

THE CAMBRIDGE DIVE TEAM

As a member of the Cambridge Dive Team you agree to uphold and abide by the following conditions;

- Turn up on time to training
- Turn up to training with a session goal in mind
- Turn up to training with the attitude of wanting to be here
- Turn up to training wanting to train hard!
- Turn up to training making a conscious effort to say hello to each coach in a respectful manner
- Divers will be respectful to coaches in order to gain the coaches reciprocated respect
- Divers will make eye contact with the coach when a coach is talking to them
- Divers will not argue with the coach or answer them back in a disrespectful manner
- If the diver feels that they have a fair point to make, they are encouraged to make their point with full justification in a polite manner and at a suitable time
- Divers will do as the coach asks in full confidence knowing that the coach would not ask a diver to do anything out of the divers' abilities
- Divers are reminded that they are representing the Diving Club and that their attitudes and behaviours are a portrayal of the club
- Divers will thank each coach at the end of the session in a respectful manner
- Divers will spend 10 minutes at the end of each session, during their cool down, reflecting on both the good and the bad points of the session and how these might be replicated or improved in the next session respectively.

Squad Conditions

When the diver has completed all of the ASA badges in the Learn to Dive Lessons Programme they will be offered the opportunity to join the City of Cambridge Diving Club. This is split into four main sections:

Entry Squad (E-Squad)

In this section of the Cambridge Diving Programme the diver will join a squad of similar standard divers, practice skills learnt in the Learn to Dive Programme and improve on technique. As they progress through the badge scheme they will learn new dives and condition their bodies to improve physical strength and fitness essential for this disciplined sport. The diver must score a merit on each badge to move on to the next level, whilst training to compete in Novice Level Competitions that are held in Cambridge & all around the Country.

Upon being selected for the Entry Squad it is expected that the diver is enjoying diving and is thinking about becoming serious and committed to the sport, therefore they are willing to agree to and accept the following squad conditions;

- *Divers will have the desire and ambition to progress into the development squad*
- *Divers will give 110% effort each session*
- *Divers will start each session with a full and complete warm up to prevent injury and prepare the mind ready for the training ahead*
- *Divers will continually improve their basic line ups and perform them to their best ability*
- *Divers will listen to coaching points directed towards them and make the relevant corrections*
- *Divers will set good examples to their peers in terms of their attitudes and behaviours*
- *Divers will maximise their training time*
- *Divers will commit fully to any homework set and make sure they are completed and then applied to training sessions*
- *Divers will follow the conditioning and flexibility exercises set with the intention of increasing their performances*
- *Divers will continually improve their monthly testing scores*
- *Diver will compete on a Novice and Age Group standard*

Development Squad (D-Squad)

Once the diver has completed all of the relevant badges to a merit standard they have the opportunity to move up into the Development Squad. In this squad the diver is expected to attend more regular training & conditioning sessions, as they will be preparing for Local, Regional & National Intermediate Age Group Competitions. The diver will be working towards completing the ASA Bronze, Silver & Gold Advanced Board Skills Badges. Once these badges have been completed to a merit standard then the diver will be eligible for the National Age Group Elite Squad.

Upon being selected for the Development Squad it is expected that the diver is becoming serious about reaching a high level within the sport and therefore is willing to agree to and accept the following squad conditions;

- *Divers will have the desire and ambition to progress into the national squad*
- *Divers will give 110% effort each session*
- *Divers will start each session with a full and complete warm up to prevent injury and prepare the mind ready for the training ahead*
- *Divers will continually improve their basic line ups and perform them to their best ability*
- *Divers will listen to coaching points directed towards them and make the relevant corrections*
- *Divers will set good examples to their peers in terms of their attitudes and behaviours*
- *Divers will maximise their training time*
- *Divers will commit fully to any homework set and make sure they are completed and then applied to training sessions*
- *Divers will follow the conditioning and flexibility exercises set with the intention of increasing their performances*
- *Divers will continually improve their monthly testing scores*
- *Divers will compete on a National Age Group standard*

National Squad

There are a number of complex skills and dives that are performed in this sport so as the diver progresses the training becomes much more intensive. Once the diver has completed the ASA Badge Scheme to a merit standard they will be eligible to join the National Age Group Squad. In this squad as well as training in the pool the diver will be expected to attend dry-land gymnastic, trampoline and conditioning sessions. These extra training sessions are an essential part of the training required to compete in National Age Group Elite Competitions.

