

LEVEL 1 INTRODUCTORY DIVER PROGRESSION CHECKLIST

Skill	Skill Description	Pass-P	Redo-R	Comments
CONDITIONING				
Hollow rocks	Holding hollow shape during each rock			
Squat jumps	Hands on hips, chest up, hips rolled under			
Supermans	Feet together, legs and arms straight, toes pointed			
Pike-ups lying on mat	Touch toes, slide hands along side of legs, look at feet			
Hollow barrel rolls	Hold hollow shape while rolling			
Single-leg pelvis lifts	Hold for 5 seconds			
Double-leg pelvis lifts	Hold for 5 seconds			
Crunches	Knees bent, hands behind head, bring back off floor			
Supine lifts	Lift by feet, shake, alternate letting go right foot, then left foot			
Prone lifts	Lift by feet, shake, alternate letting go right foot, then left foot			
DRYLAND—FLOOR				
Forward rolls	Tuck jump between somersault rolls			
Backward rolls	Tuck jump between somersault rolls			
Flat hand grab	Bottom hand flat, top hand fingers and thumb grab flat hand			
Seated lateral close to hand grab	Thumbs up, shoulders relaxed, lateral close, flat hand			
Hurdle position against wall	Back and arms against wall, knee 90°, foot pointed and back			
Jump from squat position	Arms overhead, hips rolled under			
Kick-look-look-reach	Hold for 5 seconds			
Continuous straight jumps	Across floor, arms overhead, tight core			
Toe crackers	Coach stretches toes			
DRYLAND—DRYBOARD				
Standing 100A from squat position	Hips rolled under, arms overhead, swing arms			
200A	No arm swing, straight body position, bend knees on landing			
Standing 100A	With arm swing			
200A	With arm swing			
Forward dryboard rocking	Stand on end of board and gently rock with feet on board			
DRYLAND—TRAMPOLINE				
Standing jump with no arm swing	Straight body alignment			
Standing jump with arm swing	Straight body alignment			
Single jump seat drop	Palms touch trampoline on seat drop, finish to feet			

Skill	Skill Description	Pass-P	Redo-R	Comments
DRYLAND—TRAMPOLINE <i>(continued)</i>				
Single jump with half twist	No arm swing, arms in T position entire time			
Open tuck jump	Jump straight up and finish to feet			
Open pike jump	Jump straight up and finish to feet			
Handstand hold	Straight body position in belt or coach spot			
Tuck jump	Grab legs, finish to straight body line			
Pike jump	Touch toes; finish to straight body line			
Consecutive jumps	3-5 in belt, with arm swing			
Double-bouncing tuck jumps	In belt; finish each jump with straight body position			
DIVING—SPRINGBOARD 1M				
100A—arms overhead	Poolside, no arm swing, hips rolled under			
200A—arms overhead	Poolside, no arm swing, hips rolled under			
100A—arms overhead	1M, standing, no arm swing, hips rolled under			
200A—arms overhead	1M, no arm swing, hips rolled under			
100C to cannonball	Poolside, land in water in tuck position			
Forward surface torpedo	Push off pool wall, hand grab, maintain straight body line			
Backward surface torpedo	Push off pool wall, hand grab, maintain straight body line			
101	Poolside, kneeling or track start			
101 mat slide	1M, hand grab and straight arms overhead			
201 mat slide	1M, hand grab and straight arms overhead			
100A	1M, standing, with arm swing, straight body position			
200A	1M, with arm swing, straight body position			
100C, B	Poolside, with arm swing, kick to straight body position			
200C, B	Poolside, with arm swing, kick to straight body position			
400A	1M, no arm swing, enter water with slight inward lean			
300A	1M, no arm swing, enter water with slight reverse lean			
101	1M, from squat position, hand grab, arms overhead			
101	1M, from open pike, hand grab, arms overhead			
101	1M, from half squat, slight jump			
101	1M, from hollow position and fall to water			

Skill	Skill Description	Pass-P	Redo-R	Comments
DIVING—SPRINGBOARD 1M <i>(continued)</i>				
101	1M, stand sideways, arms in T, one leg up, turn to 101			
201	1M, fall with coach spot			
401	1M, hand grab, arms overhead, no press, open pike			
Tear Drop	Poolside, jump out, land on seat with hands touching toes			
102C	In water, circle arms to somersault			
202C	In water, circle arms to somersault			
DIVING—SPRINGBOARD 3M				
100A step-off no arm swing	Start with arms in T position; enter water with arms at sides			
DIVING—PLATFORM				
100A	1M, with straight body position			
200A	1M, with straight body position			
100C, B	1M, kick to straight position			
200C, B	1M, kick to straight position			
101 mat slide	1M, hand grab and straight arms overhead			
101	1M, from squat position, arms overhead			
101	1M, from open pike, hand grab, arms overhead			
101	1M, from hollow position			
201 mat slide	1M, hand grab and straight arms overhead			
201	1M, with spot from coach			
400A	1M, no arm swing, enter water with slight inward tilt			
300A	1M, no arm swing, enter water with slight reverse tilt			
401	1M, hand grab, arms overhead, spot from coach			
100A running	1M, jump up off platform; straight body position			
100A step-off	3M, start arms in T position, enter water with arms at sides			
Notes: 1. Skills are listed in order of learning progression. 2. All skills and dives performed with arm swing unless “no arm swing” is noted. 3. Coach spot on jumps to make sure diver is safe distance from board. 4. At least 80-85% proficiency required to pass each skill.		Coach Final Comments:		

From J. Huber, 2016, *Springboard and Platform Diving* (Champaign, IL: Human Kinetics).