



TORONTO DIVING



ACADEMY



2024 Super Stars Challenge

November 30th, 2024

A multi-level event for E, D, & C athletes

The challenge aims to prepare aspiring, provincial, and national-level athletes for their competitive season through a structured program focused on both dryland and water skills.





Meet Information

Dates: Saturday November 30th, 2024

Location: Toronto Pan Am Sport Center
875 Morningside Ave.
Scarborough, ON, M1C 0C7

Host Club Technical Director: Terri Breen (terri@diving.ca)

Registration Deadline: 1 month prior to meet start date (November 1st, 2024)
Registrations will not be accepted after November 7th, 2024

Registration Form: Registration Form can be found [here](#)

Entries: Email registrations to (terri@diving.ca)

Late Registrations: \$60 late fee per diver for registration entries received after 11:59pm on November 1st, 2024

Fees: Entry Fee: \$100 per diver
(Includes \$60 Registration Fee and \$40 Event fee)
All registration fees are non-refundable

Dive Sheets: Dive sheets are not required as skills are prescribed

Awards: Medals will be awarded to the top 3, ribbons will be presented to 4-6th place in each event (Dryland, 1m, 3m, Platform, and Overall categories)

Payment: Payment can be made via e-transfer to joanne@diving.ca

Age groups & levels: Age as of December 31st, 2025

Future Stars (Aspire/pre-aspire)		Shooting stars (Provincial/National)	Masters
E1	D2	D1	25 years +
E2	C1	D2	
D1	C2	C1	
		C2	

- Schedule:**
- Athletes will be grouped into Sessions and Flights based on age and skill level.
 - Each session will have three flights of 18 divers.
 - Sessions will start with rotations through three dryland events: Floor, Dryboard, and Trampoline. Divers will then transition to water, rotating through 1m, 3m, and Platform skills.
 - Flights may be adjusted based on registration numbers
 - If any age group exceeds 18 athletes, additional sessions will be created.

Draft Schedule of Events

A final schedule will be sent to all participating clubs after the registration deadline.

Please note: Sessions overlap between water and dryland. If a coach has athletes in adjacent sessions, they will need an assistant coach.



Saturday November 30th, 2024

Session 1	Future Stars E1 & E2
Sign in (Lobby of TPASC)	7:30-7:55
General warm up on Floor only	8:00-8:15
Specific Warm up A Floor/Dryboard/Tramp	8:15-8:20
Competition A Floor/Dryboard/Tramp	8:20-8:35
Specific Warm up B	8:35-8:40
Competition B	8:40-8:55
Specific Warm up C	8:55-9:00
Competition C	9:00-9:15
Session 1 Transition to water for 20-minute general warm up (All boards available)	9:15-9:35
Specific Warm up A (1m/3m/platform)	9:35-9:40
Water Competition A (1m/3m/platform)	9:40-9:55
Specific Warm up B	9:55-10:00
Water Competition B	10:00-10:15
Specific Warm up C	10:15-10:20
Water Competition C	10:20-10:35
Awards to Follow	

Session 2	Future Stars D1 & C1
Sign in (Lobby of TPASC)	8:30-9:15
General warm up on Floor only	9:20-9:35
Specific Warm up A Floor/Dryboard/Tramp	9:35-9:40
Competition A Floor/Dryboard/Tramp	9:40-9:55
Specific Warm up B	9:55-10:00
Competition B	10:00-10:15
Specific Warm up C	10:15-10:20
Competition C	10:20-10:35
Session 1 Transition to water for 20-minute general warm up (All boards available)	10:35-10:55
Specific Warm up A (1m/3m/platform)	10:55-11:00
Water Competition A (1m/3m/platform)	11:00-11:15
Specific Warm up B	11:15-11:20
Water Competition B	11:20-11:35
Specific Warm up C	11:35-11:40
Water Competition C	11:40-11:55
Awards to Follow	

