



ZAPDIVING
POSITIVELY CHARGED

ZAP Diving Sample Clinic Schedule

Day 1: Goal Setting and Safety

- 3:00-3:30 Introduction and Welcome
Safety and goals handout, explanation of rotating stations (trampoline, platform, boards, and mats in 4 designated groups)
- 3:30-4:00 Active stretching and exercises specific to sport of diving
- 4:00-5:00 Front and back approach, board work drills, hurdles, and focus on voluntary dives (forward and inward group)
- 5:00-5:45 Forward and inward optional dives using all stations (new dives)
- 5:45-6:00 Abs and legs

Day 2: Conditioning and Nutrition

- 3:00-3:30 Discussion, handout, video analysis, stretch, exercises, warm up
- 3:30-4:00 Focus on back and reverse dives (comeouts and spotting)
- 4:00-5:45 Back and reverse optional dives using all stations (new dives)
- 5:45-6:00 Abs and arms

Day 3: Overcoming Obstacles and Dealing with Fear

- 3:00-3:30 Discussion, handout, video analysis, stretch, exercises, warm up, "saves"
- 3:30-4:00 Forward and inward spinning-voluntary and optional dives
- 4:00-4:30 Back and reverse spinning- voluntary and optional dives
- 4:30-5:30 Forward and back twisting - voluntary and optional dives
- 5:30-6:00 Abs, mental relaxation, and visualization techniques

Day 4: Competitive Preparedness and Personal Strategies

- 3:00-3:30 Discussion, hand out, video analysis
- 3:30-4:00 Warm up for mini meet
- 4:00-5:00 ZAP Olympics
- 5:00-6:00 Special awards, pictures with new friends, and food and drink!