



## Group Expectations

### Lessons

- Arrive 10 minutes prior to your practice schedule time
- Respect our coaching staff
- Good attitude and effort
- Bring towel and bathing suit to practice
- Participate in our in house meets
- Contribute to our annual Dive A Thon

### Pre Team

- Arrive 10 minutes prior to your practice schedule time
- Respect our coaching staff
- Good attitude and effort
- Bring towel and bathing suit to practice
- Participate in our in house meets
- Contribute to our annual Dive A Thon

### JO1

- All Above applies
- Participate in AAU diving events
- On missed practices notify your respective coach through email
- Should have a 3 meter list
- Entries
- Conventional hurdle
- Back press (with balance on their toes)
- Pointed toes in tuck and pike positions
- Flexibility will be stressed (athletes will be held accountable to maintain their flexibility)
- Correct kick outs on all dives in the tuck position
- Voluntaries will be done in the tuck position on all 1M and 3M
- Athletes will need basic twisters of 5221d and 5122d

### JO2

- All Above applies
- Should have a platform list
- Participate in AAU and USA Diving events
- Should raise designated goal for Dive a thon
- Correct kick outs on all 1.5's in the tuck positions on 1M and 3M

- Voluntaries in pike on both 1M and 3M
- Voluntaries on platform with 105c/b and 403/405
- Will need to have lead ups for all optionals on 3M

### JO3

- All Above applies
- On missed practices notify your respective coach through email
- Participate in AAU and USA Diving events
- Mandatory In house meets
- 100% effort and commitment
- Receptive to changes and corrections
- Should raise designated goal for Dive a thon
- Should have solid hurdle and back press
- Proper techniques on their kick out on 201c and 301c
- Good form and entries

### JO4

- Must participate in the Strength and Conditioning sessions
- Mandatory in house participation
- Receptive to changes and corrections
- 100% effort and commitment every day
- Expected to come to practice every day
- Should raise **the** designated goal for Dive a thon
- All pike optionals on 1M with 5233d and 5134d
- Needs to have learned to spot backs and reverses
- 2.5's in all directions on 3M
- Has obtained a full list on platform

### JO5

- Must be a USA Diving National Qualifier
- Must participate in S&C sessions
- Mandatory in House meets participation
- 100% Effort and commitment every day
- Receptive to changes and corrections
- Required to raise their designated goal for the Dive A Thon
- Must have 2 ½ in every direction on 3m
- Must know how to spot
- Good form with proper techniques on their dives
- Must have a list of 10m or should be lead ups for 10m