

GROUP	GRADE LEVEL	WHAT THEY WORK ON	KEY PROBLEM SKILLS	HOW WORK IS SPLIT
<b><u>Beginners</u></b> 1 x 30 min lesson Per week	Preliminary, Grade 1, Grade 2  <i>Divers move on to Improvers when they have passed Grade 2</i>	<ul style="list-style-type: none"> <li>✓ Understand safety rules and instructions</li> <li>✓ Learn how to grab correctly</li> <li>✓ Learn how to stand correctly (forwards and backwards)</li> <li>✓ Develop confidence through deep water and poolside practices</li> <li>✓ Teach correct head first (forward) and feet first (forward and backward) entry techniques</li> <li>✓ Introduce different diving shapes</li> </ul>	<ul style="list-style-type: none"> <li>× Tuck jump</li> <li>× Forward tuck roll</li> <li>× Pike fall</li> <li>× Forward dive</li> <li>× Back circle round (in water)</li> </ul>	Skills at this level are practiced predominantly from the poolside, with progression to the 1m and 3m when confident and competent
<b><u>Improvers</u></b> 1 x 45 min lesson per week	Grade 3 & 4  <i>Divers move on to Intermediates when they have passed Grade 4</i>	<ul style="list-style-type: none"> <li>✓ Continued understanding of safety rules and instructions</li> <li>✓ Develop confidence through deep water and poolside practices</li> <li>✓ Develop head first (forward and feet first (forward and backward) entry techniques</li> <li>✓ Introduce head first (backward) entries</li> <li>✓ Introduce co-ordination skills, like the armswing</li> </ul>	<ul style="list-style-type: none"> <li>× Armswing jumps</li> <li>× Pike jump</li> <li>× Forward dive</li> <li>× Crouched back dive</li> <li>× Standing back dive</li> <li>× Forward pike wedge</li> </ul>	Skills at this level are practiced predominantly from the poolside, with progression to the 1m and 3m when confident and competent
<b><u>Intermediate</u></b> 1 x 60 min lesson per week	Grade 5 plus Board skills 1 & 2  <i>Divers move on to Advanced when they have passed Grade 5 &amp; Board Skills 2</i>	<ul style="list-style-type: none"> <li>✓ Continued understanding of safety rules and instructions</li> <li>✓ Begin to develop progressions to basic diving skills, comprising forward dive tucked, inward dive tucked, back dive tucked, reverse dive tucked and front somersault tucked</li> </ul>	<ul style="list-style-type: none"> <li>× 1m - back fall</li> <li>× 1m - hurdle step jump</li> <li>× 1m - fwd dive tucked</li> <li>× Poolside - fwd dive tucked</li> <li>× Poolside - inward pike wedge</li> <li>× Poolside - back pike sit</li> <li>× Poolside - reverse pike sit</li> </ul>	At this level, there is 50/50 split between poolside and board work, with emphasis on skill progression and development.  <i>Competition targets: Regular Plymouth Diving Development competitions for monitoring &amp; tracking purposes</i>
<b><u>Advanced</u></b> 1 or 2 x 60 min lesson per week	Board skills 3 & advanced bronze award  <i>Divers move on to Novice Squad when they have passed Bronze</i>	<ul style="list-style-type: none"> <li>✓ Continued understanding of safety rules and instructions</li> <li>✓ Further develop key basic diving skills</li> <li>✓ Fwd dive tucked</li> <li>✓ Inward dive tucked</li> <li>✓ Back dive tucked</li> <li>✓ Reverse dive tucked</li> <li>✓ Forward somersault tucked</li> </ul>	<ul style="list-style-type: none"> <li>× 1m - back dive tucked</li> <li>× 1m - inward dive tucked</li> <li>× 3m - back tuck roll</li> </ul> <i>Competition targets: Regular Plymouth Diving Development competitions for monitoring &amp; tracking purposes</i>	At this level, there is 50/50 split between poolside and board work, with emphasis on skill progression and development.

