

DIVING AUSTRALIA

FOUNDATION, TALENT, ELITE AND MASTERY PATHWAY

FTEM
Stages

Non-Elite
(Foundation Movement)

Pre-Elite
(Potential to be Elite)

Elite
(Senior International)

F 1

F 2

F 3

T 1

T 2

T 3

T 4

E 1

E 2

M 1

Phase &
Detail

Basic Movement
Foundations

Extension &
Refinement of
Movement
Foundations

Sport-specific
Commitment
and / or
Competition

Demonstration
of Potential

Talent
Verification

Practising &
Achieving

Breakthrough &
Reward

Senior National
Representation

Podium Success

Sustained
Success at E2



Learning the fundamentals of diving such as jumping, body shapes, tumbling, somersaults on land and trampoline and in the water OR via Gymnastics Pathway, Kindergym, Gymfun, Gymskills PLUS non gym/diving specific activities.



Participating in organised classes such as Learn to Dive with a qualified coach in a local club or school aquatics program AND / OR unorganised activities such as diving in your backyard pool or local pool OR if in Gymnastics Levels 1 – 3 of each gym sport and Gym for All.



Committing to regular training and competition within a local diving club 2 – 3 days per week. Participation in interclub competitions, and State and National Age Championships OR if in Gymnastics – State and National stream Levels 4 - 10



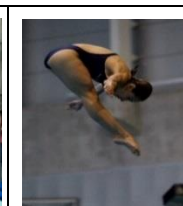
Talent 'spotted' by a HP coach (Talent Selection) OR invited to try out for a National Elite Pathway Program (NEPP) (DA NEPP testing, State NEPP testing & talent transfer) – 5 sessions per week (13 – 16 hours), 4 week trial OR via attendance at AIS Talent Transfer OR via GA SPIN TO WIN Program



Confirmed as a potential talent after attending a National NEPP Camp, or completion of a 6 month trial (with a 3 month review) within a DA or State NEPP program – 6 days training per week.



Committed to daily training & competition & completion of a 12 - 18 month program within a DA or State NEPP – 6 days per week. Competing at State & National Elite Junior Championships –either in NEPP or Junior Competitions OR achieve DA Performance Standards for SIS / SAS entry



Given a Network SIS/SAS diving scholarship. Winning medals at National Elite Junior Championships. Selected to Australian teams for a World Junior Championship event or non-benchmark events.



An Australian Senior representative at the Olympics or World Championship or World Cup event. A member of the National Squad AND DA HP Performance Standards HPP C / D.



A medal winner (Gold, Silver or Bronze) at the Olympics or World Championship or World Cup event AND DA HP Performance Standards HPP B / A.



A multiple Olympic or World Championship or World Cup medallist over multiple cycles AND DA HP Performance Standards HPP A.

LEARN TO TRAIN

TRAIN TO COMPETE

LEARN TO WIN

YOU are



DIVING AUSTRALIA ATHLETE PATHWAY



FTEM Pathway Phase

T 1	Talent Demonstration of potential Ages 10 – 12 +/-
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Description of phase:

T1 represents the beginning of the HP pathway. Athletes enter this stage from the foundation stages on the basis of having demonstrated HP potential talent generally, in a club environment. Athletes may also enter this pathway by being invited to try out for a National or State National Elite Pathway Program (NEPP) (DA NEPP Testing, State NEPP Testing and Talent Transfer from sports such as Gymnastics, through the Gymnastics Australia SPIN TO WIN program.

Training Age:	0 – 2 years in the sport
Key Focus:	To develop fundamental diving skills
Key Delivery:	DA NEPP Program – operating in Brisbane, Adelaide, Perth SSO NEPP Program – operating in Sydney, Melbourne

Participation:

- Training 5 sessions per week – 13 - 16 hours per week
- Length of the program - 4 week trial program
- Training mode – 60% dryland, 30% water and 10% Strength and Conditioning

Number of Competitions: Nil competitions

Recommended Coach Certification:

- DA Level 2 Coach

Overview:

T1 emphasises basic skill development with the focus on learning how to train. During this stage athletes learn use of personal training equipment (shammy, drink bottle, dryland kit), the use of dryland equipment, consistent posture and stance, dryland conditioning and skill exercises (e.g. come-out drills), stretching, warm-up and cool down drills, safe practice and pool discipline in training sessions. In addition, the athletes and parents are provided with hydration and nutrition information.

