

# TEAM HANDBOOK

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2024-2025



MOSS FARMS DIVING

May 2025

# WELCOME TO THE DIVING TIGERS!

We would like to welcome you or welcome you back in your decision to be a part of the 2024-2025 Moss Farms Diving Tigers program, we’re excited to have you on the team and are looking forward to having the opportunity to work with you.

At Moss Farms Diving we strive to offer an encouraging, challenging, and fun environment. There are many times that you will be challenged to face a fear, make a sacrifice, learn hard lessons, grow as a person in your character, give more than you think you have, achieve more than you think you can, or push yourself further than you thought possible; it is our hope that we can overcome everything together.

Please look through all of these commitments and obligations and sign the contract at the end of the handbook.

We are looking forward to another exciting and successful season!

God bless,

*Brad Gregory*

President, Board of Directors

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# HISTORY OF MOSS FARMS DIVING

Robert C. "Moose" and Janie Moss began Moss Farms Diving. Moose was a member of the famed World War II Flying Tigers and went on to develop one of the most successful farming operations in the Southeast and a diving program respected throughout the United States. The Moss Farms Diving program began in their family pool and has grown to what you see today. The program's history is proud to include a long list of accolades and consistent excellent performance, including the team's **1st Olympian, Carson Tyler in 2024 on 3M and Platform.**

This diving team is considered a powerhouse of junior and senior diving and is lauded by college coaches as a training ground for some of the best talent in the country.

Moss Farms Diving strives to guide and direct divers toward maximum use of their individual talents and abilities. Through the pursuit of excellence in diving, young people develop self-discipline and an attitude for excellence, which become patterns for later life. Diving instruction stresses the concepts of high self-esteem, physical fitness, goal setting, team spirit, loyalty, and respect for others. Moss Farms Diving stresses these concepts as equally significant to individual achievement itself! Excellence is not achieved without effort and investment. Diving is time-consuming and necessitates commitment on the part of the parents, as well as the diver. The investment of time includes practices, meets, additional training, and extensive commuting and travel. Diving families also commit to share their time and energies to help with fundraising and diving meets. This handbook is being supplied to you so you will understand the goals, policies, and objectives of Moss Farms Diving.



## Accolades

- 1**      **Olympian 2024 Carson Tyler**
- 7**      World International Champions
- 11**     Can-Am-Mex champions
- 18**     Junior National Champions
- 43**     YMCA National Champions
- 149**    YMCA All-Americans
- 50+**    GA High School State Champions
- 2**      FL High School State Champions
- 40**     High School All-Americans
- 3**      NCAA Champions
- >90%** Moss Farms divers receive Collegiate scholarships

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## OUR FACILITY

One of Moose's dreams was to have the finest diving facility in the country.

Moss Farms Diving moved to our present facility in 1993. Collegiate, National, and International divers have trained here and enjoyed the expertise and dedication of our excellent coaching staff. Our commitment to our athletes: to make them the best they can be.

To this day we still have one of the premier outdoor facilities in the country! The Moose Moss Aquatics Center's facility is virtually unparalleled in the sport of diving. In the past, we have been identified as a Regional Dryland Training Facility by the USOPC and USA Diving

### Moose Moss Aquatic Center

4 x 1 M springboards

4 x 3 M springboards

1 M Platform

3 M Platform

5 M Platform

7.5 M Platform

10 M Platform



### Dryland Training Facility

4,000 square feet

3 x Trampolines \*\*

3 x Dry Boards onto Pit Mats \*

1 x Dry Board into Foam Block Pit  
spring floor

2m platform into Foam Block Pit \*



### YMCA Rick Moss Aquatic Center

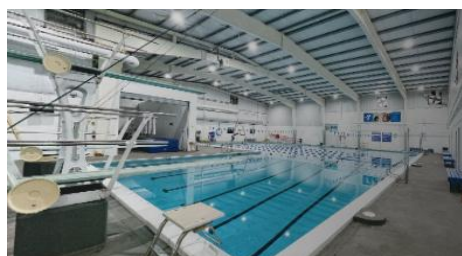
2 x 1 M springboards

1 x 3 M springboards

1 dry board\*

\*Overhead Spotting Rig

\*Over Water Spotting Rig



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# TEAM LEADERS

## Coaching Staff

<b>Director of Diving / Head Coach</b>	<b>Eugene Karaliou</b>
<b>Athletic Trainer</b>	Jaclyn Donovan

