

## Springboard Diving

You are the diver! Camp Foley hires only one, sometimes a second assisting diver. It is your program! At the minimum you have skill and experience through high school. Not all of our instructors over the years have had a lot of coaching experience and the personal skill level of our divers varies. Our goal with the pre camp work is to have a diving instructor arrive with an assessment of their personal diving skills, book knowledge in the various skills and components of a diving, and time spent with a diving instructor. This will allow us to focus our camp training on interactive ways of teaching kids through drills, games and practice.

### Task

1. Complete the “Diving Study Guide” while reading *Ron O’Brien’s Diving for Gold*, skipping Chapter 7. If you have not received this from us, email [alli@campfoley.com](mailto:alli@campfoley.com)
2. Watch a minimum of 5 short YouTube videos by Bobby Larew on diving (see the Diving Study Guide below) -   
<https://www.youtube.com/playlist?list=PLmKh44zR45TL58hMadHJ-a9cUPF2pGhse>
3. Practice the following skills in a pool as necessary to gain personal competency and to assess your skills. *Dive instructors do not need to be able to do all of these dives.* Return to Camp Foley checking off the skills that you can do and any notes that you would like to make.

Body Alignment	
Stance	
Forward Approach – Number & Speed of Steps	
Constructing the Approach	
Placement of the Foot on the Board	
Arm Swing & Timing With Steps	
Balance	
The Hurdle & Press	
Visual Focus	
Two Part Backward Press	
Take Off Position	
Fulcrum Setting	
Forward Jumps	
Backward Jumps	
Action-Reaction	
Takeoffs – Forward	
Inward	
Backward	
Reverse	
Forward Dive in Tuck	
Inward Dive in Tuck	
Backward Dive in Tuck	
Reverse Dive in Tuck	
Forward Dive in Pike	
Inward Dive in Pike	
Backward Dive in Pike	
Reverse Dive in Pike	
Forward Dive in Straight	
Inward Dive in Straight	
Backward Dive in Straight	
Reverse Dive in Straight	
Forward Dive with ½ Twist Straight	
Back Somersault	
Reverse Somersault	
Inward Somersault	

## Springboard Diving: Study Guide

Use Google and the Bobby Larew Videos to find the answers to the following questions:

### Body Alignment

Why is body alignment important in springboard diving?

Describe the correct positioning of the hips, rib cage and head?

### Stance

Why is stance crucial to good performance and good scores?

Describe the correct positioning of the

Shoulder and why?

Arms and hands and why?

Hips and why?

Legs and feet and why?

Balance and why?

### Forward Approach

The overall effect of the approach should be

It is achieved by

- 1.
- 2.
- 3.
- 4.

### Number and Speed of Steps

What two factors dictate the number of steps taken?

### Constructing the Approach

What is your distance in inches from the top of the fibula to the ground? \_\_\_ Length of foot in inches? \_\_\_ What is the length of your hurdle? \_\_\_ Last step? Intermediate step? \_\_\_ And 1<sup>st</sup> step? \_\_\_

### Placement of the Foot on the Board

As the diver goes into a hurdle what two methods could she place her feet?

### Arm Swing & Timing with Steps

Why does the diver swing his arms?

### Balance

Where should the diver's body weight be?

### Hurdle and Press

Describe the correct positioning of the diver at the take off position for the hurdle:

### Visual Focus

Throughout the approach what should the diver's eyes be focused on?

## **Two Part Backward Press**

Part 1:

Part 2:

## **Take Off Position**

What does the diver do in the take off position?

## **Fulcrum Setting**

What is the ideal fulcrum setting for the forward approach?

What is the ideal fulcrum setting for the backward press?

## **Forward Jump**

Where should the diver enter the water?

## **Backward Jumps**

Where should the diver enter the water?

## **Action-Reaction**

What is the principal of action-reaction as it pertains to diving?

## **Takeoffs**

### **Forward**

When "the board begins its upward movement the diver's body \_\_\_\_\_."

### **Inward**

What must the diver do to achieve the proper takeoff?

### **Backward**

What must the diver do to ensure good distance?

### **Reverse**

How should the diver execute the arching movement by?

## **Forward Dive in Tuck**

List a progression in teaching this

- 1.
- 2.
- 3.
- 4.
- 5.
6. Forward Dive in Tuck

## **Backward Dive in Tuck**

List a progression in teaching this

- 1.
- 2.
- 3.
- 4.
- 5.
6. Backward Dive in Tuck