



Napoleon Diving Club

Welcome Information & Registration Guide

Welcome to Napoleon Diving Club!

Napoleon Diving Club (NDC) is excited that you're considering our program! Please take a few minutes to read the information below, and don't hesitate to reach out with any questions.

NDC is a competitive diving club, and we'll work with your athlete to be just as successful in the pool as they are out of it. Practices are designed to be flexible — start and end times can be adjusted with a coach's approval to accommodate other activities and commitments, though we always encourage full attendance at your practice's scheduled time, since consistency drives the fastest improvement. To reflect that flexibility, we also offer two separate pricing options to fit your family's needs.

NDC is led by Head Coach Mike Retcher, who also serves as the Bowling Green State University Head Diving Coach. Coach Retcher brings 18 years of coaching experience to the sport and serves in leadership roles within USA Diving and the diving community as a whole. Together with Coach Kristin Shepard, NDC has had over 50 athletes compete at the OHSA State Diving Championships, more than 30 athletes qualify for AAU and USA Nationals, and a multitude of top-12 national finalists.

We're also proud to welcome **Luna Castellanos** as Head Coach, Developmental Programming. Luna is a **five-time NCAA Division II individual national champion** and the 2025 CSCAA Division II Diver of the Year, diving collegiately for Clarion University's nationally elite program after coming to the U.S. from Colombia to pursue diving. She's tied for the second-most individual women's diving national championships in NCAA history and broke an 11-year-old school scoring record along the way. She brings elite-level technical coaching directly to our developmental athletes. NDC is also assisted by multiple collegiate athlete coaches who bring a tremendous amount of knowledge from all over the country and the world!

NDC is committed to athletes who are active participants in a multitude of sports and other clubs and organizations, and we pride ourselves in offering opportunities to excel alongside commitments to other activities.

Register & create your family account online

Visit ndc-zeta.vercel.app/register to submit your athlete's information and set up a family login. Once a coach reviews and approves your registration, you'll be able to sign in any time to sign up for practices, update your RSVP if plans change, and view invoices.

New to diving? Every new athlete gets **1–3 trial practices** at no cost before we ask for any commitment — just a chance to get your feet wet and see what diving is all about. Note: the BGSU SRC waiver (see the last page) is still required for any trial practice held at BGSU, no exceptions.

A note on cost

Please know that we do not want any current financial situation to act as a barrier to participation. If your family has economic hardship, please reach out privately to Coach Retcher and we will make sure to come up with a plan so your athlete can participate.

Practice Fees

Option 1 — Monthly Flat Rate

Best for the athlete who is motivated, focused, and enthusiastically working toward developing their diving career. It's also the most economical option and a good fit for any level of diver. Athletes are placed into one of five groups:

Group	Monthly Rate	What it looks like
Lesson Program	\$70	Introduces basic fundamentals. Meets twice weekly; bonus practice available Sundays.
Beginner (Orange Team)	\$110	Develops all five categories of dives; introduction to 3-meter. Meets 2–3 days/week; should plan to compete in all ODL meets.
Intermediate (Brown Team)	\$145	At least 3 of 5 dive categories; proficient in basics. Expected at 2 of 3 practices/week plus ODL, AAU, and USA meets.
Elite (Navy Team)	\$200	Full competition list. Participation in all practices and meets expected.
High School Only	\$550 total	Split evenly and billed across November, December, January, and February.

Option 2 — Per-Practice Fee

Intended for athletes with commitments to other sports or clubs that keep them from regular practice attendance. Coaches track each practice attended electronically, and your family is billed at the end of the month for practices attended. There are typically 16–20 practices available per month — if you expect to attend more than about 75% of those, the Monthly Flat Rate is usually the better value.

Group	Weekday	Saturday & Sunday
Lesson & Beginner	\$15.00	\$18.00
Intermediate & Elite	\$20.00	\$25.00

You're welcome to switch between the two pay structures as the year progresses and athletic seasons or family commitments change — just let Coach Retcher know a few days before the next month's cycle.

The BGSU facility pass is separate — and not part of registration

Practices held at the Bowling Green State University Student Rec Center (SRC) require a facility pass. **This is a separate fee paid directly to the SRC, in person — it is not collected through NDC's registration or billing.**

Option 1: \$25, 30-day pass (from date of purchase). Option 2: \$5 day pass (requires a waiver each time).

The SRC also requires a signed waiver on file. You can print it in advance from the last page of this document, or from the link on our registration page, and bring it with you.

Meets & Insurance

Dive 419

Local meets held at one of three rotating locations: Napoleon High School, Wauseon High School, and Sylvania Northview High School (Toledo). Typically one meet per month, held Sunday mornings. Accommodates beginners through elite — everyone has the opportunity to compete and gain meet experience. Cost is typically \$10–\$20 per meet.

Ohio Diving League (ODL)

Held at university pools throughout Ohio, based on skill levels 1–6 (age doesn't matter). Awards go to all participants in levels 1–3, and the top 10 in levels 4–6. We compete at Ohio State twice a year and at the Canton McKinley Natatorium. Cost is typically \$30–\$45 per meet depending on the number of events.

Amateur Athletic Union (AAU)

A step up in competitive nature, while still offering entry-level divers a positive experience. Main season is March–May, with an additional national meet in mid-July. Meet cost fluctuates.

USA Diving

A Regional meet in spring, followed by Zones, East/West/Central Championships, and Nationals. For intermediate and elite divers only, and invitation-based.

Insurance — every NDC member registers with the AAU

This is a once-a-year membership that carries insurance coverage for your athlete no matter what pool they practice or compete in. NDC recommends the **Extended Coverage (AB)** membership.

