



LA84TM

Foundation

Summer Splash 2018

TEACHING SPRINGBOARD DIVING

For Lifeguards and Teachers of Aquatics

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***New Program Rules - See Page 13**

****New Program Age Groupings - See Pages 13-15**

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Chapter 1

Initial meeting – Coaches Meeting - you are so lucky to be chosen to introduce these kids into diving. Diving on a team is a privilege and a reward for maintaining good behavior, positive attitude, and adhering to the expectations and rules described below. Your initial meeting sets the tone for your summer team. Go over rules and expectations during your first meeting then re-emphasize at every workout while athletes are stretching and getting ready. Consistently verbally reward athletes doing what should be done. On the other side – consistently reprimand athletes outside the bounds of safety, common sense, and good behavior.

I am moving back a few steps to teaching proper fundamentals prior to teaching or recommending more complicated dives. Most of you already know this info but a refresher strengthens our teaching tool box and enhances athlete experience.

Athlete Expectations

- Arrive early enough to get changed prior to group warm up.
- Late arrival – begin stretching routine on your own and join the group when stretching and warm-up has been completed
- No talking while coach is talking
- Obey and abide by all LA84 and pool rules. See LA84 Coach / Athlete Rules found below.
- Learn our warm-up and stretching routine so as to need minimal prompting from coaches.
- Maintain a positive contributing attitude towards yourself, your teammates, and your team.
- Leave outside issues, worries, and concerns at the pool gate.
- Try.
- Be a little better each day.

Athlete Rules

1. Safety First - No Horse Play (spitting, splashing, wrestling, annoying behavior).
2. Look before you leap.
3. No foul language.
4. No touching other people.
5. All cell phones must be shut off during practice.
6. Spectators must watch from gate or designated spectator area.
7. No balking or crow-hopping.
8. No negativity, towards yourself or others. (saying "can't" = 25 pike-up reward).
9. After each dive, look for immediate instruction / critique.
10. Bouncing on diving board limited to 2 bounces unless instructed by coach.

Athlete Rules-Continued

11. 30 second limit on diving board.
12. No Skipping in line or passing up your turn.
13. Do not leave early unless prearranged with coach.
14. No sunbathing allowed on deck.
15. If hurt, swim immediately to side of pool. Do NOT go to the bottom.
16. No talking while waiting to dive, or while diving.
17. Do not leave the pool without seeing coach before the end of workout.
18. No food or drink to be consumed while on the pool deck (except water).

Coach Expectations

- Coaches will showcase integrity practicing honesty, fairness, and respect for everyone.
- Lead by Example
- Emphasize a positive healthy lifestyle
- Positive Comment- Correction - Positive Correction = positive comment, correction, positive comment..
- Actively recruit for new members.
- Attendance taken daily.
- Match attendance against roster.
- Maintain roster.
- Record daily progress
- Plan tomorrow's workout today and submit for approval
- Video skills and upload them to Google drive.
- Create and record drills to correct technique creatively.
- Social media posts immediately post practice
- Communicate success and failures to best help teach amongst our LA84 coaches. .
- Participate in ongoing learning and become active communicators amongst LA84 Diving Coaches.
- Never turn your back to the water
- Demonstrate whenever possible - or - use someone as a visual model.
- Register here as a diving coach - please answer as many questions as possible so we develop a good coach database - <https://goo.gl/forms/Myu8qaKkKuO7BAj12>

Coach Rules

1. Never turn your back to the pool or stations.
2. Cell phone or electronics use should be only for videoing skills.
3. Appropriate lifeguard or coaching apparel required.
4. No socializing while coaching - maintain focus on safety and athlete / team progress
5. Abide by LA84 and facility / County employee rules at all times.

Parent expectations

- Support coaches attendance policy
- Help staff and run all team hosted dive meets
- Please leave diving instruction to the coaches.
- Please do not communicate with your child while at practice so they and their coach can focus on learning and safe progressions.
- Take advantage of our resources online to practice with your child at home.

Chapter 2: Facility Review

It is crucial to inspect your facility daily prior to practice. Alert your supervisor immediately of any issues.

- Diving Board and Stand - Inspect your diving boards and area for wear and tear. Are there any bare spots that are slippery? Do your diving boards need to be resurfaced? Does the fulcrum turn easily? Does the diving board make any noises when Divers bounce? Are the nuts and bolts tight at the back of the diving board? Audio cues alert you of issues but a maintenance / monitoring program should be instituted.
- Pool Deck - Also review your pool deck to see if there are any uneven surfaces or slippery spots. Foreign objects such as broken glass? Is the deck temperature too hot? Does the deck need to be hosed down for athletes to stand while waiting their turn comfortably.
- Backboard - where is the backboard located? It should be easily obtainable preferably within sight on the pool deck.
- Other Safety Resources - be aware of your facility and what resources are available. Rescue tubes, shepherds crook, other lifeguards – all are resources to maintain a safe environment.

Chapter 3: Definitions

Diving Terms-

Approach – minimum of three or more steps forward to the end of the board before the hurdle and take off for performing forward and reverse dives.

Back Press - Once set on the board backwards - this is the use of the ankles to prime the board while using the legs then armswing to get maximum lift and push from the diving board to perform backwards or inward dives.

Balk – False start where a diver starts either their or forward approach or their back press then stops.

Degree of Difficulty – the rating of a dive from 1.2 to 4.1 indicating the difficulty of executing a specific time. The "DD" is multiplied by the sum of the judges scores after the high and low scores are dropped to calculate the overall score for a dive.

Entry – the conclusion of the dive when a diver makes contact with the water. This may be either head or feet first. Upon entry, the body should always be near vertical in the straight position with toes pointed. In a head first entry, arms should be stretched above the head, in line with the body with the hands together.

Hurdle – the final segment of the divers approach to take off. Consists of a spring to the end of the board, taking off from 1 foot and landing on 2 feet at the end of the board. This is one of the more tricky skills to master.

Hollow Position - A position with a posterior pelvic tilt, i.e. with the lower back held flat.

Judge – Diving official who scores each dive on a scale of 0 to 10 in increments of 0.5. There are generally three, five, or seven judges whereas with five or seven the highs and low scores are dropped to give the average middle three to be multiplied by the degree of difficulty.

Platform – a stationary, non-bending diving platform is at least 20 feet long and 6.5 feet wide. For synchronized diving – the platform should be a minimum of 8 feet wide by 10 feet is preferred. The platform height used in senior competition is 10 m – 33 feet. The platform structure typically also includes levels 1, 3, 5, and 7.5 m that are used during training and Junior competition.

Referee – manages the competition ensures that all regulations are observed. Generally the referee is not a judge.

Rip Entry - When a diver enters the water with no splash and makes a RIP sound similar to ripping paper.

Save - Pike or Knee Save - Pike save is when a diver enters that water after forward rotation and bends abruptly at the waist while swimming their entry (See Swimming Entry Below) bringing the splash from the impact underwater. Knee save is when the diver enters the water backwards and bends at the knees continuing using the natural arch then pulls the feet in quickly. Both finishes help show the vertical line of entry while minimizing splash.

Somersault – a movement in which a diver rotates the body on a horizontal axis through the hips. This can be performed in a variety of combinations/ positions.

Springboard – an adjustable diving board via the fulcrum. Competition springboards are made of aluminum then coated with a non-slip coating for safety. Springboard generally are either 1 m - 3'3" or 3 m - 9'9" above the water. The tip of the springboard is at least 5 feet beyond the edge of the pool.

Swim Your Entry - When diver is elbow deep on a head first entry - they spread their hands and pull their body into the water faster. Be sure to always swim your entry by pulling slightly in front as injury to the shoulder can occur if the arms bend behind the shoulders.

Take off – a Divers lift from the diving board prior to execution of the dive. Maybe done from a forward, backward, or from an arm stand position.

Tower - the entire platform structure for Diving.

Twist - where a diver rotates on a vertical axis. Twists are done in increments of 0.5.

Types of Dives - Forward(100's), Backward (200's), Reverse (300's), Inward (400's), Twister (5000's), Handstand (600's)

Positions – Tuck, Pike, Straight, Free

Tuck - Diver is bent at waist and knees. Hands grab on lower shins pulling heels into buttocks and knees into chest. Arms are preferably elbows in and knees should not go beyond shoulder width with toes pointed and together.



Pike - Diver is bent at waist. Knees are locked and toes are pointed. Arms grab behind backs of knees with chest flat on legs using eyes to spot over the toes.



Straight - Diver has no bend in the waist and maintains a slightly hollow shape for fronts and inwards and a natural arch for lining up backs and reverses.



Free - Used exclusively in twisting dives, the free position generally uses a combination of tuck, pike, and straight position.



Basic Corrections

Posture - Posture should be one of the first things taught and emphasized. If skills are learned with incorrect posture (too much arch in the back, slumped shoulders), someone will need to spend time later correcting this issue rather than focus on learning and progress.

Stance

Diver Hands - hands should be flat on the body either on the sides or slightly in front with all fingers together stretched.

Diver Back - back should be flat. Roll divers hips inward to reduce arch. Have diver lay on back on the pool deck and try to roll hips until lower back touches ground.

Relax Shoulders - diver will get a better range of motion providing relaxed but tight shoulders and arms.

Approach

Slow Down and/or Smaller Steps - divers generally speed up moving towards the end of the diving board. Diver has to be careful not to go so fast they cannot change fwd momentum into vertical momentum via the hurdle. Common errors are hanging over the end after hurdle or conversely having shoulders abruptly fall behind center of gravity to compensate for fwd momentum.

Hurdle

Drive Your Hurdle - during the forward approach diver takes a long powerful last step into the hurdle with a deep knee bend and enormous push vertically into the air for maximum height then depression on the end of the springboard.

Step and hold - this critique is during forward approach and hurdle where the diver drives their hurdle knee up timing their arms with their knee. Diver then steps hurdle leg down while keeping arms up stretching into the diving board. Diver swings arms just slightly prior to contact with the end of the board. A deep squat ensures that the arms have time to swing entirely up to ears (12 o'clock)

Get your knee up – hurdle knee should go just above waist line with foot midway between hip and knee with toes pointed.

Feet are landing 1.2 - track start or when one foot is in front of the other.

Takeoff

Legs then Arms - diver should stretch then squat prior to ear to ear arm swing. The deeper the squat the more time a diver has to get their arms through to 12 o'clock.

Dropping your chest - this predominantly happens during takeoff on all dives whereas a diver presses down with their chest rather than using legs exclusively in a squat.

Get your arms through - as a diver leaves the diving board they need to swing their arms from ears (12 o'clock) all the way back up to buy their ears (12 o'clock) for maximum reach, height, and torque of throw

Head up on take off – on forward and inward spinning dives, To achieve maximum height, Divers should look up slightly as they push off the diving board. Most divers make the mistake of looking down therefore their chest is forward and they throw down and/or out. Take care not to lift head abruptly or too much into an arch.

Angle of takeoff – Using this terminology helps give the diver a visual of how far forward they are leaning (or back)

Fast hands - when a diver swings their arms they want to think having fast moving hands with their arms straight / elbows locked. Ear to ear Arm Swing with straight arms

Narrow Throw – Diver wants to throw forward narrow in a straight line. Bent or wide arms do not provide the torque needed.

Sit – This is when your hips fall behind your center of gravity forcing you to jump back. Pushing the diving board with your chest tends to cause this problem

Fade - when your shoulders lean beyond center of gravity we refer to this as a fade diver should keep shoulders over knees over toes for best maximum spring

Pushing with your upper body - when a diver uses their upper body to push the diving board this generally causes a reaction of diver sitting back.

Backs and Reverses -

Lifting your head - this is geared toward backs and reverses. Divers should have head in neutral position during takeoff and flight. Most gymnasts and new divers tend to pick up their chin, causing a backwards lean and difficulty controlling the somersault.

See your knees – Back and reverses require a diver to keep their head neutral or slightly down upon take off for dives and somersaults. Diver wants to be able to see their knees as they bring them into the tuck or pike position.

Forward and Inwards -

Hips up - diver needs to use their lower body to help generate somersault. Divers should use the diving board to help pop their hips kipping the diver into a faster spinning somersault

Drawing your feet/knees - on forward somersaulting dives (fronts, inwards, twisters), divers tend to draw their knees up in front rather than pop their hips.

Twisters

Left (or right) arm wide -this is predominantly for twisters where a diver tends to reach wide prior to entering a twist. Divers should reach narrow and then swing narrow to wide for the twist.

Square out over the top. Squaring out over the top helps stop a twist and allows diver then to bend at waist to finish the dive. Divers incorrectly tend to square out across the body causing and around the corner finish or in over twist. Square out should be symmetrical and slightly in front (hollow).

Safe Diving Distance from Diving Board -

- Forwards and Reverse Take Offs = 2' - 5'
- Backs and Inward Take Offs = 2 - 4'

Chapter 4: Warm Up and Stretching

Here is a basic stretching routine that hits all necessary muscle groups developed by US Olympic diving coach Scott Reich. This routine is to be learned and mastered at a young age to better stress the importance of a proper warm up prior to competition and practice.

LA84 - Diver Basic Stretching

- Run / Walk 2 Laps around Pool / Diver Jumping Jacks
- Circles (Hip, Neck, Arms)
- Wrist Push - Calf-Stretch - Shoulder Stretch - Handstands (20 Shoulder Shrugs)
- Straddle Leg- Point vs Flex - side, side, center - 10-20 seconds each (6 total)
- Hurdler Stretch 10 - 20 Sec each Leg
- Rock On Feet - Third World Squat
- Cat Cow
- Tuck Rolls onto Back
- Shoulder Stretch w/ Partner
- Pike Stretch on Matt with Partner
- Butterfly ---> Diamond
- Bent Knee Split - straight leg- full split - repeat both sides

Dry land before pool - to best use your pool time – it is easiest to teach the basic motions for jumping off the diving board on the pool deck. Items to be taught on deck are

- TY Front Jump (TY100A) - Proper arm swing - 12 o'clock to 12 o'clock - swing pinkie's back behind to in front.
- Legs then arms – showcase leg squat then arm swing then leg extension.
- Hurtle Front Jump (H100A) – arms up at 12 o'clock then knee up – squat push step and hold legs then arms then push.
- One Step Hurdle Front Jump (1SH100A) - same as above but starting one step back. Diver is to push arms back prior to driving into deep hurdle then repeat steps from hurdle front jump.
- TY back Jump (TY200A) - same as TY front jump.

Other warm ups depending on availability of matts and or grass for tumbling. Some can simply be done on deck such as anything that doesn't involve rolling.

Gymnastics Passes -

Hi Knee Skip	Straight Jumps	Lunges	Forward Rolls
Backwards Rolls	Cartwheels Both Sides	1Step Hurdle Jump	Hi Knee Run ½ Speed
Hi Knee Run - Full Speed	Crossovers	Side to Sides	Deep Knee Jumps
Forward Rolls - only on padded surface or mat	Tuck to Pike Rolls	HandStand Walk - on soft surface only	Kicks - Front, Back, Side, Needle, Sides

Conditioning Prior to Pool Workouts - To increase diver fitness level - we recommend building daily conditioning into your routine. Conditioning exercises that compliment Diving are but are not limited to –

Tuck Jumps	Frog Jumps	5ct TKO	Pike Vol KO
Pike Op KO	Hollow Hold - 3Pos.	Wall Sit	HandStands->Wall (2)
Plank	Push Ups	Hand Stand PU w/Partn	Dips
V-Ups	Pull Ups	Arch Rocks	Bridge

5ct Tuck Kick Out (5ctTKO) = #1 Diver grabbing tight tuck,#2 kicking to a pike, #3 sliding to hollow position w hands on quads, #4 midline hands, #5 grab then swim entry.

Intensity - on all conditioning, drills, and exercises – please stress quality over quantity. We would prefer to see five perfect push-ups rather than to develop incorrect habits through incorrect repetitions. If you are unsure of how to teach or coach a specific skill – for example a cartwheel, email us so that we can put you in touch with the proper resources to learn or where to send the athlete. A good starting point for most bodyweight exercises would be to have athletes do their age. For example, Jimi is an 11-year-old, start with 11 V ups, 11 push-ups, etc... until the proper strength and endurance has been established then increase by one extra repetition per workout.

Chapter 5: Pool

Safety and Ongoing Vigilance -

Swim Test - On first day of any new session where you meet athletes for the first time you must do a deep water swim test. It is imperative for a young athlete to be able to swim to the side of the pool under duress. Occasionally – Divers land awkwardly with pain and need to be able to swim to safety. . If you have any hesitation or doubt that the swimmer is strong enough to be a diver – please advise the parent or guardian that more swim lessons are needed prior to entering the Diving team.

Summer Dive Program Development Level -

New 2018 Rules and Age Groups

- All dives performed can be done from standing, hurdle, 1-step hurdle, or full approach.
- New mandatory skills and dives are listed here - [LA84 Diving Rules 2018](#)

7-9 Girls/Boys LA84 - 1m Novice
Divers shall perform 5 dives in the event.2 Skill Dives. and 3 Optional Dives. Optional dives must be from 2 different groups. You can select Skills for this event. May not repeat Dives. 1st. dive 100abc 2nd. dive 200abc Any dive can be used as Optional.
10-11 Girls/Boys LA84 - 1m Novice
Divers shall perform 5 dives in the event.2 Skill Dives. and 3 Optional Dives. Optional dives must be from 2 different groups. You can select Skills for this event. May not repeat Dives. 1st. dive 100abc 2nd. dive 200abc Any dive can be used as Optional. For detailed information see the Official meet information document
12-13 Girls/Boys LA84 - 1m Novice
Divers shall perform 6 dives in the event.2 Skills 1 Voluntary Dives and 3 Optional Dives. Optional dives must be from 3 different groups. You can select Skills for this event. May not repeat Dives. 1st. dive 100abc 2nd. dive 200abc 3rd. dive 101abc Any dive can be used as Optional. For detailed information see the Official meet information document
14-17 Girls/Boys LA84 - 1m Novice
Divers shall perform 7 dives in the event.2 Skill Dives. and 5 Optional Dives. Optional dives must be from 3 different groups. You can select Skills for this event. May not repeat Dives. 1st. dive 100abc 2nd. dive 200abc Any dive can be used as Optional.

- LA84 Diving Degree of Difficulty Table - [LA84 Diving Degree of Difficulty Table](#)

SPRINGBOARD		1 METER											
		Strt	Pike	Tuck	Free								
FORWARD GROUP		A	B	C	D	TWISTING GROUP				A	B	C	D
100	Front Jump	1.0	1.0	1.0	1.0	5101	Front Jump 1/2 Twist	1.0	1.0	1.0	1.0		
001	Front Line Up	1.0	1.0	1.0	1.0	5102	Front Jump 1 Twist	1.0	1.0	1.0	1.0		
101	Forward Dive	1.4	1.3	1.2		5201	Back Jump 1/2 Twist	1.0	1.0	1.0	1.0		
102	Forward Somersault	1.6	1.5	1.4		5202	Back Jump 1 Twist	1.0	1.0	1.0	1.0		
103	Forward 1 1/2 Somersault		1.7	1.6		5111	Forward Dive 1/2 Twist	1.8	1.7				
104	Forward Double Somersault		2.3	2.2		5112	Forward Dive 1 Twist	2	1.9				
105	Forward 2 1/2 Somersault		2.6	2.4		5121	Forward Somersault 1/2 Twist	1.9	1.8				1.7
106	Forward Triple Somersault			2.9		5122	Forward Somersault 1 Twist						1.9
107	Forward 3 1/2 Somersault			3		5124	Forward Somersault 2 Twists						2.3
109	Forward 4 1/2 Somersault					5126	Forward Somersault 3 Twists						2.7
112	Forward Flying Somersault		1.7	1.6		5131	Forward 1 1/2 Somersault 1/2 Twist		2.1		2		
113	Forward Flying 1 1/2 Somersaults		1.9	1.8		5132	Forward 1 1/2 Somersault 1 Twist						2.2
115	Forward Flying 2 1/2 Somersaults					5134	Forward 1 1/2 Somersault 2 Twists						2.6
BACK GROUP		A	B	C	D	5136	Forward 1 1/2 Somersault 3 Twists						3
002	Back Line Up	1.0	1.0	1.0	1.0	5138	Forward 1 1/2 Somersault 4 Twists						
200	Back Jump	1.0	1.0	1.0	1.0	5152	Forward 2 1/2 Somersault 1 Twist		3.2		3		
201	Back Dive	1.7	1.6	1.5		5154	Forward 2 1/2 Somersault 2 Twists						
202	Back Somersault	1.7	1.6	1.5		5211	Back Dive 1/2 Twist	1.8					
203	Back 1 1/2 Somersault	2.5	2.3	2		5212	Back Dive 1 Twist	2					
204	Back Double Somersault		2.5	2.2		5221	Back Somersault 1/2 Twist						1.7
205	Back 2 1/2 Somersault		3.2	3		5222	Back Somersault 1 Twist						1.9
207	Back 3 1/2 Somersault					5223	Back Somersault 1 1/2 Twists						2.3

