



Montgomery Dive Club

Human Springs Instructional Packet



Human Springs Coaches,

Welcome to coaching at Montgomery Dive Club. We are a well established organization and take pride in running an effective fun environment during practices. In this Instructional packet you will find information to help you become a successful coach for MDC.

Table on Contents

1. Coaches Training
2. Coaching commanments
3. Administrative responsibiliites
4. 12 week breakdown
5. Workout examples
6. Human Springs Progression Sheet Master
7. Human Springs Progression System Cheat Sheet
8. Reward systems
9. Overview

Coaches Training

A PHILOSOPHY FOR WORKING WITH CHILDREN

- First, do no harm.
- Use diving as a vehicle for teaching life-skills
- Provide a safe place for kids to learn and grow as divers and people

- Create a positive, encouraging and challenging atmosphere
- Use diving to show kids that their limiting beliefs are not necessarily true.

ATMOSPHERE

At MDC we want to create a very specific atmosphere for our divers. Practices should be upbeat, encouraging and challenging. We expect our coaches to set that tone. We expect professionalism; clean appearance, prompt, organized. We expect our coaches to be instructors, using logical, well-thought out progressions that start on dry-land and then are transferred to the pool. Except in extreme situations, we do not yell at our divers. We are firm but fair in all situations. We treat all divers with respect, regardless of their skill level, and we expect all divers to treat coaches with respect. There are rules, and divers must follow those rules. Failure to do so has consequences, but all rules are enforced within an atmosphere of mutual respect.

COACH EXPECTATIONS

Fair

- ★ Coaching without favoritism
- ★ Matching consequences with behavior
- ★ Treating all equally

Attentive

- ★ Coaching without texting/calling
- ★ Watching and commenting on all actions
- ★ Focusing on divers

Punctual

- ★ Arriving 15-30 minutes before workout
- ★ Starting classes on time
- ★ Finishing classes on time
- ★ Rotating stations on time

Professional

- ★ Registered with AAU as MDC coach
- ★ Dressed appropriately
- ★ Prepared with a lesson plan
- ★ Using appropriate language/subject matter
- ★ Interacting amicably with parents
- ★ Working collaboratively with MDC staff
- ★ Interacting professionally with MCRD staff

Integrity-based

- ★ Demonstrating honesty
- ★ Modeling sportsmanship
- ★ Behaving from principles

Enthusiastic

- ★ Showing appropriate body language
- ★ Bringing high energy level
- ★ Providing positive feedback

WORKOUT DESIGN

Typical format for 45 Minute Class:

- 15 minute warm-up and modeling
- 10 minute 1-meter platform/side of the pool
- 15 minute 1-meter springboard
- 5-minute free-time

Typical format for 90 Minute Class:

- 30 minute warm-up and modeling
- 10 minute 1-meter platform/side of the pool
- 30 minute 1-meter springboard
- 15-minute free-time

WORKOUT EFFICIENCY

Objective: Every practice should be productive, with minimal time spent waiting in line

- o Coaches must be proficient at working with 8 divers at once
- o Eight divers, two stations, everyone moving
- o Use synchronized diving to your advantage

Establish rules early:

- No talking on board
- No bouncing the board
- Up, set fulcrum, ready to go as soon as person in front of you leaves the board
- Coach must cue the next in line when the diver leaves the board
- Divers must know to come up, look at coach and swim DIRECTLY IN next to their board.

EFFECTIVE COACHING

Objective: Communicate your understanding and enthusiasm to the group

- o Show, Tell and Do
- o One correction, just before diving, cue during dive
- o Demonstrate movements accurately
- o Who can see you?
- o Who can hear you?
- o Who can you see?

