

## Learn to Dive 1 Lessons – Beginners

**ASA Frosties Poolside Diving Awards**

**Level 2 – Grade 1**

<b>Name:</b>									
1. Forward Jump Straight. No Arm Swing, Hands Grabbed.									
2. Forward Jump with Tuck. No Arm Swing, Hands Grabbed on Entry.									
3. Forward Tucked Roll. From Crouch Position.									
4. Forward Pike Line Up. Hands Grabbed.									
5. Back Push & Glide Straight.									
<b>Total:</b>									

Fail (0 – 24)

Pass (25 –32)

Merit (33 – 40)

Distinction (41+)

## Learn to Dive 1 Lessons – Beginners

**ASA Frosties Poolside Diving Awards**

**Level 2 – Grade 2**

<b>Name:</b>									
1. Forward Jump Straight with Half Arm Swing.									
2. Forward Jump with Tuck, with Half Arm Swing.									
3. Back Push and Circle.									
4. Back Tuck Roll from Crouch.									
5. Forward Crouched Spring Dive, Hands Grabbed.									
<b>Total:</b>									

Fail (0 – 24)

Pass (25 –32)

Merit (33 – 40)

Distinction (41+)

## Learn to Dive 2 Lessons – Beginner Improvers

**ASA Frosties Poolside Diving Awards**

**Level 2 – Grade 3**

<b>Name:</b>								
1. Forward Jump Piked, No Arm Swing.								
2. Spring Header Dive, Hands Grabbed.								
3. Back Jump Straight, Half Arm Swing.								
4. Back Pike Roll. Hands Behind Ankles Throughout.								
5. Back Dive from Crouch, Arm Swing Optional.								
<b>Total:</b>								
	Fail (0 – 24)	Pass (25 – 32)	Merit (33 – 40)	Distinction (41+)				

## Learn to Dive 2 Lessons – Beginner Improvers

**ASA Frosties Poolside Diving Awards**

**Level 2 – Grade 4**

<b>Name:</b>								
1. Forward Jump Piked, with Half Arm Swing.								
2. Spring Header Dive, Grab during Flight.								
3. Back Jump with Tuck, with Half Arm Swing.								
4. Back Dive Straight, with Half Arm Swing. From ½								
5. Inward Sloping jump, with No Arm Swing.								
6. Forward Pike Wedge, No Arm Swing.								
<b>Total:</b>								
	Fail (0 – 29)	Pass (30 - 36)	Merit (37 – 42)	Distinction (43+)				

# Learn to Dive 3 Lessons – Beginner Improvers

## ASA Frosties 1m Board Skills Diving Awards

## Level 3 – Stage 1

<b>Name:</b>								
1. Forward Jump Straight, with Full Arm Swing.								
2. Forward Jump with Tuck, with Full Arm Swing.								
3. Forward Pike Line up, arms Break Wide through Pike Roll.								
4. Back Jump Straight, with No Arm Swing.								
5. Back Fall Line Up, arms Break Wide through Back Circle.								
<b>Total:</b>								
	<b>Fail (0 – 24)</b>	<b>Pass (25 –32)</b>	<b>Merit (33 – 40)</b>	<b>Distinction (41+)</b>				

# Entry Squad (E-Squad) – Improver Competitors.

## ASA Frosties Poolside Diving Awards

## Level 2 – Grade 5

<b>Name:</b>								
1. Forward Dive with Tuck, No Arm Swing.								
2. Back Dive Straight, with Arm Swing.								
3. Back Jump Piked with Arm Swing.								
4. Back Pike Sit, with Arm Swing.								
5. Reverse Pike Sit, with Arm Swing.								
6. Inward Pike Wedge, Hands Behind Ankles on Entry.								
<b>Total:</b>								
	<b>Fail (0 – 29)</b>	<b>Pass (30 - 36)</b>	<b>Merit (37 – 42)</b>	<b>Distinction (43+)</b>				

