



***Squier Ball
Springboard Diving
Camp***

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Basic water skills:

All divers should learn how to do, if they want success and safety.

I. FIRST MANEUVRE

- 1) Be able to submerge at the edge of the pool, anywhere from one to three feet, then push off and glide under water, horizontal to the water level.
- 2) Swim under water with a breaststroke action, kicking or with the legs making the typical breaststroke kick by turning the feet outward and then pushing them first out and then in. Catch the water with the insoles of the feet.
- 3) If the diver/swimmer lifts the head too much, he/she will come up to the surface and spoil the glide and come up to the surface before the glide has gone any distance. Likewise, if the chin tucks in too much, the diver/swimmer will go downwards, instead of horizontal.
- 4) This basic trick takes self-confidence that any time the diver/swimmer experiences discomfort, such as lack of air, all he/she needs to do is lift the head to get back to the surface, plus maybe paddle with both hands at the same time, or one with alternating armstrokes. The hands have to be turned enough to catch water resistance, as the hands pull down to the side.

II. SECOND MANEUVRE

- 1) Dive down to the pool bottom, then regroup down there by pulling the knees up, so as to place the feet on the bottom for a push-off to swim to the surface. This takes more self-confidence than the first manoeuvre, because the swimmer/diver must already know how to push off and glide or swim as in manoeuvre #I.
- 2) While executing this manoeuvre, the diver must be able to keep the head in line with the upper body, so that the dive goes straight down,...and then equally so for the push-off to get back to the water surface.
- 3) If the diver has trouble with the head, one solution is for him or her to hang on to any weight, such as a 2 pound barbell. The apprehensive diver can let the barbell take him/her straight down by its weight. The diver learns to keep the head in line with the upper body, since the weight "tells" which way to go, and whether to lift or duck the head (a NO NO) or to let the weight take the diver in the right direction by keeping the head "in line."

III. THIRD MANEUVRE

1) The diver must be able to swim across the pool, without lifting the head, except as one hand goes over the head in the crawl stroke (while the other pushes backward), or after both hands have completed a breaststroke (pushing backwards at the same time and ending the stroke with both hands at one's side).

IV.

1) From a crouch or a bent-over stance, fall or dive in (with a little push or hop) and go to the bottom.

2) From one leg or both, doesn't matter. If from one leg, lift one leg behind you and push or hop into the dive with the foot that's on the pool deck.

3) Aim at a spot on the bottom, but close your eyes just before you hit the water; then open your eyes once in the water to keep in line with the target on the bottom.

4) The head can be slightly up, once you're in the water, so that you can keep on track to get to the bottom by looking for the target.

5) As an independent observation, this skill could help you get out of a river or pond, even if you can't really swim. You could dive down and bounce off the bottom; then push off in the direction you want to go in. But if you really can't swim, I would not try this one out "for kicks." I wouldn't even go out in a canoe or rowboat, without knowing how to swim the same distance it would take to get to the shore.

Addendum: Even if you know how to swim, there is also basic knowledge of what to do in a current: If you fight the current, you will spend two or three times the energy needed. Instead, go with the flow and swim on an angle downstream. Let the current carry you, while you angle towards the shore. You'll end up downstream (or down the beach), but at least you will get out with minimum peril.

6) In general, all divers should be able to swim at least two laps in a 25 yard pool.

Yours in diving,