



**DIVER:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

### BRONZE MEDAL:

#### Dryland

- One Step Hurdle
- Back Jump with Armswing
- Front Rolls
- Back Rolls with Help
- Log Rolls
- Elementary Body Positions
- Wall Sit (20 Seconds)

#### Water

- Three Bounces on Board in Control (arms up)
- Front Fall In (standing)
- Front Jump with Armswing (straight and tuck)
- One Step Hurdle (full armswing)
- Back Jump with armswing
- Front jump on 3m
- Front Rolling Somersault
- Back somersault with mat (lying down)
- Back Fall In Standing (with help)

### SILVER MEDAL:

#### Dryland

- Tuck Outs
- Front Entry Arm Isolations
- Entry Swim
- Lifting in flat position on back
- Ankle Jumps with Pointed Toes
- Standing Pike (hold 5 seconds)

#### Water

- Three Bounces on Board in Control (with armswing)
- Front Roll Tuck with Kick
- Front Dive tuck
- Back Fall In standing
- Back Jump with Inward Throw
- Front Fall In 3m
- Back Fall In sitting (with help)
- One step hurdle front jump (all positions)

### GOLD MEDAL:

#### Dryland

- 5 Pike Ups
- Roll Back to Candlestick (hit flat)
- Handstand against wall
- Intro to Diver's Dozen

#### Water

- Hurdle and Back Jump on 3m
- Front somersault
- Back Fall In sitting
- Front Roll Tuck 3m
- One step hurdle front dive tuck
- Inward Dive Tuck (attempted)
- Back Dive Straight

### COACH'S COMMENTS:

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