

Diver's first name _____ Last name _____

Date _____ Age _____ AAU Membership number _____

Check the box for the dives you want to do. Pick 4.

Dive	Week 1		Week 2		Week 3		Week 4		Comments
	chk	Score	chk	Score	chk	Score	chk	Score	
Front Dive									
Back Dive									
Forward Flip									
Inward Dive									
Back-up dives:									
Line-Up									
Front Jump									
Back Jump									

Scoring guide 1 to 10 with 10 being humanly perfect:

3 = low, over 5 ft out, way short or over, heavy splash, legs apart, unneeded moves

5 = some height, a little out, close to vertical, ok splash, feet together, looks practiced

7 = 2 to 4 feet out, vertical, legs together, feet pointed, deep role after entry, looks confident

9 = 3 feet out, 3 ft up, tuck, pike or straight position, hardly any splash, great toe point, very conf.

Total Score

Awards for first time the diver scores 10 points, 15, 20, 25

Divers will be awarded every time they score over 30