### Jaclyn Donovan, Athletic Training Services

We are very fortunate to have Jaclyn Donovan from the Vereen Center working with our team. Athletes should communicate any injuries to the coaching staff first, then we will assess if an assessment by Jaclyn is needed.

If the coaching staff feels working with Jaclyn is needed, there is a process in place and forms that are needed to be filled out. The forms are available on the MFD website. Click to see forms: [Form 1](#) & [Form 2](#) need to be completed.

## Board Members

<b>Executive Director</b>	Rick Moss
<b>Permanent Advisor</b>	Preston Jimmerson
<b>President</b>	Brad Gregory
<b>Past President</b>	<i>Dorothy McCranie</i>
<b>Treasurer</b>	Marisa Taylor
<b>Board Members</b>	Ivie Gregory Brett Taylor Susie Strange Angela Hobby

Open Board Meetings are scheduled for the year. We encourage you to participate in each meeting.

If you are interested in joining the board, contact Brad Gregory.

# TEAM CULTURE

**Culture matters!** Moss Farms Diving is committed to the development, growth, and betterment of our athletes. Our objective is to challenge and equip individuals who pass through these doors. We will be unified as a group of individuals committed to living a life of purpose.

## Our Mission

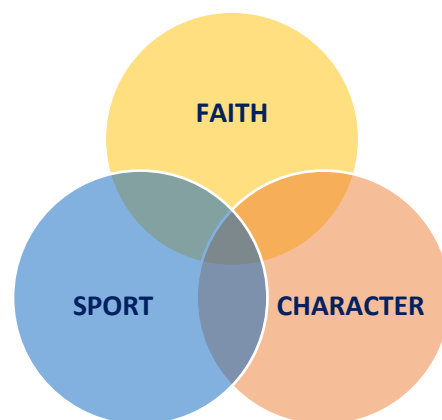
To create a culture which develops great people and athletes.

## Our Goals

To teach each athlete to do the best of which they are capable.

## Coaching Philosophy

It is the job of the coach to give each athlete the opportunity to do the best of which they are capable. We will embody a **TRAINING SMART MENTALITY**, partnering with athletes, parents, and other constituents to make the best decisions for our athletes. We believe that athletes should not attempt dives that they are not ready for.



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## Diver Philosophy

**Diving is not who we are...** we believe that faith, family, friendships, scholarly pursuits, and athletic achievement play pivotal roles in athlete development. It is our hope that the life lessons our divers take away from the program will be tools to better prepare them for their lives in the future.

## EXPECTATIONS

COACHES	DIVERS	PARENTS
To strive for excellence		
To arrive on time		To help divers arrive on time
To demonstrate respect to athletes and parents	To respect the coaches, program, team, and themselves	
To be good role models		
To constantly learn the art of coaching	To have a positive attitude and to be willing to try new things	To have a positive attitude and to be willing to help with team events
To communicate proactively and honestly		
To listen	To listen and not be a distraction	To listen
To prepare for each practice	To know their dive descriptions	
	To encourage and support teammates	To encourage and support divers, coaches, and fellow parents
	To leave the facilities clean	
	To thank the coaches before they leave each day	

## TEAM RULES

Our team rules are simple and designed for safety of our team. If you have any questions at any time, please contact the coaches or Board President.

**Parents**, you play a great role in your diver's career. Our Coaching staff is excited to be partnering with you in the development of your children

### Diver Rules

- No talking when the coach is talking
- Do not touch or use the equipment without the coach's permission
- All cell phones must be put away and out of sight during practice.
- Divers must arrive to practice ON TIME. Divers must have on their suit and be ready BEFORE practice begins.
- TREAT OTHERS THE WAY YOU WANT TO BE TREATED!

