

# Welcome to MIDLAKES Diving!



# Midlakes Diving Program

- Member of the Amateur Athletic Union
- Mostly a Novice Dive Program
  - Some JO/High school
- Summer League Meets
- Skill mastery (learn new dives)
- Safe and Fun environment



# What does a diver learn?

- Proper use of diving board
- Front and Back jumps
- Learn basic required dives
- Learn at own ability (safety first)



# How dangerous is diving?

- Diving carries a risk of physical injury
- Safety first, Diving Performance second
- Each diver must sign a **RISK of INJURY** form
  - Chance of hitting board
  - Landing wrong
  - Hitting the bottom, another swimmer or object



# Meet Manners

- Sportsmanship
- A meet referee oversees each meet
- Applaud every diver's efforts
- 5 Judges total, 3 home/2 away
- Stay and watch older age groups



# Parent Participation

- Time commitment from parents
  - Referee
  - Announcer
  - Table Workers (Keep the Scores)
  - Prepare Awards
  - Judges (3 for each age group, home meet)
  - Other (coordinate parties, etc)



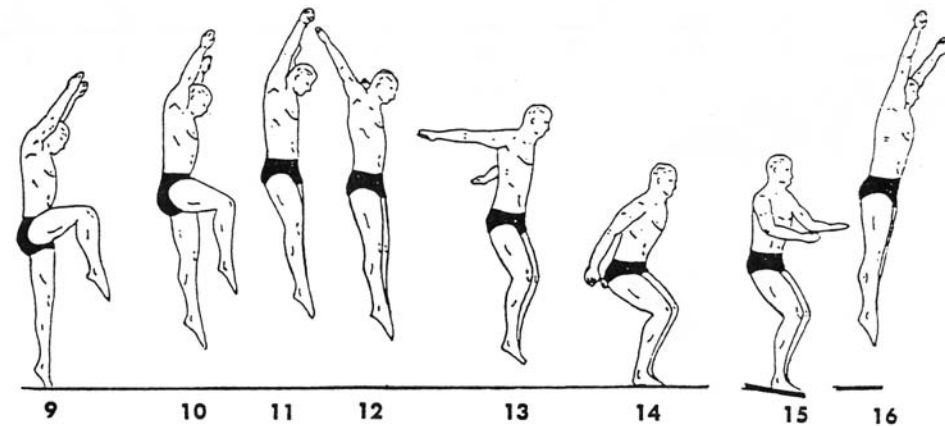
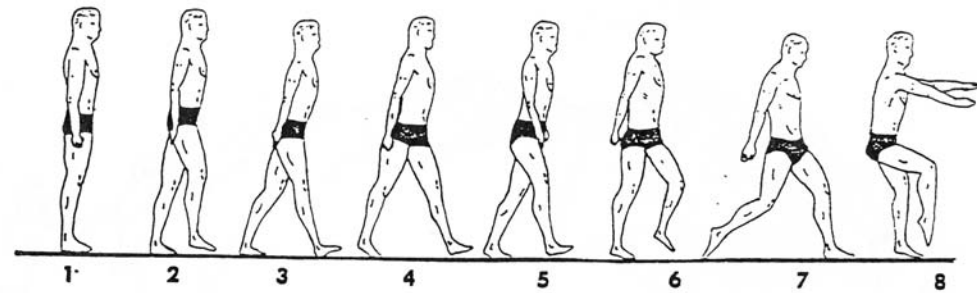
# But I don't wanna Judge...

- Whether you want or not, there is nobody else -besides parents- to judge at the meets
- You will never have to judge your own child.
- In accordance to AAU rules



# The Hurdle:

- How a diver leaves the board affects all parts of each dive





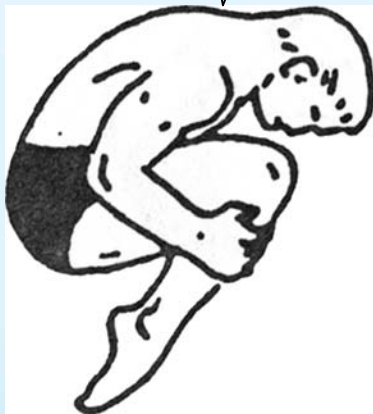
# The Entry:

