

SITTING DIVE



- Sit on edge of pool
- Feet rest on rail or trough
- Arms point forwards and downwards
- Head between arms
- Bend forwards raise hips
- Overbalance into water

KNEELING DIVE



- One knee close to edge of pool
- Toes of front foot grip edge of pool
- Toes of rear foot grip pool floor
- Kneeling leg alongside of front foot
- Arms stretched above head
- Body rolls forward

CROUCH DIVE



- Tows grip the edge
- Lift hips
- Head in
- Arms stretched beyond head pointing forwards
- Hands clasped

LUNGE DIVE



- Toes of front foot grip edge
- Lift back leg
- Arms stretched beyond head pointing forwards
- Fall into the water
- Stretch to entry

PLUNGE DIVE



- Both feet, body width apart
- Toes grip edge of pool
- Knees bent, back curved,
- Eyes look to entry point