Current fees (verify at diveaaau.org — fees can change): Regular Youth Athlete Membership \$22, Extended Coverage (AB) \$24. Membership year runs September 1 – August 31.

Athletes invited to USA Diving meets will also be asked to register and pay the associated USA Diving fees.

Registering for AAU Diving



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Registration is completely online at diveaaau.org, and a copy of your membership card should be given to your coach before your first day of practice — but don't let this hold up signing up! You can register for NDC online right away and add your AAU membership information once it's ready; a coach or you can update it on your athlete's profile at any time.

- 1 Go to diveaaau.org and create or sign in to your account.
- 2 Click “Get a Membership,” then “Youth Athlete Membership.”
- 3 Select Diving as the sport.
- 4 Select Extended Coverage (AB) — our recommended option.
- 5 When asked for your club or team code, enter Napoleon Diving Club's code: **U5MJ4HGTJ**.
- 6 Fill in the athlete's information, then review and sign the terms.
- 7 On the payment page, confirm the charge shows \$24 and the sport is Diving, then pay.
- 8 Your membership is issued right away — send or upload a copy of the card to the club.

Practice Expectations, Location & Equipment

Napoleon Diving Club operates out of two facilities: Bowling Green State University (BGSU) and Napoleon High School (NHS).

BGSU's facility

Two 3-meter diving boards, two 1-meter diving boards, a 5- and 7.5-meter platform, above-the-board harness systems on 1- and 3-meter, full bubbles under all boards and towers, two dry boards, trampoline and spotting rig, sideline scout video playback, and numerous additional on-deck and dryland training aids.

NHS's pool

Two 1-meter diving boards, one 3-meter diving board, an above-the-board harness system, training pool-side platforms, a state-of-the-art soft-landing bubbler system, and sideline scout video playback.

If the facilities alone don't impress you, our coaches offer a combined 35+ years of diving experience. Our program has sent numerous divers on to Division 1, 2, and 3 collegiate programs, had multiple top-10 finishers at the Ohio High School State Meet, State Champions, and many back-to-back AAU & USA National Qualifiers. We believe the lessons learned with us help prepare our athletes mentally and physically to succeed in anything they do in the future.

We can't wait to share our time and experience with you! When you're ready, visit **ndc-zeta.vercel.app/register** to get started.

Sincerely,



Mike Retcher — Head Coach of Elite Programming

Napoleon Diving Club · mretche@bgsu.edu · (419) 789-0594



Kristin Shepard — Head Coach of High School Programming

Napoleon Diving Club · kshepard@napoleonareaschools.org · (419) 260-7366



Luna Castellanos — Head Coach, Developmental Programming

Napoleon Diving Club · lunav@bgsu.edu

A printable copy of the BGSU Student Rec Center waiver is included on the next page for your convenience — sign it and bring it with you to save time at the SRC.



Informed Consent Waiver and Release of Liability

Assumption of Risks: Physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injury. The Department of Recreation and Wellness, through its Student Recreation Center (SRC) and Perry Field House (PFH), provides for activities such as weight lifting, running, swimming, diving, aerobic activities, classes, and other sporting activities. These activities involve strenuous exertions of strength using various muscle groups, some involve quick movements using speed and change of direction, and others involve sustained physical activity that places stress on the cardiovascular system. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains; 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions; and 3) catastrophic injuries including paralysis and death. I understand and appreciate that the activities and programs at the SRC and PFH carry certain inherent risks and I hereby assert that my participation is voluntary and that I knowingly assume all such risks. I also understand that there is an inherent risk of exposure to contagious diseases such as COVID-19, which exists in any public place where people are present. I acknowledge that I assume the risk of illness caused by contagious diseases.

Waiver of Liability and Indemnification: In consideration of permission to use today and on all future dates, the property, facilities, staff, equipment, services, and programs of the Department of Recreation and Wellness, **I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and agree not to sue the State of Ohio, Bowling Green State University and its governing board, officers, employees, and agents ("Releasees") from any and all liability** for any harm, injury, damage, claims, demands, of any kind, actions, causes of action, costs and expenses that I may have or that hereafter may accrue to me, arising out of any loss, damage, or injury, including death, that may be sustained by me or any loss or damage to any property belonging to me, whether caused by negligence, misfeasance, or nonfeasance of Releasees or otherwise while in or upon premises or equipment of the SRC or PFH or engaged in any activity or program offered at the Department of Recreation and Wellness.

I also agree to **INDEMNIFY AND HOLD** Releasees **HARMLESS** from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney's fees, that result from any participation in or involvement with any program or activity at or associated with the SRC or PFH and to reimburse Releasees for any incurred expenses. I further agree to comply with the stated and customary terms and conditions of participation and agree that if any unusual or significant hazard is observed, my activities will be discontinued and I will immediately bring such a matter to the attention of the nearest official.

Acknowledgement of Understanding: I have read the Agreement, fully understand its terms, and understand that it affects my legal rights. I am signing this Agreement knowingly and voluntarily, and intend for it to be a complete and unconditional release of liability to the greatest extent allowed by law.

THIS DOCUMENT WILL BE CONSIDERED EFFECTIVE FROM THIS POINT FORWARD

Signature:

Date:

Print Name:

I am the parent or guardian of the person under 18 and my signature above provides consent for the person listed below. I understand that I am responsible for the person listed below:

Print Name of Child:

Birth Date:

Print Name of Child:

Birth Date:

Print Name of Child:

Birth Date:

Print Name of Child:

Birth Date: