



20011-2012

WELCOME PACKET

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Hello All!

Welcome to all returning and new divers to Dominion Dive Club for the 2011-2012 Season. I along with my staff are very excited for you to join us. As we continue through our journey as a club, we continue to build, grow and strengthen the future of all of our divers. When the club was started back in 2007, I wanted Dominion Dive Club to be a place where the needs and desires of all of our athletes was being met, no matter what level of expertise a diver may currently be at or plans to be in the future. Hopefully we are still providing that to all of our club members for now and for years to come.

I want to impart something upon all divers and parents, and that is how much I value the need for communication. I understand that all of you are investing a great deal of money in your child's success as a diver. I also understand that each and every diver has different wants and needs when it comes to their diving. We want to be able to meet those needs as best we can, but it is impossible to do without effective communication between diver, parents and coach. I unfortunately have seen way too many kids come and go from this program and others where a simple email or phone call could have fixed the problem. Please do not let that happen with your child. Talk to them every day after practice and see how things are going. If a problem presents itself, let's work to fix it. We want to be there for the kids at every turn, so please allow us to be. Feel free to email or call at any time, and I or another coach will get back to you as soon as possible. If you are looking for some type of technical information on the club, answers can generally be found on the website.

With that being said, we are looking forward to a great season together! Please review this packet with your child before coming to the first day of practice.

Sincerely,

John Appleman

# **NO DIVE DAYS**

## **OAK MARR**

Mondays: 12/26, 4/2

Tuesdays: 12/27, 1/31, 4/3

Wednesday: 12/28, 2/1, 4/4, 7/4

Thursday: 11/24, 12/29, 2/2, 4/5

Friday: 3/23, 4/6

Saturday: 11/19, 12/24, 12/31, 2/4, 3/24, 4/7, 5/26

## **AUDREY MOORE**

Wednesdays: 12/28, 4/4

Sundays: 12/4, 12/25, 1/1, 4/8

## **MEET POLICIES**

- 1) All divers are expected to show up to meets at the prearranged designated time. Most likely, this will be early the day before you compete. Divers should plan on being at the pool well before open warm-ups the day before.
- 2) All divers are expected to warm up and stretch as a team following the lead of the designated team leader.
- 3) All divers are expected to wear team shirt, shorts and suits when attending a meet.
- 4) Advanced and Senior Team members are also required to have a warm up jacket at every meet.
- 5) Failure to wear team gear at meets may lead to removal from meets.
- 6) Divers are expected to attend all team functions that are organized on away trips. Do not make any other plans without first clearing those plans with the coaches.
- 7) Divers are required to participate fully in diving warm ups. If a coach gives you a workout going into warm ups, you are expected to finish that given work out.
- 8) Coaches may pull the sheet of any diver at any time for any reason that a coach sees necessary. These reasons may be the breaking of any meet policies, poor attitude, unsafe execution of dives, etc..
- 9) If you are unsure about whether or not something should or should not be done, it is imperative that you ask a coach without hesitation.
- 10) There is a coaches fee of \$25 for all home meets and \$50 for all away meets.



# JUNIOR TEAM

The majority of the members of Dominion Dive Club will be part of the Junior Team. The skill level of divers on the Junior Team will vary greatly from beginner to higher levels. We will have a multi-tiered level system that divers will progress through in their time with Dominion Dive Club. No matter what their ability, all divers will begin at level one and work their way through the necessary progressions. The reason of this is because in diving, you must build essential fundamental skills or building blocks, in order to do the more complex skills successfully. Regardless of the divers abilities to do more complex dives, they will eventually hit a road block if any one of those fundamentals are missing.

The staff will work hard with each individual diver to help them master the skills that are needed at each level. It is important though, that the divers work just as hard to master these skills so they can eventually move on to the next progressions.

It is understood that each diver may have a different idea of where their diving career might take them in the future. Some may want to be successful NVSL divers, some may want to dive in college, and some may want to be competitive at a national level. Despite these different desires, it is absolutely critical that everyone go through the same necessary skill progressions. Without which these goals, whatever they may be, can never be met. Please read below the skill progressions and lesson plan that we will be taking the divers through so you can see what your children will be doing. Talk to your diver about what they are doing at practice. Hopefully by the end of the session, they will be able to explain to you what each and every skill is.



**2011-2012 JUNIOR TEAM**  
**GOALS, LESSON PLAN AND**  
**SKILL LEVELS**

## **AREAS OF FOCUS/GOALS OF ATTAINMENT**

- 1) BODY ALIGNMENT**
- 2) HOLLOW POSITION**
- 3) FLEXIBILITY**
- 4) STRENGTH AND SPEED**
- 5) FRONT APPROACH**
- 6) BACK PRESS**
- 7) PROPER POSITIONS**
- 8) PROPER CONNECTIONS**
- 9) CORRECT SEQUENCE OF COME OUT**
- 10) LINE UP AND ENTRY**

# **BODY ALIGNMENT**

- **Proper Posture in Stance, Walk and Hurdle**
- **Proper Posture in Back Press, Drop, Swing and Push**
- **Proper Posture in Come Outs, Line Ups and Entries**
- **Proper Posture in ALL DRYLAND WORK**

# **HOLLOW POSITION**

- **Demonstrate Hollow Position On the Ground and Standing**
- **Hollow Position on All Back/Reverse Kicks**
- **Hollow Position on All Front/Inward Line Ups**

# **FLEXIBILITY**

- **Demonstrate Flexibility and Full Range of Motion in all Key Areas**
  - **SHOULDER**
  - **WRIST**
  - **HIP FLEXOR (Splits)**
  - **PIKE**
  - **TOE POINT**

# STRENGTH AND SPEED

- Demonstrate Consistent Improvement in Key Areas of Strength and Speed
  - Core Strength
  - Leg Strength
  - Arm/Shoulder Speed
  - Ankle Speed

# FRONT APPROACH

- Demonstrate Hurdle with All Segments Performed Correctly and in the Correct Sequence
- Show Proper BALANCE and POSTURE throughout Approach and Takeoff
- Demonstrate ability to step out of hurdle with arms up

# BACK PRESS

- Demonstrate Back Press with All Segments Performed Correctly and in the Correct Sequence
- Show Proper Balance and Posture throughout Press and Takeoff

# PROPER POSITIONS

- **Demonstrate Proper Tuck, Pike and Straight Positions on the Ground and in Dives**

## **PROPER CONNECTIONS**

- **Demonstrate Proper Front Approach and Back Press to Allow for Correct Connection**
- **Show Proper Balance and Posture at Point of Connection**
- **Correct Timing and Direction of Throw in Accordance with Dive Being Performed**

## **COME OUTS**

- **Proper Sequence of Come Out in Accordance with Dive Being Performed**
- **Proper Body Line when Performing Come Out Sequence**

## **LINE UP AND ENTRY**

- **Proper Body Line Demonstrated in Armstand Against the Wall**
- **Proper Body Line Demonstrated in Line Up For the Water**
- **Maintain Neutral Head and Proper Body Line throughout Line Up and Entry**

- **Proper Sequence of Entry in Accordance with Dive Being Performed**
- **Diver Should Go No Deeper Than 2/3 of Their Body Length**

## LESSON PLAN FOR 1st SESSION

### WEEK 1-2 (October 1-13, AM September 11-21)

- **Master Level 1 and Introduce concepts from Level 2**
  - Divers should learn proper body alignment, understand what a hollow body position is, and understand what a proper tuck and pike position are
  - Divers should begin learning the proper entry sequence when going in the water (proper body position and arm/hand placement, maintaining proper body alignment)
  - Coaches should identify areas of deficient flexibility and target those areas
  - Introduce Jumps on 3m/5m
- **Things divers should be doing at home:**
  - Practicing proper posture with hips underneath and back flat
  - Practicing proper tuck and pike position
  - Practicing the sequence of Arms Up, Squat, Swing and Stand Up with zero movement in there body alignment
  - Work on areas of inflexibility on a daily basis
  - Practicing handstands against the wall with proper body alignment

## **WEEK 3-4 (October 15-27, AM September 25-October 5)**

- **Reinforce Level 1, Master Level 2 and Introduce concepts from Level 3**
  - Divers should be reinforcing concepts of body alignment, hollow position, proper tuck and pike positions and entry positions
  - Divers should begin learning the proper sequence of actions in a hurdle and back press while maintaining proper body alignment
  - Divers should be introduced to the proper back come out sequence from a hollow position
  - Continue to target flexibility issues
  - Introduce 101C and 002 on 1m, 001C/Hollow on 3m
- **Things Divers should be doing at home:**
  - Continued work on body posture with arms down and arms above head
  - Practice one step hurdle sticks with arms above head as well as with a swing
    - Divers should land on the ground with arms above head and with proper posture
  - Practice hollow hold while lying on ground
  - Practice Back come out sequence from hollow position (Open hips, look back, reach back with hips up and toes pointed)
  - Handstands with stomach and back against the wall

- Continues daily work on flexibility issues

## **WEEK 5-6 (October 29-November 10, AM October 9-19)**

- **Reinforce Levels 1 and 2, Master Level 3 and Introduce Concepts from Level 4**
  - Proper Body Alignment, Hollow Position, Tuck and Pike Position and Entry Position should consistently be reinforced
  - Divers should grasp a strong concept of the proper sequence of back kick outs
  - Divers should understand the proper sequence and body alignment associated with a hurdle and back press (If there are issues with the sequence, simplify the actions until the proper actions are mastered)
    - Arms should be up on step down
  - Master 101C and 002 on 1m
  - Continue work on 001 on 3mT
  - Introduce 101B, 201C, 401C and 102C on 1m, 101C on 3m, 002 on 3mT
- **Things Divers should be doing at home:**
  - Continued work on body posture in all drills done at home
  - Modeling front hurdles and back presses
  - Practicing back kick outs from hollow and tuck position
  - One Step Hurdle Sticks

- Handstands with stomach and back against wall
- Divers should work on touch ups, tuck ups and pike ups
- Continued daily work on flexibility issues

## **WEEK 7-8 (November 12-24, AM October 23-November 2)**

### **- Reinforce Levels 1,2 and 3, Master Level 4, Introduce Concepts from Level 5**

- Proper Body Alignment, Hollow Position, Tuck and Pike Position and Entry Position should consistently be reinforced
- Divers should incorporate the proper back kick out into line up skills and begin incorporating into back dive tucks
- Divers should gain an understanding of the proper pattern to follow when entering the water
- Hurdles should be done in the correct sequence with arms up on step down. Body alignment, posture and balance should be maintained throughout hurdle and back press
- Changes in flexibility should begin to be noticed
- Continued work on 101C/B, 201C, 401C, 102C, 002C (On Stacked mat) on 1m, 101C and 002 Hollow on 3m
- Introduce 401B, 301C and 102A on 1m and 101B, 201C, 401C and 002C on 3m
-

- **Things Divers should be doing at home:**
  - Same as previous week but with higher level of proficiency

### **WEEK 9-10 (November 26-December 8, AM November 6-16)**

- **Reinforce Levels 1,2 and 3, work to Master Levels 4 and 5, Introduce Concepts from Level 6**
  - Divers should be able to show a moderate to high level of proficiency in demonstrating proper body alignment, hollow body line, tuck and pike positions and entry position
  - Divers should be able to do a balanced hurdle and back press with proper posture
    - Should be able to show correct sequence with arms up on step down of hurdle
  - Introduce the concept of a twisting action
  - Continue work on 101C/B, 201C, 301C, 401C/B, 102A on 1m, 001, 002, 101, 201C and 401C on 3m
  - Introduce 201B, 202C, 402C on 1m if ready and 201B and 103C on 3m if ready
  - Introduce 3mT 101, 201 and 401 if ready
  - Introduce 5m Line Ups if ready
- **Things divers should be doing at home:**
  - Same as previous week with continued expectation of higher level of proficiency

- It is important that divers continue to improve on strength, flexibility and body alignment in all aspects of the exercises
- Additional exercises can be found in the level progressions listed below

