

A stylized graphic on the left side of the slide depicts a person with large, flowing wings, rendered in shades of blue against a dark blue background. The figure is positioned on the left, with the wings extending towards the center.

JDA Essential Skills

Drew and Jenny Johansen

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

A female athlete with dark hair tied back, wearing a yellow and black swimsuit, stands in profile facing left. Her arms are straight and held at her sides, and her gaze is directed forward. The background is a blurred outdoor setting, likely a pool deck.

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 Safely

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



Springboard Front Inward Take Off

Begins after the dive reaches apex of the forward or back ward approach

Ends at deepest depression of the
springboard

100/400

- “Arm swing” is the wrong word.
- Move arms to position while bending the board!!
 - First Contact
 - Deepest Depression
 - Last Contact
- It’s a coordinated movement with your legs and the bend of the diving board.
- If you aint cheating your aint trying

83.3°











Front and Inward

- Most efficient positions to start from is straight body arms overhead
- As diver descends from the approach, shoulder should release, and hands should descend at same rate .
- Coordinate pushing the board with arms moving overhead and hips underneath at deepest depression
- Throw
 - Rotate arms
 - Rotate body
 - Rotate eyes

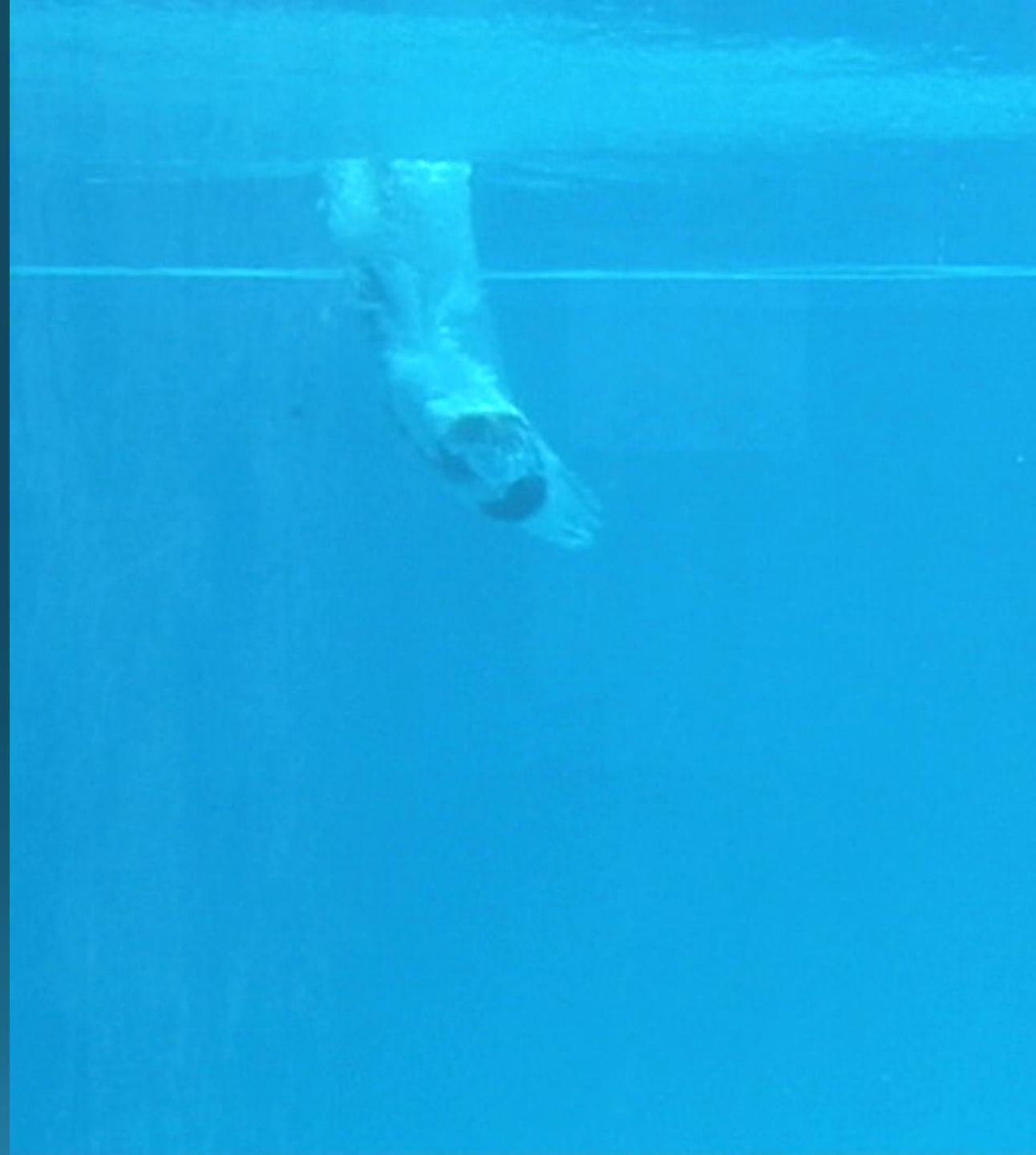
100/200 Entry Shape

- 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).