

This booklet has been produced to give Edinburgh Leisure customers and Edinburgh Diving Club members a clearer understanding of the structure of the diving squads, the competitive levels in diving and the distinction between Edinburgh Leisure and Edinburgh Diving Club.

Diving Structure in Edinburgh

The diving training scheme in Edinburgh is run by Edinburgh Leisure (EL) – this includes all the lessons, TID and squad training sessions. Coaches are employed by EL and customers pay a monthly training fee by direct debit to cover the cost of running the facility, running the sessions and employing the coaches. Divers progress from the lessons to the squads programme when the coaches decide they are ready to start competing. TID is part of the squads programme.

Edinburgh Leisure has close links to Edinburgh Diving Club (EDC), which is responsible for the competitive side of diving and anything related, including social and fundraising activities and supplying club kit. The club is non-profit organisation and is run by an elected committee. The committee consists mostly of parents, coaches and divers and all volunteer their time to ensure the smooth running of the club. A lot of work goes into the running of the club and they are always looking for new volunteers! The club charge an annual membership fee, most of which goes to Scottish Swimming for membership which is essential for divers to compete in club competitions. Some of the membership fee goes to the club which allows the funding and support of trips for divers to go away and compete. This membership fee is completely independent of the training fees paid to EL by direct debit.



Competitive Diving



There are five main categories of competitive diving:

- Novice
- Age group
- Elite junior
- Elite senior
- Masters

The novice, age group and elite categories are governed by British Swimming and Scottish Swimming, and divers must have a Scottish Swimming membership in order to compete. For divers within the Edinburgh Leisure squads programme this is done through membership to Edinburgh Diving Club (EDC). Each level has an annual national event where the best divers from across the UK come together to compete for a national title.

Masters competitions are governed by the Great Britain Diving Federation (GBDF) and currently membership to the GBDF cannot be done through EDC.

For novice, age group and elite junior competitions divers are usually split up according to their age on 31st December in the year of competition as follows:

Age category	Ages
E	8-9
D	10-11
C	12-13
B	14-15
A	16-18

Novice

Novice is the first level in competitive diving and divers must meet the requirements in order to compete. Conditions are different for different competitions, but divers usually compete basic dives/jumps from poolside and 1m and line ups from 3m. Novice competitions are often run in a 'circuit' format, where the competitors will be split into three different groups (poolside, 1m & 3m) to compete.

Competitions

The national event for novice level competitions is the **Swim England National Skills Finals**, usually held in July, where Scottish divers compete as guests. Divers must qualify for National Skills Finals by achieving the qualifying score at a regional event – for us this is SASA Levels level 2 & level 2 14+.

SASA Levels – the Scottish regional novice events. There are currently six different SASA Levels competitions per year, each hosting a variety of levels as explained below.

- **Mini-E (novice):** the most basic level of competition for Scotland's youngest divers, aged 9 and under in the year of competition. Competitors dive from poolside and 1m.
- **Level 1 (novice):** Run as a three-way circuit using poolside, 1m and 3m. Divers complete three different skills at each station, with only forward line ups from 3m.
- **Level 2 (novice):** For divers aged 13 and below. Also run as a three-way circuit using poolside, 1m and 3m, this time with divers completing four different skills at each station. The skills are the same as those competed at the National Skills Finals. Divers need forward and back line ups on 3m.
- **Level 2 14+ (novice):** For divers aged 14-18. Run as a two-way circuit using 1m and 3m. The divers complete five dives from each board. The skills are the same as those competed at the National Skills Finals.

Other novice competitions include but are not limited to Club Championships, Thistle Trophy (Aberdeen), Shipley Novices (Bradford), Hydro Novices (Harrogate), White Rose (Leeds), Tynemouth Trophy, Santa Skills (Sheffield), Irish Open (Dublin).

Age Group

Age group is the second level in competitive diving and it has more difficult requirements. The events are split up by board and age. Not all age group competitions have the exact same requirements, but they are similar. Many age group events also include synchronised diving – 'synchro'.

