

Welcome to NVSL Diving



**Team Rep Meeting
March 15, 2026**



Agenda

- League News and Updates
- Financial Report
- Website/Results Reporting
- Rule Changes
- Division Coordinators and Divisional Host Pools
- Clinics Schedule
- Dual Meets and Sportsmanship
- Championship Meets
- Awards
- Scholarship
- Future Dates



League News and Updates

- Introduction of EXCOM and new Team Reps
- Approve November Minutes
- Required Training – SafeSport and Concussion Training
- Change with Swimtopia
- Team Insurance / Required Training Voucher
- Goals for NVSL Dive
 - Volunteer recruitment
 - Moving meetings online where possible
 - Providing more online and virtual training tools and resources
 - Continue to collect and respond to team rep feedback
- Call for Divisional Host Pools if needed (D6, D7, D8)



Swimtopia

- For Swim: Provides a league-wide solution for team and meet management, mobile app, and league integration.
- For Dive: Provides a place for centralized registration
- Recommend: Consider creating a separate instance for dive team.
 - Drawbacks: Parents will have to register twice
 - However, Significantly easier to manage roster/communications/website when not tied with swim



Financial Report

- 1) Balance on 1 Jan 2026-\$9114.76 Current balance is \$10,460.68
- 2) Insurance and Dues due by May 15 to avoid a late fee
- 3) Insurance up from \$2.80 to \$2.92 per athlete= \$45 more this year
- 4) Will reimburse up \$50 per Divisional Meet and CJ Meet for Meet supplies printer cartridges/paper (with receipts).
- 5) Invested in podium for championship meets (6 places), adding additional 6 places this year.



Financial Report

Pool Name
NVSL Dive League
2026 Dues and Insurance

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- Pool: Pool Name
- Dues: \$290.00**
- Insurance: \$200.00**
- Total: \$490.00 Due by May 15, 2026**
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- A \$25 late fee will be assessed to all payments received after May 15.
- Make checks payable to NVSL Dive.
- Please mail checks to: Robert McKinney
 - 7403 Farnum St
 - Springfield, VA 22151
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- As provided for in the NVSL by-laws, failure to pay by June 1, 2026 will result in the member's forfeiture of all league privileges and activities until dues are paid in full.



Financial Report

- 1) Email sent please follow up with Bob or Judy if you did not receive it. The email used for the dues was the email contact information provided by your pool.
- 2) Email/Text to your pool's treasurer and follow-up with phone call
- 3) Make sure they are aware that dues checks for swim and dive are paid separately and mailed to different people. Have them follow the instructions on the letter.
- 4) Follow up on 1 May to ensure dues have been paid.
- 5) Please print clearly and neatly when writing the check and ensure you sign the check. They are deposited electronically.



Website/Results Reporting

- Send Thomas Advertisements for Coaching positions to post

Proposed Rule Changes – Recommended Actions

Discussion and Vote by Team Reps

- ADD RULE TO RECOGNIZE RECIPROCITY BETWEEN NVSL SWIM AND DIVE IN THE SCHEDULING OF DIVE MEETS (Current rule 1.j to 1.m) – rules committee voted unanimously (6 for) for adoption
- ~~CLARIFICATION OF WHETHER OR NOT AGE GROUPS IN DUAL MEET EVENTS BE DONE IN ORDER SPECIFIED (Current rule 3.b.)~~
proposed rule change withdrawn by the submitter
- STANDARDIZE THE DEGREE OF DIFFICULTIES FOR 101 AND 201 DIVE POSITIONS TO A SINGLE DD FOR FRESHMAN AND JUNIOR DIVERS (Current rules 3.b.(1) and 2)–rule change voted 1 for and 5 against recommended change; adoption not recommended by majority
- STANDARDIZE THE DEGREE OF DIFFICULTIES FOR 5111 AND 5211 DIVE POSITIONS TO A SINGLE DD FOR FRESHMAN AND JUNIOR DIVERS (Current rules 3.b.(1) and 2)–rules committee voted 0 for and 6 against; adoption not recommended unanimously
- REMOVE SPECULATIVE LANGUAGE (Current rules 3.d.(2), (3) and (4))– rules committee voted unanimously (6 for) for adoption of recommended change
- ~~REVISES WORDING AND EXPANDS DEFINITION OF DIVER ASSISTANCE~~– **proposed rule change withdrawn by the submitter**
- ADD COMMUNICATION OF DEPTH OF WELL TO PRE- DUAL MEET PLANNING DISCUSSIONS (Proposed change to current rule 10.a.(2)) – rules committee voted unanimously (6 for) for adoption