212	Back Flying Somersault		1.7	1.6			5225	Back Somersault 2 ½ Twists		2.7
213	Back Flying 1 ½ Somersault						5227	Back Somersault 3 ½ Twists		
REVERSE GROUP		A	B	C	D		5231	Back 1 ½ Somersault ½ Twist		2.1
300	Reverse Jump	1.0	1.0	1.0	1.0		5233	Back 1 ½ Somersault 1 ½ Twists		2.5
301	Reverse Dive	1.8	1.7	1.6			5235	Back 1 ½ Somersault 2 ½ Twists		2.9
302	Reverse Somersault	1.8	1.7	1.6			5237	Back 1 ½ Somersault 3 ½ Twists		
303	Reverse 1 ½ Somersault	2.7	2.4	2.1			5239	Back 1 ½ Somersault 4 ½ Twists		
304	Reverse Double Somersault		2.6	2.3			5251	Back 2 ½ Somersault ½ Twist		
305	Reverse 2½ Somersault		3.2	3			5253	Back 2 ½ Somersault 1 ½ Twists		
307	Reverse 3 ½ Somersault						5311	Reverse Dive ½ Twist	1.9	
312	Reverse Flying Somersault		1.8	1.7			5312	Reverse Dive 1 Twist	2.1	
313	Reverse Flying 1 ½ Somersault						5321	Reverse Somersault ½ Twist		1.8
INWARD GROUP		A	B	C	D		5322	Reverse Somersault 1 Twist		2
400	Inward Jump	1.0	1.0	1.0	1.0		5323	Reverse Somersault 1 ½ Twists		2.4
401	Inward Dive	1.8	1.5	1.4			5325	Reverse Somersault 2 ½ Twists		2.8
402	Inward Somersault		1.7	1.6			5331	Reverse 1 ½ Somersault ½ Twist		2.2
403	Inward 1 ½ Somersault		2.4	2.2			5333	Reverse 1 ½ Somersault 1 ½ Twists		2.6
404	Inward Double Somersault			2.8			5335	Reverse 1 ½ Somersault 2 ½ Twists		3
405	Inward 2 ½ Somersault		3.4	3.1			5337	Reverse 1 ½ Somersault 3 ½ Twists		
407	Inward 3 ½ Somersault						5351	Reverse 2 ½ Somersault ½ Twist		
412	Inward Flying Somersault		2.1	2			5353	Reverse 2 ½ Somersault 1 ½ Twists		
413	Inward Flying 1 ½ Somersault			2.7			5371	Reverse 3 ½ Somersault ½ Twist		
							5411	Inward Dive ½ Twist	2	1.7
							5412	Inward Dive 1 Twist	2.2	1.9
							5421	Inward Somersault ½	1.8	1.7



Meet Supply Checklist

Clipboards	Score Cards (3-7)	Pencils / Markers	Sharpener
Awards	Rubber Bands	Canopies	Tables
Chairs - Judges + Table	PA System-Megaphone	Extension Cords	Dive Sheets (50)

Eligibility - Any participant who has represented a “club team” is not allowed to participate in the Summer Swim program for during the calendar year they represented a club.

All participants must compete for an LA84 affiliated agency. They must remain on that team through the competitive season. A participant must be listed on the TEAM ROSTER and follow procedures of application before entering any meet.

Team Coaches

- Meet preparations (to be completed by the Thursday prior to the meet):
- Assign divers their individual dives based on their desire and ability. Each diver must perform his or her specific dives on the required jumps/dives list.
- Fill out the official dive form for the diver to be given to the announcer on the day of the meet.

At the Meet:

- All coaches will be expected to wear their agency issued uniform or LA 84 Foundation shirt at all practice sessions or games. No altered shirts are acceptable.
- Turn in all dive forms to the announcer no later than one (1) hour before the meet.
- Check all divers 1/2 hour before the meet. Report all “no shows” to the announcer.
- Make sure all divers:
 - o Listen to the announced diving order at the beginning of the meet.
 - o Are aware of their position in the order of divers.
 - o Are aware of the age group they are diving (competing) in.

After the Meet:

- Obtain meet results, ribbons and copies of each diver’s official dive form prior to the next practice following the meet. Forms and results are to be filed in the pool dive meet folder.
- Ribbons should be distributed at the start of practice following the competition.
- Note diver’s progress on their Diver Tracking Form.

Staff Responsibilities

Before the meet:

- Set up tables and chairs for the announcer, scorers, and judges.
- Remove all lane lines from pool.
- Set- up canopies and shading over judges, scorers and announcer.
- Prepare and distribute all necessary equipment and supplies to run an efficient meet.

Warm- ups:

- Warm- ups should be held 45 minutes prior to the start of the meet.
- Ensure adequate number of lifeguards is on duty to monitor activity.

Conclusion of Meet:

- Collect and put away all meet materials.
- Prepare and distribute meet results to all coaches in a timely manner.

Announcer:

Meet Preparations:

1. Seeding at meet - After receiving the official dive forms (due one (1) hours before start of meet) and after all changes have been reported, seed the dives according to the following criteria:

Divers should be separated and grouped by the following age groups:

7-9, 10-11, 12-13, 14-17

The forms should be seeded in such a way so a diver from each team alternates with a diver from the opposite team.

