

Dive Dive Dive

A message from Dan Murphy Professional Coach



Hello All!

Hopefully everyone has enjoyed getting back to school and seeing all your friends. We are still on track to be reopening soon! We can't wait to get back to the pool and are excited to see you having fun during your diving lessons ...

Have a look in this newsletter, there is a workout to do over the week. There is also a small quiz, have a go at it and the answers will follow in the next newsletter!



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Make sure to join our closed 'Cambridge Learn to Dive' group on Facebook. You can share images of the challenges and join in with the fun!

Exercise	Description	Sets and Repetitions
Monday	Press Ups V Sits Burpees Stretch - pike shape	x 10 x 10 x 10 min 30 secs hold
Tuesday	Dish hold Arch hold Front support Stretch - splits	30 secs 30 secs 30 secs min 30 secs each leg
Wednesday	Squats Tuck jumps Lunges Stretch - quads	x 20 x 20 x 10 each leg min 30 secs each leg
Thursday	Tuck kick-outs Cycles V-Sits Stretch - seal	x 15 x 15 x 15 min 30 secs
Friday	Mountain climbers Dish rocks Arch rocks Stretch - happy cat, sad cat	30 secs 30 secs 30 secs min 30 secs for each stretch shape
Saturday	Rest Day!	Have a day off of exercises today, you've earned it!
Sunday	Burpee tuck jumps Full squat jumps Tuck rolls Pike rolls Stretch - Shoulders on the wall	x 20 x 20 x 20 x 20 min 30 secs

Quiz

1. What is the smallest shape you can make in diving?
2. How many diving boards are there at Parkside pools?
3. What shape is denoted by the letter B in diving code?
4. In which year was diving first introduced into the Olympics?
5. How many diving medals have GB won at Olympic games?
6. What is the lowest height competed at the Olympics?

Answers to be revealed in the next newsletter!