### Parent Rules

ALL PARENTS MUST BE

- In the stadium bleachers (west side) during water practice
- In the observation area (kitchen) during dryland training

*\*exceptions can be made for new divers during their first week*

**10** things that parents should partner with us on to increase the chances of success for your diver

1. Be on Time
2. Avoid gossip
3. Strive to make the journey entirely about their own goals
4. Show your diver your support, encouragement, and love
5. Be a good sport
6. Do your best to not compare your child with others
7. Teach your children to find lessons in difficult moments
8. Help your diver to persevere through obstacles
9. Let the coaches' coach, we need your athlete's attention during practice
10. Enjoy the journey with your diver

The coaching staff will not tolerate behavior that jeopardizes the safety, attitudes, and training environment of the team as a whole.

# PARENT to COACH COMMUNICATION

## Consequences for Violations

Violation of this policy may result in disciplinary action, including but not limited to:

- Warning
  - Suspension from team activities
  - Removal from the team

Parents may communicate with coaching staff in the following ways:

Email	If coaches are contacted after 7:00pm, responses will be made the following day.
Parent / Athlete Meetings	<p>If you desire to meet with the staff at any time, please feel free to reach out to the Director of Diving to schedule a meeting.</p> <p>Coaches have 12:00-2:00 blocked every Wednesday devoted to parent and athlete meetings. These meetings are by appointment and are first come first serve.</p> <p>Additionally, we encourage athletes to plan a goal setting meeting each year with our coaches.</p>

## Our Commitment

The success of our diving program is due in part to the volunteers/parents who invest much time into the program. Volunteers often present themselves during our diving meets hosted at our facility.

Parents are needed to help at all diving events that we host. If you have a specific area of experience or expertise that you would like to share with the team, please contact a board member or one of the coaches.

# SOCIAL MEDIA POLICY

Social Media is a part of all of our lives. Our goal in leveraging Facebook and Instagram is to promote our team and the sport of diving. We plan to use these as tools to share the excitement surrounding our team.

This policy is in place to promote a safe, positive, and respectful online environment for all team members. By adhering to these guidelines, we can ensure that our team's reputation remains intact and that team members feel valued and respected.



## Key Points

- **Respectful Conduct:** Always treat others with kindness and respect, both online and in person. Avoid bullying, harassment, discrimination, or any form of negative behavior.
- **Privacy and Safety:** Be mindful of your online privacy. Avoid sharing personal information (e.g., addresses, phone numbers) and be cautious of online strangers.
- **Team Image:** Represent the team and organization in a positive light. Avoid posting anything that could damage the team's reputation or create a negative impression.
- **SafeSport Compliance:** Adhere to the SafeSport policies and procedures, which prohibit any form of abuse or misconduct.

## Specific Guidelines

- **Inappropriate Content:** Refrain from posting content that is offensive, harmful, or illegal, including:
  - Hate speech
  - Threats or violence
  - Sexually suggestive content
  - Alcohol or drug use
  - Gambling
- **Team-Related Posts:** When posting about team-related activities, use appropriate language and avoid sharing confidential or sensitive information.
- **Reporting Concerns:** If you witness or become aware of any inappropriate or harmful online behavior, please report it to a coach or board member immediately.

### Consequences for Violations

Violation of this policy may result in disciplinary action, including but not limited to:

- Warning
  - Suspension from team activities
  - Removal from the team

## Additional Resources

- SafeSport: <https://uscenterforsafesport.org/training-and-education/safesport-courses-for-all/>

For questions, please contact any member of the Board.



# TEAM STRUCTURE

ALL groups have objective and subjective criteria that help predict each diver's progression and placement on the team. It is up to the Head Coach's discretion to put individuals in the best suitable environment for them to develop and thrive. Many factors such as maturity, attitude, dedication, work ethic, willingness to learn, and other character traits also play an integral role in each diver's placement.



Divers that move up in a group will have a pre-determined trial period in which the coaching staff will continue to monitor progress. If expectations are not being met or the diver has not shown the ability to continue to meet criteria, that diver will be removed from the group and put back on their prior squad in due time.