SESSION PLAN

- Sessions are typically 12 weeks long
- All divers must be registered members of MDC under AAU
- Each week has a specific focus, as detailed in weekly guidance from Wes.
- Divers should be encouraged to follow the progression system and earn rewards
- All divers are encouraged to attend the “End of Session” meet

BASIC SESSION FORMAT

Weekly Focus over 12-Week Session

- Front Vols/ Drills
- Front Opt.
- Inward Vols/ Drills
- Inward Opt./Cumulative
- Back Vols/Drills
- Back Opt./Cumulative
- Reverse Vols/Drills
- Reverse Opt/Cumulative
- Twisters
- Twisters/Cumulative
- List Prep

COMMUNICATIONS

Written Communications

- Be mindful of appropriate subject matter when texting, emailing or messaging athletes.
- Do not make sexual or drug/alcohol related references in communicating with athletes
- All of your communications should be considered public
- Understand that your communications with athletes and parents reflect directly on our organization
- Always assume that parents are reading all communications sent to athletes

Facebook/Social Media Policy

- It is your choice to "friend" or not "friend" parent or divers
- If you "friend" divers or dive parents, you are accountable for posts that reflect poorly on the program

TRAMPOLINE USE

Safety above all else!

- Know your limitations
- Do not take chances

- Always directly supervise athletes on trampoline
- One person on trampoline at a time, ever
- No flips out of belt on trampoline - period.
- Stay in the center
- Know how to stop bouncing
- Safety talk on day one
- Lock it up!

PLATFORM USE

- No diver may jump from any platform without first being "cleared" to jump
- One coach should be CLEARLY designated to call the platform levels
- Divers must swim straight back under their tower IMMEDIATELY.
- No one else should call platforms
- Use hand signals as well as your voice. BE LOUD!
- A diver may not move on to the next higher level without showing competence
- Competence is skill over time, or consistency.
- No synchro jumps from platform
- Divers must know who is calling platform BEFORE they go up
- Divers must be briefed on how to use platforms BEFORE they go up
- At GISC they need to know how to climb those ladders - up only!
- No slip and slide : (
- Lock towers after use.

BUBBLER USE

- Bubbles should only be used for new dives where there is a chance of the diver landing flat
- After 2-3 times with bubbles, time to do it without
- Tight body without arch on entry is CRITICAL - back injury could result.
- No playing in bubbles
- Adjacent boards should stop before bubbles are used.
- Bubbles should be turned off as the diver leaves the board

- If you balk or hesitate with bubbles on you do not get bubbles
- Bubbles are VERY disruptive to the swim team. Try not to ruin their practice.
- Short, infrequent bubbles are best.

IN CASE OF EMERGENCY

- Work with the lifeguard staff to address the issue
- Contact parents of injured diver and explain situation
- Text Doug with incident rating
- Document incident in writing and e-mail to Doug
- Make recommendations on how to prevent in the future
- Notify other coaches of this athlete

OPENING DUTIES

- Arrive 15-30 minutes before workout
- Turn on bubbler (GISC only)
- Move 1-meter platform (KSAC & GISC Only) and mini-tramp (KSAC only) into place
- Unlock platforms (KSAC only)
- Set up TiVos (KSAC and GISC)
- Set up mats as needed
- Open trampoline (GISC, MLK)
- Coordinate workout plans with MDC staff as needed

CLOSING DUTIES

- Lock platforms (KSAC)
- Turn off TiVos (KSAC, GISC)
- Put away mats - stand up wet mats
- Return 1-meter platform (KSAC, GISC) and mini-tramp (KSAC) to storage
- Close and lock trampoline (KSAC, GISC, MLK)
- Turn off and drain bubbler (KSAC, GISC)
- Report unusual incidents to Program Director via text

- Incident notification should include seriousness of issue (1 being band-aid), 10 being fatal)
- Make sure dryland is locked (KSAC)

STAFF EVALUATIONS

- Each session all members will be asked to fill out an electronic survey evaluating the performance of the class, organization and instructors
- The Program Director or his designee will perform regular on-deck observations of each staff member
- All MDC staff members will be encouraged to provide feedback on their co-workers. This feedback will be collected anonymously.
- On-deck observation, co-worker input, customer surveys and class registration data will be used in annual or as needed written staff evaluations.