Session 3	Masters
Pool General Warm up	8:00-9:15
Closed Practice – Event 1	12:00-12:20
Event 1 – Novice 1M, Advanced 3M Platform	12:20-12:50
Closed Practice Event 2	12:50-1:10
Event 2 – Novice 3M or Platform, Advanced 1M	1:10-1:40
Awards to Follow	

30-minute Lunch Break 11:55-12:25 (Non-Masters Events)

Session 4	Future Stars D2 & C2
Sign in (Lobby of TPASC)	11:30- 12:20
General warm up on Floor only	12:25-12:40
Specific Warm up A Floor/Dryboard/Tramp	12:40-12:45
Competition A Floor/Dryboard/Tramp	12:45-1:00
Specific Warm up B	1:00-1:05
Competition B	1:05-1:20
Specific Warm up C	1:20-1:25
Competition C	1:25-1:40
Session 1 Transition to water for 20-minute general warm up (All boards available)	1:40-2:00
Specific Warm up A (1m/3m/platform)	2:00-2:05
Water Competition A (1m/3m/platform)	2:05-2:20
Specific Warm up B	2:20-2:25
Water Competition B	2:25-2:40
Specific Warm up C	2:40-2:45
Water Competition C	2:45-3:00
Awards to Follow	

Session 5	Shooting Stars D1 & D2
Sign in (Lobby of TPASC)	1:00-1:40
General warm up on Floor only	1:45-2:00
Specific Warm up A Floor/Dryboard/Tramp	2:00-2:05
Competition A Floor/Dryboard/Tramp	2:05-2:20
Specific Warm up B	2:20-2:25
Competition B	2:25-2:40
Specific Warm up C	2:40-2:45
Competition C	2:45-3:00
Session 1 Transition to water for 20-minute general warm up (All boards available)	3:00-3:20
Specific Warm up A (1m/3m/platform)	3:20-3:25
Water Competition A (1m/3m/platform)	3:25-3:40
Specific Warm up B	3:40-3:45
Water Competition B	3:45-4:00
Specific Warm up C	4:00-4:05
Water Competition C	4:05-4:20
Awards to Follow	

Session 6	Shooting Stars C1 & C2
Sign in (Lobby of TPASC)	2:15-3:00
General warm up on Floor only	3:05-3:20
Specific Warm up A Floor/Dryboard/Tramp	3:20-3:25
Competition A Floor/Dryboard/Tramp	3:25-3:40
Specific Warm up B	3:40-3:45
Competition B	3:45-4:00
Specific Warm up C	4:00-4:05
Competition C	4:05-4:20
Session 1 Transition to water for 20-minute general warm up (All boards available)	4:20-4:40
Specific Warm up A (1m/3m/platform)	4:40-4:45
Water Competition A (1m/3m/platform)	4:45-5:00
Specific Warm up B	5:00-5:05
Water Competition B	5:05-5:20
Specific Warm up C	5:20-5:25
Water Competition C	5:25-5:40
Awards to Follow	

General Information:

- There is no announcer or number board. Each flight will have a dedicated “flight director” to organize athletes and identify upcoming skills
- Divers may communicate with their coach for skill clarification
- Floor routines will be posted in the dryland center for reference
- In dryland, divers complete all skills for an event in one turn
- In water, divers compete in rounds.
- Events may run up to 45 minutes ahead of schedule. Please arrive before your registration window.
- No DD’s; easier skills have reduced maximum scores.
- Boys and girls will compete together.
- While everyone is automatically enrolled in all the events, a diver may opt out of any station or individual skill and receive "0"
- Athletes and Coaches must use lockers for personal items, no bags permitted in dryland room. Please bring a lock.
- Divers wear swimsuits for dryland events. Shorts are optional but must end above the knee. Long hair should be tied back.
- Dryland viewing is limited to one family member/athlete.
- Video Summary of Skills have been included with requirements



Skill Requirements

Future Stars E1 & E2 – [Link to video of Skill Demonstrations](#)