Upon being selected for the National Squad it is expected that the diver is serious about reaching a high level within the sport and therefore is willing to agree to and accept the following squad conditions;

- *Divers will give 110% effort each session*
- *Divers will start each session with a full warm up performed in a professional manner*
- *Divers will perform basic line ups to their greatest ability, setting high standards and performances that provide good demonstrations for their peers*
- *Divers will listen to and understand coaching points directed towards them and make the relevant corrections*
- *Divers will actively participate in the coaching process by providing worthwhile feedback with regards to each dive and by suggesting ways of improvement to help eradicate any problems with the dive*
- *Divers will set good examples to their peers in terms of their attitudes and behaviours*
- *Divers will maximise their training time*
- *Divers will commit fully to any homework set and make sure they are completed and then applied to training sessions*
- *Divers will be a devotee of the conditioning programmes set and put all their efforts into maximising their capabilities*
- *Divers will continually improve their monthly testing scores*
- *Divers will achieve their national elite standard*
- *Divers will maintain and improve upon their national ranking*
- *Divers will have the desire and ambition to be the best they can be and to bring home medals from LONDON 2012!*

Open Diving

Diving is not just a sport for young juniors aiming to compete at the very highest level. It is also possible to come diving on a more recreational basis. Juniors & Adults of all ages are welcome to try diving in our open sessions, these currently run on Monday & Thursday evening between 8.30pm and 9.30pm. The adult or Masters Divers run through the same badge scheme as the juniors working on poolside and off the diving boards. If the diver decides to take things more seriously then they can join the club and compete in Masters Competitions that are hugely popular around the country.

Squad Progressions

Learn to Dive 1-2A Lessons – Beginners

- ASA Frosties Poolside Diving Awards Level 2 – Grade 1
- ASA Frosties Poolside Diving Awards Level 2 – Grade 2

Learn to Dive 1-2B Lessons – Beginner Improvers

- ASA Frosties Poolside Diving Awards Level 2 – Grade 3
- ASA Frosties Poolside Diving Awards Level 2 – Grade 4

Learn to Dive 3 Lessons – Beginner Improvers

- Full Arm Swing.

Only once they have moved onto the **1m Board Skills Assessments** do they get taught **Full Arm Swing**. Full arm swing is used to rock or move the board before the arm swing. As the diver raises their arms they press into the board to fully load pressure before arm swing and extension.

- ASA Frosties 1m Board Skills Diving Awards Level 3 – Stage 1

Entry Squad (E-Squad) – Improver Competitors.

- ASA Frosties Poolside Diving Awards Level 2 – Grade 5
- ASA Frosties 1m Board Skills Diving Awards Level 3 – Stage 2
- ASA Frosties 1m Board Skills Diving Awards Level 3 – Stage 3

Development Squad (D-Squad) – Competitors.

- ASA Advanced Diving Skills Bronze
- ASA Advanced Diving Skills Silver
- ASA Advanced Diving Skills Gold

Learn to Dive 1-2 A Lessons – Beginners

ASA Frosties Poolside Diving Awards

Level 2 – Grade 1

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.

Fail (0 – 24)

Pass (25 –32)

Merit (33 – 40)

Distinction (41+)

It is essential during these early stages to correct **body posture (on take off & entry), head position (on take off & entry), knee and ankle extension.** By the end of this stage the diver should **perform regularly** and be able to **perform quality**:

- ✓ Forward Push & Glide, Hands Grabbed.
- ✓ Forward Push & Glide, Break Arms Wide Pike Roll.
- ✓ Forward Jump Straight. No Arm Swing.
- ✓ Forward Sitting Dive, with Pike Roll Under Water.

ASA Frosties Poolside Diving Awards

Level 2 – Grade 2

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.

Fail (0 – 24)

Pass (25 –32)

Merit (33 – 40)

Distinction (41+)

All skills learnt in Level 2 – Grade 1 should be used by the coach to **practice movements & improve quality of technique.** By the end of this stage the diver should **perform regularly** and be able to **perform quality**:

- ✓ Forward Pike Line Up. Hands grabbed with pike roll.
- ✓ Back Push & Glide.
- ✓ Forward Jump with Tuck, with No Arm Swing.