Desired Characteristics:

Flexibility, strength, balance, toe point, power, height, distance, ability to make changes, courage, control

TID Testing Protocols:

Body Composition	Flexibility	Strength	
Height	Legs	Pike ups	Sitting pike holds
Weight	Shoulders	Push ups	Chin ups
Arm Span	Ankle Squat	Vertical Jump	Sit ups
Body Posture	Sitting pointed toe	Long Jump	Back Extension
Body Alignment		Tuck Jumps	

Specific Diving Skills – Mats

Forward rolls
Backward rolls
Cartwheels
Continuous straight jumps
Continuous tuck jumps
Armstands

Specific Diving Skills – Other

Trampoline bouncing
Dryboard to crash mat
Imitation diving takeoffs

Imitation diving takeoffs

Physical Conditioning Emphasis:

- Develop strength and coordination
- Speed, agility and balance
- Body, spatial and air awareness
- Flexibility
- A good acrobatic base from either gymnastics or trampoline

Psychological Emphasis:

- Fun and enjoyment
- Learning to maintain focus
- Adjustment to good training practices
- Self-awareness and respect for others
- Positive parental support is essential

High Performance Drivers:

- Quality Coaching – DA Level 2 minimum, experienced in NEPP programs
- Daily Training Environment (DTE) – exclusive high performance water and dryland time, fully equipped dryland area – trampoline, dryboards, harnesses, landing pit, appropriate mats, wall bars, wall mirrors, etc
- SSSM – Hydration and Nutrition education

Skill Chart – Dryland

Ground	Trampoline	Dryboard
100 A, B, C	100 A, B, C	Continuous low bounces with armswing
200 A, B, C	200 A	100 A, C, B – with armswing
Forward rolls	Kill Bounce	200 A, B, C
Backward rolls	Seat Drop	Double bounce A, B, C
Come-out drills	Back drop	Triple bounce A, B, C
Headstands	110A	
Entry drills	201 C, B (to backdrop)	
Arm swing back jump	Continuous low bounces with armswing	
Handstand back to wall		
Handstand face to wall		
Handstand walking		
Jumps, bounds, cartwheels etc		
Leg lifts		
Push ups		
Pike ups		
Chin ups		

Skills Achievement Chart – Pool

Side of Pool	1m Tower	1m Springboard	3m Springboard	3m Tower	5m Tower	7.5m Tower	10m Tower
100 A,C, B 200 A, C,B	100 A, B, C 200 A, B, C	100 A, C, B Forward entry, A, B - hands grabbed 200 A, C, B	Forward entry, A, B – hands grabbed 100 A, B, C 200 A, B, C	100 A, B 200 A, B Forward entry, hands grabbed	100 A, B, C 200 A, B, C		

FTEM Pathway Phase

T 2	Talent Talent Verification Ages 10 – 12 +/-
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Description of phase

In the T2 phase, athletes are continually assessed and monitored through the NEPP Program to determine their HP Potential. This phase for DA usually lasts for 6 months, with a 3 month review. During T2, athletes are observed within the training environment with emphasis on skill acquisition, commitment, motivation, 'coachability' and other positive psychology and self-management. This phase is crucial to confirm whether initial impressions of potential can be sustained.

Training Age: 0 – 2 years in the sport

Key Focus: To develop fundamental and basic dive skills

Key Delivery: DA NEPP Program – operating in Brisbane, Adelaide, Perth
SSO NEPP Program – operating in Sydney, Melbourne

Participation:

- Training 6 days / 10 sessions per week – 26 hours per week
- Length of the program – 6 month trial program, with a 3 month review
- Training mode – 60% dryland, 30% water and 10% Strength and Conditioning

Number of Competitions: Nil competitions

Recommended Coach Certification:

- DA Level 2 Coach

Overview:

T2 continues to emphasise basic skill development with the focus on learning more dryland drills and basic dives. During this stage athletes start to expand their repertoire of diving skill to include somersaulting in dryland and in the pool. The divers will also be challenged in a psychological sense in that some of the new skills taught could potentially be fearful for the divers (eg somersaulting backwards into the water, dives from 5m or 7.5m).

