

DIVE ONTARIO DRYLAND SKILLS FOR VIRTUAL EVENT



AGE GROUP E

- 1 101B Standing simulation
- 2 203C simulation (start with jump A with arm swing)
- 3 5 tuck come out precise followed by back roll rock followed by front come out pike
- 4 Headstand C Come out
- 5 Front plank 10 sec hold

AGE GROUP D

- 1 Hurdle 303C simulation
- 2 401C pike out simulation
- 3 5 pike come out precise followed by a back roll tuck and 200 platform jump A
- 4 Handstand hold 5 sec
- 5 15 skipping rope jump
- 6 Hollow position on your back 10 sec.

AGE GROUP C

- 1 Hurdle 105C simulation with pike out
- 2 5233D simulation
- 3 Platform front approach 100A
- 4 10 tuck come out precise
- 5 Front roll C into pike handstand
- 6 Front Plank 15 sec followed by 5 push ups
- 7 25 skipping rope

AGE GROUP B

- 1 Hurdle 107B simulation
- 2 207C simulation
- 3 10 pike come out proper form followed by back rock followed by front C come out
- 4 Front roll C into Pike handstand
- 5 40 skipping rope jumps 10 double jumps
- 6 8 push up followed by 25 sec hold plank on hands
- 7 Reverse platform jump

AGE GROUP A

- 1 407C simulation
- 2 Hurdle 5152B simulation
- 3 207 C simulation
- 4 307C simulation
- 5 10 pike come out proper form back roll pike come out
- 6 40 skipping rope jumps 15 double jumps
- 7 15 sec back hollow position - back roll tuck to plank position - hold 25 sec and 10 push ups
- 8 100 B with arm swing - front roll jump half twist - back roll to handstand