Learn to Dive 1-2 B Lessons – Beginner Improvers

ASA Frosties Poolside Diving Awards

Level 2 – Grade 3

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.

Fail (0 – 24)

Pass (25 –32)

Merit (33 – 40)

Distinction (41+)

By this stage the diver should be performing quality Tuck & Pike shapes whilst the coach constantly corrects **body posture (on take off & entry)**, **head position (on take off & entry)**, **knee and ankle extension**. By the end of this stage the diver should **perform regularly** and be able to **perform quality**:

- ✓ Forward Jump with Tuck, with Half Arm Swing.
- ✓ Back Jump with Tuck, with No Arm Swing.
- ✓ Back Push & Circle, arms Break Wide ½ way through Circle.

Learn to Dive 1-2 B Lessons – Beginner Improvers

ASA Frosties Poolside Diving Awards

Level 2 – Grade 4

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 Squat Optional.
5. Inward Sloping jump, with No Arm Swing.
6. Forward Pike Wedge, No Arm Swing. Hands Hold Behind Ankles on Entry.

Fail (0 – 29) Pass (30 - 36)

Merit (37 – 42)

Distinction (43+)

All skills learnt in previous badges should be used by the coach to **practice movements & improve quality of technique**. By the end of this stage the diver should **perform regularly** and be able to **perform quality**:

- ✓ Backward Dive, Arm Swing Optional.
- ✓ Forward Jump Piked, with Half Arm Swing.
- ✓ Backward Jump with Tuck, Arm Swing Optional.
- ✓ Forward Pike Line up, arms Break Wide ½ way through Pike Roll.



Learn to Dive 3 Lessons – Beginner Improvers

Full Arm Swing.

Only once they have moved onto the **1m Board Skills Assessments** do they get taught **Full Arm Swing**. Full arm swing is used to rock or move the board before the arm swing. As the diver raises their arms they press into the board to fully load pressure before arm swing and extension.

ASA Frosties 1m Board Skills Diving Awards

Level 3 – Stage 1

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 ½ way through Pike Roll.
4. Back Jump Straight, with No Arm Swing.
5. Back Fall Line Up, arms Break Wide ½ way through Back Circle.

Fail (0 – 24) Pass (25 –32)

Merit (33 – 40)

Distinction (41+)

By the end of this stage the diver should **perform regularly** and be able to **perform quality**:

- ✓ Jumps All Directions & Shapes from Poolside, with Arm Swing.
- ✓ Various Line Ups from Poolside & 1m.
- ✓ Forward Dive Straight & with Tuck from Poolside.
- ✓ Back Dive Straight with Arm Swing, from Poolside & 1m.
- ✓ Inward Pike Wedge from Poolside.
- ✓ Reverse Jump from Poolside, with Arm Swing.



Entry Squad (E-Squad) – Improver Competitors.

Once the diver moves into the E – Squad the aim is to **increase the amount of skills** learnt on the diving boards & poolside whilst improving **quality & technique**. The diver must complete **all** of the Diving Awards to a **Merit** standard before proceeding into the **Development Squad**.

Entry Squad (E1-Squad) – Improver Competitors

ASA Frosties Poolside Diving Awards

Level 2 – Grade 5

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.

Fail (0 – 29)

Pass (30 - 36)

Merit (37 – 42)

Distinction (43+)

By the end of these two stage the diver should **perform regularly** and be able to **perform quality**:

- ✓ Jumps All Directions & Shapes from Poolside, with Arm Swing.
- ✓ Various Line Ups from Poolside & 1m.
- ✓ Forward Dive Straight & with Tuck from Poolside.
- ✓ Back Dive Straight with Arm Swing, from Poolside & 1m.
- ✓ Inward Pike Wedge from Poolside.
- ✓ Reverse Jump from Poolside, with Arm Swing.

ASA Frosties 1m Board Skills Diving Awards

Level 3 – Stage 2

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 During Flight.
4. Hurdle Position to Forward Jump Straight, No Arm Swing.
5. Hurdle Position to Forward Jump Straight, with Arm Swing.

Fail (0 – 24)

Pass (25 - 32)

Merit (33 – 40)

Distinction (41+)

Entry Squad (E-Squad) – Improver Competitors.

