

# California Diving Academy

## Team Requirements ~ FC1-8, JO1-3, and Elites

As The Academy (CDA) continues to grow and refine what it takes and means to attain and remain at each level, the main considerations are:

### CONSIDERATIONS/GUIDELINES:

- Upon completion of the TIO sessions ~ divers may be offered a spot on a team
- Non-TIO ~ must request try-out AND be invited to join a certain team
  1. Attend designated sessions and hours for that team
  2. Achieve mutually agreed and personally targeted **GOALS**
  3. Meet the minimum list of dives for that team
  4. Compete in **MEETS** (per team minimums below)
    - a. Local USA Diving, AAU, and if high school (League, Section, and State)
      - i. **FC1-2=2, FC3-4=3, FC5-6=4, FC7-8 and All JO's=5**
    - b. All JOs are required to compete in the following meets:
      - i. USA Diving Region, Zone, and Nationals meet
      - ii. AAU Summer National
      - iii. AAU RWB Qualifier and National ~ (National is optional for JO1)

**FC1-4, 2-SESSIONS/WEEK** ~ (**BEGINNER**) is defined by a student-athlete who is new to diving and/or for whom diving is a casual but advancement-oriented focus. DIVES (or equivalent) GAINED IN GROUP

1m ~ attain 20 of 40 skills and working on: 101, 102, 201, 202, 401

3m ~ attain 20 of 40 skills and working on: 101, 102, 201, 202, 401

5m ~ working on: 100, 200 and a successful 100 from each (7.5m and 10m)

**FC5-6, 5-SESSION/WEEK** ~ (**ADVANCED BEGINNER**) is defined by a student-athlete who has decided to become more serious about their diving; who is considering diving as a year-round activity and for whom diving is more than a casual focus.

DIVES (or equivalent) GAINED IN GROUP

1m ~ FC4 plus ~ working on 30 of 40 skills and: 103, 5021, 5221

3m ~ FC4 plus ~ working on 30 of 40 skills and: 101, 103, 401

5m ~ FC4 plus ~ working on: 20 of 40 skills

**FC7-8, 8-SESSIONS/WEEK** ~ (**INTERMEDIATE**) is defined by a student-athlete who dives year-round and for whom diving is a significant focus. An FC7-8 is, or plans to, dive in high school and potentially college. FC7-8's compete in local meets as FC7-8's and may be invited to regional qualifying meets to compete at the JO level. FC7-8's are encouraged to train and compete on 1m, 3m, and Platform.

DIVES (or equivalent) GAINED IN GROUP

1m ~ FC6 plus ~ working on 40 of 40 skills and: 104, 202, 301, 302, 402, 5121, 5221, 5321

3m ~ FC6 plus ~ working on: 201, 202, 301, 302, 402, 403, 5121, 5221, 5321

5m ~ FC6 plus ~ working on: 40 of 40 skills, 101, 103, 401

**MASTERS** ~ (**ALL**) there are no requirements other than be safe and have fun

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Team Requirements  
August 13<sup>th</sup>, 2018

**JO1, 10-SESSIONS/WEEK ~ (ADVANCED INTERMEDIATE)** is defined by a student-athlete who dives year-round and for whom diving is a priority. A JO1 is currently, or plans to, dive in high school and/or college. JO1's compete at the JO level on 1m, at FC-5+ on 3m, and encouraged to dive FC3+ on Platform.

DIVES (or equivalent) GAINED IN GROUP

1m FC8 plus ~ working on 105, 203, 204, 303, 304, 403, 404, 5122, 5132, 5231, 5331

3m FC8 plus ~ working on: 105, 203, 303, 404, 5132, 5231, 5331

Tower FC8 plus ~ working on: 105, 201, 203, 301, 302, 403, 5132, 5231, 612

**JO2, 12-SESSIONS/WEEK ~ (ADVANCED)** is defined by a student-athlete who dives year-round and for whom, other than school, diving is a primary focus. A JO2 is preparing to dive in college. Further, a JO2 competes at the JO level on a minimum of 1m and 3m. Platform at the JO level is encouraged but not required.

DIVES (or equivalent) GAINED IN GROUP

1m JO1 plus ~ transition from C to B position

3m JO1 plus ~ working on: 205, 305, 405, 5152, 5235, 5251, 5335, 5351, plus C to B transition

Tower JO1 plus ~ working on: 303, 5134, 5233, 614, 622, 6122, 6221 plus C to B transition

**JO3, 14-SESSIONS/WEEK ~ (SENIOR)** is defined by a student-athlete who dives year-round and for whom, other than school, is dedicated to their diving career. A JO3 plans to dive in college or beyond. Further, a JO3 competes at the JO level on a minimum of 1m, 3m, and is strongly encouraged to compete JO on Platform.

DIVES (or equivalent) GAINED IN GROUP

1m JO2 plus ~ add dives with DD of 3.0 or higher

3m JO2 plus ~ add dives with DD of 3.0 or higher

Tower JO2 plus ~ add dives with DD of 3.0 or higher

**ELITE ~ (CDA's HIGHEST LEVEL)** is a fully dedicated athlete that is home-schooled and commits a minimum of 6-hours/day to diving 5-6 days per week year-round. Beyond competing in local meets, an Elite diver is an Olympic hopeful, training specifically for national and international meets. In addition, an Elite diver competes on a minimum of 1m, 3m, and platform.

DIVES (or equivalent) GAINED IN GROUP

1m JO3 plus ~ add dives with DD of 3.5 or higher

3m JO3 plus ~ add dives with DD of 3.5 or higher

Tower JO3 plus ~ add dives with DD of 3.5 or higher

**Please note, if a diver cannot, or does not, meet the criterion outlined above for their current team consistently, they may be transferred to a lower team. Available team slots and invitations are not held or guaranteed.**