

Registration for the 2025-2026 season is closed. Evaluations for the CB Diving 2026-2027 season will be held in September 2026. Check back in May/June 2026 for details. Information below is for reference, but it is not currently possible to submit a new member information form or request an evaluation.

To receive the evaluation sign-up link, potential new members must submit new member information at [this link](#). Available evaluations will be filled on a first-come, first-served basis based on when the new-member information is received. Information is provided below about our registration process and evaluations.

### **Registration Process:**

1. [Submit new member information online](#) at your earliest convenience (available evaluations will be provided on a first-come, first-served basis).

2. Provide Dive Team [Physical](#) for Grades K-8 either via email to Jennifer Steinberg ([jsteinberg@cbsd.org](mailto:jsteinberg@cbsd.org)) or bring a paper copy to the evaluation (see physical form requirements below)

- Physical form must be dated 9/1/2023 or after for the 2025-2026 team.
- Physical form must be signed by diver's doctor.
- The form here is provided for your convenience, however, any completed and correctly dated, doctor-signed physical form will be accepted.
- Our programs require a new physical form each fall (even if the one you provided in the prior year is not out-of-date).
- Always keep a copy of your physical form for your records and for your use with this and other programs in the future.

3. Sign-up for an evaluation (sign-up link to be provided via email when available after new member information online submission is received). Attend evaluation.

4. After evaluations, divers evaluated as ready for the team will need to be signed up through our portal online. This sign-up will include payment. Instructions (including deadline) will be provided by email after your evaluation.

### **Evaluations – Basic Information:**

Dive team evaluations for CB Diving (part of CBST-SAL) will be held in September.

- Time in the pool at evaluations will be roughly 15-30 minutes. Families should allot an hour for the entire process (checking-in, receiving results, etc.).
- Divers should come with a towel and wearing a swimsuit. Divers should wear a one-piece racing suit (not a fashion suit, bikini, or swim shorts). A swim cap may be worn if desired and may be necessary for divers with long hair. Goggles are typically not used as

they can impede the diver's vision while on the board and usually come off upon entry into the water.

- Evaluations for our springboard diving team are used to be sure that divers will be safe and comfortable on the boards. Divers will be given the opportunity to try the boards, demonstrating that they are not fearful of going off the boards, that they are able to independently swim to the side and climb out after each dive, and that they are able and willing to pay attention and respond appropriately to coach instructions. For more details about required skills, follow this [link](#). Please tell your child not to worry about diving evaluations – just to come and have fun!
- After evaluations, parents will be advised as to whether their diver has been placed on the team. Some newer divers may be invited to practice with the team for the month of October to determine if they are ready for team participation. At the end of that month, the coaches will either invite them to join the team and work toward learning enough dives to start competing, or advise them to come back in the spring for the clinic.
- Complete evaluation details will be included in the evaluation sign-up when provided after receipt of your new member information online submission per above. Be sure to read the details at the evaluation sign-up link for evaluation day procedures and other important information.

v. 9-2025