Information for Team Reps

EXCOM Voted to Accept Editorial Changes

Editorial Changes - Make changes to improve editorial clarity to 12 existing rules

- CLARIFIES THAT IT IS COMPETITION VS. ATTENDANCE THAT CONFERS PARTICIPATION STATUS AT A MEET AND ELIMINATES UNNECESSARY WORDING
- ELIMINATES EXTRANEIOUS WORDING AND PROVIDES CLARIFICATION
- CHANGE 1 METER TABLE OF DIVES TO SHOW ONLY FRESHMAN CAN PERFORM JUMPS
- CLARIFY THAT THE CRACKER JACK MEET DIVERS CANNOT DIVE UP AN AGE GROUP
- REMOVING EXTRANEIOUS WORDING
- TO CLARIFY THE DEFINITION OF THE FIVE DIVE GROUPS IN THE NVSL DIVE RULES FOR DIVING COMPETITION IN AN EXPLICIT STATEMENT
- REMOVE CONFUSING RULE LANGUAGE
- REMOVING EXTRANEIOUS REFERENCE
- CORRECTION TO ADD A PREVIOUSLY OMITTED CHANGE
- UPDATING RULE TO REFLECT CURRENT PRACTICES
- UPDATE TO REMOVE REFERENCE TO LATE FEES AND REDUNDANT LANGUAGE
- ADD REFERENCE TO SPECIAL EXCOM-APPROVED RULESETS

Discussion and Vote by Team Representatives



Division Coordinators

- Division Coordinators finalize meet results, run the divisional meets, and help team reps work with one another to negotiate differences of opinion and reach solutions.
- Most questions can be answered with the myriad training materials that are on the NVSL dive website. If you cannot find the answer or need more information, check with your Division Coordinator. If they cannot answer your questions, they can point you to the correct member of the EXCOM.



Division Coordinators/Host Pools

- Division I: Wes Bowman and Sarah McDonnell; Oakton
- Division II: DC Sarah Scott; Fairfax Station
- Division III: DC Joy Ditto; Hayfield
- Division IV: DC Tim Harbeck; Arlington Forest
- Division V: DC David Grannis; Lakeview
- Division VI: DC Katherine McClure; ???
- Division VII: DC ???, ???
- Division VIII: DC Jason Detten; ???



Clinics

- Team Reps – Please encourage ALL of your coaches and parents to attend.
 - Parents of new divers should attend the Judges' Clinic to learn the basics of springboard diving and the standards of dive
- Judges' and Referees' Clinics are adapted to the experiences of both the new/returning judges.
 - Identify rule changes
 - Emphasize standards of dive, dive adjudication, and provide demos for the Judges' Clinic
 - Shared experiences from veteran referees/judges provide valuable scenarios for all new volunteers
- Coaches Clinic
 - Emphasizes rules, interaction with officials, sportsmanship, and coaches' responsibilities
 - Hands On demonstrations, work with the divers
 - Coaches are THE role models for the divers



Clinics Schedule

- Team Reps May 31, 8:00 am at Overlee
- Meet Workers May 31, 9:45-10:45 am at Overlee
- Judges May 31, 10:45 at Overlee
 June 9, 6:30 pm at Chesterbrook
 **Week of 6/21, TBD
- Referees June 3, 6:30 pm at Overlee
 June 14, 1:00 pm at Hamlet
 June 27, 3-5 pm at Springfield Church
- Coaches June 7, 1:00 pm TBA



Referee Expirations

Donny Anderson	FS	Amy Kotecha	KG	Lesley Reed	DR
Jen Arnic	SHB	Adam Lesser	RFD	Tom Schneider	F
Judy Baltas	HV	Brandon Lucado	THA	Michael Stigliano	HP
Wesley Bowman	DR	Albert Lum	W	Laura Tetreault	M
Allen Brabender	CH	Michael Margolis	HP	Dan Thompson	DR
Stacey Brooks	KG	Grace Martin	SHB	Paula Threadgill	G
Lisa Campbell	VW	Bob McKinney	Unatt	Robert Vroom	GF
Dawn Dempster	F	Andrew Meyers	IC	James Wilkins	SHB
Jason Detten	A	Laura Miller	DL	Betsy Yarrison	Unatt
Joy Ditto Hill	PL	Kathy Nice	RFD		
Robert Freeman	RH	Noah Paci	VW		
Andrew Green	Unatt	Rachel Paci	VW		
Charles Havasy	IC	Cristina Pereira	KG		
Allison Klink	PAR	Stefanie Pidgeon	FS		



Dual Meets and Sportsmanship

- Dual meet schedule has been released
- Based on Team Rep preferences for Home/Away meets
 - Any changes, please report to the Seeding Committee for use in next year's schedule
- If weather, or any other factor, prevents competition on Tuesday, reschedule within one week if possible
- Remind athletes, coaches, officials, and parents of the Standards of Conduct in the NVSL Handbook
 - This should be a part of your introductory briefing to parents and coaches
 - There were two instances of unsportsmanlike behavior by coaches last year



Championship Meets

- Wally Martin 3 Meter Meet – July 12 (Oakmont Rec Center)
- Crackerjack Meet – July 19 (North Springfield Pool)
- Divisional Meets – July 26
- Synchro 1 Meter Meet – July 28 (Old Keene Mill)*
- All-Star Meet – August 2 (Fairfax)

* Note: July 28th is a Tuesday



Training Committee Resources & Services

Clinics

- Team Representatives Clinic (virtual and in-person preseason / virtual in season)
- Table Workers Clinic (in-person preseason + on demand in season)
- Judges Clinic (in-person preseason / early season + on demand in season)
- Referees Clinic (in-person preseason / early season)
- Coaches Clinic (in-person preseason)

Resource Library: <https://drive.google.com/drive/folders/16C7-sgk6UP6OzSR1tLQfTvihrpTrzhk-?usp=sharing>

- *What Does a Team Rep Do?*
- *A Beginner's Guide to Judging Diving*
- *So, You're a Brand-New Referee*
- *Diving 101*
- *How to Keep Score at a Dive Meet*
- *Tips on Finishing your Meet Before Dark*

...and much more





NVSL Swim and Dive SafeSport Approach – Summer 2026

Protecting Athletes
Building Safe Communities

Protecting Young Victims from Sexual Abuse & Safe Sport Authorization Act of 2017
Federal law requiring youth sports organizations to implement abuse prevention training, reporting policies, and safety reviews.

1. SAFESPORT IN NVSL

FOUR KEY LEGAL REQUIREMENTS

- 1. Limit 1-on-1 Contact:** Observable & Interruptible adult-minor interactions required.
- 2. Abuse Prevention Training:** Consistent training for all adults in regular contact with youth.
- 3. Increased Standard of Care:** Training, reporting policies & periodic safety system reviews.
- 4. Guidelines:** Multiple adults per activity, pick-up policies, appropriate touching boundaries, no outside socialization.

TEAM RESPONSIBILITIES

RECORD KEEPING

- Track & maintain all completed training records for coaches and team reps.
- Acknowledge completion of SafeSport requirements and similar programs.

COMPLAINT HANDLING

- Establish internal procedure to receive and examine complaints.
- Teams address issues internally — do not file directly with SafeSport or NVSL.

2. TRAINING FOCUS AND COST

WHO MUST COMPLETE TRAINING

REQUIRED (Core or Refresher Courses)

Div. Coord.

NVSL Board

Team Reps

Coaches 18+

Teams cover cost for Team Reps and Coaches

RECOMMENDED (Awareness Courses)

Parents

Officials

Coaches <18*

Athletes*

** With parent's approval*

TRAINING COST

SWIMMERS

Ages 5–12 Awareness Course

FREE

Ages 13+ Awareness Course

FREE

PARENTS & VOLUNTEERS

Parents Awareness Course

FREE

Volunteers Awareness Course

FREE

TEAM REPS, COACHES, DCs, NVSL BOARD

SafeSport Training: Four Year Curriculum



Year 1
Core Training
\$20 pp



Year 2
Refresher 1
\$10 pp



Year 3
Refresher 2
Free



Year 4
Refresher 3
\$13 pp

3. ACCESS TO SAFESPORT

NVSL ORGANIZATION MEMBER ID

14926812681

Enter the ID during initial registration – required field

PORTAL REGISTRATION STEPS (NEW LEARNERS)

- Go to the [SafeSport portal link](#) on the NVSL website to begin — do not use the general SafeSport site if you have no existing account.
- A "Sign Up" page will appear. Enter your name, email, and personal details, then click Sign Up.
- Enter **14926812681** in the Organization Member ID field. This is required to link your account to NVSL.
- Enter your **pool name** in the "Name of Sport or Community Organization" field, then complete registration.
- You'll be taken to your **dashboard** where you can browse free and self-purchase courses for your role.

i **Already have a SafeSport account?** Do not use the new learner link. Contact the SafeSport help portal directly to sign in and then link to the NVSL organization.

! Full instructions for portal access and course selection are available on the [NVSL website](#). Teams are responsible for tracking completed training for their staff.



Handbook

- Team Rep information has been updated for the Handbook based on the emails sent out on March 5.
 - I have not heard from 4 teams (Please check your email)
- If you have any changes that need to be made to the Handbook information please let Kristin Webster know by March 22.
- We are always looking for Sponsorships for NVSL Dive



Awards

B – Meet Ribbons

- Take inventory of your ribbons
- Start planning for your B – meets.
- You can make sets of 8 or 10 or any size you need
- B – meet ribbons cost \$0.15 each. They do not have the year printed on them.

Personal Best Ribbons


- Make great gifts for the divers
- Do not have the year stamped on them.
- Personal best ribbons cost \$0.30 each.

Score sheet orders

- Google form will be sent out to all team reps. Please fill out IF YOU NEED score pads

NVSL DIVING SCORE SHEET

FRESHMAN
JUNIOR
INTERMEDIATE
SENIOR



BOY
GIRL
OFFICIAL

NAME: _____ AFFILIATION: _____ ORDER: _____
MEET: _____ DATE: _____ METERS: 1 METER

NO.	DIVE NAME	POS	DD	1	2	3	4	5	6	7	Total	Award
101	FORWARD DIVE											

TOTAL AWARD: _____
FINAL PLACE: _____

DIVERS SIGNATURE: _____



Scholarship

- Five (5) awards are available.
- Application for 2026 has been posted on the swim and dive website. Look under “documents.”
- Changes:
 - Application deadline is **June 8, 2026**
 - One recommendation letter from an NVSL affiliated person
 - Applicants may choose from the two topics listed.
- At your upcoming meetings, Team Reps should encourage their graduating seniors to apply (and start early)



Future Dates

- Team rep meeting and clinics May 31, 2026
- Proposed Rule Changes Submitted Oct 6, 2026
- Executive Board Meeting Oct 2026
- Team Rep Meeting Nov 2026
- Executive Board Meeting Feb 2027
- Team Rep Meeting Mar 2027



Adjournment

Thank you for your time in volunteering
for NVSL Dive!