

## California Diving Academy ~ 1-METER SKILLS PROGRESSIONS

Dive Summary	DECK & BOARD	Sign-off	DECK & BOARD	Sign-off	DECK & BOARD	Sign-off	DECK & BOARD	Sign-off
Approach/Hurdle/Press	Arm Circles		Back Press		1-Step Hurdle		4-Step Hurdle	
Dive Summary	JUMPS	Sign-off	LINE-UPS	Sign-off	JUMP TWIST	Sign-off	JUMP TWIST	Sign-off
Front/Reverse	100acb		001bca		5101d/5301d		5102d/5302d	
Back/Inward	200acb		002ac		5201d/5401d		5202d/5402d	

## California Diving Academy ~ 1-METER DIVE PROGRESSIONS

Dive Summary	FRONT 10x	Sign-off	BACK 20x	Sign-off	REVERSE 30x	Sign-off	INWARD 40x	Sign-off
Dive	101cba		201cba		301cba		401cba	
1ss	102cba		202cba		302cba		402cba	
1.5ss	103cb		203cb		303cb		403cb	
2ss	104cb		204cb		304cb		404cb	
2.5ss	105cb		205cb		305cb		405cb	
3ss	106cb		206c		306c		x	
3.5ss	107cb		207c		307c		x	
Direction Dive Summary	FRONT TWISTING 51xx	Sign-off	BACK TWISTING 52xx	Sign-off	REVERSE TWISTING 53xx	Sign-off	INWARD TWISTING 54xx	Sign-off
Twisting PREP ->	101a		201a		301a		401a	
	102ab		202a		302a		402ab	
Dive1/2tw	5111abc		5211abc		5311abc		5411abc	
Dive1tw	5112ab		5212a		5312a		5412abc	
1ss1/2tw	5121d		5221d		5321d		5421d	
1ss1tw	5122d		5222d		5322d		5422d	
1ss1.5tw	5123d		5223d		5323d		x	
1ss2tw	5124d		5224d		5324d		5424d	
1.5ss1/2tw	5131d		5231d		5331d		x	
1.5ss1tw	5132d		x		x		5432d	
1.5ss1.5tw	5133d		5233d		5333d		x	
1.5ss2tw	5134d		x		x		5434d	
1.5ss2.5tw	x		5235d		5335d		x	
2ss1/2tw	5141d		5241d		5341d		5441d	
2ss1tw	5142d		5242d		5342d		5442d	
2ss1.5tw	5143d		5243d		5343d		5443d	
2ss2tw	5144d		5244d		5344d		5444d	
2ss2.5tw	5145d		5245d		5345d		5445d	
2.5ss1/2tw	5151d		5251d		5351d		x	
2.5ss1tw	5152d		x		x		5452d	
2.5ss1.5tw	5153d		5253d		5353d		x	
2.5ss2tw	5154d		x		x		5454d	
2.5ss2.5tw	5155d		5255d		5355d		x	

### NOTES:

- 1) In order to earn a coaches signature, the diver must score at least 5 on each dive.
- 2) The DIVER is RESPONSIBLE for bringing this sheet to each session.

### THE 8 DIVING COMPONENTS:

**Approach, hurdle, press, take-off, height, distance, execution, entry**

### SCORING AWARD GRID:

- 9 - 10 ~ EXCEPTIONAL - no visible flaws in any of the 8 components
- 7.5 - 8.5 ~ EXCELLENT - minor flaws in 1-2 components with very good control of the dive and entry.
- 6 - 7 ~ GOOD - minor flaws in 3-4 of the 8 components with good overall control of the dive and entry.
- 4.5 - 5.5 ~ SATISFACTORY - flaws in 3-5 components with some control of the dive; entry over/under.
- 2.5 - 4 ~ DEFICIENT - significant flaws in 4+ components; no control of the dive; large over/under entry.
- 0.5 - 2 ~ UNSATISFACTORY - very significant flaws in 4+ components; no control of the dive; entry poor.
- 0.0 ~ FAILED or INCORRECT DIVE

## California Diving Academy ~ Diving Progression Chart ~ ALL 1-meter

website: [www.CALdiving.org](http://www.CALdiving.org) / Phone: 510-859-3149 / Email: [ProgressionChart@CALdiving.org](mailto:ProgressionChart@CALdiving.org)

