

# TOM DALEY DIVING ACADEMY AWARD LEVELS

Levels	Outcomes	
<b>Foundation</b> Our entry level for those that have never dived before aimed at teaching you the basics of diving from poolside.	1. Forward jump straight from poolside 2. Back jump straight from poolside 3. Forward jump tuck from poolside	4. Forward jump straight from 1m 5. Forward tuck roll from poolside 6. Forward pike fall from poolside
<b>Beginner</b> Building on what you have learned at foundation, beginner will teach you new skills with diving boards becoming more prominent at this level.	1. Back push and glide into back circle from poolside 2. Back jump tuck from poolside 3. Forward dive crouched from poolside 4. Back tuck roll from poolside	5. Forward pike fall from 1m 6. Forward jump tuck from 1m 7. Back pike roll from poolside 8. Back jump straight from 1m 9. Forward dive straight from poolside
<b>Improver</b> At this level you will progress to more difficult diving techniques on higher boards	1. Forward jump straight from 3m 2. Back dive crouched from poolside 3. Back fall straight from 1m 4. Forward pike wedge from poolside 5. Back pike sit from poolside 6. Forward jump pike from 1m 7. Arm swing forward jump straight from 1m	8. Forward dive tuck from poolside 9. Back dive straight from poolside 10. Forward pike fall from 3m 11. Arm swing back jump tuck from poolside 12. Arm swing back pike sit from poolside 13. Back tuck roll from 1m 14. Sitting forward tuck roll from 3m
<b>Advanced</b> Advanced pushes you to master some of the most challenging diving skills.	1. Inward pike wedge from poolside 2. Arm swing forward dive tuck from 1m 3. Arm swing back jump tuck from 3m 4. Board timing (bouncing forward jump straight from 1m) 5. Arm swing back jump pike from 1m 6. Armswing reverse pike sit from poolside	7. Inward dive tuck from 1m 8. Bouncing forward dive tuck from 1m 9. Armswing back dive tuck from 1m 10. Forward straight fall from 3m 11. Forward somersault tuck from poolside 12. Back fall straight from 3m
<b>Skills</b> Skills provide advanced divers time to hone their technique and master skills on the boards.	1. Arm swing reverse dive tuck from 1m 2. Inward dive tuck from 3m 3. Forward dive tuck from 3m	4. Arm swing forward dive pike from 1m 5. Inward dive pike from 1m 6. Forward somersault tuck from 1m 7. Back tuck roll from 3m