### **WEEK 11-17 (December 10-February 11, AM November 20-January 22)**

- **All previous levels should be reinforced and key skill and mechanics elements should be mastered**
- **Divers should progress through the levels at their own pace at this point. The proper progression through the levels should be followed according to the listed level system**
- **Divers should not progress to a new skill without first demonstrating a high level of proficiency with the previous skill**
- **Things Divers should do at home:**
  - Continue work on body alignment, posture through all skills
  - One Step Hurdle Sticks
  - Model front hurdle and back press as well as any other dives learned or dives being worked on
  - Visualize performing your dives perfectly in your head
    - Look on YouTube for Olympic Level divers performing the best dives in the world and

take note of their posture and form  
throughout the dive

- Handstands with stomach and back against the wall
- Back Kick Outs from Tuck and Hollow Position
- Strength exercises listed in level progressions below
- Daily work on issues in flexibility (Key Areas are shoulder, pike and toe point flexibility)

# **LEVEL 1**

## **MAT WORK**

- Stance
- T
- Y
- Tuck Position
- Pike Position
- 100A No Armswing
- 200A No Armswing
- 5 Single Armswings (No core movement, inlocate shoulders)
- 5 Slow Motion Squat Jumps (Bend, Swing, Push...hold core and posture)
- 100A w/ Armswing
- 200A w/ Armswing
- 10 Sec. Headstand Hold (Use Coach/Wall Assist if Necessary)

## **TRAMPOLINE**

- Safety Talk
- Bounce 5 times and stop, No Arms
- 100A w/ armswing and stop
- 200A w/ armswing and stop

## **SIDE OF POOL/BOX**

- Safety Talk
- 100A, No Armswing
- 200A, No Armswing
- 100A w/ Armswing
- 200A w/ Armswing
- 001B

## **SLIDE**

- Sit and Slide in Feet First
- Forward Entry

## **1M SPRINGBOARD**

- 100A No Armswing
- 200A No Armswing
- 100A w/ Armswing
- 200A w/ Armswing

## **LEVEL 2**

### **MAT WORK**

- H Position
- Hurdle Position
- Hurdle Stick
- Hurdle Stick Jump
- 1 Step Hurdle w/ Arms Up
- Hollow Line For Entry
- Armstand Stomach to Wall, Hold 5 Sec.
- Armstand Back to Wall, Hold 5 Sec.
- 5 Squats Against Wall
- 200A Against Wall, No Swing
- 200A Against Wall, w/ Swing
- 10 Hollow Rocks

### **TRAMPOLINE**

- Bounce 5 Times and stop, w/ Swing
- 1 Step Hurdle w/ Arms Up

- 200A, No Swing
- 200A w/ Swing
- 200 OP into Seat Drop

### **SIDE OF POOL/BOX**

- 101 Hollow

### **SLIDE**

- Forward Entry, Hands Grabbed the Whole Time
- Back Entry, Hands Grabbed the Whole Time

### **1M SPRINGBOARD**

- Standing 101 Hollow
- 1-Step Hurdle w/ Arms Up, No Swing
- One Bounce w/ Arms Up, No Swing
- 002A, No Push

### **3M SPRINGBOARD**

- 100A No Armswing
- 1 Step Hurdle w/ Arms Up, No Swing
- One Bounce w/ Arms Up, No Swing

### **3M PLATFORM**

- 100A, No Armswing
- 100A, w/ Armswing
- 200A, No Armswing
- 200A, w/ Armswing

### **5M PLATFORM**

- 100A, No Armswing
- 100A, w/ Armswing

## **LEVEL 3**

### **MAT WORK**

- Hollow Position, Arms on Top of Legs
- Hollow Position, Model Back Kick Out
- Armstand Stomach to Wall, Hold 10 Sec.
- Armstand Back to Wall, Hold 10 Sec.
- 5 Front Set Ups
- 5 Back Set Ups
- 100C, Arms Up
- 100C, w/ Swing
- Front Roll Tuck
- 5 Grab Tuck, Open Quick to Hollow, Arms on Legs
- 15 Hollow Rocks
- 10 Leg Lifts
- 10 Squats Against Wall
- 5 Model of 101C, 102C

### **CRASH PAD**

- 100C, Arms Up
- 100C, w/ Swing
- 100C to Seat Drop, Arms Up
- 100C to Seat Drop, w/ Swing
- 200C, Arms Up
- 200C, w/ Swing

### **TRAMPOLINE**

- One Step Hurdle, Arms Up w/ Swing
- One Step Hurdle, w/ Swing

- 5 100C, Arms Up, Touch Tuck
- 200C, Arms Up
- 200C, w/ Swing

### **SIDE OF POOL/BOX**

- 100C, Arms Up
- 100C, w/ Swing
- 200C, Arms Up
- 200C, w/ Swing
- 101C, Arms Up
- 102C, Grab Tuck and Roll Into Water

### **SLIDE**

- Back Entry from Hollow Kick Position

### **1M SPRINGBOARD**

- One Step Hurdle, Arms Up, w/ Swing
- One Step Hurdle, w/ Swing
- One Bounce, w/ Swing
- S (Standing), 1B (One Bounce), 1S (One Step) 101C, Arms Up
- S, 1B, 1S 101C, w/ Swing
- 200C, No Swing
- 200C, w/ Swing
- 002A, w/ Push
- 102C, Front Roll from Mat
- 200C, No Swing, Tuck in Water
- 200C, w/ Swing, Tuck in Water

### **3M SPRINGBOARD**

- One Step Hurdle w/ Swing
- One Bounce w/ Swing

### **3M PLATFORM**

- 001C, Sitting, Direct Come Out
- 001A, Hollow

### **5M PLATFORM**

- 200A, No Swing
- 200A, w/ Swing

## **LEVEL 4**

### **MAT WORK**

- 5 Tuck Ups
- 5 Sitting Back Tuck Kick Outs
- 5 Touch Ups
- 5 Pike Ups
- 5 Sitting Pike Kick Outs, lateral Reach
- 5 Front Roll to Seated Pike Out and Line Up
- 5 Front Roll to Standing Pike Out and Line Up
- 10 Back Set Ups, Against Wall
- Front/Back Armstand Against Wall, Hold 15 Seconds
- 10 Front Set Ups w/ Squat Jump
- 10 Model 101C/B, 102C, 401C, 201C

### **CRASH PAD**

- Back Doggy Drop, Arms Up
- 102, Arms up (w/ Spot)
- 200C, Arms Up
- Back Drop Tuck, Arms Up
- Back Drop Tuck, w/ Swing