PAYSCALE

Each employee will be paid on the 1st and the 15th of the month. We determine a total fee to pay out over the session based on the number of classes you teach. We then divide that equally over the session so that you get consistent payments throughout the session. This makes it easy for budgeting, minimizes report of hours and the like, and prevents surprises. We will have weeks where there is no class due to holiday or other events. We will host special events that will require you put in some additional time. We all just get paid to do the job. Contact Bob Ketrick at MDCKetrick@gmail.com for information on your pay.

MISSING PRACTICE

Sometimes you will need to miss practice. It's ok, as long as you handle it properly. You are expected to get your own classes covered. So use the contact list and find someone to cover your class. Once you have found a

substitute, send Doug and your substitute an email notifying us of the plan. Be sure to include the facility, date and class time. In real emergencies Doug will help you find a substitute if you can't find one. Poor planning on your part does NOT constitute a real emergency. If for some reason you do not make it to a scheduled practice, you will need to get a roster with phone numbers and call every family to explain what happened.

ADMINISTRATIVE DUTIES

Each coach will have a few simple administrative duties.

These will include:

- Calling divers in your class to notify them of class cancelations.
- Reporting by email on diver progress (twice a session)
- Helping to prepare for Springs Meets (once per session)
- Helping to coach Springs Meets (once per session)
- Providing updates to the Human Springs Director on progress of class
- Confirming that all divers in your classes are AAU registered
- Document unusual incidents and report issues to Program Director
- Report safety and/or quality concerns to Program Director

Coaching Commandments

- Firmly establish your authority.
- Maturely relate to your gymnasts, but not as a peer.
- Minimize verbiage.
- Have a sense of humor.
- Never utilize sarcasm or negativity.
- Be enthusiastic and encourage the same in the gym.
- Be fair in your treatment of each gymnast.
- Pay complete attention when working one on one.
- Don't tell a gymnast that their work is "good" when it isn't.
- Say "No" without guilt and "Yes" with out resentment.
- Pay attention to safety factors and be a consistent spotter.

- Don't be afraid to say "I'm sorry" and "I don't know".
- Allot time for gymnasts to socialize.
- Provide a forum for listening to your gymnasts.
- Continually educate yourself.
- Delegate responsibility to your gymnasts.
- Be personally and emotionally predictable.
- Be a positive role model at all times.
- Be careful not to sexualize the interaction with your gymnasts.
- Motivate and manage team cohesiveness.
- Direct your gymnasts' spirits'; do not break them!
- Have an overall positive attitude toward gymnastics and life.

Administration Responsibilities

Before the Session Starts:

1. Meeting:

- a. All coaches from each pools need to get together and have a meeting to discuss the way the session is going to run, and comments, concerns or questions.
- b. They need to talk about different spotting drills and techniques that will be used throughout the session.
- c. AAU Registration Papers need to be handed out
- d. Coaches need to be aware of the reward system
- e. Coaches need to be aware of the procedure for keeping track of divers progress

2. Pool Plan:

- a. Get a general idea of what the pool you coach at has to offer. Including dryland equipment, workout room, bubble system, towers, etc.

3. Coaches Plan:

- a. Plan what you are going to need to do during the session, how you want to coach and what you want to make sure you go over or strive to improve on.

Week One:

1. Pass out AAU registration to every diver that comes to practice
2. Have a parents meeting for each pool to talk about any comments concerns or questions the parents may have

3. Go over the rules of the pool and how to have fast and effective practice
4. Send an email to all of the parents in your class and introduce yourself to make sure that they know who you are
5. Figure out if any of your divers should be in human springs teams instead of lessons or lessons instead of team

Week Two:

1. Collect AAU Registration papers from all of your divers. Whether they bring them to class or send you an email. By the end of the week they all need to be registered and documented that they have AAU insurance.
2. Email Chelsea and give her the list of everyone you have registered with AAU and tell her what class they are in
3. Start to fill out the divers worksheets, explaining what they are good at, what they need improvement on and how they are doing in the class
4. Keep track of groups progress as a whole

Week Three:

1. Make sure that every person is registered with AAU. If they are not they are no longer allowed to practice until they get registered.
2. Keep filling out diver worksheets
3. Keep track of groups progress as a whole

Week Four/ Week Five:

1. Keep filling out Diver worksheets
2. Keep track of group progress
3. Hand out awards to divers when they achieve them
4. Email Human Springs coordinator with spotlight diver of the month and an overview of how your pool is performing.

Week Six/Seven:

1. Send parents a half way point email telling them how everything is going and any comments or concerns you may have
2. Do evaluations on every diver and make sure they get ever award for the levels they have passed.

Weeks Eight-Eleven:

1. Continue keeping track of divers progress

2. Continue filling out diver worksheets
3. Keep parents informed on upcoming meets and how to participate in them
4. Send in spotlight diver of the month and overall progress on everyone when applicable

Week Twelve:

1. Fill out final evaluations and give out final awards to divers
2. Encourage divers to participate in the end of session meet
3. Send out a end of session email to all parents

12 Week Coaching Breakdown

12 Week Breakdown		Emphasis
Week 1	Basics & Practice Etiquette	Lots of basic hurdle work, work on body/ arm positioning and proper press of the board. Also work lots of lines (line-ups and entries) Kick-out actions, fast efficient and clean.
Week 2	Front Vols/ Drills	Start working on front Voluntaries. For a good amount of kids it will be 101c. Ground work can be forward rolls and handstands. H2O workout: hollow dives, front jumps straight and tuck, start hand spotting, Line-ups into stand and finally full hurdle fronts. Kids that come multiple days a week start harder skills with emphases on proper starts and tuck position.
Week 3	Front Opt.	Ground work similar to last week, try continuous rolls with proper tuck. Use vols. To lead into optional.
Week 4	Inward Vols/ Drills	Ground work similar to week 2 add doggy drops onto mat. For water proper press emphasis on hands up. Lots of jumps and standing dive, eventually leading into 401c.
Week 5	Inward Opt. Accum.	Most won't have an inward optional so this will be an opportunity to work past skills. Standing front optional are great lead-ups for inward optional. Back jumps with and inward circle and press.
Week 6	Back Vols/ Drills	Ground work, back rolls, candle sticks. H2O, lots of back jumps with and without circle. Back line-ups on 1m and 3m. Progress into 201, with a push towards tuck.

Week 7	Back Opt. Accum.	Ground work, back rolls back drops work on spotting and head position. Proper arm circle. Limit back flip until kids can do a proper consistent 201c.
Week 8	Reverse Vols/ Drills	Working a student on drills for 301 will acclimate them to the idea of the dive and start there body mechanics. Ground work similar to week 6 and 7. H2O lots of jumps, watch to see arms get to the top of the swing on jumps with control of upper body.
Week 9	Reverse Opt. Accum.	For most this will be an accumulative workout. Working on skills to perfect them.
Week 10	Twisters	Like Reverses, its good to start divers on the mechanics of a dive even if it is beyond there skill level. To familiarize the body with the movement of a dive. Dry land, work on wraps. H2O helicopter spins and wraps, front and back. 001, 002 half twists.
Week 11	Twisters/ Accum.	Continue with twister work into a full session accumulative class.
Week 12	List Prep	Meets at the end of the session. Find and improve upon a realistic competition list, 1m & 3m. Skills will count towards dives. We will be following USA diving regulations.

