



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **Approaching the National YMCA Diving Championship**

National YMCA events, like the Diving Championship Meet, celebrate the Y's Cause of strengthening community through Youth Development, Healthy Living and Social Responsibility. While the meet itself is a positive and impactful experience for the athletes, it is meant to reflect a sustained commitment to the Y and the local Y community. Through this commitment, Y programs promote achievement, relationships and a sense of belonging for young athletes.

With this purpose in mind, the following are some of the frequently asked questions about the National Y Diving Championship.

**Q:** How can I get involved in the Y Diving championship?

**A:** First and foremost, you must be a full privileged member of your local Y, either as an individual or family member, at least 90 days prior to the first day of the championship.

**Q:** Can I represent my Y even if they don't have a diving program?

**A:** Yes, most of our teams train off site and are affiliated with either USA Diving, AAU Diving or both before partnering with their local Y. Your first priority should be to open communication with the Executive Director/CEO to let them know of your desired intentions.

**Q:** If the club I train with does not want to participate, can I still compete for my Y?

**A:** Yes, after and the Y that agrees to support you completes entry forms and submits a certificate of insurance.

**Q:** Does my coach have to be a Y member?

**A:** They should have, or begin, a relationship with the Y. If they are not a member or employee of the Y, they would have to go through the official volunteer onboarding process which includes a background check.

**Q:** If my club coach cannot go to the meet, can I still participate?

**A:** Yes, but you do need a coach of record to be able to participate. There is a designated coach of record form that would need to be completed by you and the coach that would be on the pool deck.

**Q:** As a club coach, how can I get my team involved with the Y Diving Championships?

**A:** In addition to meeting the above requirements, you should set a meeting with the Executive Director/CEO of the Y you would like to represent and discuss your desired intentions. This could be a win- win situation for both parties! The Y could offer off-site programming at your facility or you could offer diving programs at the Y even if it is only dry land skills.

**Q:** Once I get all my requirements met with the Y, are there any other qualifying standards?

**A:** Yes, there is a minimum DD requirement for springboard events for optionals AND a minimum score for optionals only. These can be found in the diving handbook which is posted.

**Q:** Who can I contact for further information?

**A:** Gary Cox – Diving Coordinator for YMCA of the USA - [gcdivcoach@aol.com](mailto:gcdivcoach@aol.com) or 414-350-4084