

# Highboard & Springboard Diving



[www.britishswimming.org](http://www.britishswimming.org)



# Diving

The Amateur Swimming Association is the English National Governing Body for swimming, diving, water polo, open water swimming and synchronised swimming. It organises competition throughout England, establishes the laws of the sport and operates comprehensive certification and education programmes for teachers, coaches and officials as well as its renowned learn to swim awards scheme.

The ASA's mission is:

- To ensure that everyone has an opportunity to learn to swim
- To ensure everyone can achieve his or her personal goals
- To ensure everyone has the opportunity to enjoy swimming as part of a healthy lifestyle
- To ensure that we achieve gold medal success

Diving is one of the five aquatic disciplines governed by the ASA and is as exhilarating to spectate as it is to take part in. From watching performance athletes winning medals at the Olympics and World Championships to seeing children in action at your local diving pool - diving captivates audiences of all ages. Whether there are aspirations to be a champion or just to have fun, diving is a safe, healthy and exciting activity.

## ***Why Diving?***

Diving offers a touch of variety to the usual sports taught in schools and can help improve discipline, co-ordination, agility and confidence.

As long as the participant is water confident and above the age of 5 there are a number of diving clubs and lesson schemes that are available around the country offering basic beginner lessons right through to competitive instruction. Being part of a lesson or club encourages social interaction, developing new skills together and sharing common experiences.

### ***About Diving***

Gymnastics and Trampolining are very similar sports to diving and teachers can transfer many of the skills learnt in those sports into the pool. There are 4 main positions in diving, which are:

1



**Straight**

3



**Tuck**

2



**Pike**

4

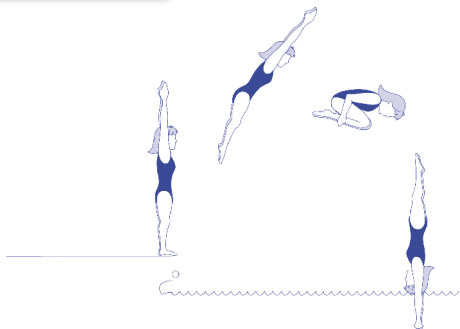


**Free  
for twisting dives**

And 6 different groups:

## Forward

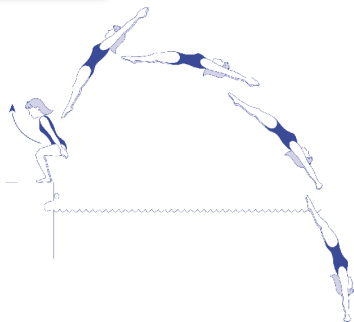
The diver faces forwards and rotates forwards.



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## Backward

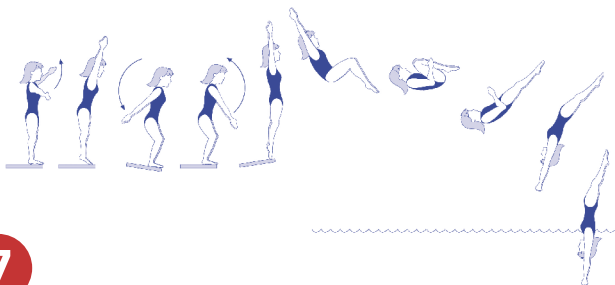
The diver faces backwards and rotates backwards.



6

## Reverse

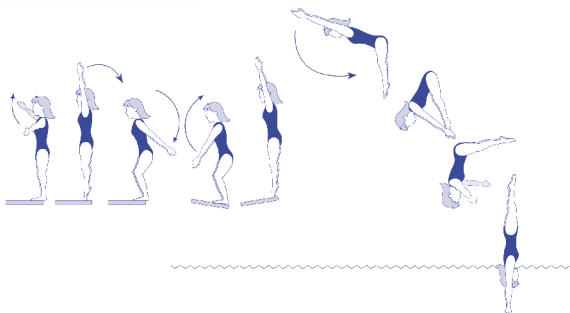
The diver faces forwards and rotates backwards.