### **TRAMPOLINE**

- 10 Consecutive 100A and C w/ Swing
- 5 100B, No Swing
- 5 100 B w/ Swing
- 10 Back Drop Tuck, Arms Up
- 102C (In Belts)
- Inward Drop

- One Step Hurdle Seat Drop

### **SIDE OF POOL/BOX**

- 400C, Arms Up, Finish w/ Slight Lean Forward
- Back Doggy Drop, Arms Up
- 101C, Arms Up
- 101C, Arms Up, Roll into Water
- 102 C, Arms Up, w/ Spot
- 100B, Arms Up
- 200C, Finish in Tear Drop Looking at Toes

### **SLIDE**

- 002C w/ Proper Line Up (Kick Hollow, Hips Open, Look, Reach Narrow)

### **1M SPRINGBOARD**

- Full Hurdle, No Swing on Last Bounce
- Full Hurdle
- 101C, w/ Hurdle, w/ Pike Out
- S, 1B, 1S, Full (Full Hurdle) 101B, Arms Up
- S, 1B, 1S, Full 101B, w/ Swing
- S, 1B, 1S, Full 102C, Arms Up
- 401C, Arms Up
- 401C, w/ Swing, w/ Pike Out
- 201C, Arms Up
- 201C, w/ Swing
- 002C, w/ Mat

### **3M SPRINGBOARD**

- 101C, S, 1B, 1S, Full, Arms Up
- 101C, S, 1B, 1S, Full, w/ Swing

### **3M PLATFORM**

- 001B
- 002A, Proper Line Up (Hollow, Hips, Look, Reach)
- 002C, Proper Line Up

## **LEVEL 5**

### **MAT WORK**

- 10 Tuck Ups, Fast Kick
- 10 Sitting Back Tuck Kick Outs
- 10 Touch Ups
- 10 Fast Pike Ups
- 10 Pike Kick Outs, Lateral Out
- 10 Front Roll to Seated Pike Out
- 10 Front Roll to Standing Pike Out
- Front/Back Armstand on Wall (Hold 20 Sec.)
- 10 Squat Jumps
- 10 Back Set Ups
- 10 Front Set Ups
- 20 Ankle Hops
- 10 Model of 102C, 201C, 401B

### **CRASH PAD**

- 102C
- Reverse Drop Tuck w/ Swing, out hollow looking at toes

### **TRAMPOLINE**

- 5 Consecutive Jump Sequence (Straight, Tuck, Pike = 1)
- 10 100A Double Arm Swing
- Standing, 1S, 1B, Full Reverse Drop Tuck (Arms up and w/ Swing)
- 301C (In Belts)
- Arms Up, 1B, 1S 102C
- 1B, 1S 102C

### **SLIDE**

- 002B, Lateral Out

### **SIDE OF POOL/BOX**

- 101B, Arms Up
- 102C, Arms Up
- 401C, Arms Up
- 201C, Arms Up
- 201C w/ Swing

### **1M SPRINGBOARD**

- S, 1B, 1S, Full 102C, w/ Swing
- S, 1B, 1S, Full 301C
- 401B, Arms Up
- 401B, w/ Swing

### **3M SPRINGBOARD**

- S, 1B, 1S, Full 101B
- 201C
- 401C/B Arms Up
- 401C/B w/ Swing

### **3M PLATFORM**

- Sitting 001C, Lateral Out
- Rolling 001B, Lateral Out
- 101C, Arms Up
- 101B, Arms Up
- 401C, Arms Up
- 002B, Lateral Out

### **5M PLATFORM**

- Sitting/Standing 001B/C

## **LEVEL 6**

### **MAT WORK**

- 15 Tuck Ups, Fast Kick
- 15 Sitting Tuck Kick Outs
- 15 Touch Ups
- 15 Fast Pike Ups
- 15 Sitting Pike Kick Outs
- Front/Back Armstand on Wall (Hold 25 Sec.)
- 5 Front, Back, Reverse, Inward Set Up
- Model Twist Action for 5122D
- 15 Squat Jumps (Hold Squat 5 Sec.)
- 25 Ankle Hops
- 10 Model of 201B, 202C, 103C, 402C, 102B, 102OP

### **CRASH PAD**

- 200B, Arms Up
- 200B, w/ Swing
- Back Drop Pike, End in Tear Drop Looking at Toes

### **TRAMPOLINE**

- 402C (In Belts if needed)
- 202C, 1B, Arms Up (Belts)
- 202C, 1B, Arms Up
- 202C, 1B, w/ Swing
- Back Drop Pike, Arms Up
- Back Drop Pike, w/ Swing
- 202B, 1B, Arms Up (Belts)
- 1B, 100A, Full Twist

- 103C (Belts)
- 1B, 1S, 102B
- 20 100A, Double Swing

### **SIDE OF POOL/BOX**

- 401B
- Arms Wide, Full Twist, Square at End
- 100A/B/C w/ Platform Hurdle
- 102C w/ Platform Hurdle
- 200B, End in Tear Drop Looking At Toes

### **1M SPRINGBOARD**

- 201B Arms Up
- 201B w/ Swing
- 202C Arms Up
- 202C, w/ Swing
- 1B, 1S, Full 103C, Arms Up w/ Pike Out
- 1B, 1S, Full 103C, w/ Swing, w/ Pike Out
- 402C, Arms Up
- 402C, w/ Swing
- 1B, 1S, Full 102B, Arms Up
- 1B, 1S, Full 102B, w/ Swing
- 1B, 1S, Full 102OP, Arms Up
- 1B, 1S, Full 102OP, w/ Swing
- 1B, 1S, Full 5122D, Arms Up
- 1B, 1S, Full 5122D, w/ Swing

### **3M SPRINGBOARD**

- 201B, Arms Up

- 201B, w/ Swing
- 1B, 1S, Full 103C, Arms Up
- 1B, 1S, Full 103C, w/ Swing

### **3M PLATFORM**

- 201C, Arms Up
- 201C, w/ Swing
- 401B

### **5M PLATFORM**

- 001 Hollow
- 002 Hollow

## LEVEL 7

### MAT WORK

- 20 Tuck Ups, Fast Kick
- 20 Sitting Tuck Kick Outs
- 20 Touch Ups
- 20 Fast Pike Ups
- 20 Sitting Pike Kick Outs, Lateral Out
- Front/Back Armstand Against Wall (Hold 30 Sec.)
- 10 Front, Back, Reverse, Inward Set Up
- 20 Squat Jumps (Hold Squat 3 Sec.)
- 25 Ankle Hops
- 10 Model 301B, 302C, 202A, 103B, 403C, 5132D