Workout Examples

Basics:

		Dry land					
Warm up	0:00	Jog a lap or in place, Jogging high knees, jogging butt kicks, Lunges hands on hips, Lunge to hands up knee up as if in a hurdle (alternating legs), lunge hands up knee up hop like hurdle.					
	0:05						
Stretch	0:10	Pike stretch, straddle stretch, tuck rocks, lunge stretch for quad and hip flexor, arm circles forward and backwards, toe point/ toe flex; hold each stretch 30-120 sec.					
	0:15						
Skills	0:20	Practice hurdle (I enjoy doing it in 3 parts, 1. step into lunge hands go back, 2. Hands up knee up and balance, 3. jump off one foot step out and land on two) As they get better do faster and add hop at the end.					
	0:25						
		Water					
Line ups	0:30	Rotation 1					
	0:35	Side of the pool: Cascading H 100s and 200s		Rotation 2			
0:40	Side of pool: Cascading FLUGs, assisted at first even if they know what they are doing.						
0:45							
100	0:50	Rotation 1					
	0:55	1 meter	Side	Rotation 2			
	1:00	H 100	Circle 100	1 meter			
	1:05			ST 1. On 1m Standing in hurdle position jump to end of board, land two feet and bounce to water. ST 2. Dry 1 step hurdles.			
200	1:10	Rotation 1					
	1:15	ST 1. On 1m One step hurdles into four step hurdles. ST 2. FLUG on side of pool.		Rotation 2			
1:20	1 meter FLUGs, 3 steps like done on dry land, move to three if looks good.						
Free dive					1:25		
	1:30	2 free dives of skills learned that day 1 choice					
<p>Note: Work on practice etiquette, proper greeting when coming into practice, on time, don't distract form practice, wait for eye contact before dive, be ready to go when on board, no talking on the diving board unless spoken to, swim in immediately listen for correction, keep practice fluid and moving. Constant awareness of lines, toes, correct body alignment, head positioning, visual awareness.</p>							

Front:

		Dry land					
Warm up	0:00	Jog a lap or in place, Jogging high knees, jogging butt kicks, Lunges hands on hips, Lunge to hands up knee up as if in a hurdle (alternating legs), lunge hands up knee up hop like hurdle.					
	0:05						
Stretch	0:10	Pike stretch, straddle stretch, tuck rocks, lunge stretch for quad and hip flexor, arm circles forward and backwards, toe point/ toe flex; hold each stretch 30-120 sec.					
	0:15						
Skills	0:20	Dry hurdle, hand stands and forward rolls.					
	0:25	Practice setting up a "FLUG" (front line up grabbed). Tuck kick-outs practicing a proper tuck one hand each shin and knees to shoulders, practicing proper line with feet together hands grabed and ears squeezed.					
		Water					
Line ups	0:30	Rotation 1					
	0:35	Flugs, Fluts (Front Line-up in a T), Sitting or Squating rolling tucks to water.		Rotation 2			
	0:40			Side of the pool: Cascading 101a and 101c			
	0:45						
	0:50	Rotation 1					
	0:55	1 meter		Rotation 2			
	1:00	One step hurdle hold arms above head, followed by cirlce jumps off side of pool.		1 meter			
	1:05			Full Hurdle 100s, A,B, and C, front dives off the side.			
	1:10	Rotation 1					
	1:15	001c on the one meter, when ready bring to three		Rotation 2			
	1:20			Standing 101c into full hurdle 101c			
Free dive	1:25						
	1:30	2 free dives of skills learned that day 1 choice					
Note: This is fronts week make sure they are working there hollow body positions, Proper head positions and spotting on dives.							

[Back:](#)

Reverse:

Teaching reverse mechanics can be done at any level and is good for the building of a diver even if they are not expected to learn the dive soon. Dry-land drills are similar to the things done for back dive tuck, do lots of front jumps keeping core tight, and back drops keeping core tight. You can do this from the pannel mat to the crash mat or just on the crash mat. Candle sticks help a lot, work on holding the hollow and body control as they kick towards the ceiling. Working TY circle drills is great, for reverse do it in the order of T, Y, Sit, Circle, Jump. This creates the reverse rotation.