	LESSONS *	TINY TIGERS	PRETEAM	JR OLYMPIC (JO)**
<b>Experience Level</b>	Beginner - little to some experience in diving.	a talent identified selected group	1-2 years	2-25 years
<b>Characteristics</b>		Divers on the fast track to Pre-Team and J.O. Possess above average talent, coach-ability, willingness to learn new skills Willingness to try to attend all practices		Ability to achieve a USD Nationals competitive list on all 3 disciplines based on the age group Willingness to try to attend all practices
<b>Age</b>	Varies	Typically 6-12	Varies	
<b>Goals</b>	Develop a foundation of proper diving mechanics Begin learning the skills necessary to compete in 1m and 3m novice meets <b>HAVE FUN!</b>	Strive toward competitive 1m and 3m lists for J.O. meets.	Begin learning 3m list and platform skills Focus on more complex skills such as multiple flips and twists in dryland and water.	Meet requirements and execute lists determined by the diver and coaching staff for competitions.
<b>Competitions</b>	May compete in a few novice meets per year, usually held within the state of Georgia/Florida	Regionally	A Goal of USD Regional and Zone Championship levels with hopes of qualifying to USD Nationals	Compete 1m, 3m and Platform at the USD Regional, Zone, and National competitions
<b>Progression</b>	Consideration for a Lessons Diver to move			

## \*Extra LESSONS

The Extra Lessons Group is the next step of the Lesson Diver's progression. This group is geared towards divers demonstrating an elevated interest in the sport, satisfactory levels of maturity, and a willingness to learn new skills. Some Extra Lessons divers may start competing regionally depending on skills and dives acquired. Extra Lessons divers will strive for competitive J.O. lists on 1m and possibly 3m for consideration to move up.

## \*\*MORNING EXTRA TRAINING HOURS

This unique opportunity has been created for J.O. divers who desire to commit to additional training on top of the traditional J.O. program. In order to be considered for the extra training hours sessions, J.O. athletes are expected to write the coaching staff a handwritten or typed letter which should specify why they would like to be part of the morning training group, what they want to accomplish with this opportunity and how they plan to keep their grades up. Given the nature of the practices programming and daily timing of the sessions, the coaching staff has offered athletes two options to train extra hours (two days per week/four days per week). The athlete will be expected to commit to a

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three-month session at their specified daily commitment. The three-month sessions will span as follows: September-November, December-February, March-May.

## Private Lessons

Private Lessons are available upon request at the availability of the coach. NO CASH will be accepted. The rate is \$65 per hour.

## Weather

We have weather policies and plans for the following: Lightning and severe thunderstorms, tropical storms/hurricanes, extreme cold/hot climates, and other conditions that require caution. Our coaches will assess and accommodate with training and/or canceling practices.

# FINANCIAL AND FUNDRAISING COMMITMENT

**Being a diver involves a financial investment.**

We strive to have some of the lowest fees in the country by providing a way to raise nearly half of the dues through our fundraisers.

Our Fiscal year is from September 1 to August 31.

## Payment Policies

### Method of Payment

The available method of payment for monthly dues, private lessons payments, and camp payments:

Beginning this October:

- **NO CASH or VENMO will be accepted as payment for your diver's monthly dues or private lessons.** If these are received they will be a donation to the club!

## Late Fees

After the 10th of the Month, a \$20 late fee will be added to your monthly fees. Your diver will not be allowed on the pool deck or dryland area until fees are current.

## Membership Fees

Organization	Amount	Due
<a href="#">USA Diving</a> *	\$203 - Competitive membership \$43 - Competitive Blue Athlete Membership (Lesson Divers)	December 31
<a href="#">AAU</a> *	\$22 AAU Club Code for the 2024-2025 season is:	September 1
<a href="#">YMCA</a>	Varies by membership type	Required 90 days prior to YMCA Nationals

\*must be current for us to allow divers on deck.

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USA Diving and/or AAU memberships include sports accident and general liability to cover the athlete while they are training.

### Team Apparel

Traditional team t- shirts will be available to order through Rocky's. These will be the standard blue, white, or orange shirts.

All orders will be team orders and will be placed in September. Order forms will be distributed at the beginning of the year team meeting.

Competition suits are selected and approved by the coaching staff.

### Moss Farms Logo

The use of the Moss Farms Logos on any merchandise **must first be approved by the Director of Diving and/or board.**

We have 2 logos:



The “Flying Tiger” logo is our official logo.

- Reserved for Regional qualifiers.

The “MFD” Logo

- Worn by Non-Regional Qualified divers
- Used by all others for meets without USA/AAU Diving OR D.D. requirements.

### List of common expenses

- USA Diving membership fees
- AAU membership fees
- YMCA membership dues
- Coach's expenses
  - Meet fees and travel
  - Annual bonus and gift
- Meet Registration Fees
- Meet travel for the diver and family
- Team Apparel
- Equipment (bags, bathing suits, towels, etc.).

### 2024-2025 Monthly Dues

Group:	Monthly Dues: (WITH fundraising)	Cow Patty Bingo (Tickets Sold)	Ad Sales	Monthly Dues: (WITHOUT fundraising)	Annually:
Lessons	\$80(12)	\$200 (2)	\$0	\$96.67	\$1160
Extra Lessons	\$120(12)	\$200 (2)	\$0	\$136.67	\$1640
Tiny Tigers	\$125(12)	\$800 (8)	\$800	\$258.33	\$3100
Pre-Team	\$100 (12)	\$800 (8)	\$800	\$233.33	\$2800
J.O.	\$150 (12)	\$1400 (14)	\$1400	\$383.33	\$4,600
Extra Hours (2 Days)	+ 100	N/A	N/A	N/A	N/A
Extra Hours (4 Days)	+\$150	N/A	N/A	N/A	N/A

### Commitments

	Lessons, Tiny Tigers, Pre-Team	JO
Commitment	3-month commitment	1 Year commitment

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**WRITTEN NOTIFICATION** must be emailed to Brad Gregory.

If WRITTEN NOTIFICATION is not received 10 days prior to the diver leaving, you will be responsible for payment of the fee regardless of participation.

*ONLY in the event of injury or serious illness, which requires a swimmer to cease participation, will fees be pro-rated or refunded. Such injury or illness must be supported with signed documentation from a physician.*

## Fundraising

We have a long history of support from our community. Each year we count on partnerships across our area to support our program. In turn, we do our best to support local businesses for our needs, particularly during meets we host.

### Donations & Gifts:

Moss Farms Diving is a non-profit organization, and donations may be considered as tax deductible. We are continuously trying to improve our facility and give the divers the best equipment and resources to ensure their success, but this can be costly.

If there is something that you would like the club to have, please communicate this to the coach and/or board members as well.

Keep in mind, if you purchase something for the club and expect reimbursement, the purchase will need to be approved by the board *prior* to purchasing or you may not be reimbursed.

**If you, or someone you know, would like to donate to the equipment needs please see the coach or a board member.**

## Team Events

### *Cow Patty Bingo*

ALL divers will be required to sell Cow Patty Bingo tickets each fall. Each group has a certain number of tickets that are required to be sold (please see previous page). Tickets will be sold for \$100.00 a piece for an entry and chance to win a cash prize at our annual event.

### *Ad Sales*

Local businesses, family members, and friends can place ads, coupons, and messages in our annual program. Each group has a certain ads quota that is required to be sold (please see previous page). The Ad Sales sheets and customer lists will be handed out at our spring Ad Sales meeting.

## FREQUENTLY ASKED QUESTIONS

### Fundraising

<b>Do I have to fundraise?</b>	While this is encouraged, it is not required. Parents can opt out of fundraising and pay the "Total Monthly Dues" the first of every month
<b>What if I don't meet my fundraising quota?</b>	Parents are responsible for fulfilling the fundraising obligations. If requirements are not satisfied, the balance will be due 30 days after the planned event.