### CRASH PAD

- 200A, Quick Ankles, Pick Up Feet
- Reverse Drop Pike, w/ Swing, End in Tear Drop Looking at Toes

### TRAMPOLINE

- 202A (Belts)
- Standing, 1B, 1S, Full, Reverse Drop Tuck, Arms Up
- Standing, 1B, 1S, Full, Reverse Drop Tuck, w/ Swing
- Arms Up 200A, ½ Twist
- 200A, ½ Twist w/ Swing
- 302C (Belts)
- 202B, 1B, Arms Up
- 202B, 1B, w/ Swing
- 10 100A, Triple Swing

### SIDE OF POOL/BOX

- 200A, ½ Twist, w/ Swing
- 300B, End in Tear Drop Looking at Toes
- Armstand to Feet

### **1M SPRINGBOARD**

- 202B, Arms Up
- 202B, w/ Swing
- S, 1B, 1S, Full 301B
- S, 1B, 1S, Full 302C
- 1B, 1S, Full 103B, Arms Up
- 1B, 1S, Full 103B, w/ Swing

### **3M SPRINGBOARD**

- S, 1B, 1S, Full 301C
- S, 1B, 1S, Full 103B, Arms Up
- S, 1B, 1S, Full 103B, w/ Swing
- 403C
- 1B, 1S, Full 5132D
- 002 Hollow w/ Push

### **3M PLATFORM**

- Armstand to Feet
- 103C w/ Platform Hurdle
- 002B, Narrow Reach

### **5M PLATFORM**

- 002C

## **LEVEL 8**

### **MAT WORK**

- 25 Tuck Ups, Fast Kick
- 25 Sitting Tuck Kick Outs
- 25 Touch Ups
- 25 Fast Pike Ups
- 25 Sitting Pike Kick Outs, Lateral Out
- Front/Back Armstand Against Wall (Hold 35 Sec.)
- 10 Armstand Pike Ups
- 15 Front, Back, Reverse, Inward Set Up
- Model Twist Action for 5221D and 5231D
- 25 Squat Jumps, Hold Squat 3 Sec.
- 25 Ankle Hops
- 10 Model 104C, 203C, 402/3B, 403C, 301/2B

### **CRASH PAD**

- 202C (w/ Spot)
- 402C (w/ Spot)

### **TRAMPOLINE**

- 104C (Belts)
- 203C, Standing and 1B (Belts)
- 403C/B (Belts)
- 20 100A Triple Swing

### **SIDE OF POOL/BOX**

- 402C (w/ Spot)
- 202C (w/ Spot)
- 301C

- 102B, w/ Platform Hurdle

### **1M SPRINGBOARD**

- 1B, 1S, Full 104C
- 202A
- 203C
- 402B
- 403C
- S, 1B, 1S, Full 302B
- 5221D

### **3M SPRINGBOARD**

- 1B, 1S, Full 301B
- 403B
- 5231D
- 003 w/ Push

### **3M PLATFORM**

- 103B w/ Platform Hurdle

### **5M PLATFORM**

- 101C/B
- 401C/B

## **JUNIOR TEAM POLICIES**

- 1) There are no make-up classes due to illness, injury or other activities.
- 2) There are no refunds offered mid-session.
- 3) Members are expected to arrive at the designated start time of all practices. Lessons will begin promptly at the designated times with stretching, followed by other activities/water time.
- 4) Divers are asked to treat all other Dominion Dive Club members and staff with the utmost respect. Failure to do so will be cause for immediate removal from practice. Divers will be required to apologize to the appropriate party before they can return to practice.
- 5) Divers are asked to come to practice with an open mind and a willingness to try new things. It is understood that new things are at times scary to try. All staff members are very qualified. If they are asking a diver to try something, it is because the diver is ready and capable to do that skill. Absolute refusal to try things will only be a hindrance to the progression of the divers themselves.
- 6) It is absolutely essential that all divers follow their coaches instructions explicitly while on every apparatus as well as on the diving boards. This is not for the coach's satisfaction, it is for the safety of your children. Failure to do so will result in the removal of the diver from practice until they are fully prepared to follow instructions.
- 7) There is absolutely no food permitted on deck. If a diver would like to eat something, this must be done in the stands. The team is fined \$50 when facility staff finds kids eating on deck. If a diver is found eating on deck by the coaches, their parents will be charged \$25. If the team is fined because of a particular diver eating on deck, the parents will be charged \$50.

- 8) There will be a few meets over the course of the year that will be available for Junior Team members. These meets will not be required. Divers are required to follow all meet policies when attending any meets.
- 9) Allow the coaches to coach the divers. Parent involvement is a great thing, however, it should only be to say good job. Do not give your children any type of suggestions or advice when it comes to their diving. You are more than welcome to observe practice, however, please do not distract your child during practice. We may ask you to wait in the lobby if it becomes a problem. The only excuse for a parent to ever come on deck during practice is if there is an extreme family emergency and you need to remove your child from practice. All other reasons are not permitted!!



# ADVANCED TEAM

The Advanced Team will be drawn from the members of the Junior Team who have successfully completed the necessary level and skill progressions. There will be a high level of expectation from the Advanced Team. Divers at this level are there because of their desire to be a competitive diver at the AAU and USA Diving level. As with the Junior Team, there will be a set of level and skill progressions that the divers will be taken through. This will further the divers ability to compete at a high level.

Coaches will work hard to meet the specific needs of each diver in order to aid in their successful completion of the different levels. Divers must also work hard in the same respect to make the changes and corrections that coaches are asking of them. Hopefully by completing these levels as a member of the Advanced Team, divers will be ready to progress to the Senior Team.