- Vertical
  - Head first
  - Feet first

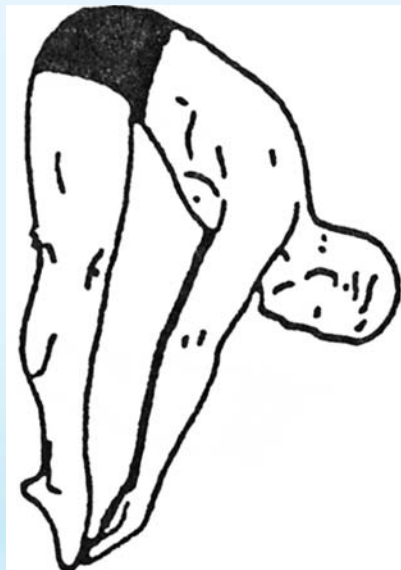


# 4 Dive Positions:

Tuck



Pike



Straight

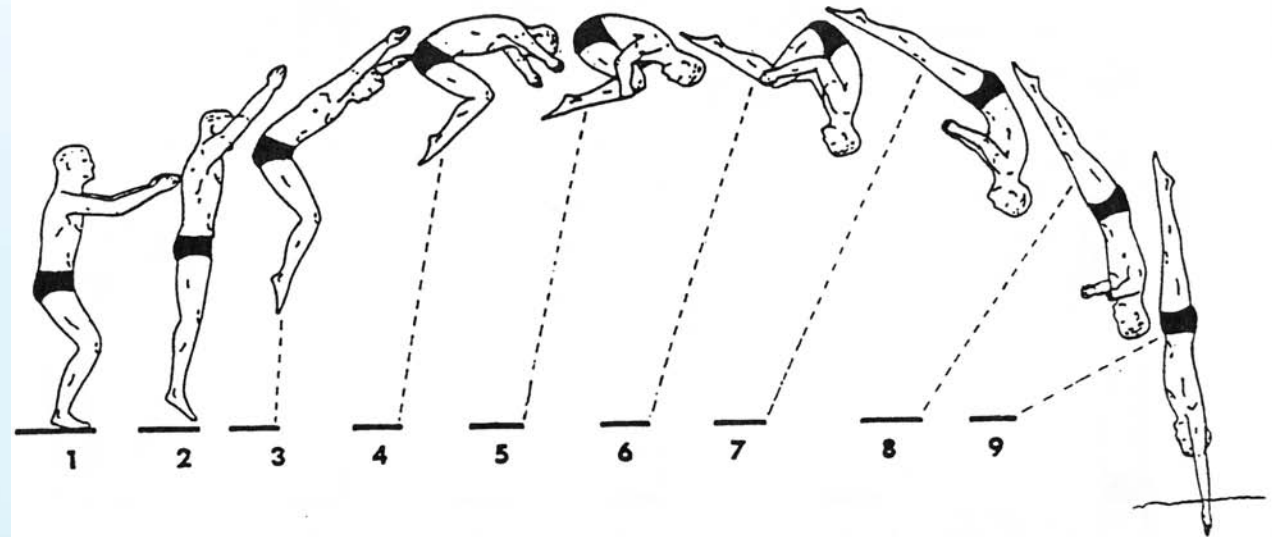


Free  
combination of positions  
within one dive



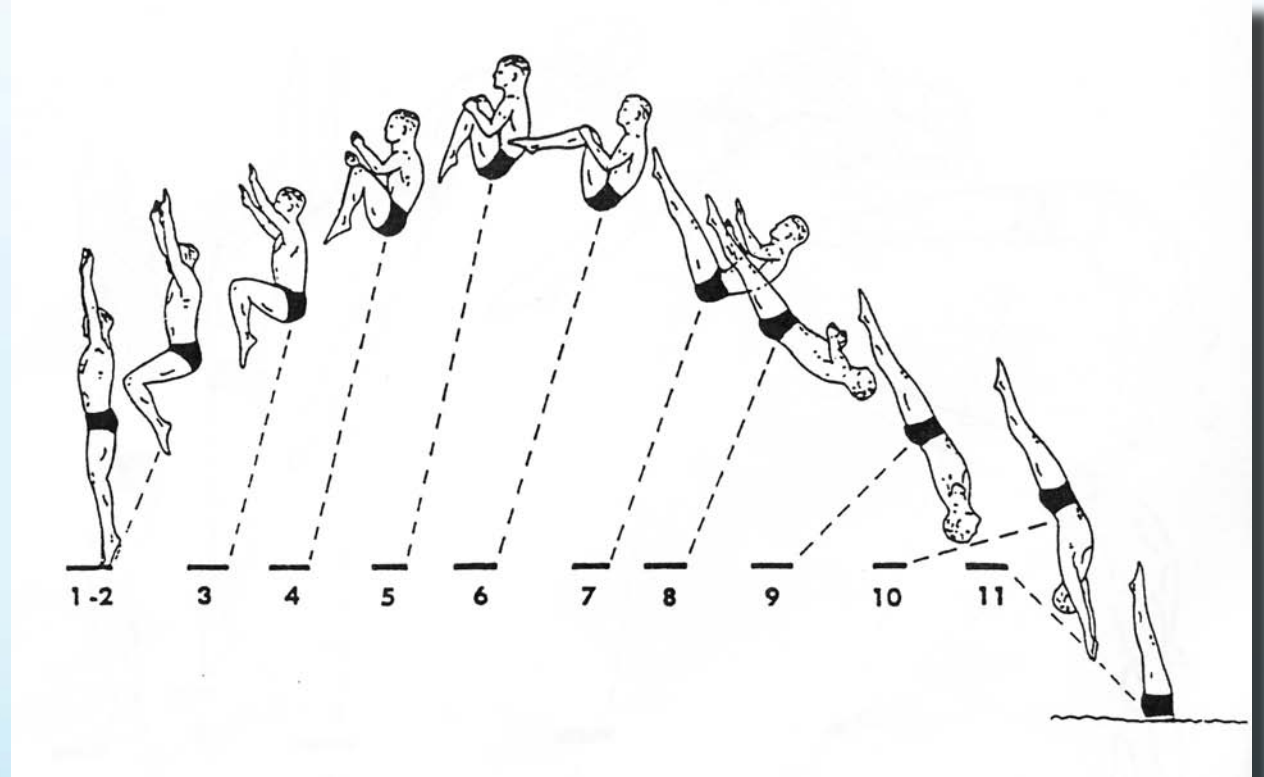
# 5 Dive Groups:

- **Forward**
- **Back**
- **Reverse**
- **Inward**
- **Twisting**



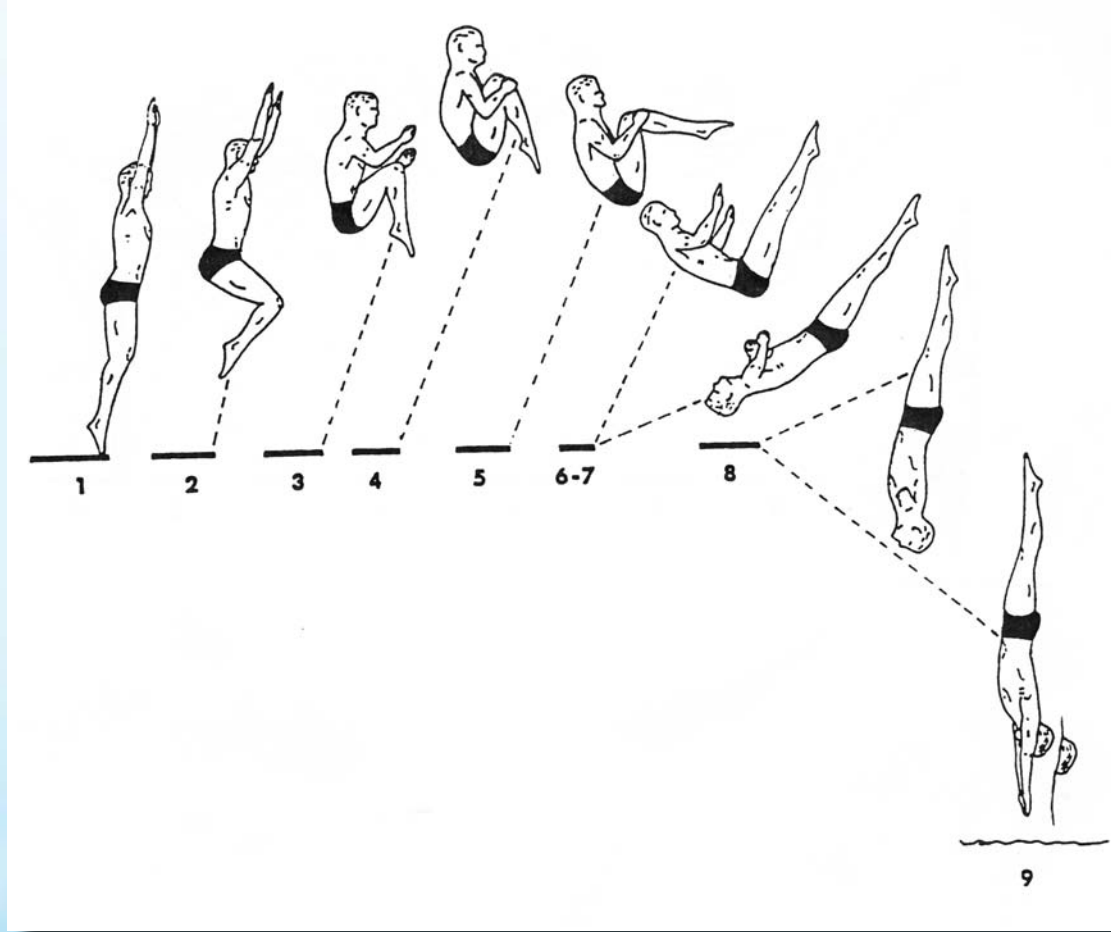
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