Competitions

The national event for age group level competitions is the **Swim England National Age Groups (NAGs)**, usually held in June, where Scottish divers compete as guests. Divers must be selected for this event by the EDC coaching team based on past competitive results. Scotland also runs a national event at this level – the **Scottish National Age Groups (SNAGs)**, usually held in May.

SASA Level 3 (age-group): Run as three separate events for 1m, 3m and platform. Divers must compete five dives from three different groups. There is no limit on degree of difficulty. Dives may be performed from a bouncing start but only when the diver is developing a new skill.

Other novice competitions include but are not limited to Club Championships, East Districts, G-Star (Leeds), Armada Cup (Plymouth), Irish Open (Dublin), Southampton Invitation, Luton Challenge.

Elite junior

Elite junior is the third level in competitive diving and is for the top divers under the age of 18 in the country. The requirements are again more difficult, demanding full dive group coverage on each board. Divers can be selected from this level to represent Great Britain at international events. Synchro events also included.

Competitions

The national event for this level is the **British Elite Junior Diving Championships**, usually held in April. Divers must be selected for this event by the EDC coaching team based on past competitive results. Scotland also runs a national event at this level – the **Scottish National & Open Championships (SNOC)**, usually held in December.

SASA Level 4 (elite & senior): Run as three separate events for 1m, 3m and platform. Divers must compete five dives from five different groups. There is no limit on degree of difficulty. Dives may be performed from a bouncing start but only when the diver is developing a new skill.

Senior

Elite senior is the top level of competitive diving for divers of any age. Divers at this level compete only 'optional' dives without limit to degree of difficulty. Divers can be selected from this level to represent Great Britain or Scotland at international events, including the World Championships, Commonwealth Games and Olympic Games.

Competitions

The national event for this level is the **British Diving Championships**, usually held in June, and the **GB Cup**, usually held in January. Divers must be selected for this event by the EDC coaching team based on past competitive results. Scotland also runs a national event at this level – the **Scottish National & Open Championships (SNOC)**, usually held in December.

SASA Level 4 (elite & senior): As above.

Masters

Competitive Masters diving caters for adults of all ages and abilities. Competitions are held mainly to provide opportunities to meet and to share the enjoyment of diving. It is common to find ex-Olympic divers and novices in the same competition.

In Edinburgh there is an active adult diving section, with a couple of competitions run for fun each year. For more information, just ask one of the coaches or adult divers at the pool. In Great Britain, GBDF organise a Spring and Winter competition, with novice and masters skills levels and age groups from 16 years upwards.

There are also European and Worldwide Masters competitions run by LEN and FINA respectively. For more information, visit Great British Diving Federation at <https://www.diving-gbdf.com>.

Squad Structure

Performance (20+ hours)

Divers competitive nationally and internationally with senior list of dives.

Elite (18.5 hours)

Divers making an impact at Junior Elites and with potential to be selected onto GB programmes.

Elite Potential EP (13.5 hours)

Fast-track squad for divers showing strong potential for elite level success.

Junior Competitor JC (10.5 hrs)

Divers making an impact at National Age Groups & aiming for an elite list.

Talent Development 2 (9.5 hours)

Divers hand-picked by performance coaches with potential to move up the elite pathway.

Talent Development 1 (8 hours)

Divers aged 10 & under with the potential to move up the elite pathway.

National Skills (6 hours)

Novice level divers aiming to compete at the next National Skills finals.

Little Rippers (4 hours)

Divers aged 10 & under building confidence in diving and competing.

A-Squad (4 hours)

Divers aged 15-25 transitioning between novice or age group diving to masters diving.

Junior Potential (JP) (7 hours)

Divers competing in SASA level 3 and club level age group competitions.

Novice Competitor (4 hours)

Novice level divers competing at SASA level 2 and 3. Divers developing dives in all directions.

Entry (2 hours)

Novice level divers ready to compete at SASA Level 1 or 2.

TID

Testing, TID squad, TID lesson. Divers hand picked from schools (and lessons) showing early physical potential for diving.