At the Meet:

2. At the start of the meet announce the diver's order of competition.
3. Before each diver performs, wait for the following announcements:
 1. Divers name
 2. Dive number
 3. Description of dive to be performed
 4. Degree of difficulty assigned to the dive

Judges:

Three to five judges are needed for each meet. A referee or head judge and the other two to four judges from a pool of coaches, assistant coaches from other team and/or trained city aquatic staff.

1. Starting Position - Diver should know their dive order and adjust the fulcrum immediately after the previous diver enters the water. They then should climb onto the board and wait patiently for their name and dive to be called.
 - a. Acknowledge - once diver listens to the announced dive - they should then acknowledge the judges with a confident smile and slight nod, then proceed to the starting position.
 - b. Posture - Diver should showcase straight arms, long fingers, and a flat back.
 - c. Balance.
2. Approach - Forward / Reverse - Divers can do Standing (TY), Hurdle, 1step Hurdle, or full approach for all forward and reverse dives. Back and Inward - divers stand near fulcrum to acknowledge hearing their dive - then smile at the judges - then proceed to the starting positions. Hurdle (forward approach only) - The purpose of the hurdle is to transfer forward momentum to vertical momentum - hence - the higher your hurdle - the higher your dive. Power should be observed according to their age and competitors. Balance should be displayed.
3. Take Off -
 - a. Center of gravity is defined by the imaginary line from the feet (point of contact with the diving board), the knees, the hips, the shoulders, and finally the head.
 - b. Angle - the angle of take off generally means where is the diver's center of gravity. If the center of gravity has the shoulders behind, the diver could be at an unsafe distance from the board.
 - c. Shoulders vs Reach Hands - Ideally we would like to see the diver lead their dive with their hands and reach. Shoulders should remain stable through the takeoff.
 - d.
4. Flight - Height, Position, Rotation / Twist
 - a. Height - proportional to diver and competition remembering that younger divers are still developing strength and balance.
 - b. Position - Proper Straight position has a flat back, tight arms and legs and toes pointed. The Tuck position should show the diver grabbing low on the shins pulling the heels into their fanny and their knees into their ears. Pike position has a deep bend at the waist but maintains tight knees and feet.
 - c. Rotation / Twist - 90degree = fail. For somersaulting - the diver must land within the 180degree plain of over vs short to complete a skill. For example - for a front somersault if a diver lands on their shoulders it would fail but if they landed on the fanny it would be acceptable just not scoring high.
5. Entry - Over, Short, or Straight In
 - a. Distance from the springboard - Correct distance from the springboard is 2-5 feet for fronts and inwards and 2-4 feet for backs and inwards. Over means diver has

completed proper rotation (and/or twist) but did not come out or maintain balance landing over vertical.

- b. Entire body through same hole the hands/feet created.

Discussion :

- Consistency within contest
- Scoring your own athletes

Points are awarded on a scale of 0- 10 at 1/2 point increments, using the following chart:

10	:	Excellent
8½-9½	:	Very good
7-8	:	Good
5-6½	:	Satisfactory
2½-4½	:	Deficient
½-2	:	Unsatisfactory
0	:	Completely failed

New Judging rules for 2018:

Removed Rule - Minimum 3 Step forward approach at end of season's Festival.

Jump hurdle is acceptable but should be taught only to advanced learners with proper balance in their traditional hurdle.

At Festival - Crow Hop = Automatic 2 point deduction per judge.

A dive is deficient if, in the judge's opinion:

- The position of the dive is partially altered through the air
- The diver enters the water with hands over head on a dive requiring a feet first entry, or with hands below shoulders on a dive requiring a head first entry.
- The tuck position is utilized in a twisting dive

A dive is unsatisfactory if, in the judge's opinion:

- The dive is done in a position other than what is stated on the dive sheet.
- A diver hits the board.
- A diver does not attempt to come out from the tuck; pike; or twist position.

A dive is failed, if in the judge's opinion:

- Submits an incorrect dive
- ****Removing**** Submits an incomplete or incorrect written description of the dive
- Does not assume a starting position for a standing dive.
- Makes two balks (See description on balks).
- Is assisted by another person.
- Allows feet to touch first on a head first entry, or the head or hands to touch first on a feet first entry.
- Executes a twist, as determined by the position of the diver's shoulders that is greater or less by more than 90 degrees of what is written on the score sheet when the diver's feet/hands contact the water.
- In a twisting dive, twists the shoulders past 90 degrees before the feet leave the board.
- ****Removing**** Does not execute a "take off" when executing a forward or back dive (no 'line-ups'). A "take off" is defined as a diver's lift from the board prior to execution of the dive.
- Repeats a dive.
- Steps off board after beginning the approach or assuming the starting position.