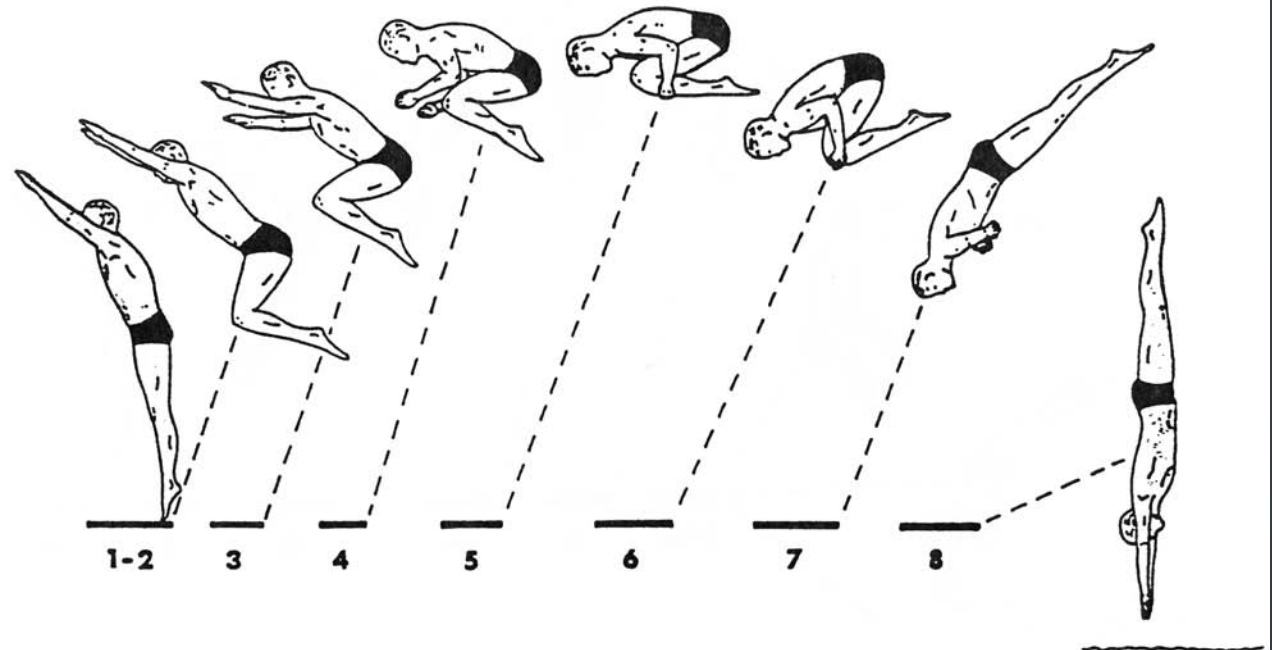
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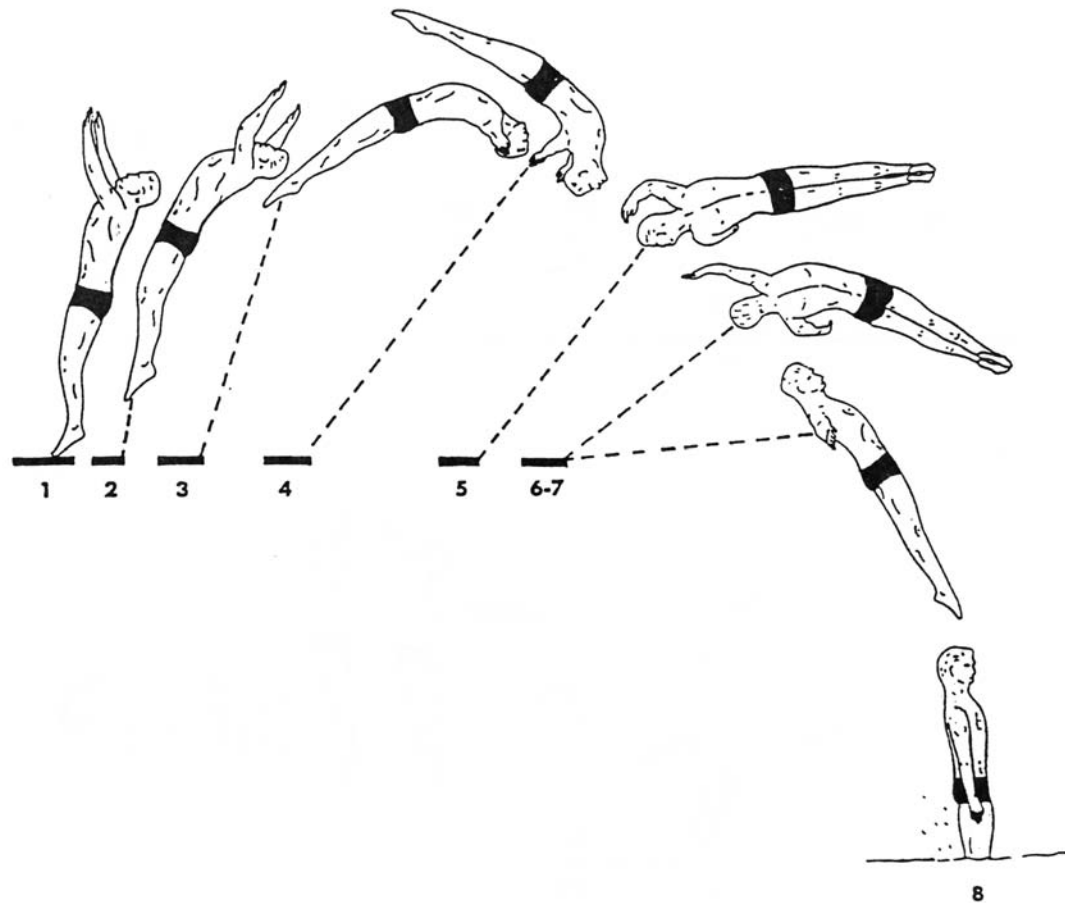
