1
<i>Christmas Camp</i>	1
<i>New Registration Info</i>	2
<i>Human Resources Guide</i>	2
<i>CAMO Results</i>	3
<i>2010 BC Summer Games</i>	3
<i>Diving News</i>	3
<i>Thanks to our Sponsors</i>	3
<i>Parent Behaviour Checklist</i>	4-5

BC Diving e-news Editor:
Jayne McDonald,
Executive Director
jayne@bcdiving.ca



New Registration Information for Divers

Online E-Registration

You can now activate your own account on E-registration from the DPC website at www.diving.ca.

Activate your account simply by following the step by step instructions online.

Once you have activated your account, you can log in with your ID and password and access all kinds of great features such as the following:

- see your results by dive in graph form
- see your results from past diving meets
- watch video replay of your dives
- upload your own bio and photo (coming soon) and other great options.

If you have any questions or need help, just contact your club to ensure that you are registered as an active member of BC Diving.

Reminder for Clubs

Registrations are due!

Don't forget that registrations are due for all new registrants. The registration forms and rates changed as of January 1, 2010. Forms are available at www.bcdiving.ca.

Important! All divers must be registered as members of BC Diving in order to receive insurance coverage through our National office.

Download the Human Resources Guide for Community Sport

2010 Legacies Now invites you to use, free-of-charge, the *Human Resources Guide for Community Sport: Managing Employees*.

This handbook supports the professional development of local sport clubs and associations. It provides best practices, employment resources and numerous templates that may be used when required and adapted to your needs.

To download the *HR Guide for Community Sport*, please fill in a brief registration form. You will then have the option of downloading select templates relevant to you, or you may download the entire 152-page document.

Click here to register for the *HR Guide for Community Sport*.
[link to: <http://forms.2010legaciesnow.com/hrtoolkit>]



Results of the CAMO International Invitational

Mens 3m

3rd - Riley McCormick, Bdws
5th - Shane Miszkziel, Bdws
10th - Keith Tidey, WR

Mens 10m

1st - Riley McCormick, Bdws
4th - Shane Miszkziel, Bdws
8th - Keith Tidey, WR

Womens 3m

9th - Morgan Weller, Bdws

Womens 10m

3rd - Rachel Kemp, Bdws

Boys A 3m/Tower

6th & 10th - Keith Tidey, WR

Boys C 1m/3m/Tower

6th, 8th, 6th - Aidan Faminoff, Bdws

Girls A 3m

7th - Morgan Weller, Bdws

Girls B 3m/Tower

10th & 4th - Courtney Hattie, Bdws

Girls C 1m/3m/Tower

6th, 7th, 9th - Emily Schmidt, Bdws

For all the results of this and any National or international event, please visit www.diving.ca

Calendar of 2010 Events

Polar Bear Classic	Jan 15 - 17
Winnipeg	
Sr. Winter Nationals	Jan 28 - Feb 1
Toronto, ON	
Tier II Dive Meet	Jan 30
Walnut Grove	
John Dickinson Invit.	Mar 12 - 14
Etobicoke, ON	
The Sting	Mar 18 - 21
Victoria, BC	
BC Winter Prov'ls	Mar 26 - 28
Vancouver	
Western Cdn's	Apr 9 - 11
Regina	
Canada Cup	Apr 29 - May 2
Montreal	
Tier II Dive Meet	May 9
White Rock?	
Alberta Summer Prov.	May 20 - 23
Edmonton	
BC Summer Prov.	May 28 - 30
Victoria	
Irene MacDonald BC Games Trials	June 5 - 6
Walnut Grove	
Tier II Cdn. Nationals	June 11 - 13
Saskatoon	
Sr. Summer Nat's	June 24 - 27
Saskatoon, SK	
Canadian Jr. Nat'ls	July 8 - 11
Winnipeg, MB	
BC Summer Games	July 22 - 25
Langley, BC	
FINA Youth Olympics	Aug 14 - 26
FINA World Jr. Champ.	Sept 2 - 6
Tuscon, AZ	
Commonwealth Games	Oct. 3-14
India	

2010 BC Games

The **BC Summer Games** will be held in Langley from July 22 - 25, 2010.

The BC Games are always great fun. We hope to have representatives from all Zones in these Games. Athletes must be 12 - 15 years of age as of December 2010. (C&B groups).

Coaches should be well into the planning stages for the athletes preparing to go to the games.

We will be looking for officials to participate in the games as well. If you are a Provincial Level official and interested in attending the games, please contact the Diving office.

For more information on the Games, please check the website:

www.bcgames.org

or call BC Diving



Diving News

Coaches

Information about transfers from the old NCCP system to the new system is available on the BC Diving and Diving Canada websites. Please keep informed on your status and coaching status.

New National Learn to Dive Program

BC Course conductors are taking a course this weekend in teaching the new National Learn to Dive program. For more information on the program, please contact the BC Diving office.

Gaming Applications

Don't forget to apply for your gaming grants! There were drastic cuts in last year's gaming grants, but that does not mean you should not apply again this year.

Get your applications in as soon as possible!

If we receive any news about the grants, we will let you know.



Congratulations!

to Shannon Sullivan on her engagement to her long-time boyfriend.

Thank you to our sponsors and supporters!



TEAM AQUATIC SUPPLIES
A Division of DB Parks & Associates Ltd.



**Pacific
SPORT**



SUPPORTING SPORTS IN BC



BRITISH COLUMBIA
The Best Place on Earth

Send us your news! Please pass on your club news, pictures and news about your events to Jayne McDonald at BC Diving for upcoming newsletters. We want to hear from you!



“Parenting My Champion: Getting Started”

PARENT BEHAVIOUR CHECKLIST

Rate on a 1 to 5 scale the questions below relative to your parenting of your child in diving. Think about how your child or your child's coach would rate you. When finished total the ratings to assess how effective you are in being a diving parent.

- ___ 1. Do I emphasize the development of my child and having fun more than winning?
- ___ 2. Do I have expectations that are realistic for my child as a diver?
- ___ 3. Do I rarely criticize my child for his/her performance?
- ___ 4. Do I allow my child to be responsible for their diving preparation (meaning I do not do everything for my child including carrying bags, getting water/drinks, calling to practice, preparing equipment)?
- ___ 5. Do I avoid trying to coach my child when he or she has a coach?
- ___ 6. Do I provide love and support regardless of the competition/practice outcomes?
- ___ 7. Do I emphasize the importance of hard work with my child?
- ___ 8. Do I expose my child to different sports?
- ___ 9. Do I keep success in perspective?
- ___ 10. Do I display a positive and optimistic parenting style?
- ___ 11. Do I avoid allowing diving to dominate my child's entire life?
- ___ 12. Do I hold my child accountable for poor or unsportsmanlike behaviours?
- ___ 13. Do I appropriately push my child when he or she is lazy and does not work hard?
- ___ 14. Do I encourage my child to seek out new challenges and opportunities?
- ___ 15. Do I avoid exerting pressure to win?
- ___ 16. Do I model an active lifestyle?
- ___ 17. Do I emphasize core values like 'if you're going to do it, do it right'?
- ___ 18. Do I provide transportation, financial, and logistical support?
- ___ 19. Do I provide considerable encouragement by recognizing what my child does right?
- ___ 20. Do I try to make diving fun?

Continued on next page!



- ___ 21. Do I avoid focusing the majority of our conversations at home on diving?
- ___ 22. Do I act calm and confident in my child as he or she competes?
- ___ 23. Do I avoid considering my child's diving as an investment and that I should receive something in return?
- ___ 24. Do I treat my child the same following wins and losses?
- ___ 25. Do I provide my child ample opportunity and resources to be successful in diving?
- ___ 26. Do I allow my child some "say" in diving-related decisions?
- ___ 27. Do I attempt to keep my own interests in diving secondary to my child's?
- ___ 28. Do I avoid getting caught up in diving and making it over-important?
- ___ 29. Do I consider my child my son or daughter first, and an athlete second?
- ___ 30. Do I avoid critiquing my child immediately following a competition or during the car ride home?

TOTAL SCORE _____

- 135-150 Great job mom/dad! You are parenting your child in diving very effectively. Keep doing what you're doing!
- 120-134 You are very effective in parenting your child in diving. Find any items that you scored 3 or below and set a goal to improve.
- 105-119 At times you are effective parenting your child in diving, but there are some behaviours that may be negatively influencing your child's experience in diving. Review your ratings and then set a goal to improve score below a 3.
- 90-104 There is a good chance that you are negatively influencing your child's diving experience. Review your ratings and then read the USTA's parenting book. This will help you develop ideas for improving your child's diving experience.