Progressions

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| |  | | --- | | [Edit](https://www.teamunify.com/TabGenericEdit.do?act=edit&id=8785936&page=292843&_stabid_=192843&returnPage=%2FSubTabGeneric.jsp%3F_stabid_%3D192843&team=sepac) | | **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 Pike  Controlled back jump with arm swing:  Straight, Tuck, and Pike  Controlled front falling line up straight  Controlled front falling line up pike  Controlled back falling line up Straight  Controlled one step hurdle with arm swing  Controlled front dive straight with 3 step hurdle    3 Meter:  Controlled front jump straight, and Tuck  Controlled back jump straight, and Tuck    **Dry land**    Armstand with stomach facing wall: Hold for 10 consecutive seconds  10 consecutive forward rolls with knees and feet together  Hollow position hold for 30 seconds  Wall sit with legs at 90degrees for 30 seconds  Walking ten steps with kick board on head  3 point tuck kick with tight body control  Hanging pike up from bar    **Flexibility**    Toe point  Shoulder range of motion:      Hands reach up and past ears without arching back  Hands reach back to 90 degrees while maintaining tall posture and hands shoulder width apart  Splits:                                      Middle, Left, Right  Entry positions:                       Font entry: Arms slightly in front of ears, elbows locked, shoulder shrugged  Back entry: Arms slightly behind ears, elbows locked, shoulder shrugged                                                  Slightly hollow/Slightly arched  Hurdle/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 Straight  Standing front flip tuck  Back dive straight with arm swing  3 Meter:  Front jump: Tuck, Straight  Back jump: Tuck, Straight  Sitting front line up: Tuck, Pike  **Dry land**  Armstand with stomach facing wall: Hold for 10 consecutive seconds  10 consecutive forward rolls with knees and feet together  Hollow position hold for 35 seconds  Wall sit with legs at 90degrees for 1:00 seconds  Walking 15 steps with kick board on head  5 Consecutive 3 point tuck kick out  5 Consecutive 3 point pike press out  10 Hanging pike ups with assistance    **Flexibility**  Toe point                                 Ankles together, knees locked out while holding toes point for 20 seconds  Shoulder range of motion:      Hands reach up and past ears without arching back                                                  Hands reach back to 90 degrees while maintaining shoulder width  Splits:                                      Middle, Left, Right  Pike Position:                          Chest to knees, eyes looking over toes, knees locked out  Tuck Position:                         Hands grabbing lower shin, knees together, eyes looking over knees  Entry positions:                       Front entry: Arms slightly in front of ears, elbows locked, shoulder shrugged  Back entry: Arms slightly behind ears, elbows locked, shoulder shrugged                                                  Slightly hollow/Slightly arched                                                  TBT: Total Body Tightness  going through the water  Hurdle/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 flip  Dry 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 meter  201C: Back dive tuck: 1and 3 meter  202C: Back flip tuck: 1 meter  301C: Reverse dive tuck: 1 and 3 meter  401C: Inward dive tuck: 1 and 3 meter  5121A: Front flip straight with half twist: 1 meter  201A: Back flip straight: 1 meter  104C: Front double tuck: 1 meter    Showing progress towards:  203C: Back one and half flip tuck: 1 meter  302C: Reverse flip tuck: 1 meter,  402C: Inward flip tuck: 1meter  5122: Front flip with full twist: 1 meter  5221: 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 hold  15 consecutive pike ups: Hands and toes meting above waist line  Box jumps waist level high without use of hands  10 consecutive 3 point tuck kick out without feet touching ground  10 consecutive 3 point pike press out without feet touching ground  10 hanging pike ups without assistance  Controlled proper back press jump up to stacked mats  Controlled 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, platform  104C: Front double tuck: 1 meter  105C: Front two and half flips tuck: 3 meter  201C: Back dive tuck: 5m platform  203C: Back one and half flips tuck: 1 and 3 meter  301C: Reverse dive tuck: 5m platform  303C: Reverse one and half flips tuck: 1 and 3 meter  304C: Reverse double tuck: 1 meter  401C: Inward dive tuck: 5m platform  403C: Inward one and half flips tuck: 1 and 3 meter  5122: Front flip full twist: 1 meter  5132: Front 1 ½ flips with 1 twist: 3 meter  5223: Back flip 1 ½ twist: 1 meter  5231: Back 1 ½ flips with ½ twist: 3 meter  Working on new dives:  202C: Back double tuck: 1 meter  302C: Reverse double tuck: 1 meter  404C: Inwards double tuck: 3meter  405C: 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 seconds  25 consecutive pike ups: Hands and toes meting above waist line  20 box jump waist level high without use of hands  20 consecutive 3 point tuck kick out without feet touching ground  20 consecutive 3 point pike press out without feet touching ground  10 hanging pike ups without assistance  Proper back press jump up to stacked mats  One step hurdle onto stacked mats  Wall 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, Pike  Dry board:                   Proper hurdle front flip with stuck landing and good distance  Back 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 | |