Things to do in the water simply include doing lots of TY circle Jumps (sit then circle is important). Other things to look for is that their arms are coming all the way to the top of their reach as they jump. **Safety things to look for are head positioning**, their head should be neutral with their eyes on the water about 20 feet out. As they leave the board the diver jumps forward **keeping their head and chest down**, the **arms generate the rotation not the upper body**, there should be no arch in their back for reverse jumps. They should land slightly back in the water, it doesn't have to be a lot of movement in fact a lot of movement can be bad. It does not take that much force to generate a half rotation.

Last we do not teach reverse dive unless the diver is ready and does the jumps with great control. **Reverse flips are not to be taught to anyone that does not do a consistant reverse dive for 6.5 - 7 same with back flips and back dives.** Back flip and reverse flip are easy dives to teach and do not need to be rushed at an early stage just because the diver can learn it. You can stunt the divers progression or worse injure the individual. Anyone can learn a back or reverse flip with the proper mechanics that you can only achieve with great back dive and reverse dive **tuck**.

Inward:

Twister:

On land you can make the divers work on body control while having them do standing jumps with a half or full twist. Cartwheels are also a good twisting dry-land skill. Tight core, shoulder, hip and head control is supper important for stage one of learning to twist so emphasis there. If they dont learn to keep their body as one object then they will never learn to control a twist especially while doing it accompanied with a spin or flip. Once we have worked on that a little I move on to teaching a divers wrap. I keep this supper simple and broken down into easy mechanical parts. **As they get beter you can tweak it, blur**

the lines between parts and start making the arms move in bigger longer and aggressive movements.

I start teaching the diving wrap by teaching each arm separately, once I know the direction the diver is going to twist, lets say to the left, I have them hold up only that arm in the air (hypothetically the left arm) and then proceed to teach them the **backswing portion of the wrap**. With that arm held high and as long as it can be (meaning straight elbows) I have them bring the arm straight down in front so it is parallel to the ground, hand at shoulder level. Then they swing it to the side of their body so they are standing in the T shape, minus an arm. Then they bring their hand up and tuck it behind their head. I do this for about 5-10 times before adding the second arm. When I add the second arm I have them start with both arms up, I complete the whole first arm movement while holding the other arm tight to their ear and then have the second arm (hypothetically the right arm) swing in as big of a circle they can make forming a three quarter circle trace, as their arm comes up from the circle they tuck their hand under their chin or other side of their jaw. I call this part tracing a J. Key points to look for are cleanliness of the movements and body staying solid trough the movements. This is on the video I posted as part of the forms: [Diving Forms](#).

If they are a proficient twister then you can add the tweaks. The arms move together and you can start making that movement bigger. Instead of swinging the first arm at shoulder hight you can start have it swing lower, closer to navel area and finish back behind their hips. With the combination of the other arm it should look like they are turning the gigantic wheel of a gigantic bus. Theirs shoulder can now start moving behind their hips a little but with a quick snap back to square as they finish the arm movements.

Moving to the water I work a lot of helicopter jumps making sure they keep their arms in a strong T. Then I do pike jumps accompanied with pike jump half twists. Then we do jumps with the wrap in a straight position. All this work I do of the side because crashes are going to happen and this keeps the damage minimal.

Moving the twist into a dive: Back Twisters and front twisters are a very two different monsters and to some people, one is easier then the other.

Lets start with front; I am just going to hit a few major points. If the diver does a solid front flip make them do it open pike if that is great lets do front flip full 5122d. First the flip has to be tall controlled, a little short with a fast snap out of the pike. If it is not short when the twist is added the diver will land on their face. If the snap out of the pike is slow the the twist timing will be off, they will turn into a star and lose control **so strong snap and tight hips out of the flip. Timing of the wrap for the twist in combination with the come-out of the flip is at the same time.** If it is to separate the diver won't twist. That being said lots of times divers will wrap their arms in to early as well. I like starting with front flip half twist to a helicopter open pike because they can come out and twist at the same time with out muddying up that initial long arm movement. Then the wrap, as they come out of the pike the diver is starting of the twist immediately as a heli, as they get fully flat should be finishing the wrap, arms fully in the wrap.