Desired Characteristics:

Flexibility, strength, balance, toe point, power, height, distance, good attitude, good attendance, ability to make changes, courage.

Physical Conditioning Emphasis:

- Develop sport specific strength and coordination
- Develop core strength and good posture / body control
- Speed, agility and balance
- Body, spatial and air awareness
- Flexibility

Psychological Emphasis:

- Fun and engaging diving activities
- Positive thinking
- Learning to maintain focus
- Continued adjustment to good training practices
- Confidence building and sense of achievement

- Reaction to fear
- Positive parental support is essential

High Performance Drivers:

- Quality Coaching – DA Level 2 minimum, experienced in NEPP programs
- Daily Training Environment (DTE) – exclusive high performance water and dryland time, fully equipped dryland area – trampoline, dryboards, harnesses, landing pit, appropriate mats, wall bars, wall mirrors, etc
- SSSM – Body weight Strength and Conditioning

Skill Chart – Dryland

Ground	Trampoline	Dryboard
102 (assisted)	Front drop C, B	Triple bounce A, B, C
101 C, B drill	102 C, B	Continuous bouncing A, B, C
200 B	202 C, b	Hurdle jump A, B, C
201 C, B drill	301 C, B (to backdrop)	200 A, C, B
Back C, B comeouts		201 C, B (to backdrop)
301C, B drill	Rig – 101C, B	
401 C, B drill	Rig - 201C, B	301 C, B (to backdrop)
Front jumps A, B, C from box to mat	Rig – 301C, B	
Back Jumps A, C from box to mat	Rig – 401C, B	102 B, C
Hurdle imitation – box and mat		202C
	Continuous bouncing A, B, C	
	200 A, B, C	
	Hurdle jump A, C	

Skills Achievement Chart – Pool

Side of Pool	1m Tower	1m Springboard	3m Springboard	3m Tower	5m Tower	7.5m Tower	10m Tower
201 C drop 201 A, B	100 A, B, C 200 A, B, C	Triple bounce 100 A, B, C Triple bounce 101 C, B 101C, B 201 A, B, C 102 C, B 202 C	Triple bounce 100 A, B, C Triple bounce 101 C, B 200 A, B, C	Entries, hands grabbed, sitting entries C, B 200 A, B, C 201A entry	100 A,B, C 200 A, B, C Entries, hands grabbed Sitting entries, C, B	100 A	

FTEM Pathway Phase

T 3	Talent Practising & Achieving Ages 10 – 13 +/-
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Description of phase

In the T3 phase, athletes are continually assessed and monitored through the NEPP Program to ensure ongoing progression and effective skill acquisition. During T3, emphasis remains on basic fundamentals, however mastery of dives of increased complexity is critical. Motivation, “coachability” and self-management also remain as very important qualities. The T3 phase adds in competitive skills at state and national level. This phase usually lasts 18 months - 2 years.

Training Age: 6 months - 3 years in the sport
Key Focus: Basic skills with increased complexity of dive skills.
Key Delivery: DA NEPP Program – operating in Brisbane, Adelaide, Perth
SSO NEPP Program – operating in Sydney, Melbourne

Participation:

- Training 6 days / 10 sessions per week – 26 hours per week
- Length of the program – 18 months – 2 years
- Training mode – 50% dryland, 40% water and 10% Strength and Conditioning

Number of Competitions: 4 – 5 / year; State Interclub, State NEPP, State Elite Junior – Group C; National NEPP, National Elite Junior, Group C

Recommended Coach Certification:

- DA Level 2 Coach

Overview:

T3 continues to emphasise basic skill development and adds in more skill progressions with dives of increased complexity, including multiple somersaults, basic twisting dives and dives off 5m, 7.5m and 10 m. The divers will be further challenged in a psychological sense with regards to fear and overcoming difficulties when learning new dives. In addition, there is an increased emphasis on learning competition skills and strategies, competition routines associated with mental preparation and toughness to excel in competitions.