**2011-2012 ADVANCED TEAM**  
**GOALS, LESSON PLAN AND**  
**SKILL LEVELS**

## **AREAS OF FOCUS/GOALS OF ATTAINMENT**

**11) BODY ALIGNMENT**

**12) HOLLOW POSITION**

**13) FLEXIBILITY**

**14) STRENGTH AND SPEED**

**15) FRONT APPROACH**

**16) BACK PRESS**

**17) PROPER POSITIONS**

**18) PROPER CONNECTIONS**

**19) CORRECT SEQUENCE OF COME OUT**

**20) LINE UP AND ENTRY**

## **BODY ALIGNMENT**

- **Proper Posture in Stance, Walk and Hurdle**
- **Proper Posture in Back Press, Drop, Swing and Push**
- **Proper Posture in Come Outs, Line Ups and Entries**
- **Proper Posture in ALL DRYLAND WORK**

## **HOLLOW POSITION**

- **Demonstrate Hollow Position On the Ground and Standing**
- **Hollow Position on All Back/Reverse Kicks**
- **Hollow Position on All Front/Inward Line Ups**

## **FLEXIBILITY**

- **Demonstrate Flexibility and Full Range of Motion in all Key Areas**
  - **SHOULDER**
  - **WRIST**
  - **HIP FLEXOR (Splits)**
  - **PIKE**
  - **TOE POINT**

# STRENGTH AND SPEED

- Demonstrate Consistent Improvement in Key Areas of Strength and Speed
  - Core Strength
  - Leg Strength
  - Arm/Shoulder Speed
  - Ankle Speed

# FRONT APPROACH

- Demonstrate Hurdle with All Segments Performed Correctly and in the Correct Sequence
- Show Proper BALANCE and POSTURE throughout Approach and Takeoff
- Demonstrate ability to step out of hurdle with arms up

# BACK PRESS

- Demonstrate Back Press with All Segments Performed Correctly and in the Correct Sequence
- Show Proper Balance and Posture throughout Press and Takeoff

# PROPER POSITIONS

- **Demonstrate Proper Tuck, Pike and Straight Positions on the Ground and in Dives**

## **PROPER CONNECTIONS**

- **Demonstrate Proper Front Approach and Back Press to Allow for Correct Connection**
- **Show Proper Balance and Posture at Point of Connection**
- **Correct Timing and Direction of Throw in Accordance with Dive Being Performed**

## **COME OUTS**

- **Proper Sequence of Come Out in Accordance with Dive Being Performed**
- **Proper Body Line when Performing Come Out Sequence**

## **LINE UP AND ENTRY**

- **Proper Body Line Demonstrated in Armstand Against the Wall**
- **Proper Body Line Demonstrated in Line Up For the Water**
- **Maintain Neutral Head and Proper Body Line throughout Line Up and Entry**

- **Proper Sequence of Entry in Accordance with Dive Being Performed**
- **Diver Should Go No Deeper Than 2/3 of Their Body Length**

## LESSON PLAN FOR SEASON

### September-October

- **Master Levels 1-4 including all dryland elements**
  - Divers should master proper body alignment, hollow body position, and the proper tuck and pike position are
  - Divers should master the proper entry sequence when going in the water (proper body position and arm/hand placement, maintaining proper body alignment)
  - Coaches should identify areas of deficient flexibility and target those areas
  - Divers should master the proper sequence of actions in a hurdle and back press while maintaining proper body alignment (If there are issues with the sequence, simplify the actions until the proper actions are mastered)
  - Divers should master the proper back come out sequence from a hollow/tuck position
  - Proper Body Alignment, Hollow Position, Tuck and Pike Position and Entry Position should consistently be reinforced
  - Divers should grasp a strong concept of the proper sequence of back kick outs
  - Divers should understand the proper sequence and body alignment associated with a hurdle and back press

- Strength and conditioning exercises should be done on a high level. Focus should be placed on leg and core strength.

## **November**

- **LEVELS 5-8 should begin to be mastered**
- Once key elements are mastered above doing no more than 02's on 1m and 03's on 3m, then divers may progress to more complex skill work
- Divers focus should now shift towards using the mastered mechanics and incorporating them into more complex skills and connection work
  - S, 1B, TB 01-03/4/5 on 1m/3m AUNS and w/ Swing
  - Dives/Flips/03's on 3mT/5m
- Divers should begin to grasp the concept of the correct start on 02's into the crash pad
- Divers should transition at the end of the month into build up work only if they have strongly incorporated the correct mechanics into skill acquisition

## **December**

- **Levels 5-8 Should be mastered**
- Divers should be doing a 50/50 mix between skill work geared towards individual deficiencies of divers and

- build up work for targeted dives and existing dives in their repertoire.
- It is absolutely essential that divers are following the proper progressions and mastering skill A before they attempt skill B and mastering skill B before they attempt skill C and so on and so forth. The proper progressions are listed through 03's on 1m and 05's on 3m in the level system below. If divers must stray off the lesson plan in order to spend more time mastering skills, then that must be done.
  - Have a targeted workout for each individual if there is a desire for that individual to learn any new dives.

## **January**

- Divers should be doing a 30/40/30 split of skill work, build ups and optionals
- If and only if divers are showing the proper skill set and mechanics with their build ups, they can now start doing their optionals
- Now is the time to learn new dives
- If we need to back divers down to a skill work for another week or two, now is the time to do it!

## **February**

- Divers should be doing a 20/30/50 split of skill work, build ups and optionals
- The skill work should be very individually specific to the needs of each diver

## **March**

- There should be a 20/20/60 split between skill work, build ups and optionals
- Divers should now be focused on a high level of repetition with their meet dives in order to master existing opts and newly acquired dives.
- Skill work should be done with an intent to improve specific mechanics issues where a diver is lacking

## **April**

- There should be a 10/10/80 split between skill work, build ups and optionals leading up to East Nationals
- After East Nationals, divers should return to basic skill work focused at Levels 1-4
- If any dives want to be learned before the summer, now is the time to do those dives

## **May**

- There should be a 20/20/60 split between skill work, build ups and optionals
- Divers should now be focused on a high level of repetition with their meet dives in order to master existing opts and newly acquired dives.
- Skill work should be done with an intent to improve specific mechanics issues where a diver is lacking

## **June**

- 30/20/50 Split between Skill Work, Build Ups and Optionals leading up to Summer Regions. The goal of regions is not to win, it is to qualify for zones
- A very high level of proficiency should be expected with all skill work and build ups

## **July**

- 10/10/80 Split between Skill Work, Build Ups and Optionals going into summer zones.
- Divers should hopefully be near peaking at this time with a high level of performance being displayed between summer zones and nationals.

