

HOW TO BE A TOP DIVER



Have you ever wondered what does it take to be a top diver? These suggestions from a National Diving Coach might give you something to think about:

What character do you need?

1. Talent
2. Dedication
3. Determination
4. Self belief - A 'can do' attitude is essential
5. Attitude - always striving to be the best
6. Passion
7. Commitment - turn up to every session, practice your conditioning at home

What are the key areas to work on every day?

1. Flexibility/strength
2. Take off work
3. Entry work
4. Correct skill progressions
5. Spend more time on weaknesses than on your strengths
6. Concentrate on correct technique (attention to detail)
7. Be patient, take time to break down skills into their component parts
8. If you don't like something, get to like it by doing lots!
9. Good poolside work really makes a difference - it's NOT a waste of time

Dare to be different:

1. Make every dive count!
2. Add variety to your diving, using poolside and other work stations
3. Divers should be self-sufficient and take responsibility for their training

HOW TO OVERCOME THE FEAR OF LEARNING NEW DIVES



It's important that you always remember that coaches will never ask you to perform a dive you are not ready to do.

Good poolside progressions lead to good board work. If you make that your starting point, it will help you to build confidence.

As well as trusting your coach, you also need to trust yourself! If you are being asked to perform a new dive, then it means all your earlier progressions are in place and are good enough to move on.

A new, more complicated dive is just several more simple dives added together and if you think of a new dive as a "process" of going through each of those easier skills one by one, it can make the new dive much less scary. Just make sure those simple skills and dives are learnt well - that makes it so much easier to make progress

Our advice - think of the dive as a process, A to B to C to D, not as a whole skill.

For example,

a back dive tucked is:

Armswing back jump tucked 1m
Armswing back pike sit poolside
Back tuck roll 1m/3m

.... all added together.

a back $1\frac{1}{2}$ is:

Back somersault tucked
Back tuck roll (or back dive tucked)

.... all added together.

Every skill, is made up of a number of different easier skills, so your new skills aren't really new, or difficult (just a bit scary!)