Progressions

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|  **Frequently asked questions**:**1) Is my child making progress, why are they doing the same thing every day?**                - Yes, Tennessee Diving strives to make sure every child is working towards their full potential. The first stages of a divers training will impact the rest of their career. Working on a strong repetitive foundation is important to all divers’ success. Basic skills such as front jumps, falling entries, and hurdles may seem repetitive but, these skills are repeated through all levels of diving even at the Olympic level.**2) What can my child do at home to help impact their training?**                - There are plenty of things for children to work on while not at the pool. Good range of flexibility can play a huge role in a divers career. Being able to get in and out of diving positions with little effort can make a huge impact on their learning curve. Another exercise that will benefit divers are handstand holds against a wall. Working on arm strength will benefit a divers entry into the water. A third and huge influence to a divers career is core strength. Core strength is the center of balance to a diver during their hurdle, midair flight, and entry of a dive. Doing basic ab exercises on a daily basis will contribute to a strong core. Making sure to have a good balance of stretching, exercise and core strength outside of practice is key to being successful.**3)  When can my child move up to the next group?**                -Following this page is a breakdown of each level’s requirements. When a diver has met all necessary requirements along with a coach’s approval they may be asked to move up in a more advanced group. A diver can meet all requirements but still not be asked to move up in levels if a coach feels that more training is necessary. All children learn and mature at a different rate and the best support a parent can give is to be patient and not pressure a diver into trying new dives before they feel ready. Putting pressure on a diver at a young age can backfire and cause them to lose interest early on. We ask all parents to be supportive and encourage their divers to give their best effort no matter how slow the progress may seem. **Beginner Group****In water** 1 Meter:Controlled standing front jump with arm swing: Straight, Tuck, and PikeControlled back jump with arm swing:  Straight, Tuck, and PikeControlled front falling line up straightControlled front falling line up pikeControlled back falling line up StraightControlled one step hurdle with arm swingControlled front dive straight with 3 step hurdle 3 Meter:Controlled front jump straight, and TuckControlled back jump straight, and Tuck **Dry land** Armstand with stomach facing wall: Hold for 10 consecutive seconds10 consecutive forward rolls with knees and feet togetherHollow position hold for 30 secondsWall sit with legs at 90degrees for 30 secondsWalking ten steps with kick board on head3 point tuck kick with tight body controlHanging pike up from bar **Flexibility** Toe pointShoulder range of motion:      Hands reach up and past ears without arching backHands reach back to 90 degrees while maintaining tall posture and hands shoulder width apartSplits:                                      Middle, Left, RightEntry positions:                       Font entry: Arms slightly in front of ears, elbows locked, shoulder shruggedBack entry: Arms slightly behind ears, elbows locked, shoulder shrugged                                                Slightly hollow/Slightly archedHurdle/Press:                           Defined control during 7 point hurdle drill and 5 point back press **Trampoline/Dry board** Trampoline:                             Controlled jumps: Straight, Tuck, Pike starting and stopping in the same spot                                                Seat drops while bouncing back to feet with good body control                                                5 big bounces to stuck landing without movement**Advanced Beginner Group (Addition to what is learned in lower levels)****In water** 1 Meter:Front dive with 3 step hurdle: Tuck, Pike StraightStanding front flip tuckBack dive straight with arm swing3 Meter:Front jump: Tuck, StraightBack jump: Tuck, StraightSitting front line up: Tuck, Pike**Dry land**Armstand with stomach facing wall: Hold for 10 consecutive seconds10 consecutive forward rolls with knees and feet togetherHollow position hold for 35 secondsWall sit with legs at 90degrees for 1:00 secondsWalking 15 steps with kick board on head5 Consecutive 3 point tuck kick out5 Consecutive 3 point pike press out10 Hanging pike ups with assistance **Flexibility**Toe point                                 Ankles together, knees locked out while holding toes point for 20 secondsShoulder range of motion:      Hands reach up and past ears without arching back                                                Hands reach back to 90 degrees while maintaining shoulder widthSplits:                                      Middle, Left, RightPike Position:                          Chest to knees, eyes looking over toes, knees locked outTuck Position:                         Hands grabbing lower shin, knees together, eyes looking over kneesEntry positions:                       Front entry: Arms slightly in front of ears, elbows locked, shoulder shruggedBack entry: Arms slightly behind ears, elbows locked, shoulder shrugged                                                Slightly hollow/Slightly arched                                                TBT: Total Body Tightness  going through the waterHurdle/Press:                           7 point hurdle drill. 