Back Twisties; Now you can argue with me, and do what works for you but for back twisters I like back flip pike as lead-ups on backflip half twist, 5221d. I think the movement is similar and it helps preventing whipping and loose core sindrome (to many people do that with back flip straight and back flip straight is a very advanced skill). Timing on the twist is: as they finish their reach for flip they set and start that half twist as they lose connection with the board, **still connected to the board** while starting that twist. There are two ways the half twist can be done. One will help with, backflip, one and a half twists, 5223d. Can you figure out which? The diver can set behind their head, open their shoulders up and use their shoulders and hips to swivel around. Or use the strong body, long, low (or high since we went over both) arm backswing like discussed in the dry-land form portion. If you guessed the later you were correct because that leads right into a wrap for a full twist and boom! 5223d, backflip, one and a half twists

Armstands:

Human Springs Progression System Master Sheet

Level One: "Basic Jumps and Line-Ups"

1-Meter

3-Meter

Front H-jump straight	Front H-jump straight
Back H-jump straight	Back H-jump straight
Front TYO jump straight	Front TYO jump straight
Back TYO jump straight	Back TYO jump straight
Front line-up grabbed (FLUG)	Front line-up grabbed (FLUG)

Level Two: "Intermediate Jumps and Line-Ups"

1-Meter	3-Meter
Four-step 100 A	Four-step 100 A
Front line-up t-position (FLUT)	Front line-up t-position (FLUT)
Front tuck roll-off	Front tuck roll-off
Back line-up straight	Back line-up straight
Sitting back line-up tuck from mat	

Level Three: "Basic Dives"

1-Meter	3-Meter
Standing 101 hollow	Back line-up tuck from squat
Standing 101 open pike grabbed	101C
101C	401C
401C	

Level Four: "Intermediate Dives"

1-Meter	3-Meter
201C	201C
301C	301C

Level Five: "Basic Somersaulting"

1-Meter	3-Meter
102C	302C
402C	202C
202C	
302C	

What Do the Numbers Mean?

The first number is the dive group. 1 = front, 2 = back, 3 = reverse, 4 = inward, 5 = twister.

For all but twisters, the third number is how many half-somersaults are in the dive. The letter at the end tells you the dive's position. A is straight, B is pike, C is tuck, and D is a combination of positions called "free." So a 103C is a front 1½ somersault tuck.

For twisters, the first number (5) tells you it's a twister, the second number tells you the group, the third number tells you how many ½ somersaults, and the fourth number tells you how many ½ twists are in the dive. So a 5132D is a front 1½ with 1 twist in the free position.

Level Six: "Intermediate Somersaulting"	
1-Meter	3-Meter
102B (<i>open pike w/ arms in "T"</i>)	103C
103C	103B
202A	403C

Level Seven: "Advanced Dives"	
1-Meter	3-Meter
101B	101B
201B	201B
301B	301B
401B	401B

Level Eight: "Basic Twisting"	
1-Meter	3-Meter
5122D	5132D
5221D	5231D

Level Nine: "Advanced Somersaulting"	
1-Meter	3-Meter
104C	105C
203C	203B
303C	303B
403C	403B
	404C

Level Ten: "Advanced Twisting"	
1-Meter	3-Meter
5124D	5134D
5132D	5233D
5223D	5331D
5231D	5333D
302A	
5321D	
5323D	

Standing or with an Approach?

If the dive is listed with the number only, this means that you should perform it with a full four-step approach or a complete back press (T>Y>O). If we want you to do it standing we will note that in the description.

Why Do We Jump So Much?

The front and back jumps are the most important skills in our sport. If you do not learn to jump correctly, you will not be able to learn more difficult dives in the future. The best divers in the world practice their jumps every day, and so will you.

Level Eleven: "Complex Somersaulting"

1-Meter	3-Meter
105C	105B
403B	405C
203B	205C
204C	305C
303B	
304C	

Level Twelve: "Complex Twisting"

1-Meter	3-Meter
5134D	5136D
5126D	5235D
5233D	5335D
5225D	
5331D	
5333D	

Am I Out of Order?