Learn to dive

Dive Skills 1 - Dive Skills 2 - Dive Skills 3 - Dive Skills 4 - Dive Plus - ASN - Adults

TID SQUAD

DESCRIPTION

Divers are selected from Edinburgh Leisure (EL)'s talent identification (TID) testing programme which takes place annually across selected local schools and selected divers from EL's learn to dive programme. Divers can stay in a TID squad for a maximum of two years.

TID 1 – divers in their first year of training following TID selection.

TID 2 (from start of 2021) – divers in their second year of training following TID selection.

TRAINING

3 sessions/6 hours per week

COMPETITIVE LEVEL

Novice

COMPETITIONS

- TID in house competitions
- Liz Atkinson Talent Games
- SASA Level 1 & 2
- Club invitational novice competitions

DRYLAND TARGETS

- Learn and practice good posture for diving.
- Learn dryland skills for Liz Atkinson Talent Games.
- Have good flexibility – shoulders, pike, straddle, splits, toes.

POOL TARGETS

- Develop high quality basic skills.
- Learn pool skills for appropriate level of Liz Atkinson Talent Games.
- Develop skills to compete at SASA Level 1 (or mini-E) & progress towards SASA Level 2 skills.

EXPECTATIONS

- Practice stretching and posture exercises at home.
- Listen to coaches and respond to feedback given.
- Have fun!

TID LESSON

DESCRIPTION

Divers are selected from Edinburgh Leisure's talent identification (TID) testing programme which takes place annually across selected local schools and selected divers from EL's learn to dive programme. Divers can stay in a TID squad for a maximum of two years.

TRAINING

2 sessions/4 hours per week

COMPETITIVE LEVEL

Not yet competing.

DRYLAND TARGETS

- Learn and practice good posture for diving.
- Learn dryland skills for Liz Atkinson Talent Games.
- Practice stretching and posture exercises at home.

POOL TARGETS

- Develop high quality basic skills.
- Learn pool skills for appropriate level of Liz Atkinson Talent Games.
- Develop skills to compete at SASA Level 1.

EXPECTATIONS

- Practice stretching and posture exercises at home.
- Listen to coaches and respond to feedback given.
- Have fun!

ENTRY

DESCRIPTION

Entry squad is one of the first competitive squads for many divers in Edinburgh. It is aimed at club level novice divers with all the skills to compete in SASA level 1. The target for entry squad divers is to compete in SASA level 2. Entry training sessions are focussed on enjoying diving and perfecting the skills necessary to compete at novice level for their age group. Divers can be selected to join Entry squad by the assistant performance diving coach from EL's learn to dive (LTD) programme or TID programme following a squad trial.

TRAINING

1 session/2 hours per week

COMPETITIVE LEVEL

Novice

COMPETITIONS

- SASA Level 1 & 2
- Club invitational novice competitions

DRYLAND REQUIREMENTS

- Attempt all Superstars skills.
- Show good entry position in handstand with assistance.

POOL REQUIREMENTS

- Minimum able to perform all skills for SASA level 1 competitions to a satisfactory standard (score 5-6).
- Poolside: pike wedges and sits with good technique. Forward dive tucked with good balance, good shape and strong kick.
- 1m: forward dive tucked, forward somersault tucked, inward dive tucked, back fall, assisted back tuck roll, hurdle step, little bounce big bounce straight jump.
- 3m: all jumps forwards and backwards, all three forward front line ups (pike fall, tuck roll, straight fall).

TARGETS

- Perform at least one repetition of every Superstars skill.
- Perform all skills for SASA level 2 competition to a satisfactory standard.
- 1m: develop dives in all directions (forward, back, reverse and inward) including forward one and a half somersaults tucked.
- 3m: back line ups (back fall and back tuck roll), begin learning dives in all directions.
- Platform: jumps from 5m and 7m.

EXPECTATIONS

- Listen to coaches and respond to feedback given.
- Desire to compete.
- Positive attitude and willing to try new dives.
- 85% attendance.
- Have fun!