5 point back press balanced on edge of mat **Trampoline/Dry board** Trampoline:                             10 consecutive controlled jumps: Straight, Tuck, Pike                                                10 big bounces to stuck landing without movement                                                Spotted front flipDry board:                               Standing reverse dive landing on back with feet in the air                                                One step hurdle front flip, Spotted back flip                                                Inward jump landing on hands and knees **Intermediate Group (Addition to what is learned in lower levels)** **In water** 103C: Front one and half flip tucks: 1 and 3 meter201C: Back dive tuck: 1and 3 meter202C: Back flip tuck: 1 meter301C: Reverse dive tuck: 1 and 3 meter401C: Inward dive tuck: 1 and 3 meter5121A: Front flip straight with half twist: 1 meter201A: Back flip straight: 1 meter104C: Front double tuck: 1 meter Showing progress towards:203C: Back one and half flip tuck: 1 meter302C: Reverse flip tuck: 1 meter,402C: Inward flip tuck: 1meter5122: Front flip with full twist: 1 meter5221: Back flip with half twist: 1 meter **Dry land**Arm stand with stomach facing wall: Hold for 30 seconds with TBT (Total body tightness)15 consecutive forward rolls directly into hand stand hold15 consecutive pike ups: Hands and toes meting above waist lineBox jumps waist level high without use of hands10 consecutive 3 point tuck kick out without feet touching ground10 consecutive 3 point pike press out without feet touching ground10 hanging pike ups without assistanceControlled proper back press jump up to stacked matsControlled one step hurdle onto stacked mats   **Trampoline/Dry board** Trampoline:                             One bounce front flip, stick landing                                                One bounce back flip, stick landing                                                Standing Front flip, stick landing                                                Once step hurdle reverse dive tuck with kick                                                Dry board:                               Three step hurdle to front flip with proper chest position                                                Back flip tuck with proper head position                                                Three step hurdles reverse dive landing on back with 3 point kick out                                               **Junior Performance Group (Addition to what is learned in lower levels)** **In water**103B: Front one and half flips pike: 1, 3, platform104C: Front double tuck: 1 meter105C: Front two and half flips tuck: 3 meter201C: Back dive tuck: 5m platform203C: Back one and half flips tuck: 1 and 3 meter301C: Reverse dive tuck: 5m platform303C: Reverse one and half flips tuck: 1 and 3 meter304C: Reverse double tuck: 1 meter401C: Inward dive tuck: 5m platform403C: Inward one and half flips tuck: 1 and 3 meter5122: Front flip full twist: 1 meter5132: Front 1 ½ flips with 1 twist: 3 meter5223: Back flip 1 ½ twist: 1 meter5231: Back 1 ½ flips with ½ twist: 3 meterWorking on new dives:202C: Back double tuck: 1 meter302C: Reverse double tuck: 1 meter404C: Inwards double tuck: 3meter405C: Inward 2 ½ flips tuck: 3 meter **Dry land**Armstand not touching wall: Hold for 15 seconds with TBT (Total body tightness)5 consecutive forward rolls directly into hand stand hold for 5 seconds25 consecutive pike ups: Hands and toes meting above waist line20 box jump waist level high without use of hands20 consecutive 3 point tuck kick out without feet touching ground20 consecutive 3 point pike press out without feet touching ground10 hanging pike ups without assistanceProper back press jump up to stacked matsOne step hurdle onto stacked matsWall sit hold for two consecutive minutes without falling **Trampoline/Dry board**Trampoline:                 One bounce front flip, stick landing: Tuck, Pike                                    One bounce back flip, stick landing: Tuck, Pike                                    Standing Inward flip, stick landing: Tuck, Pike                                    Once step hurdle reverse flip, stick landing: Tuck, PikeDry board:                   Proper hurdle front flip with stuck landing and good distanceBack flip with proper head position: Stuck landing with proper distance                                    Proper hurdle reverse flip with stuck landing and good distance                                    Inward flip with proper head position and distance              |

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