Definition of balk - It is a balk, if in the diving referee's opinion, a diver assumes the starting position and from that position interrupts the continuous execution of the dive prior to the water entry.

- Mandatory deduction for a balk - Two (2) points from each judge award.

During Season - All forward approach dives can start from any of the progressions positions.

- TY
- Hurdle (H)
- One Step (1SH)
- Full Approach

The starting position on any of the above requires an erect head and body with arms against the sides or extended straight out to the side or overhead. A preferred flat back position is desired.

Identifying the Dive on Dive Entry Form:

Dives are described by their full name (e.g. reverse 3 1/2 somersault with 1/2 twist) or by their numerical identification (e.g. 5371D) or the "dive number". Twisting dives utilize four numerical digits, while all other dives use three. Specific dive numbers are not random - they are created by using these guidelines.

1. All dives are identified by three or four digits and one letter. The first digit indicates the dive's group: 1=forward, 2=back, 3=reverse, 4=inward, 5=twisting, 6=arm stand.
2. In front, back, reverse and inward dives, a 1 as the second digit indicates a flying action. A "0" indicated none. In twisting and armstand dives, the second digit indicates the dive's group (forward, back reverse).
3. The third digit indicates the number of half somersaults.
4. The fourth digit, if applicable indicates the number of half twists.
5. The letter indicates body position: A=straight, B=pike, C=tuck, D=free.

Examples:

107B = Forward dive with 3 1/2 somersaults in a pike position

305C = Reverse dive with 2 1/2 somersaults in a tuck position

5253B = Back dive with 2 1/2 somersaults and 1 1/2 twists in a pike position

Chapter 7: Resources

Google drive and GMAIL for each team/facility. - www.Gmail.com

GMAIL is a free service that provides 10 gigs of free storage in Google drive. Most people currently have an iPhone or other type of smart phone with an advanced camera. set up a transferable Gmail address for your team. Transferable meaning that you will pass it along to the next coaches if you choose not to continue. Download Google Drive to your smart phone. A tip to upload multiple pictures is to open drive on your phone and then upload using the Drive app. If you try to upload from your photo/video gallery – Drive has a maximum 10 item load so it becomes very time consuming.

Full In Diving - Business Services, Diving Resources, Virtual Coaching and Video Services - www.fullindiving.com Full in Diving provides video review and virtual coaching if you need help. Simply share your videos in Google Drive with Full In Diving (fullindiving@gmail.com). They also provide help with creating marketing videos, season highlight videos, and other fun types of diving media. Services provided are competitively priced and they also offer many free resources and media to become a better coach, parent, and/or athlete.

Local Diving Clubs - We have multiple world class programs available to choose from should your diver (or coach) want to continue on year round. Dive clubs have lessons for all levels. Some of the more famous clubs in our area are - SoCal Divers, Trojan Dive Club, Arrow Dive Club, McCormick Divers, and Rose Bowl Diving. USA Diving provides an easy service to find your nearest club. Most all clubs offer a free trial with a signed release of liability. Click here to

find your nearest USA Diving club <http://www.teamusa.org/USA-Diving/Membership/Find-a-Club>

Professional Diving Coaches Association - <http://prodivingcoach.org/>

Fina Diving Judges Manual -

https://www.fina.org/sites/default/files/fina_dv_judges_manual.pdf

Fina Diving Judging - <https://www.fina.org/content/d-8-judging>

USA Diving Judging - <http://www.teamusa.org/USA-Diving/About-Us/Diving-101/Judging-and-Scoring>

USA Diving Backboarding Procedure -

https://webpoint.usadiving.org/wp/Files/Internal_Files/ExamCourseDescription.pdf

YMCA Backboarding Procedure - http://cymca.org/wp-content/uploads/2015/03/2015-Lifeguard-Manual_Part3.pdf

Interesting Links -

How to perfect the Hurdle in Diving - <http://diving.isport.com/diving-guides/how-to-perfect-the-hurdle-in-diving>

Wikipedia Diving - <https://en.wikipedia.org/wiki/Diving>

American Red Cross - Learning to Dive from a diving board -

http://www.instructorscorner.org/media/resources/Videos/Swimming_and_Water_Safety/diving_from_a_diving_board.html