

## Diving SA Squad Structure and Commitments

### Skills required for Movement **INTO** Squad 1

- Entry-level to competitive squads
- Introduction of more structured, fundamental, specific dryland training on pool deck.
- Minimum 3 hours per week/2 sessions, maximum 6 hours per week/4 sessions

| <u>OBJECTIVE CRITERIA</u>  | <u>SUBJECTIVE CRITERIA</u>  |
|--|---|
| Preferred competition in SA levels 1-4 on springboard; level 1 platform.                   |   |
| Participation in a minimum of 2 SA State competitions per year                             |   |
| One-Step hurdle progressions displayed 1-7   | <i>Judged at "6½ or better" consistent quality by the Squad 1 Coach</i> |
| "Balance/Control" on 100 & 200 in all positions  | <i>Judged at "6½ or better" consistent quality by the Squad 1 Coach</i> |
| <u>1M Skills:</u><br>Standing 101a with <u>vertical</u> push<br>200a, 200c – w/ AS<br>002a | <i>Judged at "6½ or better" consistent quality by the Squad 1 Coach</i> |
| <u>3M Skills:</u><br>Standing 100 in all positions w/ AS<br>001a, 001c<br>200a, 200c       | <i>Judged at "6½ or better" consistent quality by the Squad 1 Coach</i> |
| <u>Platform Skills:</u> <i>from 5M</i><br>100a, 100c, 200a w/ AU & AS<br>001c              | <i>Judged at "6½ or better" consistent quality by the Squad 1 Coach</i> |

## Diving SA Squad Structure and Commitments

### Skills required for Movement **INTO** Squad 2

- 6-10 hours per week, minimum 3, maximum 5 sessions
- Pathway to higher DSA squads and to “elite” programs
- Dryland training is a more significant component in SASI Drygym
- Encouraged attendance at Rip ‘N Tear annual competition with appropriate lists

| <u>OBJECTIVE CRITERIA</u>  | <u>SUBJECTIVE CRITERIA</u>   |
|--|--|
| Participation in <b>all</b> SA State competitions per year (4), Mildura Rip ‘N Tear if appropriate                               |  |
| Participation in Holiday Training at least 2 times per year  | <i>Maintain diving fitness activities during school holidays if not registered for Holiday Training</i>                                  |
| Quality tuck kick-out sequence on land and in air<br>Quality Hurdle progressions 1-7 and sequencing                              | <i>Appropriate Board Posture<br/>Good training attitude<br/>Willingness to learn new, challenging skills</i>                             |
| <u>Poolside Skills:</u><br>100c & 200c AU & AS with good separation<br>Reverse Bum Drops with separation                         | <i>Judged at “6½ or better” consistent quality by the Squad 2 Coach</i>  |
| <u>1M Skills:</u><br>101c & b - standing w/ AS or OSH<br>401c – either AU or AS<br>201c<br>102c - at min., but 103c preferred    | <i>Judged at “6½ or better” consistent quality by the Squad 2 Coach<br/>Vertical take-offs from hurdle, multi-bouncing and backpress</i> |
| <u>3M Skills:</u><br>101c & b - standing w/ AS or OSH<br>401c – either AU or AS<br>103c – standing w/ AS or OSH<br>002a and/or c | <i>Judged at “6½ or better” consistent quality by the Squad 2 Coach<br/>Vertical take-offs from hurdle, multi-bouncing and backpress</i> |
| <u>Platform Skills:</u> all on 5M<br>001c/b<br>100a/b/c<br>200a/c<br>3M – 100a w/ approach                                       | <i>Judged at “6½ or better” consistent quality by the Squad 2 Coach<br/>Vertical take-offs</i>   |

## Diving SA Squad Structure and Commitments

### Skills required for Movement **INTO** Squad 3

- 8-13 hours per week, minimum 4, maximum 6 sessions
- Have achieved Age Nationals Qualifying score on at least 2 boards, with the expectation that you will attend the National Championships
- Attendance in Mildura Training Camp, and Rip 'N Tear Competition

| OBJECTIVE CRITERIA   | SUBJECTIVE CRITERIA   |
|--|---|
| Participation in <b>all</b> SA State competitions per year (4), Mildura Rip 'N Tear and Nationals as qualified | <i>Training Mentality<br/>Balking eliminated<br/>No time wasted</i>     |
| High Quality sequencing on all shape come-outs appropriate to the skill under evaluation                       | <i>Judged at "6½ or better" consistent quality by the Squad 3 Coach</i> |
| Multi-bouncing front and back take-off skill quality   | <i>Judged at "6½ or better" consistent quality by the Squad 3 Coach</i> |
| <b>1M Skills:</b><br>103c/b, 104c<br>Saults in all other directions<br>Twisting skills introduced              | <i>Judged at "6½ or better" consistent quality by the Squad 3 Coach</i> |
| <b>3M Skills:</b><br>403c<br>202 & 302 both c & b at minimum   | <i>Judged at "6½ or better" consistent quality by the Squad 3 Coach</i> |
| <b>Platform Skills:</b><br>Age specific compulsories for competition<br>Training 612 Armstands minimum         | <i>Judged at "6½ or better" consistent quality by the Squad 3 Coach</i> |
|  | <i>Maintain diving fitness throughout the year</i>                      |

## Diving SA Squad Structure and Commitments

### Skills required for Movement **INTO** Squad 4

- 11-15 hours per week, minimum 5, maximum 7 sessions
- Have achieved Age Nationals Qualifying score on at least 2 boards, working to achieve Jr Elite/Open Qualification.
- Expectation to attend the National Championships for which qualified
- Attendance in Mildura Training Camp, and Rip 'N Tear Competition if events allow
- May consider specializing in springboard or platform only

| <u>OBJECTIVE CRITERIA</u>   | <u>SUBJECTIVE CRITERIA</u>  |
|---|---|
| Participation in <u>all</u> SA State competitions per year (4), Mildura Rip 'N Tear if events allow, Appropriate National Championships                             | <i>Training Mentality showing strong work ethic and mental toughness</i>  |
| <u>1M Skills:</u><br>Minimum 1½ saults in all directions<br>105c<br>204c/304c<br>Competition ready twisters   | <i>Sault skills Judged at "6½ or better" consistent quality by the Squad 4 Coach</i><br><i>Twisting skills judged at 5+ quality</i> |
| <u>3M Skills:</u><br>Minimum 1½ saults in all directions<br>405c<br>Competition ready twisters  | <i>Sault skills Judged at "6½ or better" consistent quality by the Squad 4 Coach</i><br><i>Twisting skills judged at 5+ quality</i> |
| <u>Platform Skills:</u><br>List specific compulsories for competition level<br>Armstands – 612b at minimum<br>Training optionals on 5M minimum in 4 of 6 categories | <i>Sault skills Judged at "6½ or better" consistent quality by the Squad 4 Coach</i><br><i>Twisting skills judged at 5+ quality</i> |
|   | <i>Maintain diving fitness throughout the year</i>  |