

“**Learn to Dive**” lessons are geared toward teaching the fundamentals of diving. The goal is to teach basic diving skills in a fun and exciting environment with the safety of the participant being the primary concern.

### **Assess Your Child’s Ability to Handle Springboard Diving**

Learning the skills needed to succeed in diving requires many physical attributes, but above all is the ability to feel comfortable in deep water. *Please note that a prospective diver needs to feel as comfortable in 15 feet of water as they do in the shallow end.*

## **DIVERS – SAFETY FIRST!**

Each time a diver steps onto a board during practice he or she should follow three simple rules.

### **Check the Water Before Diving**

Always make sure that the diver before you has made it to the side of the pool and is out of way before proceeding with a dive. The last thing a diver wants to happen is to go off the diving board and land on another diver. Once you have finished your dive, swim to the side of the pool when you come to the surface.

### **One Diver on the Board at a Time**

Diving boards were meant for one person at a time! You may have heard this a million times and for good reason. Nothing good can happen if two people are on the board at the same time. Not only is this a safety issue but it can slow practice down to a snail’s pace. Be patient, and wait until the diver before you finishes his or her dive.

### **Focus on the Dive**

Once you are on the springboard, concentrate on diving! There is always time to talk to your friends, but standing on the diving board prior to a dive is not one of them. Diving is a difficult sport that requires concentration, and the more time a diver spends socializing, the less time is spent focusing on executing a dive to the best ability.

## **PARENTS**

### **What a Parent Should Do**

#### **Have your Child at Practice on Time**

Practice times are not open-ended. They begin and end at set times and by making sure a diver is on time he or she will receive the full benefit of the coaching.

#### **Encourage Your Child Without Pressure**

Diving is supposed to be fun! Encourage your diver to do the best they can without the pressure of meeting your expectations.

#### **Support Your Child**

What every diver needs is unwavering support from their parent. A great attitude goes a long way!

### **What a Parent Should Not Do**

#### **Do Not Distract the Coach or Diver**

Coaches use structured lesson plans that lead to a diver’s development and success. Anything that distracts from the lesson plan for that day can result in falling behind in development.

#### **Do Not Communicate with the Divers**

Focus is an important element in diving. A diver’s unwavering attention is key not only to ensure the success of a dive, but also for the safety of the diver.

#### **Do Not Coach the Divers**

A diver cannot serve two masters. By attempting to coach your diver, you force a choice between the parent and the coach. Let the instructor do his or her job.

**Learning and practicing dives**, just as in any other learning process, should be based on fundamental building blocks or skills. These building blocks in the sport of diving are vital, but to make effective use of them, these skills should be implemented in a series of progressions – hence the term Skill Progressions.

Here are eight reasons why.

1. Skill Progressions allow a diver to learn a solid base of fundamentals such as front jumps, line-ups, somersault kick-out, etc.
2. Skill Progressions break down dives into smaller more easily managed parts, or aspects of a dive.
3. Each broken down skill that is part of a dive is easier to learn, thus increasing the chance that it will be learned correctly.
4. Each skill can be practiced independently. If a diver is having problems with a particular part of a dive (entry, kick-out, take-off) they can spend time working on that part without effecting other parts of the dive.
5. Progressing from one skill to the next allows a skill to be added that has been perfected.
6. Skill Progressions allow the coach to evaluate each skill as it is added to a dive.
7. Skill Progressions allow a diver to progress safely from an easier dive to a more difficult dive.
8. Learning a dive without proper progression can lead to bad habits that often compromise a divers' safety.

Have fun this summer!  
See you in the deep end...