



LEVEL 1 Dryland & Water Skills

Evaluation:

Excellent - 4; Very Good - 3; Good - 2; Needs Work - 1; Not Tried (yet!) - 0

DRYLAND SKILLS	
Modeling Shapes and Positions	
Ready position	
"T" Shape	
"Y" Shape	
"I" Shape	
TYI Sequence	
Up/Down/Up Jumps	
Tuck Shape	
Open Pike Shape	
Hollow Shape	
Open Hip Shape	
Forward Entry Shape	
Backward Entry Shape	
Tuck/Kick/Look/Reach Sequence	
Tumbling	
Forward Roll Tuck	
Forward Roll Tuck to Open Pike	
Handstand Against Wall - 3 sec hold	
Backward Roll Tuck	

LEVEL 1	Skill	WATER SKILLS Description	Board Level		
			SoP	1M	3M
BRONZE	100A AU	Standing front jump straight - arms up			
	100C AU	Standing front jump tuck - arms up			
	200A AU	Back jump straight - arms up			
	001C	Front line up tuck - arms up			
	Front Glide	Front glide in pool off the wall			
	Front Glide Roll	Front glide in pool off the wall with forward roll			

SILVER	100A AS	Standing front jump straight - arm swing			
	100C AS	Standing front jump tuck - arm swing			
	200A AS	Back jump straight - arm swing			
	001B	forward entry pike - closed			
	Back Glide	Back glide in pool off the wall			
	Back Glide Roll	Back glide in pool off the wall with backward roll			

GOLD	200C AU	Back jump tuck - arms up			
	200C AS	Back jump tuck - arm swing			
	002A	Back entry straight - arms up			
	5101A	Front jump 1/2 twist straight			

NOTE: Diver should demonstrate each skill at a GOOD level or above TWO times in a row in order to move to the next level



LEVEL 2

Dryland & Water Skills

Evaluation:

Excellent - 4; Very Good - 3; Good - 2; Needs Work - 1; Not Tried (yet!) - 0

DRYLAND SKILLS	
Modeling	
Forward comeout sequence	
Back comeout sequence	
Front take off sequence	
Back take off sequence	
One Step Hurdle	
Forward entry sequence	
Back entry sequence	
Tumbling	
Handstand hold - stomach to wall - 5 sec	
Handstand hold - back to wall - 5 sec	
Forward roll tuck to pike out with comeout	
Backward roll tuck to candlestick	
Handstand forward roll	
Cartwheel	

LEVEL 1	Skill	WATER SKILLS Description	Board Level		
			SoP	1M	3M
BRONZE	2B 100A AU	Two bounce front jump straight - arms up			
	2B 100C AU	Two bounce front jump tuck - arms up			
	001A AU	Front entry straight - arms up			
	100B AU	Front jump pike - arms up			
	200B AU	Back jump pike - arms up			

SILVER	100B AS	Front jump pike - arm swing			
	200B AS	Back jump pike - arm swing			
	101A AU	Front dive straight - arms up			
	2B 100A AS	Two bounce front jump straight with arm swing			
	2B 100C AS	Two bounce front jump tuck with arm swing			
	2B 100B AS	Two bounce front jump pike with arm swing			

GOLD	101C AU	Standing front dive tuck - arms up			
	100A OSH	One Step Hurdle - front jump straight			
	002C	Back entry tuck - arms down			
	5201A	Back jump 1/2 twist straight			

NOTE: Diver should demonstrate each skill at a GOOD level or above TWO times in a row in order to move to the next level



LEVEL 3

Dryland & Water Skills

Evaluation:

Excellent - 4; Very Good - 3; Good - 2; Needs Work - 1; Not Tried (yet!) - 0

DRYLAND SKILLS	
Modeling	
Front take off and connection	
Back take off and connection	
Reverse take off and connection	
Inward take off and connection	
Front twisting	
Back twisting	
Full approach	
Dry Platform	
Back drop tuck	
Back drop pike	
Reverse drop tuck	
Reverse drop pike	
Front flip tuck to seat drop	
Back drop 1/2 twist	
Backward Roll Tuck	

LEVEL 1	WATER SKILLS		Board Level		
	Skill	Description	SoP	1M	3M
BRONZE	400A	Inward jump straight			
	400C	Inward jump tuck			
	401C sui	Inward sui - enter water in upside down "V" shape			
	2B 101C	Two bounce front dive tuck			
	300A	Reverse jump straight			

SILVER	201A AU	Back dive straight - arms up			
	401C AU	Inward dive tuck - arms up			
	102C AU	Front flip tuck - arms up			
	Full Hurdle	4 step front approach with hurdle			
	101B AU	Front dive pike - arms up			

GOLD	201A AD	Back dive straight - arms down			
	201C AU	Back dive tuck - arms up			
	2B 102C	Two bounce front flip tuck			
	401C AS	Inward dive tuck with armswing			
	301C teardrop	Reverse tear drop tuck			

NOTE: Diver should demonstrate each skill at a GOOD level or above TWO times in a row in order to move to the next level



LEVEL 4

Dryland & Water Skills

Evaluation:

Excellent - 4; Very Good - 3; Good - 2; Needs Work - 1; Not Tried (yet!) - 0

DRYLAND SKILLS	
Modeling	
101c/b - full model	
201c/b - full model	
301c/b - full model	
401c/b - full model	
5122d - full model	
5221d - full model	
103c/b - full model	
Dry Platform	
Front flip tuck	
back flip tuck	
reverse flip tuck	
inward flip tuck	

LEVEL 1	Skill	WATER SKILLS Description	Board Level		
			SoP	1M	3M
BRONZE	201C	Back dive tuck			
	103C	Front 1 1/2 tuck			
	401B	Inward dive pike			
	102A	Front flip straight			

SILVER	301C	Reverse dive tuck			
	202C	Back flip tuck			
	5122D	Front flip full twist			
	402C	Inward flip tuck			

GOLD	202A	Back flip straight			
	5221D	Back flip 1/2 twist			
	302C	Reverse flip tuck			
	201B	Back dive pike			
	301B	Reverse dive pike			
	103B	Front 1 1/2 pike			

NOTE: Diver should demonstrate each skill at a GOOD level or above TWO times in a row in order to move to the next level



LEVEL 5

Dryland & Water Skills

Evaluation:

Excellent - 4; Very Good - 3; Good - 2; Needs Work - 1; Not Tried (yet!) - 0

DRYLAND SKILLS	
Modeling	
105c/b - full model	
203c/b - full model	
303c/b - full model	
403c/b - full model	
5132d - full model	
5231d - full model	
Dry Platform	
front flip pike	
back flip pike	
front press handstand	
back press handstand	

LEVEL 1	Skill	WATER SKILLS Description	Board Level		
			SoP	1M	3M
BRONZE	104C	front double tuck			
	403C	inward 1 1/2 tuck			
	5231D	Back 1 1/2, 1/2 twist			
	5223D	back flip, 1 1/2 twist			

SILVER	203C	back 1 1/2 tuck			
	303C	reverse 1 1/2 tuck			
	5132D	front 1 1/2, 1 twist			
	105C	fron 2 1/2 tuck			

GOLD	105B	front 2 1/2 pike			
	203B	back 1 1/2 pike			
	303B	reverse 1 1/2 pike			
	403B	inward 1 1/2 pike			
	5134D	front 1 1/2, 2 twist			
	5233D	back 1 1/2, 1 1/2 twist			

NOTE: Diver should demonstrate each skill at a GOOD level or above TWO times in a row in order to move to the next level