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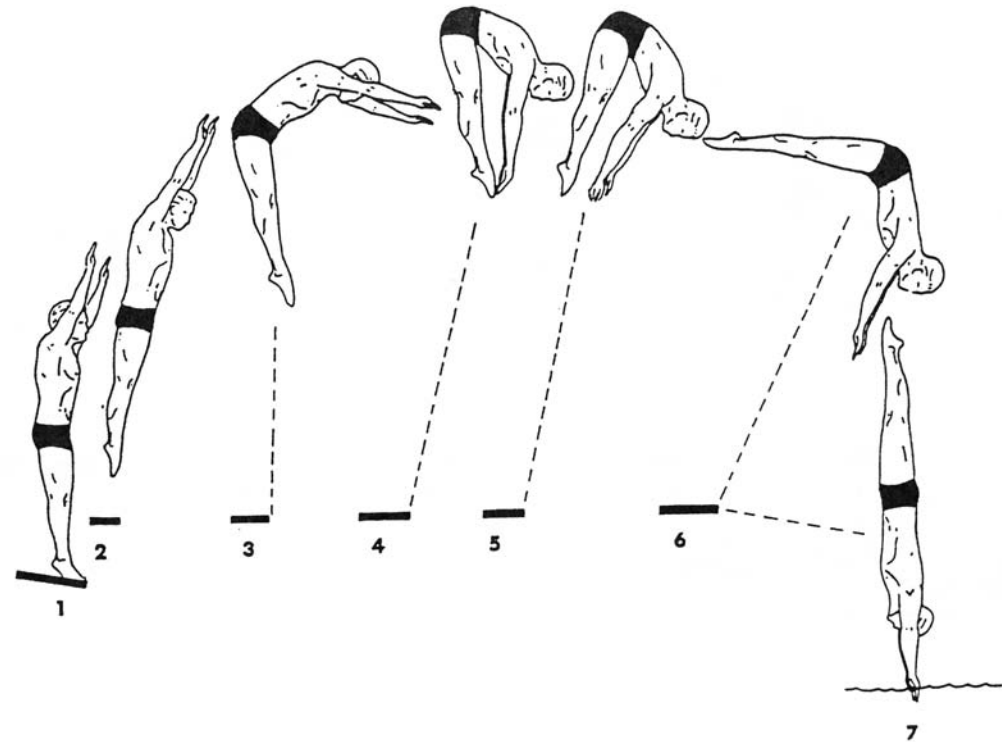
- Forward
- Back
- Reverse
- Inward
- **Twisting**