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## Inward

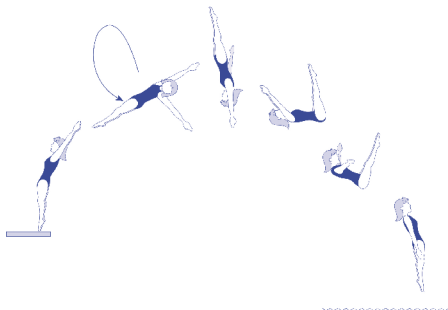
The diver faces backwards and rotates forwards.



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## Twisting

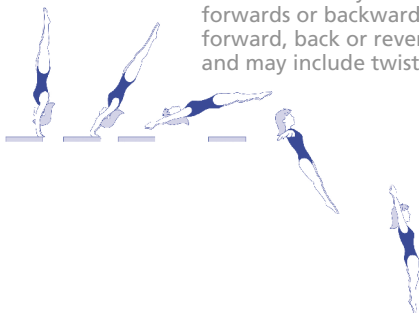
A twisting dive can be performed forwards, backwards, reverse or inwards, and involves a lateral twist.



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## Armstand

These dives are performed only from platforms and begin from a handstand. They can be performed forwards or backwards, with forward, back or reverse rotation, and may include twists.



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In recent years a new event has been added called synchronised diving and was performed for the first time in 2000 at the Sydney Olympics! Where diving in the past has been an individual sport, synchronised diving now requires two divers taking off together to perform dives in 'mirror image'. It is incredible to watch and even more fun to try.



### ***Kellogg's ASA Awards Scheme***

The Diving Award Scheme actively encourages participants to acquire skills progressively from poolside to the diving boards. Each award is comprised of a badge and certificate that rewards achievement and sets goals that children can work towards during lessons.



### ***Fascinating facts:***

- A diver taking off from the 10m platform hits the water at 30 mph and is in the air for less than 3 seconds.
- Britain's Leon Taylor invented the back 2 ½ somersaults, 2 ½ twists which is now used by many of the worlds top male divers.
- Diving is often thought of as a dangerous sport yet when practised in the correct environment it is safe as any other active sport.
- The fulcrum or 'wheel' on a springboard is adjusted to control the amount of spring the diver gets from the board.
- Divers can do multiple somersaults and twists at the same time.
- The most somersaults ever performed off the 10m platform is a forward 4 ½ in the tucked position.
- Rip – The word originates from the sound that is made when a diver enters the water without making a splash!
- During practice a bubble machine produces air bubbles in the water to decrease the surface tension of the water, cushioning impact for the diver when learning new skills.

### **TASS**

The Talented Athlete Scholarship Scheme (TASS) is a new Government initiative designed to help talented athletes who wish to progress with a formal academic programme but maintain an involvement in performance sport.

It is specifically aimed at talented, college aged athletes who are not on World Class Performance programmes, but who are performing well and achieving success at National Level. TASS athletes are awarded scholarships and bursaries to support areas such as coaching, sports medicine, sports science, strength training and conditioning and lifestyle management. TASS athletes will also be provided with access to good quality training facilities.

## **Recommended Reading**

All the books listed can be found at:

[www.swimming.org](http://www.swimming.org)

### **Diving Complete (G Rackham)**

This work was written to assist the growing number of diving enthusiasts. It contains sections on teaching progressions covering the introduction to diving and continuing on to basic dives from the springboard.

### **FINA Diving Officials Manual**

This manual provides guidelines for diving officials, administrators and organisers of international diving competitions. It is a highly technical book useful to anyone in the sport of diving.

### **So Dive In (Anne Green Jessel)**

This is a light hearted look at diving. It is a basic book aimed at persuading swimmers to consider taking up the sport. It's written in a very easy to read format with amusing graphics.

### **Springboard and Platform Diving (Ron O'Brien)**

This hard to put down educational book is designed for all levels of coaches and in particular the beginner to intermedial level coach. It also has more technical information than the previous version.

### **Training to Train Poolside Skills**

This CD Rom details approximately 200 skills which can be viewed at normal speed with commentary. Bullet coaching points appear alongside and skills can be viewed in slow motion or frame-by-frame.

### **Training to Train Dry Land Training**

This CD Rom demonstrates dry land skills which can be performed on a matted area, trampoline or on other associated dry land equipment. The purpose of this interactive resource is to provide guidance to coaches working at Elite Junior Diving Level (Training to Train and above) on a preferred and standardised approach skill development in the dry land environment.

### **Amateur Swimming Association**

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