NOVICE COMPETITOR

DESCRIPTION

This squad is aimed at club level novice divers competing in SASA level 2 and 2 14+. The target for these divers is to work towards developing a list of dives in every direction on 1m and 3m. Novice Competitor squad training sessions are focussed on enjoying diving and perfecting the skills necessary to compete at novice level for their age group. Divers may also be working towards developing an age group list.

TRAINING

2 sessions/4 hours per week

COMPETITIVE LEVEL

Novice

COMPETITIONS

- SASA Level 2, 2 14+ & 3
- Club invitational novice competitions

DRYLAND REQUIREMENTS

- Attempt all Superstars skills.
- Shows good entry position in handstand with assistance.

POOL REQUIREMENTS

- Minimum able to perform all skills for SASA level 2/ level 2 14+ competitions to a satisfactory standard (score 5-6).
- 1m: 103C, 401C, 201C, 301C, 202C, 402C.
- 3m: all forward and back line ups, 101C, 401C, 201C.

TARGETS

- Perform at least one repetition of every Superstars skill.
- 3m: develop dives in all directions (forward, back, reverse and inward) including forward one and a half somersaults tucked.
- Start developing age group list of dives.
- Platform: jumps from 5m and 7m. Learn dives in all directions from 5m.

EXPECTATIONS

- Listen to coaches and respond to feedback given.
- Desire to compete.
- Positive attitude and willing to try new dives.
- 85% attendance.
- Have fun!

LITTLE RIPPERS

DESCRIPTION

This squad is aimed at divers aged ten and under. The focus of the squad is building confidence in younger divers and guiding them through the early stages of competitions, while having plenty of fun in the process. The emphasis is on good technique, posture and form on basic diving skills.

TRAINING

2 sessions/4 hours per week

COMPETITIVE LEVEL

Novice

COMPETITIONS

- SASA mini-E and level 1
- Club invitational novice competitions

DRYLAND REQUIREMENTS

- Able to show perfect diving posture when standing and performing basic dryboard, trampoline and block jumps.
- Attempt all Superstars skills.

POOL REQUIREMENTS

- Able to demonstrate perfect diving posture as a starting position.
- Able to demonstrate good form and body tension on basic jumps and line ups from poolside and 1m.
- Confident jumping forwards from 3m.

TARGETS

- Able to perform all skills for SASA level 1 competitions to a satisfactory standard (score 5-6).
- Confident to perform all line ups on 3m (pike fall, tuck roll, straight fall, back fall, back tuck roll).
- Learn back dive tucked and inward dive tucked on 1m.
- Start to compete at SASA level 2.

EXPECTATIONS

- Listen to coaches and respond to feedback given.
- Desire to compete.
- 85% attendance.
- Have fun!

NATIONAL SKILLS

DESCRIPTION

This squad is aimed at novice level divers with the full set of dives required to compete in SASA level 2 events, with the aim of competing at the next Swim England National Skills Finals. The squad is part of Edinburgh's elite diving pathway and as such divers should display the potential to become age group and elite level divers in the future.

TRAINING

3 sessions/6 hours per week

COMPETITIVE LEVEL

Novice

COMPETITIONS

- SASA Level 2
- National Skills Finals
- Club invitational novice competitions

DRYLAND REQUIREMENTS

- Ability to complete at least one repetition of every Superstars skill to a satisfactory standard.
- Consistently perform basic diving skills with perfect posture and good form.
- Show continually improving Superstars results each month.

POOL REQUIREMENTS

- Able to perform all SASA level 2 skills to a satisfactory standard (score 5-6).
- 1m: develop dives in all directions (forward, back, reverse and inward) including forward one and a half somersaults tucked.
- 3m: perform both back line ups (back fall and back tuck roll), begin learning dives in all directions.
- Group D1+: 101C, 201C, 401C on 3m platform.
- Achieve qualification score set by Swim England for National Skills Finals within one year.
- Progress to competing at age group level after a maximum of two years, or by age group C1 (whichever is later).

TARGETS

- Begin developing age group lists on all boards.
- Perform at least five repetitions of all Superstars skills.
- Top 20 in overall Superstars results.
- Top 6 finish at National Skills Finals.

