

A stylized graphic on the left side of the slide depicts a person with their arms raised in a 'V' shape, symbolizing achievement or safety. The figure is composed of dark blue and teal shapes against a lighter blue background.

# JDA Essential Skills

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Win Early, Develop Safely



105C  
Front 2 1/2 tuck

Win Early, Develop Safely

# Tool Kit

- Tuck body Position
- Straight body arms at side Position
- Open Pike Position
- Front entry position
- 2 bounce front jump tuck
- 2 bounce front dive tuck w/pike out and straight line come out
- Sitting front entry w/ pike out or straight line come out
- 2 bounce front 1 ½ tuck with pike out
- 2 bounce front double (spot first somersault)
- Swim
- Save



# Straight body arms at side

- Starting position
- Engaged core
- Relaxed shoulders
- Eyes forward

# Straight body arms overhead

- Vertical straight
- Show this position before the apex of a springboard hurdle.
- Engaged core
- All take offs are more effective from this position



USA  JESSICA PARRATTO/DELANEY SCHNELL



ROUND 4

DIFFICULTY 3.2

Win Early, Develop Safety

TUCK POSITION

## Tuck Position

- Accelerate somersault
- Grab between ankle and knee
- Pull feet out and towards hips, towards center of mass
- Look over knees
- Split???



# Open Pike

- Control position (adjust)
- Pike as far as you can without bending knees
- Look over toes
- Fingers straight (palm form)
- Palms down
- Arms in front of legs and relaxed
- Flatten spine



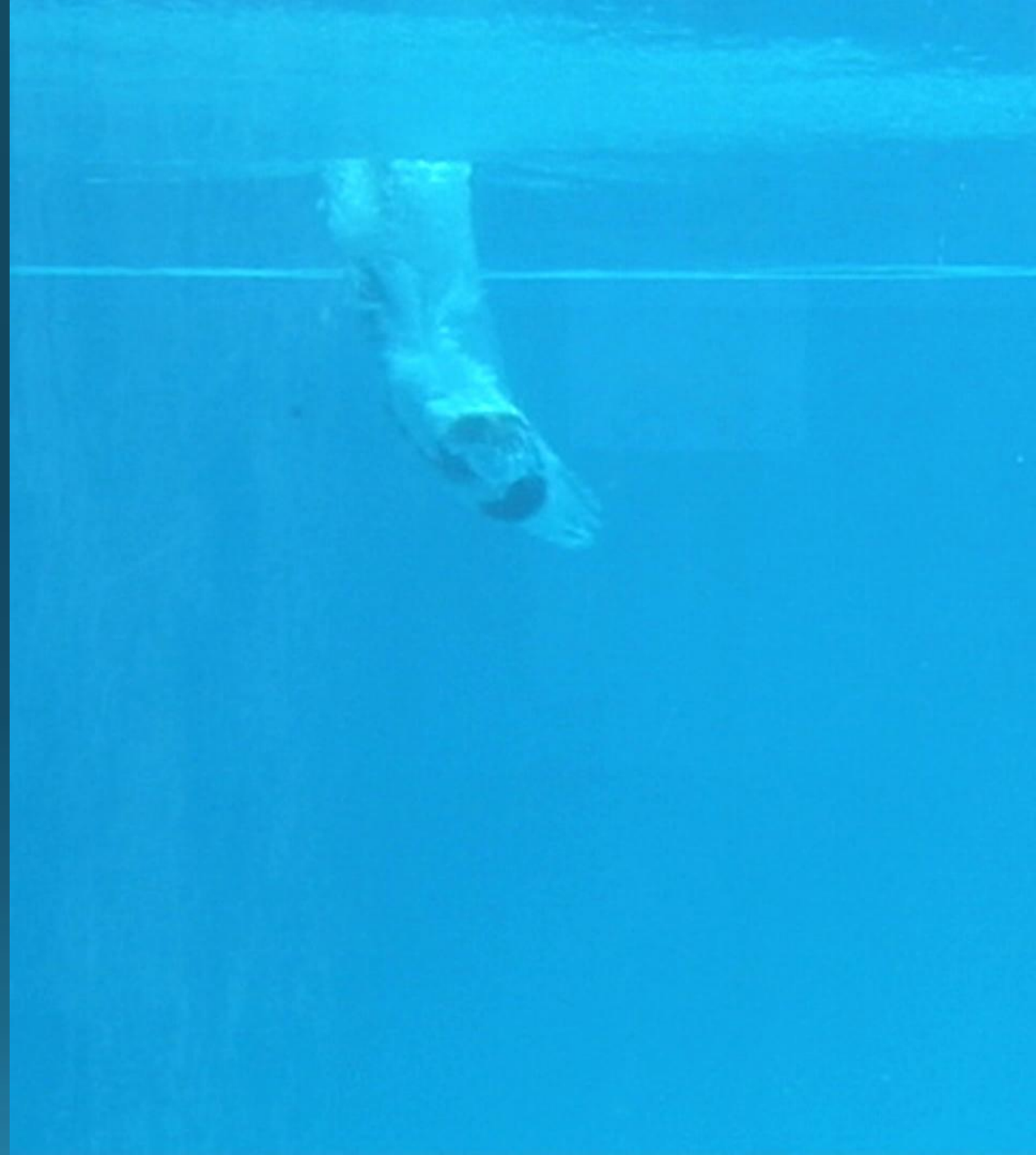
# 100/200 Entry Shape

- Flat hand
- Locked out elbows
- Shoulders
- “hollow” body
- Tight knee and toes
- Rigid body
- Working from the short side



# 100/400 swim

- Fast swim to “T” position as knee enters water
- Head and body must stay still during the swim.
- Knee and toes stay tight
- Body must stay rigid during the swim



# 100/400 Save

- AFTER the swim!!
- When learning , save late on purpose
- Release the hip and pull it down with force
- Head must lag behind
- Pay attention to vertical while saving
- Judges judge from the knee to the toe as vertical
- Straddle pancake when momentum stops
- Come up for air in the same hole you went in.  
The entry is not finished until you are breathing.





Back to the basics  
**Pierre de Coubertin**

# Sport, Culture, Education

# Olympism

The Olympic Charter states:

“Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles.

“By definition: “Olympism is not a system; it is a state of mind: the most diverse educational forms may be penetrated by it, and no one race, or epoch can claim an exclusive monopoly of it”

(Pierre De Coubertin, 1918:55).