

GC DIVERS Skill Assessment (M – Mastered, C- Confident, S – Satisfactory, I – introduced, SP - Side of pool only)

LEVEL 1: Beginning

- ____ Front Jump Straight
- ____ Front Jump Tuck
- ____ Two Foot Hop Jump
- ____ Back Press
- ____ Back jump Straight
- ____ Front entry (knees or feet)

LEVEL 2: Beginning 2

- ____ All Skills level 1
- ____ Front Dive Straight
- ____ 1 or 3 Step Hurdle
- ____ Hop or Hurdle Front Dive
- ____ Hop or Hurdle Tuck Jump

LEVEL 3: Advanced Beginning

- ____ All Skills Level 1 and 2
- ____ Forward Dive Tuck
- ____ Back Line up with help
- ____ Back Line up
- ____ Standing Front Somersault

LEVEL 4: Advanced Beginning 2

- ____ All Skills Level 1 to 3
- ____ Hop or Hurdle Front dive Tuck
- ____ Back Jump Tuck
- ____ Back Dive with a Push
- ____ Back Dive ½ Twist
- ____ Approach and Hurdle

LEVEL 5: Intermediate (Pre-Team)

- ____ All Skills level 1-4
- ____ Front Jump Pike
- ____ Front dive Pike Standing
- ____ Hop or Hurdle Pike Dive
- ____ Hop or hurdle front Somersault
- ____ Standing Front Jump 3 Meter

LEVEL 6: Intermediate 2 (Pre-team)

- ____ All Skills Level 1 -5
- ____ 3 Meter entry dive Sitting
- ____ 3 Meter entry dive Standing
- ____ Back Dive Tuck
- ____ 3 Meter back line up with spot

LEVEL 7: Advanced Intermediate (Team eligible)

- ____ All Skills Level 1 -6
- ____ Front Somersault Pike
- ____ Front Somersault ½ twist
- ____ Back Somersault Tuck
- ____ 3 Meter Back Jump
- ____ 3 Meter Tuck Dive Standing

LEVEL 8: Adv Intermediate 2 (Team eligible)

- ____ All Skills level 1-7
- ____ 3 Meter Hop or Hurdle Tuck Dive
- ____ 3 Meter Pike Dive
- ____ 3 Meter Back Jump Tuck
- ____ 1 Meter Front 1 ½ SS Tuck

LEVEL 9: Advanced (Team eligible)

- ____ All Skills Levels 1-8
- ____ Back Jump Tuck arms up
- ____ Inward Dive Tuck
- ____ 3 Meter Inward Dive Tuck

Level 10: Advanced 2

- ____ All Skills Level 1-9
- ____ Front 1 ½ Pike
- ____ Back Entry 3 Meter
- ____ Back Somersault Straight
- ____ Back Somersault ½ Twist
- ____ Back Dive Pike
- ____ Front Somersault 1 twist

LEVEL 11: Advanced individual goal dives

- _____
- _____
- _____
- _____
- _____

These dives are the testing dives, multiple steps go into learning each skill. Divers who pass level 5 are eligible to try out for the GC DIVERS competition team.