At the completion of the T3 phase, athletes should achieve DA High Performance standards for entry into a DA High Performance program, operated by the State Institute of Sport / State Academy of Sport (SIS / SAS) system.

Desired Characteristics:

Flexibility, strength, power, ability to make changes, speed of skill acquisition, courage, maintaining focus, positive thinking, setting and completing goals, making decisions.

Physical Conditioning Emphasis:

- Develop sport specific strength and coordination
- Develop core strength and good posture / body control
- Speed, agility and balance
- Body, spatial and air awareness

DA High Performance Standards:**HP Program Degree of Difficulty (DD) selection standards (Dives without limit)**Group C (13 years and under)*Men*

3 metre 7.0 (3 dives)

Platform 7.3 (3 dives)

Women

3 metre 7.0 (3 dives)

Platform 7.3 (3 dives)

DA HP Diving Program selection scoresGroup C (13 years and under)*Men*

3 metre 290 (8 dives)

Platform 260 (7 dives)

Women

3 metre 290 (8 dives)

Platform 260 (7 dives)

Psychological Emphasis:

- Positive thinking
- Maintaining focus
- Confidence building and sense of achievement
- Competition Preparation Strategies
- Positive parental support is essential

High Performance Drivers:

- Quality Coaching – DA Level 2 minimum, experienced in NEPP programs
- Daily Training Environment (DTE) – exclusive high performance water and dryland time, fully equipped dryland area – trampoline, dryboards, harnesses, landing pit, appropriate mats, wall bars, wall mirrors, etc
- SSSM – Body weight Strength and Conditioning, nutrition, strength and skills testing, physical screenings.

Skill Chart – Dryland

Ground	Trampoline	Dryboard
102 C, B	203 C – to back	202 B
202 C, B	302 C, B	203 C – to back
Inward Jump	303 C – to back	302 C, B
Reverse Jump	402 C, B	402 C, B
	202 A	202 A
	5122 to seat or back	5122 to seat or back
	5221 to seat or back	5221 to seat or back
	Rig – 104 C, B	Rig – 104 C, B

Skills Achievement Chart – Pool

Side of Pool	1m Tower	1m Springboard	3m Springboard	3m Tower	5m Tower	7.5m Tower	10m Tower
	102 C, B	103 C, B	103 C, B	101 C, B	101 C, B	Entries	Entries
	401 C, B	202 B, 203 C	105C	401 C, B	103 C, B	101 C, B	
	202 C	301 C, B	201 C, B		201 C, B	401 C, B	
	402 C	302 C, B	203 C		203 C	103 C, B	
		303 C	301 C, B		301 C, B		
		401 C, B	303 C		401 C, B		
		402C, B	401 C, B		403 C		
		403C	403C		5231 D		
		5132 D	5132 D		5132 D		
		5231 D	5231 D		612 B		

FTEM Pathway Phase

T 4	Talent Breakthrough & Reward Ages 13 – 18 +/-
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Description of phase

In the T4 phase, athletes are now in the DA High Performance Program system through the SIS / SAS Diving Programs. These athletes are capable of winning medals at National Elite Junior Competitions in C, B, or A groups and are capable of being selected to a World Junior Championship event, Youth Olympics or a non-benchmark junior event. During the T4 stage, athletes will be required to clearly demonstrate their capacity to continue to progress to Elite status and their potential to win medals at senior international level.

Training Age: 2 years - 8 years in the sport

Key Focus: Internationally competitive lists on all boards and successful participation in national and international competitions

Key Delivery: DA High Performance Programs, operating in Brisbane, Sydney, Melbourne, Adelaide, Perth.