# Now add positions:

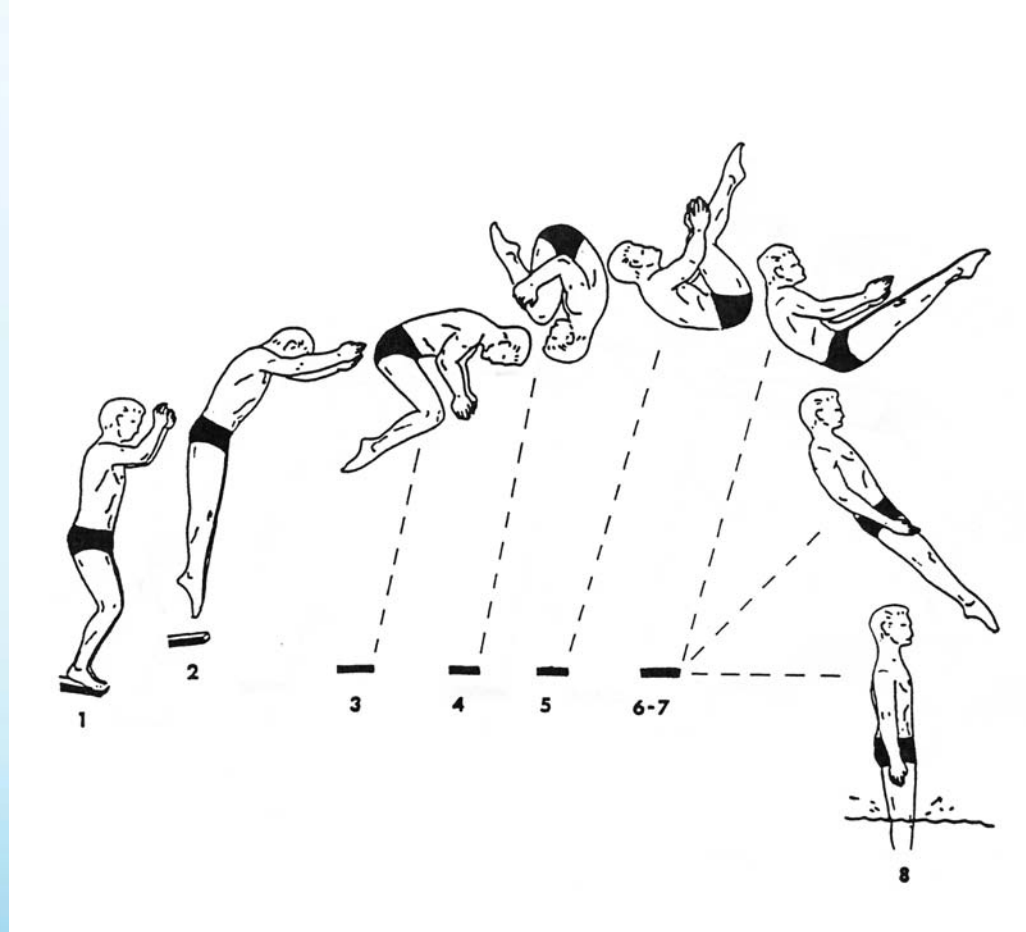
- **Forward**
  - pike
- **Back**
- **Reverse**
- **Inward**
- **Twisting**





# Now add somersaults:

- **Forward**
  - Somersaults
- Back
- Reverse
- Inward
- Twisting



# Degree of Difficulty:

Dive group + Position + SS

- Forward                      - Tuck                      - 1/2
- Back                              - Pike                      - 1
- Reverse                      - Straight                      - 1-1/2
- Inward                      - Free                      - 2
- Twist                              -                      - 2-1/2
- - etc