## California Diving Academy ~ 3-METER SKILLS PROGRESSIONS

Dive Summary	DECK & BOARD	Sign-off	DECK & BOARD	Sign-off	DECK & BOARD	Sign-off	DECK & BOARD	Sign-off
Approach/Hurdle/Press	Arm Circles		Back Press		1-Step Hurdle		4-Step Hurdle	
Dive Summary	JUMPS	Sign-off	LINE-UPS	Sign-off	JUMP TWIST	Sign-off	JUMP TWIST	Sign-off
Front/Reverse	100acb		001bca		5101d/5301d		5102d/5302d	
Back/Inward	200acb		002ac		5201d/5401d		5202d/5402d	

## California Diving Academy ~ 3-METER DIVE PROGRESSIONS

Dive Summary	FRONT 10x	Sign-off	BACK 20x	Sign-off	REVERSE 30x	Sign-off	INWARD 40x	Sign-off
Dive	101cba		201cba		301cba		401cba	
1ss	102cba		202cba		302cba		402cba	
1.5ss	103cb		203cb		303cb		403cb	
2ss	104cb		204cb		304cb		404cb	
2.5ss	105cb		205cb		305cb		405cb	
3ss	106cb		206c		306c		x	
3.5ss	107cb		207c		307c		x	
Direction Dive Summary	FRONT TWISTING 51xx	Sign-off	BACK TWISTING 52xx	Sign-off	REVERSE TWISTING 53xx	Sign-off	INWARD TWISTING 54xx	Sign-off
Twisting PREP ->	101a		201a		301a		401a	
	102ab		202a		302a		402ab	
Dive1/2tw	5111abc		5211abc		5311abc		5411abc	
Dive1tw	5112ab		5212a		5312a		5412abc	
1ss1/2tw	5121d		5221d		5321d		5421d	
1ss1tw	5122d		5222d		5322d		5422d	
1ss1.5tw	5123d		5223d		5323d		x	
1ss2tw	5124d		5224d		5324d		5424d	
1.5ss1/2tw	5131d		5231d		5331d		x	
1.5ss1tw	5132d		x		x		5432d	
1.5ss1.5tw	5133d		5233d		5333d		x	
1.5ss2tw	5134d		x		x		5434d	
1.5ss2.5tw	x		5235d		5335d		x	
2ss1/2tw	5141d		5241d		5341d		5441d	
2ss1tw	5142d		5242d		5342d		5442d	
2ss1.5tw	5143d		5243d		5343d		5443d	
2ss2tw	5144d		5244d		5344d		5444d	
2ss2.5tw	5145d		5245d		5345d		5445d	
2.5ss1/2tw	5151d		5251d		5351d		x	
2.5ss1tw	5152d		x		x		5452d	
2.5ss1.5tw	5153d		5253d		5353d		x	
2.5ss2tw	5154d		x		x		5454d	
2.5ss2.5tw	5155d		5255d		5355d		x	

### NOTES:

- 1) In order to earn a coaches signature, the diver must score at least 5 on each dive.
- 2) The DIVER is RESPONSIBLE for bringing this sheet to each session.

### THE 8 DIVING COMPONENTS:

**Approach, hurdle, press, take-off, height, distance, execution, entry**

### SCORING AWARD GRID:

- 9 - 10 ~ EXCEPTIONAL - no visible flaws in any of the 8 components
- 7.5 - 8.5 ~ EXCELLENT - minor flaws in 1-2 components with very good control of the dive and entry.
- 6 - 7 ~ GOOD - minor flaws in 3-4 of the 8 components with good overall control of the dive and entry.
- 4.5 - 5.5 ~ SATISFACTORY - flaws in 3-5 components with some control of the dive; entry over/under.
- 2.5 - 4 ~ DEFICIENT - significant flaws in 4+ components; no control of the dive; large over/under entry.
- 0.5 - 2 ~ UNSATISFACTORY - very significant flaws in 4+ components; no control of the dive; entry poor.
- 0.0 ~ FAILED or INCORRECT DIVE

## California Diving Academy ~ Diving Progression Chart ~ ALL 3-meter

website: [www.CALdiving.org](http://www.CALdiving.org) / Phone: 510-859-3149 / Email: [ProgressionChart@CALdiving.org](mailto:ProgressionChart@CALdiving.org)