Participation:

- Training 6 days / 10 sessions per week – 26 hours per week
- Length of the program – 4 – 5 years
- Training mode – 40% dryland, 40% water and 20% Strength and Conditioning

Number of Competitions: 6 – 8/ year; State Elite Juniors, Groups C, B, A; State Open Championships, National Elite Juniors, Groups C, B, A; Junior World Championships, International Junior Events; Open Nationals, Australian Domestic Grand Prix, Australian Olympic Youth Festival, Youth Olympics

Recommended Coach Certification:

- DA Level 2 or Level 3 Coach

Overview:

During the T4 stage, athletes will be required to clearly demonstrate their capacity to progress to Elite status and their longer term potential to win medals at senior international level. These athletes will be fully integrated in the SIS / SAS system, with access to most or all of the support services, including but not limited to strength and conditioning, psychology, video analysis, physical and medical screenings, massage and recovery.

Athletes in the T4 stage will be expected to develop internationally competitive dive lists on all boards, to conduct themselves as athletes with high standards of personal excellence. In addition athletes will be required to cope with regular travel for competitions, and demonstrate their commitment to all aspects of their set training program.

Athletes in the T4 stage with the most potential may be fast tracked in their development with the aim to achieve Elite status prior to turning 18 years of age, should they demonstrate the physical, emotional and mental capacity to cope with and succeed at open international competition.

Desired Characteristics:

Personal Excellence, Flexibility, strength, power, ability to make changes, acquisition of complex dives, courage, maintaining focus, positive thinking, setting and completing goals, making decisions, effective competition strategies.

DA High Performance Standards:

HP Program Degree of Difficulty (DD) selection standards (Dives without limit)

19 years

Men (6 dives)

3 metre 18.0

Platform 18.0

Women (5 dives)

3 metre 14.0

Platform 14.8

Group A (16-18 years)

Men (5 dives)

3 metre 14.7

Platform 15.0

Women (5 dives)

3 metre 13.9

Platform 14.1

Group B (14-15 years)

Men

3 metre 13.1 (5 dives)

Platform 10.2 (4 dives)

Women

3 metre 13.1 (5 dives)

Platform 10.2 (4 dives)

Group C (13 years and under)

Men

3 metre 7.0 (3 dives)

Platform 7.3 (3 dives)

Women

3 metre 7.0 (3 dives)

Platform 7.3 (3 dives)

DA HP Diving Program selection scores

19 years

Men

3 metre 395 (6 dives)

Platform 400 (6 dives)

Women

3 metre 270 (5 dives)

Platform 285 (5 dives)

Group A (16-18 years)

Men

3 metre 470 (10 dives)

Platform 400 (9 dives)

Women

3 metre 450 (10 dives)

Platform 400 (9 dives)

Group B (14-15 years)

Men

3 metre 390 (10 dives)

Platform 330 (8 dives)

Women

3 metre 390 (10 dives)

Platform 330 (8 dives)

Group C (13 years and under)

Men

3 metre 290 (8 dives)

Platform 260 (7 dives)

Women

3 metre 290 (8 dives)

Platform 260 (7 dives)

The Coach, in consultation with the DA National Technical Manager may at their discretion nominate divers who have not yet met the published DD standards or scores but in their opinion has the potential to do so.

Physical Conditioning Emphasis:

- Develop and maintain sport specific strength and coordination
- Develop and maintain core strength and good posture / body control
- Speed, agility and balance
- Injury prevention
- Body, spatial and air awareness
- Flexibility

Psychological Emphasis:

- Positive thinking
- Maintaining focus
- Competition Preparation and Competition Participation Strategies
- Positive parental support is essential

High Performance Drivers:

- Quality Coaching – DA Level 2 minimum, experienced in high performance programs
- Daily Training Environment (DTE) – exclusive high performance water and dryland time, fully equipped dryland area – trampoline, dryboards, harnesses, landing pit, appropriate mats, wall bars, wall mirrors, etc
- SSSM – Strength and Conditioning, psychology, medical and physiotherapy screenings, recovery and massage, video analysis, strength testing, nutrition, hydration.

