



Osprey ZAP Diving



## YOUR HIGH SCHOOL PACE

Four decades of diving experience - over 30 State Champions, Runners Up & All Americans

To be among the best in anything requires hard work, dedication, commitment, vision, and goals. We are here to help you achieve your goals! We are here to guide you in your championship pace! If you commit & dedicate & **follow the process/program as it is laid out**, you will prevail.

This general guide is for a Freshman-walk on diver. It contains some helpful tips. ;) As you gain experience and dives, your pace will quicken and we can always adjust higher....eg win States immediately ;)

Remember that lots of high school divers start their diving before 9th grade and come in already ready to challenge the reigning best in their conference, regional & State meets. Some divers catch up in their first year. Some progress slower, but progress you will. To maintain your competitive ranking, year-round training is necessary. "Someone out there is working harder than you!" Good luck & PEBS to all.

Freshman	Sophomore	Junior	Senior
Goal - Make States cut Learn 11 good dives	Make State cuts - Finish higher-increase list	Finish Top 10 at States (College \$)	WIN STATES (College \$)
NEED 11 DIVES TO COMPETE IN STATES	INCREASE DEGREE OF DIFFICULTY	CONTINUALLY INCREASE DD	CONTINUALLY INCREASE DD
Two dives from the five groups & a 3rd from one group	THREE SOLID DIVES FROM EACH GROUP	TRAINING DEVELOPS CONSISTENCY	BEST 11 DIVES
FORWARD - 101, 103, 104, 105	SAME - PIKE LIST	SAME & 2 1/2 LIST FOR THE BEST	TWEAK, PERFECT & PERFORM
BACK - 201, 202, 203, 204	SAME - PIKE LIST	WORK ON MENTAL TOUGHNESS	MAKE ALL PRACTICES
REVERSE - 301, 302, 303C, 304	SAME - PIKE LIST	ALMOST EVERY DIVE IS A LEAD UP	ENJOY THE RIDE MAKE NEW FRIENDS
INWARD- 401, 402, 403	SAME - PIKE LIST	WORK TO PREVENT BAD HABITS	POT & PEBS
TWISTING- 5111A, 5121, 5122, 5211A, 5221, 5223, 5311, 5321	INCREASE # OF TWISTS 5231, 5225, 5331	BE WILLING TO TRY NEW TECHNIQUE - NEW DVES	STAY HUMBLE RESPECT ALL OPPONENTS
Learn how to PRACTICE-POT	PRACTICE CONSISTENTLY	COMMUNICATE OPENLY with COACH	PRACTICE 3 C'S AT ALL TIMES
Learn how to COMPETE-PEBS	TO DIVE CONSISTENTLY	DAILY, WEEKLY, MONTHLY	"LOOK FOR THE PONEY"

Courtesy of: [WWW.OSPREYZAPDIVING.COM](http://WWW.OSPREYZAPDIVING.COM)



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