## **LEVEL 9**

### **MAT WORK**

- 30 Tuck Ups Fast Kick
- 30 Sitting Tuck Kick Outs
- 30 Touch Ups
- 30 Fast Pike Ups
- 30 Sitting Pike Kick Outs, 15 Lateral Reach, 15 Narrow Reach
- Front/Back Armstand Against Wall (Hold 40 Sec.)
- 15 Armstand Pike Ups
- 20 Front, Back Reverse, Inward Set Up
- Model Twist Action for 5124D and 5223D
- 30 Squat Jumps (Hold Squat 3 sec.)
- 30 Ankle Hops
- 10 Model 303C, 105C, 404C, 203C

### **CRASH PAD**

- 300A, Quick Ankle Speed

### **TRAMPOLINE**

- 105C (Belts)
- 302A (Belts)
- 303C (Belts)
- 204C (Belts)
- 404C (Belts)

### **SIDE OF POOL/BOX**

- 100A, 2 Twists, Square at Finish
- 200A, 1 ½ Twist, Square at Finish

### **1M SPRINGBOARD**

- 5124D
- 302A
- Arms Up 203C
- 204C
- 303C
- 1B, 1S, Full 104B
- 5223D

### **3M SPRINGBOARD**

- 1B, 1S, Full 105C w/ Pike Out
- 404C
- 203C/B

### **3M PLATFORM**

- 103B w/ Platform Hurdle
- 202C
- 402C
- 301C

### **5M PLATFORM**

- Standing 103C/B
- 201C or B

## **LEVEL 10**

### **MAT WORK**

- 35 Tuck Ups Fast Kick
- 35 Sitting Tuck Kick Outs
- 35 Touch Ups
- 35 Fast Pike Ups
- 35 Sitting Pike Kick Outs, 18 Lateral Out, 17 Narrow Reach
- Front/ Back Wall Armstand (Hold for 45 Sec.)
- 20 Armstand Pike Ups
- 35 Squat Jumps (Hold Squat 3 Sec.)
- 35 Ankle Hops
- 10 Model 303C, 105C, 404C, 203C, 5321D, 5225D

### **CRASH PAD**

- 302C w/ Spot

### **TRAMPOLINE**

- 105B (Belts)
- 205C (Belts)
- 405C (Belts)
- 304C (Belts)

### **SIDE OF POOL/BOX**

- 300A, ½ Twist
- 103C, w/ Hurdle

### **1M SPRINGBOARD**

- 1B, 1S, Full 105C
- 203B
- Standing 303C
- 1B, 1S, Full 304C
- 403B
- 1B, 1S, Full 5321D
- 5225D

### **3M SPRINGBOARD**

- 1B, 1S, Full 105B
- Standing 105C w/ Pike Out

- 205C
- 405C
- Standing, 1B, 1S, Full 303C
- 5233D/5134D

### **3M PLATFORM**

- 203C
- 403C
- 302C

### **5M PLATFORM**

- 403C
- 612B
- 105C w/ Pike Out
- 301C or B

## **ADVANCED TEAM**

### **POLICIES AND EXPECTATIONS**

- 1) The Advanced Team is a year round program. Members of the Advanced Team are expected to continue throughout the summer months with a minimum of 2 practices per week required throughout the year.
- 2) Members are expected to arrive at the designated start time of all practices. Lessons will begin promptly at the designated times with stretching, followed by other activities/water time.
- 3) If divers will be late to practice or need to leave early from practice, they are expected to email John at [john@dominiondiveclub.com](mailto:john@dominiondiveclub.com) well before they show up for practice.
- 4) Divers will be required to follow the skill progressions at their current level. After repeated failure to complete the necessary skills, divers will be reassessed as to their placement on the Advanced Team.
- 5) Divers are asked to treat all other Dominion Dive Club members and staff with the utmost respect. Failure to do so will be cause for immediate removal from practice. Divers will be required to apologize to the appropriate party before they can return to practice.
- 6) Divers are asked to come to practice with an open mind and a willingness to try new things. It is understood that new things are at times scary to try. All staff members are very qualified. If they are asking a diver to try something, it is because the diver is ready and capable to do that skill. Absolute refusal to try things will only be a hindrance to the progression of the divers themselves.
- 7) It is absolutely essential that all divers follow their coaches instructions explicitly while on every apparatus as well as on the

diving boards. This is not for the coach's satisfaction, it is for the safety of your children. Failure to do so will result in the removal of the diver from practice until they are fully prepared to follow instructions.

- 8) There is absolutely no food permitted on deck. If a diver would like to eat something, this must be done in the stands. The team is fined \$50 when facility staff finds kids eating on deck. If a diver is found eating on deck by the coaches, their parents will be charged \$25. If the team is fined because of a particular diver eating on deck, the parents will be charged \$50.
- 9) Divers will be required to attend all USA Diving Region Meets in both the spring and the summer. Divers are required to follow all meet policies when attending any meets.
- 10) Allow the coaches to coach the divers. Parent involvement is a great thing, however, it should only be to say good job. Do not give your children any type of suggestions or advice when it comes to their diving. You are more than welcome to observe practice, however, please do not distract your child during practice. We may ask you to wait in the lobby if it becomes a problem. The only excuse for a parent to ever come on deck during practice is if there is an extreme family emergency and you need to remove your child from practice. All other reasons are not permitted!!



# SENIOR TEAM

Members of the Senior Team will be drawn from the Advanced Team after they have completed the necessary level and skill progressions and have shown a strong level of commitment during their tenure with the team. Divers will generally be asked to join the senior team once they have demonstrated a high level of proficiency in terms of proper mechanics. There will be a very high level of expectation from divers at this level. Failure to meet these expectations in terms of attitude, skill requirements, or time commitment will result in removal from the Senior Team. Divers will be placed on the Senior Team only after expressing a desire to compete at a national level of competition and a desire to put in the necessary effort to compete at that level.