Skill Chart – Dryland

Ground	Trampoline	Dryboard
All groups of single somersaults in C & B position 612B, 621 C & A position 1 metre platform: Groups 1 – 4 of double somersaults C & B position 623 C & B, 6212 B 5223D	Front and back groups of multiple somersaults in C & B Twists – 1 ½, 2, 2 ½, 3	Groups 1 – 5 of single and multiple somersaults in C & B Twists – 1 ½, 2, 2 ½, 3

Skills Achievement Chart – Pool

Side of Pool	1m Tower	1m Springboard	3m Springboard	3m Tower	5m Tower	7.5m Tower	10m Tower
	202 C, B 302 C, B	105 C, B 107 C 203 B 303 C, B 305 C 403 B 405 C 5134 D 5233 D 5333 D 5335 D	105B 107 C, B 203 B 205 C, B 303 B 305 C, B 403 B 405 C, B 5134 D 5233 D 5235 D 5333 D 5335 D 5337 D 5152 B 5154 B	103 C, B 105 C 203 C 204 C 403 C 404 C 202 A	105 C, B 203 B 205 C 303 C 304 C 403 B 405 C 5233 D 5225 D 624 C 622 A	201 C, B 301 C, B 105 B 107 C 205 C 305 C 405 C 5233 D 614 B	101 B 107 C 107 B 201 C, B 205 B 301 C, B 305 C, B 403 B 405 B 407 C 5235 D 5152 B 5154 B 5253 B 614 B 6241 D 6241 B 626 C

FTEM Pathway Phase

E 1	Elite Senior National Representation Ages 14+
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Description of phase

In the E1 phase, athletes are in the DA High Performance Program system through the SIS / SAS Diving Programs and usually in a DA Podium Pillar program. These athletes are achieving National Squad status, and are selected to National teams for major benchmark events such as Olympic Games, World Championships or World Cup. During the E1 stage, athletes will be required to clearly demonstrate their capacity to progress to E2 standard. Athletes may still be competing as a junior, as well as representing Australia at Open international level.

Training Age: 5+ years in the sport

Key Focus: Internationally competitive lists on all boards and successful participation in international competitions, with the capacity to make the final in major benchmark events.

Key Delivery: DA Podium Pillar Programs, operating in Brisbane, Sydney and Adelaide.

Participation:

- Training 6 days / 10 sessions per week – 26 hours per week
- Length of the program – 5+ years
- Training mode – 40% dryland, 40% water and 20% Strength and Conditioning

Number of Competitions: 8 - 12/ year; State Elite Juniors, Groups B, A; State Open Championships, National Elite Juniors, Groups B, A; Junior World Championships, International Junior Events; Open Nationals, Australian Domestic Grand Prix, International Grand Prix events, Commonwealth Games, International World Series Events, World Championships or World Cup or Olympic Games.

Recommended Coach Certification:

- DA Level 2 or Level 3 Coach

Overview:

During the E1 stage, athletes will be required to clearly demonstrate their capacity to progress to making the final at major benchmark events and their longer term potential to win medals at senior international level. These athletes will be fully integrated in the SIS / SAS system, primarily through the DA Podium Pillars programs, with priority access to all of the support services, including but not limited to strength and conditioning, psychology, video analysis, physical and medical screenings, medical services, physiotherapy, massage and recovery.

Athletes in the E1 stage will have developed internationally competitive dive lists on all boards, to conduct themselves as athletes with high standards of personal excellence. In addition athletes will be required to cope with regular international travel for competitions, and demonstrate their commitment to all aspects of their set training program.

Injury management and prevention is critical at this stage, and the athletes will be required to demonstrate a commitment to undertaking all Pre-habilitation and rehabilitation as directed.

Athletes in the E1 stage will have additional challenges with managing both study or work and training, as many of these athletes will be either in final years of high school or enrolled at University.

Desired Characteristics:

Personal Excellence, Flexibility, strength, power, ability to make changes, acquisition of complex dives, courage, maintaining focus, positive thinking, setting and completing goals, making decisions, time management skills, effective competition strategies.