ONE METER DIVING TABLE

Dive Order	Dive #		T	P	S	F
<b>FORWARD DIVES</b>						
101	Forward Dive	.....	1.2	1.3	1.4	-
102	Forward 1 SS	.....	1.4	1.5	1.6	-
103	Forward 1-1/2 SS	.....	1.6	1.7	2.0	-
104	Forward 2 SS	.....	2.2	2.3	2.6	-
105	Forward 2-1/2 SS	.....	2.4	2.6	-	-
<b>BACK DIVES</b>						
201	Back Dive	.....	1.5	1.6	1.7	-
202	Back 1 SS	.....	1.5	1.6	1.7	-
203	Back 1-1/2 SS	.....	2.0	2.3	2.5	-
204	Back 2 SS	.....	2.2	2.5	-	-
<b>REVERSE DIVES</b>						
301	Reverse Dive	.....	1.6	1.7	1.8	-
302	Reverse 1 SS	.....	1.6	1.7	1.8	-
303	Reverse 1-1/2 SS	.....	2.1	2.4	2.7	-
304	Reverse 2 SS	.....	2.3	2.6	2.9	-
<b>INWARD DIVES</b>						
401	Inward Dive	.....	1.4	1.5	1.8	-
402	Inward 1 SS	.....	1.6	1.7	2.0	-
403	Inward 1-1/2 SS	.....	2.2	2.4	-	-
404	Inward 2 SS	.....	2.8	3.0	-	-
405	Inward 2-1/2 SS	.....	3.1	3.4	-	-
<b>TWIST DIVES</b>						
5111	Forward Dive, 1/2 Twist	.....	1.6	1.7	1.8	-
5112	Forward Dive, 1 Twist	.....	-	1.9	2.0	-
5121	Forward 1 SS, 1/2 Twist	.....	-	-	-	1.7
5122	Forward 1 SS, 1 Twist	.....	-	-	-	1.9
5124	Forward 1 SS, 2 Twists	.....	-	-	-	2.3
5131	Forward 1-1/2 SS, 1/2 Twist	.....	-	-	-	2.0
5132	Forward 1-1/2 SS, 1 Twist	.....	-	-	-	2.2
5134	Forward 1-1/2 SS, 2 Twists	.....	-	-	-	2.6
5152	Forward 2-1/2 SS, 1 Twist	.....	3.0	3.2	-	-
5211	Back Dive, 1/2 Twist	.....	-	-	1.8	-
5212	Back Dive, 1 Twist	.....	-	-	2.0	-
5221	Back 1 SS, 1/2 Twist	.....	-	-	-	1.7
5222	Back 1 SS, 1 Twist	.....	-	-	-	1.9
5223	Back 1 SS, 1-1/2 Twists	.....	-	-	-	2.3
5225	Back 1 SS, 2-1/2 Twists	.....	-	-	-	2.7
5231	Back 1-1/2 SS, 1/2 Twist	.....	-	-	-	2.1
5233	Back 1-1/2 SS, 1-1/2 Twists	.....	-	-	-	2.5
5235	Back 1-1/2 SS, 2-1/2 Twists	.....	-	-	-	2.9
5251	Back 2-1/2 SS, 1/2 Twist	.....	2.7	2.9	-	-
5311	Reverse Dive, 1/2 Twist	.....	-	-	1.9	-
5312	Reverse Dive, 1 Twist	.....	-	-	2.1	-
5321	Reverse 1 SS, 1/2 Twist	.....	-	-	-	1.8
5322	Reverse 1 SS, 1 Twist	.....	-	-	-	2.0
5323	Reverse 1 SS, 1-1/2 Twists	.....	-	-	-	2.4
5325	Reverse 1 SS, 2-1/2 Twists	.....	-	-	-	2.8
5331	Reverse 1-1/2 SS, 1/2 Twist	.....	-	-	-	2.2
5333	Reverse 1-1/2 SS, 1-1/2 Twists	.....	-	-	-	2.6
5335	Reverse 1-1/2 SS, 2-1/2 Twists	.....	-	-	-	3.0
5351	Reverse 2-1/2 SS, 1/2 Twists	.....	2.7	2.9	-	-
5411	Inward Dive, 1/2 Twist	.....	-	1.7	2.0	-
5412	Inward Dive, 1 Twist	.....	-	1.9	2.2	-
5421	Inward 1 SS, 1/2 Twist	.....	-	-	-	1.9
5422	Inward 1 SS, 1 Twist	.....	-	-	-	2.1
5432	Inward 1-1/2 SS, 1 Twist	.....	-	-	-	2.7
5434	Inward 1-1/2 SS, 2 Twists	.....	-	-	-	3.1



# Score sheet:

- **Table Workers**
  - High and low scores crossed off
  - Other 3 scores added
  - Multiplied by DD
  - Added to total
  - Each score is added
  - Table workers double check