<p><b><u>Novice Squad</u></b> 2 x 60 min lessons per week, plus optional dive gym session x 1 hour</p>	<p>Predominantly a competitive squad, but working on skills contained within advanced silver and gold awards.</p> <p><b><i>Divers move on to Intermediate Squad when they can perform the required test (usually) includes reverse dive tucked 3m and inward 1½ tucked 3m.</i></b></p>	<ul style="list-style-type: none"> <li>✓ Progress key skills learnt in advanced group from 1m to 3m</li> <li>✓ Learn forward 1½ somersaults 1m</li> <li>✓ Learn inward somersault 1m</li> <li>✓ Work towards necessary skills for promotion to intermediate squad</li> <li>✓ Begin to learn some simple skills from 5m</li> <li>✓ Improve technique and form on basic poolside skills for novice level &amp; development competition</li> <li>✓ Work on improving basic skill technique, including extensive work on entries and take-offs.</li> </ul>	<ul style="list-style-type: none"> <li>× 1m - reverse dive tucked</li> <li>× 1m - forward 1½ somersaults</li> <li>× 1m - inward somersault</li> <li>× 3m - inward 1½ somersaults</li> </ul> <p><u>Competition targets:</u> National Skills Finals Regular Plymouth Diving development competitions The White Rose, Leeds</p>	<p>At this level, poolside and board work are split approximately 40/60 (this will change depending on what competitions are coming up).</p>
<p><b><u>Intermediate Squad</u></b> 3 x 60 min diving and 2 x 60 mins dive gym per week</p>	<p>Solely a competitive squad</p> <p><b><i>Divers move on to Age Group Squad, when they can perform the required test for their age (will usually include forward 2½ and back 1½ from 3m and more difficult skills if they are older)</i></b></p>	<p>Skills required to be in this group</p> <ul style="list-style-type: none"> <li>✓ 1m - forward dive tucked, inward dive tucked, back dive tucked, forward 1½ somersaults tucked, inward somersault tucked</li> <li>✓ 3m - forward dive tucked, inward dive tucked, back dive tucked, forward 1½ somersaults tucked, inward somersault tucked</li> </ul> <p>Key skills to be developed</p> <ul style="list-style-type: none"> <li>✓ 3m - forward 2½ tucked, back 1½ tucked</li> <li>✓ 5m - all 1m &amp; 3m skills transferred to 5m</li> <li>✓ 1m - early twisting progressions</li> </ul> <p>Continue to work on</p> <ul style="list-style-type: none"> <li>✓ Basic skill technique, including extensive work on take-offs and entries</li> </ul>	<p>There are no general problem skills. At this stage, divers all have areas in which they are strong and areas in which they are weak.</p> <p><u>Competition targets:</u> National Skills Finals The White Rose, Leeds Regular Development Competitions OR National Age Groups Armada Cup Northern Cross Southampton</p>	<p>At this level, pool sessions are split between list development (learning new dives) and consolidating/improving previously learnt skills. The split ratio will depend on the season and when the next competition is.</p>

<p><b><u>Age Group Squad</u></b> Approx 10 hours per week, combination of dive gym and diving</p>	<p>Solely a competitive squad</p> <p><b><i>Divers move on to Elite Juniors when they can perform the required skills for their age, to an appropriate standard.</i></b></p>	<p>Skills required for promotion vary depending on the age of the diver, however most divers at this level should be performing:</p> <ul style="list-style-type: none"> <li>✓ 3m - forward 2½ somersaults</li> <li>✓ 3m - back 1½ somersaults</li> <li>✓ 1m - beginning to twist</li> </ul> <p>Continue to work on</p> <ul style="list-style-type: none"> <li>✓ Basic skill technique, including extensive work on take-offs and entries</li> </ul> <p>Key skills to be developed</p> <ul style="list-style-type: none"> <li>✓ Back &amp; reverse somersaulting skills</li> <li>✓ Twisting skills - forward and back</li> </ul>	<p>There are no general problem skills. At this stage, divers all have areas in which they are strong and areas in which they are weak.</p> <p><i>Competition targets:</i> Armada Cup, Plymouth Northern Cross, Leeds Southampton Invitational Luton Challenge National Age Groups Regional Age Groups</p>	<p>At this level, pool sessions are split between list development (learning new dives) and consolidating/improving previously learnt skills. The split ratio will depend on the season and when the next competition is.</p>
<p><b><u>Elite Junior Squad</u></b> Approx 13½ hours per week combination of dive gym and diving</p>	<p>Solely a competitive squad</p> <p><b><i>Divers move on to Senior Squad when they can perform the required skills to an appropriate standard</i></b></p>	<p>To reach this level, divers must be able to perform the list required in their age group at Elite Junior level. The varies considerably depending on the age of the diver.</p> <p>Divers must also have demonstrated good form and technique throughout basic dives and skill chains. They will also be committed to developing their dive lists to maximize difficulty whilst maintaining form and technique.</p>	<p>Competing at Elite Junior level is not just about being able to perform the required skills, it is about the quality of those skills also and the scoring potential.</p> <p><i>Competition targets:</i> Armada Cup, Plymouth Northern Cross, Leeds Southampton Invitational Luton Challenge Regional Senior Champs National Elite Junior Champs International club meetings as appropriate Senior Nationals?</p>	<p>At this level, pool sessions are split between list development (learning new dives) and consolidating/improving previously learnt skills. The split ratio will depend on the season and when the next competition is.</p>
<p><b><u>Senior Squad</u></b> Between 15 &amp; 25 hours per week depending on age/school commitments etc</p>	<p>Solely a competitive squad</p>	<p>To reach this level, divers must be competing at Senior National level and striving for international selection at senior or age group level.</p>	<p>Competing at Senior level is not just about being able to perform the required skills, it is about the quality AND consistency of those skills also.</p> <p><i>Competition targets:</i> Elite Juniors (depending on age) Senior Nationals GB Internationals Junior/Senior Other competitions deemed appropriate</p>	<p>At this level, pool sessions are split between list development (learning new dives) and consolidating/improving previously learnt skills. The split ratio will depend on the season and when the next competition is.</p>

**This is just a guide! Not all divers will progress through the whole programme. Divers may reach a point where they are physically, technically, or psychologically (or a combination of all 3) at their limit – although this will never affect their place on the programme, as the group they are in will always receive appropriate level coaching and invitations to appropriate level competitions.**