

## Diving Syllabus

### **Instructor Contact Information:**

Dive Instructor: Zachary Nannfeldt

Program Coordinator: Taylor Biek

Phone: (269) 471-3257

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### **What to Bring:**

Swim attire

- For boys, jammers are recommended but swim trunks are also okay

Wet suits/swim shirts recommended but not required

### **Required Swimming Ability:**

- Tread water for 1 minute using arms and legs.
- Submerge and swim a distance of 12 feet underwater.
- Comfortably enter and exit the pool repeatedly.

### **Outline:**

Students interested in diving would have the opportunity to learn competition skills for one-meter diving. Progress of students would be monitored by the instructor. The ability to move on to more complicated and advanced skills will vary by student and ability to progress to more advanced skills must be determined by the instructor. Skills taught would include; board etiquette, hurdles, lead-ups, jumps, dives, and positions. This will be done with the goal of preparing students to have a 10 competition dive list with dives in all categories. Categories of dives will include; Fronts, Backs, Reverses, Inwards, and Twists. Positions may vary from tuck, straight, free, and pike positions.

Desired list of dives: (students who complete these dives will have the opportunity to learn more advanced skills)

- Fronts
  - 101c - front dive in the tuck position.
  - 102c - front somersault in the tuck position.
- Backs
  - 201a - back dive in the straight position.
  - 202c - back somersault in the tuck position.
- Reverses
  - 301c - Reverse dive in the tuck position.
- Inwards
  - 401c - Inward dive in the tuck position.
- Twist
  - 5121d - front one somersault with a half twist in the free position.

***NOTE: There is a risk of injury when diving.*** Safety is of the utmost importance. The instructor will ensure the safest environment possible for students.