## SENIOR TEAM

### POLICIES AND EXPECTATIONS

- 1) The Senior Team is a year round program. Members of the Advanced Team are expected to continue throughout the summer months with a minimum of 4-6 practices per week required throughout the year. If divers plan to work during the summer, they need to make the necessary arrangements.
- 2) Members are expected to arrive at the designated start time of all practices. Lessons will begin promptly at the designated times with stretching, followed by other activities/water time.
- 3) It is understood that divers are also students and school will always come first. Usually though, divers are made aware of most of their assignments ahead of time and are expected to plan accordingly.
- 4) If divers will be late to practice or need to leave early from practice, they are expected to email John at [john@dominiondiveclub.com](mailto:john@dominiondiveclub.com) well before they show up for practice.
- 5) Divers will be required to follow the required work outs at their current level. After repeated failure to complete the required workouts, divers will be reassessed as to their placement on the Senior Team.
- 6) Divers are asked to treat all other Dominion Dive Club members and staff with the utmost respect. Failure to do so will be cause for immediate removal from practice. Divers will be required to apologize to the appropriate party before they can return to practice.
- 7) Divers are asked to come to practice with an open mind and a willingness to try new things. It is understood that new things are at times scary to try. All staff members are very qualified. If they

are asking a diver to try something, it is because the diver is ready and capable to do that skill. Absolute refusal to try things will only be a hindrance to the progression of the divers themselves.

- 8) It is absolutely essential that all divers follow their coaches instructions explicitly while on every apparatus as well as on the diving boards. This is not for the coach's satisfaction, it is for the safety of your children. Failure to do so will result in the removal of the diver from practice until they are fully prepared to follow instructions.
- 9) There is absolutely no food permitted on deck. If a diver would like to eat something, this must be done in the stands. The team is fined \$50 when facility staff finds kids eating on deck. If a diver is found eating on deck by the coaches, their parents will be charged \$25. If the team is fined because of a particular diver eating on deck, the parents will be charged \$50.
- 10) Divers will be required to attend all USA Diving Region Meets in both the spring and the summer. They are also expected but not required to attend all other meets. Divers are required to follow all meet policies when attending any meets.
- 11) As members of the Senior Team, divers need to realize that they are role models and that all other divers in the program look up to them. They are expected to act in accordance at all times.
- 12) Allow the coaches to coach the divers. Parent involvement is a great thing, however, it should only be to say good job. Do not give your children any type of suggestions or advice when it comes to their diving. You are more than welcome to observe practice, however, please do not distract your child during practice. We may ask you to wait in the lobby if it becomes a problem. The only excuse for a parent to ever come on deck during practice is if there is an extreme family emergency and

you need to remove your child from practice. All other reasons are not permitted!!



# HIGH SCHOOL LESSONS

The classes will be intended to prepare divers for high school tryouts as well as mastering the skills that the divers may not have the time or resources to do during their high school practices. The majority of high school practices will be on the 1 meter board. Divers however, will be expected to utilize additional equipment intended to benefit their progression on the one meter board.

## **HIGH SCHOOL LESSON POLICIES**

- 1) There are no make-up classes due to illness, injury or other activities.
- 2) There are no refunds offered mid-session.
- 3) Members are expected to arrive at the designated start time of all practices. Lessons will begin promptly at the designated times with stretching, followed by other activities/water time.
- 4) Divers are asked to treat all other Dominion Dive Club members and staff with the utmost respect. Failure to do so will be cause for immediate removal from practice. Divers will be required to apologize to the appropriate party before they can return to practice.
- 5) Divers are asked to come to practice with an open mind and a willingness to try new things. It is understood that new things are at times scary to try. All staff members are very qualified. If they are asking a diver to try something, it is because the diver is ready and capable to do that skill. Absolute refusal to try things will only be a hindrance to the progression of the divers themselves.
- 6) It is absolutely essential that all divers follow their coaches instructions explicitly while on every apparatus as well as on the diving boards. This is not for the coach's satisfaction, it is for the safety of your children. Failure to do so will result in the removal of the diver from practice until they are fully prepared to follow instructions.
- 7) There is absolutely no food permitted on deck. If a diver would like to eat something, this must be done in the stands. The team is fined \$50 when facility staff finds kids eating on deck. If a diver is found eating on deck by the coaches, their parents will be charged \$25. If the team is fined because of a particular diver eating on deck, the parents will be charged \$50.

## EXPLANATION OF DIVE NUMBERS

1) The First Number in a Dive Number is the Direction of the Dive with the Exception of Twisters and Armstands:

1 = Forward Direction

2 = Backward Direction

3 = Reverse Direction

4 = Inward Direction

2) The Second and Third Number in a Dive Number is the Amount of Flips the Diver will Do. Every Number Increases  $\frac{1}{2}$  a Somersault:

100 = Front Jump

101 = Front Dive

102 = Front 1 Somersault

103 = Front 1  $\frac{1}{2}$  Somersault

200 = Back Jump

201 = Back Dive

202 = Back 1 Somersault

409 = Inward 4  $\frac{1}{2}$  Somersault

Etc.

3) Twisters are Indicated by the First Number being a 5. The Second Number is the Direction. The Third Number is the Amount of Flips by 1/2 Somersaults and the Fourth Number is the Amount of Twists by ½ Twists:

5111 = Front Dive ½ Twist

5112= Front Dive 1 Twist

5121 = Front 1 Somersault ½ Twist

5211 = Back Dive ½ Twist

5212 = Back Dive 1 Twist

5221 = Back 1 Somersault ½ Twist

5366 = Reverse 3 Somersaults 3 Twists

Etc.

4) Armstands are Indicated by the First Number Being 6 and are Performed Only on Platform. The Second Number Indicates the Direction of the Armstand. The Third Number Indicates the Amount of Somersaults in the Armstand. If there is a Fourth Number in the Armstand, that would Indicate that it is a Twister Armstand and then you would Follow the Rules above for Twisters:

612 = Front Armstand 1 Somersault

634 = Reverse Armstand 2 Somersaults

6243 = Back Armstand 2 Somersaults 1 ½ Twists

6162 = Front Armstand 3 Somersaults 1 Twist

5) Positioning of the Dive will be Indicated at the End of the Number by Either the Letter A, B, C or D. D is Used for Twisting Dives to Indicate the Free Position where no Position can be Declared.

A = Straight

B = Pike

C = Tuck

D = Free

107C = Front 3 ½ Somersaults Tuck

306B = Reverse 3 Somersaults Pike

5134D = Front 1 ½ Somersault 2 Twists Free

624C = Back Armstand 2 Somersaults Tuck