

LEVELS	1m ~ Minimum Dives Required to Request Advancement	LEVELS	3m ~ Minimum Dives Required to Request Advancement
FC1-4	Your Diving Journey Begins ~ attain (min. 20 of 40) skills then add Voluntary (V) dives (101c, 201c, 301c, 401c)	FC1-4	Your Diving Journey Begins ~ attain (min. 20 of 40) skills then add Voluntary (V) dives (101c, 201c, 301c, 401c)
FC5-8	20+ Skills, 3 of 4 V-dives, 2-1ss, 1-1.5ss, 1-Twisting SS	FC5-8	20+ Skills, 2 of 4 V-dives, 2-1ss, 1-1.5ss, 1-Twisting SS
JO1	All 4 V-dives, 4-1ss, 2-1.5ss, 1-2ss, 2-Twisting SS	JO1	3 of 4 V-dives, 4-1ss, 2-1.5ss, 1-2ss, 2-Twisting SS
JO2	All 4 V-dives, 4-1ss, 2-1.5ss, 2-2ss, 3-Twisting SS	JO2	All 4 V-dives, 4-1ss, 3-1.5ss, 2-2ss, 1-2.5ss, 3-Twisting SS
JO3	All 4 V-dives, 4-1.5ss, 1-2.5ss, 3-2ss, 4-Twisting SS	JO3	All 4 V-dives, 4-1ss, 4-1.5ss, 3-2ss, 2-2.5ss, 4-Twisting SS
High School	Open to All (JV/V)	High School	Open to All (JV/V)
Masters	Open to All	Masters	Open to All
LEVELS	Tower ~ Minimum Dives Required to Request Advancement	If you are not sure which group you qualify for, or belong in, please schedule a call: <a href="http://www.caldiving.org/contact-us.html">http://www.caldiving.org/contact-us.html</a>	
FC1-4	Your Diving Journey Begins ~ attain (min. 20 of 40) skills then add Voluntary (V) dives (101c, 201c, 301c, 401c)		
FC5-8	20+ Skills, 2 of 4 V-dives, 1-1ss, 1-1.5ss, 1-Twisting SS	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. Each diver should talk to a coach about how this might affect their practice schedule.	
JO1	All 4 V-dives, 3-1ss, 2-1.5ss, 1-2ss/1-2.5ss, 2-Twisting SS		
JO2	All 4 V-dives, 4-1ss, 3-1.5ss, 2-2ss, 1-2.5ss, 3-Twisting SS		
JO3	All 4 V-dives, 4-1ss, 4-1.5ss, 3-2ss, 2-2.5ss, 4-Twisting SS		
High School	Open to All (JV/V)		
Masters	Open to All		
 Phone ~ 510-859-3149 Email ~ TeamPage@CALdiving.org		CAL Diving Club (CDC): <a href="http://www.CALdiving.org/registration.html">www.CALdiving.org/registration.html</a> Amateur Athletic Union (AAU): <a href="http://www.DiveAAU.org">www.DiveAAU.org</a> United States Diving (USAD): <a href="http://www.USAdiving.org">www.USAdiving.org</a> DiveMeets ~ for competition (FREE): <a href="http://www.DiveMeets.com">www.DiveMeets.com</a>	How to Sign-Up for Diving Competitions: 1) Register with AAU 2) Register with CDC 3) Register with USAD 4) Register with DiveMeets (FREE)