At times divers will learn skills out of order. Many divers will learn 5122 (front somersault full twist) long before they learn a 301B (reverse dive pike). It's OK. You might also complete the first five levels on 1-meter before you have any 3-meter certificates. Not a problem. We'll keep encouraging you to improve your 3-meter skills, but ultimately you will decide when you are ready.

You must, however, earn certificates in order on each board. For example you must complete levels 1 and 2 on 1-meter before you can earn a level 3 certificate for 1-Meter.

When Do I Get My Certificate?

Certificates will be presented during the last few weeks of each session, but you should be working on these skills throughout each session with your mind on reaching the next level.

Human Springs Progression System

Coaches Cheat Sheet

Level One: "Basic Jumps and Line-Ups"

1-Meter	3-Meter
FR & BK H and T>Y>O Jumps, FLUG	FR & BK H and T>Y>O Jumps, FLUG

Level Two: "Intermediate Jumps and Line-Ups"

1-Meter	3-Meter
4-step 100 A, FLUT, 001C, 002A	4-step 100 A, FLUT, 001C, 002A
Sitting back line-up tuck from mat	

Level Three: "Basic Dives"

1-Meter	3-Meter
101 Hollow, Open Pike, 101C, 401C	002C, 101C, 401C

Level Four: "Intermediate Dives"

1-Meter	3-Meter
201C, 301C	201C, 301C

Level Five: "Basic Somersaulting"

1-Meter	3-Meter
102C, 202C, 302C, 402C	202C, 302C

Level Six: "Intermediate Somersaulting"

1-Meter	3-Meter
102B (<i>open pike w/ arms in "T"</i>), 103C, 202A	103C, 103B, 403C

Level Seven: "Advanced Dives"

1-Meter	3-Meter
101B , 201B, 301B, 401B	101B , 201B, 301B, 401B

Level Eight: "Basic Twisting"

1-Meter	3-Meter
5122D, 5221D	5132D, 5231D
Level Nine: "Advanced Somersaulting"	
1-Meter	3-Meter
104C, 203C, 303C, 403C	105C, 203B, 303B, 403B, 404C
Level Ten: "Advanced Twisting"	
1-Meter	3-Meter
5124, 5132, 5223, 5231, 302A, 5321, 5323D	5134D, 5233D, 5331D, 5333D
Level Eleven: "Complex Somersaulting"	
1-Meter	3-Meter
105C, 403B, 203B, 204C, 303B, 304C	105B, 205C, 305C, 405C,
Level Twelve: "Complex Twisting"	
1-Meter	3-Meter
5134D, 5126D, 5233D, 5225D, 5331D, 5333D	5136D, 5235D, 5335D

Reward Systems

Coaches' Cheat Sheet

Level One: "Basic Jumps and Line-Ups"	
White Upon Completion	
Level Two: "Intermediate Jumps and Line-Ups"	
Red Upon Completion	
Level Three: "Basic Dives"	
Black Upon Completion	
Level Four: "Intermediate Dives"	
Blue Upon Completion	
Level Five: "Basic Somersaulting"	
No Color Upon Completion	
Level Six: "Intermediate Somersaulting"	
Green Upon Completion	
Level Seven: "Advanced Dives"	
No Color Upon Completion	
Level Eight: "Basic Twisting"	
Orange Upon Completion	
Level Nine: "Advanced Somersaulting"	

No Color Upon Completion

Level Ten: "Advanced Twisting"

Silver Upon Completion

Level Eleven: "Complex Somersaulting"

No Color Upon Completion

Level Twelve: "Complex Twisting"

Gold Upon Completion

Overview

Always Remember that the kids are here to have a good time. We want them to become better divers but our first goal is to make sure that they are happy and having fun. If you ever need anything or have suggestions MDC is continually improving and looking for new ideas to help us grow.