Entry Squad (E2-Squad) – Improver Competitors

ASA Frosties 1m Board Skills Diving Awards

Level 3 – Stage 3

1. Back Jump Straight, with Full Arm Swing.
2. One Step Hurdle to Forward Jump Straight. Start Arms Behind Hips.
3. Forward Dive with Tuck, Standing with Full Arm Swing.
4. Inward Dive with Tuck, with Full Arm Swing.
5. Back Dive with Tuck, with Full Arm Swing.

Fail (0 – 24) Pass (25 - 32)

Merit (33 – 40)

Distinction (41+)

By the end of this stage the diver should perform regularly and be able to perform quality:

- ✓ Forward Dive with Tuck, No Arm Swing from Poolside.
- ✓ Back Pike Sit, with Arm Swing from Poolside.
- ✓ Reverse Pike Sit, with Arm Swing from Poolside.
- ✓ Inward Pike Wedge, Hands Behind Ankles on Entry from Poolside.
- ✓ Jumps All Directions & Shapes from Poolside, with Arm Swing.
- ✓ Various Line Ups from Poolside, 1m & 3m.
- ✓ Forward Dive Straight & with Tuck from Poolside, 1m & 3m.
- ✓ Back Dive Straight & with Tuck with Arm Swing, from Poolside, 1m & 3m.
- ✓ Inward Dive with Tuck, with Arm Swing from 1m & 3m.

In addition to the above skills the divers must show:

- ✓ Keenness to Learn New Dives.
- ✓ Commitment to training & excellent attendance.
- ✓ Respect for Coaches, Divers & Club Members.
- ✓ Improvement in Conditioning & Flexibility.



Entry Squad (E3-Squad) – Improver Competitors

ASA Advanced Diving Skills

Bronze

1. Forward Dive Piked – Standing with Full Arm Swing (1m).
2. Inward Dive Piked – with Full Arm Swing (1m).
3. Back Dive with Tuck – with Full Arm Swing (1m).
4. Forward Pike Line Up – Hands Grabbed **(3m)**.
5. Crouch Back Tuck Line Up **(3m)**.

Fail (0 – 24) Pass (25 –32)

Merit (33 – 40)

Distinction (41+)

By the end of this stage the diver should perform regularly and be able to perform quality:

- ✓ Forward S/S with Tuck, No Arm Swing from Poolside.
- ✓ Inward Pike Wedge & Inward Dive with Tuck from Poolside.
- ✓ Back & Reverse Pike Sit, with Arm Swing from Poolside.
- ✓ Back & Reverse Dive with Tuck from Poolside.
- ✓ All Line Up Entry Techniques from 1m & 3m.
- ✓ Forward & Inward Dive C, B & A with Arm Swing from 1m & 3m.
- ✓ Back & Reverse Dive C, B & A with Arm Swing from 1m & 3m.
- ✓ 1m Lead Ups for all 1 ½ S/S from 3m.
- ✓ Forward 1 ½ S/S with tuck & piked from 1m & 3m.
- ✓ Attempting Forward & Back S/S with Twist from 1m.
- ✓ Attempting Inward, Back & Reverse 1 ½ S/S from 1m & 3m.

In addition to the above skills the divers must show:

- ✓ Keenness to Learn New Dives.
- ✓ Commitment to training & excellent attendance.
- ✓ Respect for Coaches, Divers & Club Members.
- ✓ Improvement in Conditioning & Flexibility.



Development Squad (D-Squad) – Competitors

Development Squad (D2-Squad) – Competitors

ASA Advanced Diving Skills

Silver

1. Forward Dive with Tuck – with Hurdle Step Approach (1m).
2. Reverse Dive with Tuck – Standing with Full Arm Swing (1m).
3. Forward Somersault with Tuck – Standing with Full Arm Swing (1m).
4. Back Somersault with Tuck – with Full Arm swing (1m).
5. Sitting Forward Tuck Line Up **(3m)**.
6. Back Fall Line Up – Hands Grabbed **(3m)**.