EXPECTATIONS

- Listen to coaches and respond to feedback given.
- Commit to extra training at home using progress folder.
- Approach new skills positively.
- Work well independently when required.
- Learn how to read dive numbers.
- 90% attendance

TALENT DEVELOPMENT 1

DESCRIPTION

This squad is aimed at novice level divers aged 10 & under aiming to compete at and finish in medal positions at the next Swim England National Skills Finals. Divers may also be preparing an age group list of dives. The squad is part of Edinburgh's elite diving pathway and as such divers should display the potential to become elite level divers in the future.

TRAINING

4 sessions/8 hours per week

COMPETITIVE LEVEL

Novice & age group

COMPETITIONS

- SASA Level 2 & 3
- Club invitational novice/age group competitions
- National Skills Finals
- Swim England Talent Games

DRYLAND REQUIREMENTS

- Understand and perform dryland drill for 101C, 201C, 301C, 401C.
- Learn Talent Games floor routine and perform to a high standard.
- Ability to complete at least one repetition of every Superstars skill to a high standard.
- Consistently perform basic diving skills with perfect posture and good form.
- Show continually improving Superstars results each month.

POOL REQUIREMENTS

- Able to perform all SASA level 2 skills to a satisfactory standard (score 5-6).
- Achieve qualification standard for the next National Skills Finals.
- 1m: develop dives in all directions (forward, back, reverse and inward) including forward one and a half somersaults tucked.
- 3m: perform both back line ups (back fall and back tuck roll), begin learning dives in all directions.
- 3m platform: 101C, 201C, 401C.
- Progress to competing at age group level after a maximum of two years, or by age group C1 (whichever is later).

TARGETS

- Top 30 overall finish at Talent Games.
- Begin developing age group lists on all boards.
- Perform at least five repetitions of all Superstars skills.
- 3m platform: 301C.
- Top 20 in overall Superstars results.
- Medal at National Skills Finals.
- Full dive group coverage on 1m.

EXPECTATIONS

- Listen to coaches and respond to feedback given.
- Commit to extra training at home using progress folder.
- Work hard independently when required.
- Positive approach to new skills.
- 90% attendance.
- Learn dive numbers.

TALENT DEVELOPMENT 2

DESCRIPTION

This is a fast-track squad for divers identified as having a strong potential for elite level success in the future. Divers will be hand-picked by the assistant performance diving coach or performance diving coach for this squad. The skill level and ability of the divers in this squad may be varied. The squad is part of Edinburgh's elite diving pathway and as such divers should display the potential to become elite level divers in the future.

TRAINING

4 sessions/9.5 hours per week

COMPETITIVE LEVEL

Novice & age group

COMPETITIONS

- SASA Level 1, 2 & 3
- Club invitational novice/age group competitions
- National Skills Finals
- Swim England Talent Games

DRYLAND REQUIREMENTS

- Consistently perform basic diving skills with perfect posture and good form.
- Able to show explosive power when jumping and performing basic dryland skills.
- Understand and perform dryland drill for 101C, 201C, 301C, 401C.
- Learn Talent Games floor routine and perform to a high standard.
- Ability to complete at least one repetition of every Superstars skill to a high standard.
- Show continually improving Superstars results each month.

POOL REQUIREMENTS

- Able to demonstrate perfect diving posture as a starting position.
- Able to demonstrate good form, body tension and leg power on basic jumps and line ups.
- Achieve qualification standard for National Skills Finals within two years.
- Progress to competing at age group level after a maximum of two years, or by age group D2 (whichever is later).

TARGETS

- 1m: develop dives in all directions (forward, back, reverse and inward) including forward one and a half somersaults tucked.
- 3m: perform all front and back line ups (10A, 10B, 11C, 20A, 21C) & begin learning dives in all directions.
- 3m platform: 101C, 201C, 401C, 301C.
- Begin developing age group lists on all boards.
- Perform at least five repetitions of all Superstars skills.
- Top 20 in overall Superstars results.
- Medal at National Skills Finals.
- Top 20 overall finish at Talent Games.

