


CAL Diving Club ~ GROUP ASSIGNMENTS

LEVELS		Advancement Requirements ~ Coaches Invitation + the following skills/dives	
FC1-4	Your Diving Journey Begins ~ working on all skills and Voluntary (V) dives (101, 201, 301, 401)		
FC5-8	1m ~ All Skills, 3-dives, 2-1ss, 1-1.5ss, 1-Twisting Dive or SS		
	3m ~ All Skills, 2-dives, 3-1ss, 1-1.5ss		
JO1 ~ White	1m ~ 4-dives, 4-1ss, 2-1.5ss, 1-2ss, 2-Twisting Dives or SS		
	3m ~ 3-dives, 4-1ss, 2-1.5ss, 1-Twisting Dive or SS		
JO2 ~ Gold	1m ~ 4-dives, 4-1ss, 2-1.5ss, 2-2ss, 3-Twisting Dives or SS		
	3m ~ 4-dives, 4-1ss, 2-1.5ss, 1-2.5ss, 2-Twisting Dives or SS		
JO3 ~ Blue	1m ~ 4-1.5ss, 1-2.5ss, 4-2ss, 4-Twisting Dives or SS		
	3m ~ 4-1.5ss, 3-2.5ss, 4-Twisting Dives or SS		
HS ~ White	1m ~ Open to All HS divers (JV/V)		
HS ~ Gold	1m ~ Varsity Only, 11 dives minimum		
Masters White	1m/3m ~ Open to All		
Masters ~ Gold	1m/3m ~ Open to All		
If you are not sure which group you qualify for, or belong in, please go to https://calendly.com/admin-calendly , to schedule a call.			
TOWER LEVELS	Tower practice is NOT required but is per your level/schedule. Tower advancement will not be tied to 1m/3m Levels.		
FC1-4	Journey Begins ~ working on all skills and Voluntary (V) dives (101, 201, 301, 401)		
FC5-8	All Skills, 2-dives, 2-1ss, 1-1.5ss, 1-Twisting Dive, 2-Handstand dives (600, 611, 621, 631)		
JO1 ~ White	3-dives, 3-1ss, 2-1.5ss, 2-Twisting Dives or SS, 2-HS dives, 2-HS 1ss, 1-HS 1.5ss		
JO2 ~ Gold	3-dives, 3-1ss, 2-1.5ss, 1-2.5ss, 2-Twisting Dives or SS, 3-HS dives, 3-HS 1ss, 2 HS-1.5ss		
JO3 ~ Blue	4-1.5ss, 2-2.5ss, 4 Twisting Dives or SS, 4-HS dives, 4-HS 1ss, 4-HS 1.5ss, 2-HS 2ss, 1-HS 2.5ss, 1-HS 3ss		
NOTE:	A diver may be different "levels" on 1m, 3m, and tower at the same time. For example, a diver could be JO2 on 1m, FC5 on 3m, and FC1 on Tower. A diver should talk to a coach about how this might affect their practice schedule and financial commitment.		
	CAL Diving Club ~ Contact Information, Registration Links, and Additional Purchase Options		
	Phone: 510-859-3149 AdvancementPage@CALdiving.org http://caldiving.org	Registration Links	
		CAL Diving Club:	www.CALdiving.org/registration.html
		Amateur Athletic Union (AAU):	www.DiveAAU.org
		United States Diving (USAD):	www.USAdiving.org
		DiveMeets ~ for competition (FREE):	www.DiveMeets.com