

**Upstate New York Diving
Advancement Schedule
Updated 9-13-2017**

Advancement is based on many criteria. This is only the skills list. Other areas of development will also be considered: Attendance, strength, and commitment. Certain Dives with higher Degree of Difficulty may be used as substitutes with the Program Director's approval.

1 LTD Training and Advancement Structure

All Skills must be performed at LEAST A 5 from Program Director for Completion and Advancement to the Sparks Group

1M	Description
100C	Full 4 Step Forward Approach to front jump Tuck
200C	Back jump with full back press Tuck
001B	Forward Line up Pike
5101D	Front Jump 1/2 Twist
5201D	Back Jump 1/2 Twist
3M	
100C	Full 4 Step Forward Approach to front jump Tuck
200C	Back jump with full back press Tuck
001B	Forward Line up Pike (standing)
5101D	Front Jump 1/2 Twist
5201D	Back Jump 1/2 Twist

2 Sparks Training and Advancement Structure

All Skills must be performed at LEAST A 5 from the Program Director for Completion and Advancement to the Fire Group

1M	Description
101 C	Forward Dive Tuck or Pike
201 C	Back Dive Tuck or Pike
301 C	Reverse Dive Tuck or Pike
401 C	Inward Dive Tuck or Pike
202 C	Back 1 SS Tuck
5221 D	Back 1 SS, 1/2 TW Free
3M	
101 C or B	Forward Dive Tuck or Pike
201 C or B	Back Dive Tuck or Pike
301 C or B	Reverse Dive Tuck or Pike
401 C or B	Inward Dive Tuck or Pike
202 C	Back 1 SS Tuck
5221 D	Back 1 SS, 1/2 TW Free
PL	May be performed from Bulkhead or any level PL
100C	Front Jump Tuck
200C	Back Jump Tuck
300C	Reverse Jump Tuck
400C	Inward Jump Tuck
611A	Armstand Fall-in
621A	Armstand Back Fall-in

3 Fire Training and Advancement Structure

All Skills must be performed at LEAST A 5 from the Program Director for Completion and Advancement to the Blaze Group

1M

103 B	Forward 1 1/2 Somersault Pike
202 C	Back 1 Somersault Tuck
302 C	Reverse 1 Somersault Tuck
402 C	Inward 1 Somersault Tuck
5122D	Forward 1 Somersault 1 Twist
5221D	Back 1 Somersault 1/2 Twist

3M

103 B	Forward 1 1/2 Somersault Pike
202 C	Back 1 Somersault Tuck
302 C	Reverse 1 Somersault Tuck
402 C	Inward 1 Somersault Tuck
5132D	Forward 1 1/2 Somersault 1 Twist
5231D	Back 1 1/2 Somersault 1/2 Twist

PL

May be performed from Bulkhead or any level PL

101 C	Forward Dive Tuck
201 C	Back Dive Tuck
301 C	Reverse Dive Tuck
401 C	Inward Dive Tuck
600 A	Armstand Dive Straight

4 Blaze Training and Advancement Structure

All Skills must be performed at LEAST A 5 from the Program Director for Completion and Advancement to the Elite Group

1M

104 C	Forward 2 Somersault Tuck
203 C	Back 1 1/2 Somersault Tuck
303 C	Reverse 1 1/2 Somersault Tuck
403 C	Inward 1 1/2 Somersault Tuck
5132D	Forward 1 1/2 Somersault 1 Twist Free
5223D	Back 1 Somersault 1 1/2 Twist Free

3M

105 C	Forward 2 1/2 Somersault Tuck
203 C	Back 1 1/2 Somersault Tuck
303 C	Reverse 1 1/2 Somersault Tuck
403 C	Inward 1 1/2 Somersault Tuck
5132D	Forward 1 1/2 Somersault 1 Twist Free
5231D	Back 1 1/2 Somersault 1 1/2 Twist Free

PL

May be performed from Bulkhead or any level PL

102 C	Forward Somersault Tuck
202 C	Back Somersault Tuck
302 C	Reverse Somersault Tuck
402 C	Inward Somersault Tuck
612 B	Armstand Somersault Pike Straight

5 Elite Training and Advancement Structure

All Skills must be performed at LEAST A 5 from the Program Director for Completion and Advancement to the Immortal Group

1M

107 C	Forward 3 1/2 Somersaults Tuck
205 C	Back 2 1/2 Somersaults Tuck
305 C	Reverse 2 1/2 Somersaults Tuck
405 C	Inward 2 1/2 Somersaults Tuck
5152B	Forward 2 1/2 Somersaults 1 Twist Pike
5335B	Reverse 1 1/2 Somersaults 2 1/2 Twists Free

3M

109 C	Forward 4 1/2 Somersaults Tuck
207 C	Back 3 1/2 Somersaults Tuck
307 C	Reverse 3 1/2 Somersaults Tuck
407 C	Inward 3 1/2 Somersaults Tuck
5156B	Forward 2 1/2 Somersaults 3 Twists Pike
5355B	Reverse 2 1/2 Somersaults 2 1/2 Twist Pike

10M PL

109 C	Forward 4 1/2 Somersaults Tuck
207 C	Back 3 1/2 Somersaults Pike
307 C	Reverse 3 1/2 Somersaults Tuck
409 C	Inward 4 1/2 Somersaults Tuck
6245D	Armstand Back 2 Somersaults 2 1/2 Twists Free
5255B	Back 2 1/2 Somersaults 2 1/2 Twists Pike