EXPECTATIONS

- Listen to coaches and respond to feedback given.
- Commit to extra training at home using progress folder.
- Work hard independently when required.
- Positive approach to new skills.
- 90% attendance.
- Learn dive numbers.

JUNIOR POTENTIAL (JP)

DESCRIPTION

This squad is aimed at divers competing at an age group level, with the required set of dives to compete in SASA level 3 events. JP training sessions are focussed on enjoying diving and perfecting the skills necessary to compete at an age group level.

TRAINING

3 sessions/7 hours per week

COMPETITIVE LEVEL

Age group

COMPETITIONS

- SASA Level 3
- Club invitational competitions
- Scottish National Age Groups (SNAGs)
- Swim England National Age Groups (NAGs)

DRYLAND REQUIREMENTS

- Ability to complete at least one repetition of every Superstars skill to a satisfactory standard.

POOL REQUIREMENTS

- Able to perform all SASA level 2 skills to a satisfactory standard (score 5-6).
- 1m & 3m: perform dives in all directions (forward, back, reverse and inward) to a satisfactory standard.
- Platform: develop dives in all directions from 5m.

TARGETS

- Achieve recommended score for NAGs.
- Full group coverage on 1m and 3m.
- Perform at least five repetitions of all Superstars skills.

EXPECTATIONS

- Listen to coaches and respond to feedback given.
- Approach new skills positively.
- 85% attendance.
- Learn dive numbers.

A-SQUAD

DESCRIPTION

This squad is aimed at divers aged 15-25 who are transitioning between novice or age group level diving and masters diving. It is also suitable for divers who have previously competed in age group or elite level diving and no longer wish to compete. A-Squad sessions are focussed on enjoying diving and progressing dive lists.

TRAINING

2 sessions/4 hours per week

COMPETITIVE LEVEL

Age group & masters

COMPETITIONS

- SASA Level 3
- Club invitational competitions
- Masters events

DRYLAND REQUIREMENTS

- Attempt all Superstars skills.

POOL REQUIREMENTS

- 1m & 3m: perform dives in all directions (forward, back, reverse and inward) to a satisfactory standard.

TARGETS

- Full group coverage on 1m and 3m.
- Develop a platform list of dives.

EXPECTATIONS

- Listen to coaches and respond to feedback given.
- Approach new skills positively.
- Take responsibility for own goals, targets and training.

JUNIOR COMPETITOR (JC)

DESCRIPTION

This squad is aimed at Edinburgh's top age group level divers and elite divers. Divers should be aiming to make an impact at National Age Groups and may also be preparing an elite level list.

TRAINING

5 sessions/10.5 hours per week

COMPETITIVE LEVEL

Age group & elite

COMPETITIONS

- SASA Level 3 & 4
- Club invitational competitions
- National Age Groups (NAGs)
- Scottish National Age Groups (SNAGs)
- Junior Elites
- Scottish National and Open Championships (SNOC)

DRYLAND REQUIREMENTS

- Ability to complete at least three repetitions of every Superstars skill to a satisfactory standard.
- Show continually improving Superstars results each month.
- Ability to work well independently.

POOL REQUIREMENTS

- Perform an age appropriate age group level list of dives on either springboard or platform, or both.
- Full dive group coverage on 1m.

TARGETS

- Finish in top 3 at NAGs.
- Achieve a competitive elite level list of dives.
- Full dive group coverage on all boards.

EXPECTATIONS

- Listen to coaches and respond to feedback given.
- Approach new skills positively.
- 90% attendance.
- Know dive numbers and take responsibility for filling out own dive sheets for competitions.

ELITE POTENTIAL

DESCRIPTION

Elite Potential is a fast-track squad for divers identified as having a strong potential for elite level success in the future. Divers should be aiming to compete and push for medals at the next NAGs or compete at the next Junior Elites. Some divers will be preparing for Talent Games with strong chance of being selected onto Team Z. Divers should show the potential to achieve an age appropriate junior elite list of dives within two years of being in the squad. Aimed at divers aged 10-13.