### Club Dues

<b>Does my Lesson Diver have to dive year-round?</b>	Almost all of our Lessons divers train year-round, but no. Your commitment is on a quarterly basis
<b>When are team dues due?</b>	Payments are due on the 1 <sup>st</sup> of every month.
<b>What if my diver starts in the middle of the month?</b>	Divers that sign up on the 15 <sup>th</sup> of the month or before will pay the full monthly due upon sign up.
<b>What if my diver wants to take a break from diving?</b>	See "commitments" section on previous page.

### Groups

<b>What if my diver changes groups?</b>	<p>If a diver moves <b>down</b> in groups in the middle of a fundraising event the extra fundraiser money will go to the club.</p> <p>If a diver moves <b>up</b> in the middle of a fundraising event, the diver shall pay the normal monthly fee plus the proportionate fundraiser obligation amount (total fundraiser amount divided across 6 months).</p> <p>If a diver is on a specific team/group prior to the beginning (or handing out) of the fundraiser, that diver is responsible for those fundraiser fees for the team/group they are on at that time <i>unless a change in training groups is discussed/finalized beforehand.</i></p>
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## **Moss Farms Diving**

### **Acknowledgement of Handbook**

Participant's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Parent/Guardian Name (if under 18): \_\_\_\_\_

### **Acknowledgement of Handbook**

#### **AGREEMENT TO ALL POLICIES LAID OUT IN THE MOSS FARMS DIVING TEAM HANDBOOK**

I understand and agree with all policies laid out in the MFD Team Handbook. I have read and will uphold these policies both for myself (athlete/parent) and my child (parent). I have a responsibility to report any type of violation of team policies.

I understand and agree that I will lose the privilege of being on the Moss Farms Dive Team if I engage in repeated violations of policies laid out in the MFD Team Handbook.

Diver Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## MOSS FARMS DIVING CLUB LIABILITY WAIVER AND RELEASE AGREEMENT

### Acknowledgement of AAU/USA Diving Membership

I understand that I must register my child for an AAU/USA Diving Membership before they will be allowed on the pool deck. I also acknowledge that **I MUST SUBMIT A PRINTED COPY OF PROOF OF THAT MEMBERSHIP TO THE COACH.**

<a href="#">USA Diving</a>	\$203 - Competitive membership \$43 - Competitive Blue Athlete Membership (Lesson Divers)
<a href="#">AAU</a>	\$22

### Acknowledgment of Risk

I understand and acknowledge that participation in diving involves inherent risks, including but not limited to physical injury, paralysis, or even death. These risks may result from the participant's own actions, the actions of others, the condition of the facilities or equipment, or the nature of the sport itself.

### Assumption of Risk

I voluntarily assume all risks related to my (or my child's) participation in any and all diving activities at Moss Farms Diving Club, including training, practices, conditioning, and competitions.

### Release and Waiver of Liability

In consideration of being allowed to participate in Moss Farms Diving Club programs and activities, I hereby release, waive, discharge, and hold harmless Moss Farms Diving Club, its coaches, staff, board members, volunteers, affiliates, and facility partners from any and all liability, claims, demands, or causes of action that may arise from injury, illness, or damages resulting from participation. Medical Treatment Authorization In the event of an accident or emergency, I authorize Moss Farms Diving Club coaching staff to provide basic first aid if appropriate and to contact emergency medical services (EMS) if necessary. I understand that Moss Farms Diving Club does not have on-site medical personnel and that I am responsible for any medical expenses incurred as a result of such incidents.

### Behavior Expectations

I understand and agree that all participants are expected to demonstrate respectful and appropriate behavior at all times. I (and my child, if applicable) agree to follow all rules, policies, and guidelines outlined in the Moss Farms Diving Team Handbook. Failure to comply may result in disciplinary action, including suspension or removal from the program.

### Acknowledgment of Understanding

I have read this agreement, fully understand its contents, and sign it voluntarily. I understand that by signing, I am waiving certain legal rights, including the right to bring a lawsuit against Moss Farms Diving Club.

Diver Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

Emergency Contact Name & Phone Number: \_\_\_\_\_