## Entry Squad (E-Squad) – Improver Competitors.

**ASA Frosties 1m Board Skills Diving Awards**

**Level 3 – Stage 2**

<b>Name:</b>								
1. Forward Jump Piked, with Full Arm Swing.								
2. Back Jump with Tuck, with No Arm Swing.								
3. Forward Pike Line Up, From 'T' position. Grab Hands.								
4. Hurdle Position to Forward Jump Straight, No A/S.								
5. Hurdle Position to Forward Jump Straight, with A/S.								
<b>Total:</b>								
<b>Fail (0 – 24)</b>	<b>Pass (25 - 32)</b>	<b>Merit (33 – 40)</b>	<b>Distinction (41+)</b>					

## Entry Squad (E-Squad) – Improver Competitors.

**ASA Frosties 1m Board Skills Diving Awards**

**Level 3 – Stage 3**

<b>Name:</b>								
1. Back Jump Straight, with Full Arm Swing <b>(1m)</b> .								
2. One Step Hurdle to Forward Jump Straight. Start Arms Behind Hips <b>(1m)</b> .								
3. Forward Dive with Tuck, Standing with Full Arm Swing <b>(1m)</b> .								
4. Inward Dive with Tuck, with Full Arm Swing <b>(1m)</b> .								
5. Back Dive with Tuck, with Full Arm Swing <b>(1m)</b> .								
<b>Total:</b>								
<b>Fail (0 – 24)</b>	<b>Pass (25 - 32)</b>	<b>Merit (33 – 40)</b>	<b>Distinction (41+)</b>					

## Development Squad (D-Squad) – Competitors.

ASA Advanced Diving Skills

Bronze

<b>Name:</b>								
1. Forward Dive Piked – Standing with Full Arm Swing <b>(1m)</b> .								
2. Inward Dive Piked – with Full Arm Swing <b>(1m)</b> .								
3. Back Dive with Tuck – with Full Arm Swing <b>(1m)</b> .								
4. Forward Pike Line Up – Hands Grabbed <b>(3m)</b> .								
5. Back Tuck Line Up <b>(3m)</b> .								
<b>Total:</b>								
	Fail (0 – 24)	Pass (25 –32)	Merit (33 – 40)	Distinction (41+)				

## Development Squad (D-Squad) – Competitors.

ASA Advanced Diving Skills

Silver

<b>Name:</b>								
1. Forward Dive with Tuck – with Hurdle Step Approach <b>(1m)</b> .								
2. Reverse Dive with Tuck – Standing, Full a/s <b>(1m)</b> .								
3. Forward Somersault with Tuck Standing, Full a/s <b>(1m)</b> .								
4. Back Somersault with Tuck – with Full Arm swing <b>(1m)</b> .								
5. Sitting Forward Tuck Line Up <b>(3m)</b> .								
6. Back Fall Line Up – Hands Grabbed <b>(3m)</b> .								
<b>Total:</b>								
	Fail (0 – 29)	Pass (30 –36)	Merit (37 – 42)	Distinction (43+)				

# Development Squad (D-Squad) – Competitors.

## ASA Advanced Diving Skills

## Gold

<b>Name:</b>								
1. Forward Somersault Piked - Standing, Arm Swing <b>(1m)</b> .								
2. Inward Somersault with Tuck – with Full Arm Swing <b>(1m)</b> .								
3. Reverse Dive with Tuck, with Hurdle Step Approach <b>(1m)</b> .								
4. Forward 1½ Somersault with Tuck, with Hurdle Step <b>(1m)</b> .								
5. Forward S/S Straight 1 Twist, with Hurdle Step <b>(1m)</b> .								
6. Back Somersault ½ Twist, with Full Arm Swing <b>(1m)</b> .								
7. Armstand Forward ½ Somersault Straight <b>(1m)</b> .								
<b>Total:</b>								

Fail (0 – 34)

Pass (35 –42)

Merit (43 – 49)

Distinction (50+)