TRAINING

6 sessions/13.5 hours per week

COMPETITIVE LEVEL

Age group & elite

COMPETITIONS

- National Age Groups (NAGs)
- Scottish National Age Groups (SNAGs)
- British Elite Junior Diving Championships
- Scottish National Open Championships (SNOC)
- Club invitational competitions (including international)

DRYLAND REQUIREMENTS

- Consistently making it into the top 10 Superstars results for multiple exercises.
- Consistently able to hold a handstand for 3s+.
- Consistently perform basic diving skills with perfect posture, excellent form and good technique.

POOL REQUIREMENTS

- Perform an age appropriate age group level list of dives.
- Finish in the top 6 at NAGs within one year.
- Dive group coverage on 1m, 3m and platform over forward, back, reverse and inward with the potential to achieve twist and armstand to a satisfactory standard.
- Show potential to achieve a competitive elite level list of dives in group B/A.

TARGETS

- Top 8 overall finish at Talent Games.
- Medal at NAGs.
- Develop age appropriate elite level list of dives.
- Achieve recommended standard for Junior Elites on at least one board.
- Full dive group coverage on all boards.
- Show potential to attain the target score and DD for appropriate age category as set out in the GB Diving progression charts.

EXPECTATIONS

- Professional attitude towards training.
- Work hard independently when required.
- Positive approach to new skills.
- 90% attendance.
- Practice handstands at home.
- Learn dive numbers.

ELITE

DESCRIPTION

Elite is the top junior squad on Edinburgh's elite diving pathway and is aimed at divers making an impact at the British Elite Junior Diving Championships and with the potential to be selected onto GB junior teams in the future.

TRAINING

8 sessions/18.5 hours per week

COMPETITIVE LEVEL

Elite

COMPETITIONS

- British Elite Junior Diving Championships
- Scottish National Open Championships (SNOC)
- Club invitational competitions (including international)
- GB internationals

DRYLAND REQUIREMENTS

- Within 90% of Team Y benchmark standards for at least eight out of ten of the physical assessment exercises.
- Making it into the top 10 overall Superstars results.
- Consistently able to hold a handstand for 5s+.

POOL REQUIREMENTS

- Achieve recommended standard for Junior Elites on at least two boards within one year.
- Perform an age-appropriate elite level list of dives.
- Within 90% of Team Y benchmark standards for requireds (on springboard or platform), bouncing skills and line ups.
- Top six finish at Junior Elites within two years.
- Full dive group coverage on 1m, 3m and platform (forward, back, reverse, inward, twist, armstand) to a satisfactory standard.

TARGETS

- Medal at Junior Elites.
- Hitting Team Y benchmark standards for dryland and pool.
- Full dive group coverage on optionals.
- Attain the target score and DD for appropriate age category as set out in the GB Diving progression charts.
- Selection onto Scottish/British junior squads and teams.

EXPECTATIONS

- Professional attitude towards training.
- Take responsibility for own goals, targets and training.
- Work hard independently.
- Positive approach to new skills.
- 95% attendance.

PERFORMANCE

DESCRIPTION

The top squad on Edinburgh's elite diving pathway, Performance is for Edinburgh's high performance divers. Divers should be competitive over a senior list of dives on platform and/or springboard.

TRAINING

9 sessions/20+ hours per week

COMPETITIVE LEVEL

Elite senior

COMPETITIONS

- GB/Scotland internationals
- British Championships/GB Cup
- Scottish National and Open Championships (SNOC)
- Junior Elites

DRYLAND REQUIREMENTS

- Regularly finish in top 10 overall Superstars.
- Undertake S&C sessions in addition to planned diving training sessions.

POOL REQUIREMENTS

- Full senior list requirements on springboard and/or platform.
- Top 3 at Junior Elites.
- Top 12 at British Cup or British Championships.

TARGETS

- Selection onto British junior or senior teams.

EXPECTATIONS

- Professional attitude towards training.
- Take responsibility for own goals, targets and training.
- Work hard independently.
- Positive approach to new skills.
- 95% attendance.