DA National Squad and HPP Standards:

EVENT	DD	HPP A	HPP B	HPP C	DD	HPP D
Men's 1 Metre	16.3	448	417	386	16.3	346
Men's 3 Metre	19.0	526	493	447	18.1	403
Men's 10 Metre	19.2	541	486	433	18.0	394
Women's 1 Metre	12.2	306	278	253	12.2	239
Women's 3 Metre	15.0	369	340	301	14.8	280
Women's 10 Metre	15.4	376	345	308	15.0	296

Physical Conditioning Emphasis:

- Maintain sport specific strength and coordination, increase power
- Maintain core strength and good posture / body control
- Speed, agility and balance
- Injury prevention
- Body, spatial and air awareness
- Flexibility

Psychological Emphasis:

- Positive thinking
- Maintaining focus
- Competition Preparation and Competition Participation Strategies
- Personal Excellence

High Performance Drivers:

- Quality Coaching – DA Level 2 minimum, experienced in high performance programs, and coaching in a DA Podium Pillar Program.
- Daily Training Environment (DTE) – exclusive high performance water and dryland time, fully equipped dryland area – trampoline, dryboards, harnesses, landing pit, appropriate mats, wall bars, wall mirrors, etc
- SSSM – Strength and Conditioning, psychology, medical and physiotherapy screenings, recovery and massage, video analysis, strength testing, nutrition, hydration.

Skill Chart – Dryland

Ground	Trampoline	Dryboard
All groups of single somersaults in C & B position 612B, 621 C & A position 1 metre platform: Groups 1 – 4 of double somersaults C & B position 623 C & B, 6212 B 5223D	Front and back groups of multiple somersaults in C & B Twists – 1 ½, 2, 2 ½, 3	Groups 1 – 5 of single and multiple somersaults in C & B Twists – 1 ½, 2, 2 ½, 3

Skills Achievement Chart – Pool

Side of Pool	1m Tower	1m Springboard	3m Springboard	3m Tower	5m Tower	7.5m Tower	10m Tower
		105 B	107 C, B	105 C	105 B	107 C	107 B
		107 C, B	109 C	203 C, B	107 C, B	206 C	109 C, B
		203 B	205 B	204 C, B	203 B	306 C	205 B
		205 C	207 C	403 C	205 C	407 C	207 C, B
		303 B	305 B	404 C	206 C		305 C, B
		305 C, B	307 C		304 C		307 C
		403 B	405 B		306 C		405 B
		405 C, B	5335 D		403 B		407 C
		5335 D	5337 D		405 C		407 B
		5152 B	5152 B		407 C		409 C
		5337 D	5154 B		5233 D		5154 B
			5156 B		5235D		5156 B
			5253 B		624 C, B		6243 D
			5353 B		622 A		6245 D
					634 C		626 C, B
							636 C
		A minimum list of dives that meets National Squad HPP "C" standard	A minimum list of dives that meets National Squad HPP "C" standard		All groups (1 – 6) with simple and lead up dives.	A bridge for junior divers to work towards senior lists of dives	A minimum list of dives that meets National Squad HPP "C" standard
		Ability to learn higher degree of difficulty dives	Ability to learn higher degree of difficulty dives		Ability to learn higher DD dives		Ability to learn higher degree of difficulty dives

FTEM Pathway Phase

E 2	Elite Podium Success Ages 16+
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Description of phase

In the E2 phase, athletes are in the DA High Performance Program system through the SIS / SAS Diving Programs and usually in a DA Podium Pillar program. These athletes are at Tier 1 or Tier 2 National Squad status, and are selected to National teams for major benchmark events such as Olympic Games, World Championships or World Cup. During the E2 stage, athletes are consistently winning medals at the major benchmark events, either in individual or synchronised diving events. Athletes may still be competing as a junior, as well as representing Australia at Open international level, however in most cases these athletes will be competing at Open level (18+ years), particularly for the males.

Training Age: 5+ years in the sport

Key Focus: Internationally competitive lists on all boards and successful participation in international competitions, with the aim of winning medals at major benchmark events.

Key Delivery: DA Podium Pillar Programs, operating in Brisbane, Sydney and Adelaide.

Participation:

- Training 6 days / 10 sessions per week – 26 hours per week
- Length of the program – 5+ years
- Training mode – 40% dryland, 40% water and 20% Strength and Conditioning

Number of Competitions: 6 - 12/ year; State Open Championships, Open Nationals, Australian Domestic Grand Prix, International Grand Prix events, Commonwealth Games, International World Series Events, World Championships or World Cup or Olympic Games.