Fail (0 – 29) Pass (30 –36)

Merit (37 – 42)

Distinction (43+)

By the end of this stage the diver should perform regularly and be able to perform quality:

- ✓ All Poolside Skills & S/S plus Twisting Skills.
- ✓ All Line Up Entry Techniques from 1m, 3m & 5m.
- ✓ Forward & Inward Dive C, B & A with Arm Swing from 1m & 3m.
- ✓ Back & Reverse Dive C, B & A with Arm Swing from 1m & 3m.
- ✓ 1m Lead Ups for Forward 2 ½ S/S from 3m.
- ✓ Inward, Back & Reverse S/S C & B from 1m.
- ✓ Inward, Back & Reverse 1 ½ S/S with tuck &/or piked from 1m & 3m.
- ✓ Attempting Inward, Back & Reverse Double S/S from 1m & 3m.
- ✓ Attempting Forward & Back 1 ½ S/S with Twist from 3m.

In addition to the above skills the divers must show:

- ✓ Keeness to Learn New Dives.
- ✓ Commitment to training & excellent attendance.
- ✓ Respect for Coaches, Divers & Club Members.
- ✓ Improvement in Conditioning & Flexibility.



Development Squad (D3-Squad) – Competitors.

ASA Advanced Diving Skills

Gold

1. Forward Somersault Piked – Standing with Full Arm Swing (1m).
2. Inward Somersault with Tuck – with Full Arm Swing (1m).
3. Reverse Dive with Tuck – with Hurdle Step Approach (1m).
4. Forward 1½ Somersault with Tuck – with Hurdle Step Approach (1m).
5. Forward Somersault Straight 1 Twist – with Hurdle Step Approach (1m).
6. Back Somersault with ½ Twist – with Full Arm Swing (1m).
7. Armstand Forward ½ Somersault Straight (1m).

Fail (0 – 34) Pass (35 –42)

Merit (43 – 49)

Distinction (50+)

By the end of this stage the diver should perform regularly and be able to perform quality:

- ✓ All Poolside Skills & S/S plus Twisting Skills.
- ✓ All Line Up Entry Techniques from 1m, 3m & 5m.
- ✓ Forward & Inward Dive C, B & A with Arm Swing from 1m & 3m.
- ✓ Back & Reverse Dive C, B & A with Arm Swing from 1m & 3m.
- ✓ 1m Lead Ups for Forward 2 ½ S/S from 3m.
- ✓ Inward, Back & Reverse S/S C & B from 1m.
- ✓ Inward, Back & Reverse 1 ½ S/S with tuck &/or piked from 1m & 3m.
- ✓ Attempting Inward, Back & Reverse Double S/S from 1m & 3m.
- ✓ Attempting Forward & Back 1 ½ S/S with Twist from 3m.

In addition to the above skills the divers must show:

- ✓ Keenness to Learn New Dives.
- ✓ Commitment to training & excellent attendance.
- ✓ Respect for Coaches, Divers & Club Members.
- ✓ Improvement in Conditioning & Flexibility.



National Age Group Squad (D-Squad) – Competitors.

World Class Programme – Skill Charts

TOP 10 @ NATIONAL ELITE AGE GROUP CHAMPIONSHIPS

ATTEMPTING LIST FOR SENIOR NATIONAL CHAMPIONSHIPS



Level 1	Level 2	Level 3	Level 4	Level 5
<u>Flip 'n' Fun</u>	<u>Novice</u>	<u>Age Group</u>	<u>Elite Age Group</u>	<u>Senior Elite 18+</u>
Basic Skills Very New / Novice	Basic Skills Novice	Intermediate Skills	Difficult Skills	Very Difficult Advanced Skills
<u>Club/Regional Event</u>	<u>Club/Regional Event</u>	<u>Club/Regional Event</u>	<u>Club/Regional Event</u>	<u>Club/Regional Event</u>
E – Squad	E – Squad	E & D - Squad (Some N – Squad)	N - Squad	N – Squad
E1 & E2	E2 & E3	E2 & E3 D1, D2 & D3 N – Squad	D1, D2 & D3 N1 & N2	N1 - Squad
<u>National</u>	<u>National</u>	<u>National</u>	<u>National</u>	<u>National</u>
E1 & E2	E2 & E3	D3 Some N – Squad	D3 N1 & N2	N1 – Squad

The above Chart gives a general idea of which squads should be attending each level of event. In most cases the squad listed is the minimum standard that should attend that level – with dives in higher squads still eligible.