DIVING ORDER	8
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Kansas State High School Activities Association

## OFFICIAL DIVING SCORE SHEET

**NAME** Jane Smith      **SCHOOL** South High  
**MEET** Regionals      **SITE** Mission High      **DATE** 5-1-94  
**CLASS** 12      **VARSIITY** X      **Jr. VARSITY**      **MALE**      X **FEMALE**

PLACE	5
TOTAL PTS. AWARDED	407.50

PRELIMS (Dives 1-5: 2 Voluntary & 3 Optional)

DIVE #	DIVE DESCRIPTION	DIVE POS.	JUDGES SCORES					JUDGES TOTALS	D.D.	POINTS AWARDED			
			1	2	3	4	5						
1	302 Reverse dive 1SS	S	6	<del>6.5</del>	6.0	<del>5.5</del>	6	18	1.8				
2	103 Forward Dive 1-1/2 SS	T	<del>7</del>	7	7.5	<del>8</del>	7	22	1.8				
3	5111 Forward Dive 1/2 Twist	S	7	7	<del>6</del>	<del>7</del>	6.5	20.5	1.8	1	1	6	1
4	402 Inward Dive 1SS	TP	<del>6</del>	<del>7</del>	6.5	7	7	20.5	1.6	1	4	8	9
5	201 Back Dive	S	5	<del>5</del>	<del>6</del>	5.5	5	15.5	1.8	1	7	6	8



- Judging is on a 10 point scale
- Always 5 judges
  - 3 from home team/ 2 from away team
  - New judging panel
  - High and low scores are crossed off
  - 3 scores are added and multiplied by DD
- OK to talk, compare notes, ask what others saw, practice helps!
- Imagine dive as announcer calls it
- Coaches may let you “practice” judge at practice



# How to Judge

- Break down each dive into 3 parts
  - Give up to 3 points each for:
    - 0-3 points: The hurdle (or press if it's a back dive)
      - Look for height off the board - good way to judge this
    - 0-3 points: The air height and position in the air
      - Height off the board
      - Can you recognize position (tuck, pike, straight)
      - If it's free, can you see the different positions in the air?
    - 0-3 points: The entry
      - How much splash?
      - Did they enter the water vertically?



# Judging rules

- Arms up on any feet first entry (EXCEPT FRONT JUMP) = 4-1/2 max
- Forward dive without a hurdle = 4 max
- Line up (can be used as a dive) = 2 max
- Coach assisted dive = 2 max
- Eggroll (lead up to a front SS tuck- 1.4 DD) = 2 max



- Back-dive-half-twist:
  - Feet move first = 2 max
  - Hips twist = 3 max
  - Falling back dive with twist = 4 max
- All jumps have a DD of 1.0
- Balk (movement after set point)
  - Referee discretion
  - No balks for 8 & Under
  - No balks for 10 & Under
- No Failed dives in 8 & Under age group
- Coach may change dive position on board
  - DD does not go up
  - DD may go down if new dive has lesser DD





# Schedule:

- **June 28 Monday**
  - Seattle Tennis Club vs **Mercerwood Shore Club**
  - Phantom Lake vs **Mercer Island Beach Club**
- **July 7 Wednesday**
  - Seattle Tennis Club vs **Phantom Lake**
  - Mercerwood Shore Club vs **Newport Hills**
- **July 12 Monday**
  - Mercer Island Beach Club vs **Mercerwood Shore Club**
  - Seattle Tennis Club vs **Mercer Island Beach Club**
- **July 14 Wednesday**
  - Phantom Lake vs **Newport Hills**
  - Seattle Tennis Club vs **Mercer Island Beach Club**
- **July 22 Thursday**
  - Newport Hills vs **Mercer Island Beach Club**
  - Mercerwood Shore Club vs **Phantom Lake**





# Midlakes Dive Championships:

- Newport Hills Swim & Tennis Club
- Sunday July 25th
  - 8 & Under
  - 10 & Under
  - 12 & Under
  - 14 & Under
  - 17 & Under
- 7:00 am Warm up: Juniors 8 & 10s
- 8:00 am Junior Start Time
- 11:30 am Warm up: Seniors 12, 14, & 17s
- 12:30 pm Senior Start Time
- < age group warm ups before each event >
  - Team awards will be presented at the end of the Senior competition



# Midlakes Dive Championships:

- Sunday, July 25th
- Newport Hills
- Don't miss this meet!
- It is the one that counts.

» THANK YOU!