Recommended Coach Certification:

- DA Level 2 or Level 3 Coach

Overview:

During the E2 stage, athletes will be required to train at a level that prepares them for peak performances and winning medals at major benchmark events. These athletes will be fully integrated in the SIS / SAS system, primarily through the DA Podium Pillars programs, with priority access to all of the support services, including but not limited to strength and conditioning, psychology, video analysis, physical and medical screenings, medical services, physiotherapy, massage and recovery.

Athletes in the E2 stage will have internationally competitive dive lists on all boards with high degree of difficulty, they will conduct themselves as athletes with high standards of personal excellence. In addition athletes will be required to cope with regular international travel for competitions, and demonstrate their commitment to all aspects of their set training program.

Athletes in the E2 stage may in fact have less international competitions. With their coaches and DA High Performance management, attendance at international competitions will be more strategically managed, to maximise opportunities for success and to minimise the risks of injury.

Desired Characteristics:

Personal Excellence, Flexibility, strength, power, ability to make changes, acquisition of complex dives, courage, maintaining focus, positive thinking, setting and completing goals, making decisions, time management skills, effective competition strategies.

DA National Squad and HPP Standards:

EVENT	DD	HPP A	HPP B	HPP C	DD	HPP D
Men's 1 Metre	16.3	448	417	386	16.3	346
Men's 3 Metre	19.0	526	493	447	18.1	403
Men's 10 Metre	19.2	541	486	433	18.0	394
Women's 1 Metre	12.2	306	278	253	12.2	239
Women's 3 Metre	15.0	369	340	309	14.8	280
Women's 10 Metre	15.4	376	345	308	15.0	296

Physical Conditioning Emphasis:

- Maintain sport specific strength and coordination, further increase power
- Maintain core strength and good posture / body control
- Speed, agility and balance
- Injury prevention
- Body, spatial and air awareness
- Flexibility

Psychological Emphasis:

- Positive thinking
- Competition Preparation and Competition Participation Strategies
- Personal Excellence

High Performance Drivers:

- Quality Coaching – DA Level 2 minimum, experienced in high performance programs, and coaching in a DA Podium Pillar Program.
- Daily Training Environment (DTE) – exclusive high performance water and dryland time, fully equipped dryland area – trampoline, dryboards, harnesses, landing pit, appropriate mats, wall bars, wall mirrors, etc
- SSSM – Strength and Conditioning, psychology, medical and physiotherapy screenings, recovery and massage, video analysis, strength testing, nutrition, hydration.

Skill Chart – Dryland

Ground	Trampoline	Dryboard
All groups of single somersaults in C & B position 612B, 621 C & A position 1 metre platform: Groups 1 – 4 of double somersaults C & B position 623 C & B, 6212 B 5223D	Front and back groups of multiple somersaults in C & B Twists – 1 ½, 2, 2 ½, 3	Groups 1 – 5 of single and multiple somersaults in C & B Twists – 1 ½, 2, 2 ½, 3

Skills Achievement Chart – Pool

Side of Pool	1m Tower	1m Springboard	3m Springboard	3m Tower	5m Tower	7.5m Tower	10m Tower
		105 B	107 C, B	105 C	105 B	107 C	107 B
		107 C, B	109 C	203 C, B	107 C, B	206 C	109 C, B
		203 B	205 B	204 C, B	203 B	306 C	205 B
		205 C	207 C	403 C	205 C	407 C	207 C, B
		303 B	305 B	404 C	206 C		305 C, B
		305 C, B	307 C		304 C		307 C
		403 B	405 B		306 C		405 B
		405 C, B	5335 D		403 B		407 C
		5335 D	5337 D		405 C		407 B
		5152 B	5152 B		407 C		409 C
		5337 D	5154 B		5233 D		5154 B
			5156 B		5235D		5156 B
			5253 B		624 C, B		6243 D
			5353 B		622 A		6245 D
					634 C		626 C, B
							636 C
		A minimum list of dives that meets National Squad HPP "C" standard	A minimum list of dives that meets National Squad HPP "C" standard		All groups (1 – 6) with simple and lead up dives.		A minimum list of dives that meets National Squad HPP "C" standard