



BRONZE LEVEL:

Dryland Skills

- One Step Hurdle
- Back Jump with arm swing
- Front Rolls
- Back Roll with Help

Elementary Body Positions

Straight Tuck Pike

- Wall Sit (20 Seconds)

Standing Positions

T arms up fall in

Water Skills

- Three Bounces on Board in Control (arms up)
- Front Fall In (standing)

Front Jump with arm swing

Straight Tuck

- One Step Hurdle (full arm swing)
- Back Jump with arm swing
- Front jump on 3m
- Front Roll (stay in ball)
- Back somersault with mat (lying down)
- Back Fall In Standing (with help)

SILVER LEVEL:

Dryland Skills

- Front Entry Arm Isolations
- Entry Swim
- Lifting in flat position on back
- Standing Pike (hold 5 seconds)
- Ankle Jumps with pointed toes

Water Skills

- Three Bounces in control on board (with arm swing)
- Front Roll Tuck with kick
- Back Fall in Standing
- Front Dive knees in knees out (Block)
- Front Fall in 3m

One step hurdle front jump

Straight Tuck Pike

GOLD LEVEL:

Dryland Skills

- Tuck Outs
- Slow Motion Back Jumps
- Squat with hands under chin
- Skipping with arm swings
- Back Entry Arm Isolations

Water Skills

Hurdle on 3m Back Jump on 3m

- Back Jump with Inward Throw
- Front Roll tuck on 3m
- Front Dive Tuck
- Back Fall in sitting (with help)

PLATINUM LEVEL:

Dryland Skills

- 5 pike ups
- Back Roll to Candlestick (hit flat)
- Handstand against wall
- Front Roll to handstand
- Tuck to Open pike position and hold

Water Skills

- Front Somersault
- Inward dive tuck
- Back Dive Straight
- Open step hurdle front dive tuck
- Back Fall in sitting

DIVER: _____

COACH: _____

DATE: _____

COMMENTS:
