

Diver's Name:

## FUTURE CHAMPION SKILLS & DIVES ~ ACCOMPLISHMENT LIST

CDC	SKILL LEVEL	SKILLS/DIVES REQUIRED	SKILL/DIVE (# and name) THAT QUALIFIED FOR GRADUATION							COACH INITIAL
			1	2	3	4	5	6	7	
TIER - 1	Level-1	6 skills								
		Dive Name								
	Level-2	5skills+1dive								
		Dive Name								
	Level-3	4skills+2dives								
		Dive Name								
	Level-4	3skills+3dives								
		Dive Name								
TIER-2	Level-5	3skills+2v+2o								
		Dive Name								
	Level-6	2skills+3v+2o								
		Dive Name								
	Level-7	1skill+3v+3o								
		Dive Name								
	Level-8	4Vol's+3Opt's								
		Dive Name								

### SKILLS BANK: FUTURE CHAMPIONS LEVELS 1-8 ~ CODES, Voluntary's, Optionals, and REQUIREMENTS

DIVE NUMBER	POSITION	NAME	CODE	Level-1 ~ skills may be reused in a different/degree of twist
001	A,B - No Jump	Front Lineup	code=FL	Level-2 ~ dive MAY BE from different groups 101, 201, 301, 401, or 5x11
002	A,B - No Jump	Back Lineup	code=BL	Level-3 ~ dives REQ from different groups; 101, 201, 301, 401, or 5x11
100	A, B, C	Front Jump	code=FJ	Level-4 ~ dives REQ from different groups; 101, 201, 301, 401, or 5x11
200	A, B, C	Back Jump	code=BJ	Level-5 ~
5102, 5104, 5301	A, B, C	Front Jump w/Twist ~ code=FJ-TW		7 dives... "X" skills, "Y" voluntary dives, "Z" optional dives; different groups. Voluntary dives: 101, 201, 301, 401, or 5x11 – any position. Optional dives may be any standard Junior level competitive dive(s).
5201, 5203, 5205	A, B, C	Back Jump w/Twist ~ code=BJ-TW		
611, 6111, 621, 6211	A	Armstand	code=A	

## California Diving Academy

Club Phone:	510-859-3149	Club Fax:	646-368-8780
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Locations:	<a href="http://caldiving.org/locations.html">http://caldiving.org/locations.html</a>		

Print this form out and keep it with you at all practices. The coaches will sign-off skills as you accomplish each.

