

Rookie/Novice Dives & Skills.

	1 meter	3 meter
<b>Kinley (3)</b>	<b>001b</b> forward lineup pike <b>002a</b> back II up straight <b>101c</b> forward dive tuck	<b>001b</b> forward lineup pike <b>100a</b> forward jump straight <b>101c</b> forward dive tuck
<b>Eliana (3)</b>	100a forward jump straight 001b forward lineup pike 002a back lineup straight	100a forward jump straight 001b forward lineup pike 101c forward dive pike
<b>Leah (5)</b>	100a forward jump straight 200a back jump straight 001b forward lineup pike 101c forward dive tuck 5302 front jump full twist	100a forward jump straight 200a back jump straight 001b forward lineup pike 101c forward dive tuck 5302 front jump full twist
<b>Taelynn (5)</b>	100a forward jump straight 200a back jump straight 001b forward lineup pike 002a back lineup straight 101c forward dive tuck	100a forward jump straight 200a back jump straight 001b forward lineup pike 001a forward lineup straight 101c forward dive tuck
<b>Jackie (4)</b>	101c forward dive tuck 201c back dive tuck 401c inward dive tuck 103c forward 1 1/2 ss tuck	101c forward dive tuck 201c back dive tuck 401c inward dive tuck 103c forward 1 1/2 ss tuck

	1 meter	3 meter
<b>Grace (4)</b>	101c forward dive tuck 401c inward dive tuck 5211a back dive 1/2 twist straight 102c forward 1 ss tuck	100a forward jump straight 001b forward lineup pike 200a back jump straight 101c forward dive tuck
<b>Danika (6)</b>	101c forward dive tuck 201a back dive straight 401c inward dive tuck 102b forward 1 ss pike 5122d forward 1ss1 twist free 103c forward 1 1/2 ss tuck	001a forward lineup straight 002a back lineup straight 100a forward jump straight 101c forward dive tuck 401c inward dive tuck 103c forward 1 1/2 ss tuck

ss = somersault

Positions

A = straight

B = pike

C = tuck

D = free/combination of positions

Ospreyzapdiving.com