Dryland		
Floor: 5 component routine <ul style="list-style-type: none"> Starting Posture + armswing 100a jump Front roll tuck Headstand 5 seconds Back roll tuck + candlestick Long bridge 5 seconds 	Dryboard: <ul style="list-style-type: none"> 5 arms up bounces Front jump straight with TIO armswing Back jump straight with TIO armswing 	Trampoline: <ul style="list-style-type: none"> 10 x arms up bounces TIO+100A+ bum drop+ swivel hip + stand +100A 201c arms up take off to flat back (with small mat)
Water		
1m: <ul style="list-style-type: none"> Double bouncing 100c 101c 401c or 201c, or 002a (Max 5 for 002a) 	3m: <ul style="list-style-type: none"> 1 step Hurdle 100a 200a 	Platform: 3m only <ul style="list-style-type: none"> 001b or 001c 002c or 002a or 200a (Max 5 for 200a)

Arms may be up or down for any foot first entry

Future Stars D1 & D2 - [Link to video of Skill Demonstrations](#)

Dryland		
Floor: 5 component routine <ul style="list-style-type: none"> Inward posture on small block, arms up 400a jump (with good ankle activation) Front roll tuck straight into arms up front jump Kick up or press to 3 second handstand 2 Back roll tuck to candlestick 102C to seat, from folded panel mat onto crash mat 	Dryboard: <ul style="list-style-type: none"> 3 arms up bounces, 3 arm circle bounces Back dive tuck with armswing 102C (double bounce or hurdle) 	Trampoline: <ul style="list-style-type: none"> Straight jump, Pike jump, Tuck jump, ½ t, Straight jump, pike jump, tuck jump, ½ twist; finish with 100a & stop 101c to stomach drop (with mat) OR hand-knee drop to stomach drop (Max of 5 for HK drop to stomach) 201c with arms swing to flat (with mat)
Water		
1m: <ul style="list-style-type: none"> Double bouncing 100b 200B 101c or 401c 201c or 301c 	3m: <ul style="list-style-type: none"> Hurdle 100a 200a 101c 201c (Or 002c/002a, Max 5) 	Platform: 3m only <ul style="list-style-type: none"> 001b or 001c 002a or 002c 101c or 401c

Arms may be up or down for any foot first entry



Future Stars C1 & C2 - [Link to video of Skill Demonstrations](#)

Dryland		
<p><u>Floor:</u> 5 component routine</p> <ul style="list-style-type: none"> Inward posture on small block, arms up 400a jump (with good ankle activation) Front roll tuck, front roll to handstand Kick up or press to 3 second handstand Back roll, back roll to HS (full marls) or to plank (Max 5) 102C to seat, from folded panel mat onto crash mat 	<p><u>Dryboard:</u></p> <ul style="list-style-type: none"> 3 arms up bounces, 3 arm circle bounces Back dive tuck with armswing 102C (double bounce or hurdle) 	<p><u>Trampoline:</u></p> <ul style="list-style-type: none"> Straight jump, Pike jump, Tuck jump, ½ t, Straight jump, pike jump, tuck jump, ½ twist; finish with 100a & stop 101c to stomach drop (with mat) 201c with arms swing to flat (with mat)
Water		
<p><u>1m:</u></p> <ul style="list-style-type: none"> Double bouncing 100b 101c 401c 201c or 301c 	<p><u>3m:</u></p> <ul style="list-style-type: none"> Hurdle 100a 101c 201c (Or 002c/002a, Max 5) 	<p><u>Platform: 3m or 5m</u></p> <ul style="list-style-type: none"> 001b or 001c 002a or 002c 101c 401c

Shooting Stars D1- [Link to video of Skill Demonstrations](#)

Dryland		
<p><u>Floor:</u> 5 component routine</p> <ul style="list-style-type: none"> Headstand routine: <ul style="list-style-type: none"> Tuck balance 3 sec Extend to straight 3 sec Return to tuck with control 3 sec Extend to straddle 3 sec Straddle up to straight with control and balance 3 sec Lower with control to the floor toes first. Back roll tuck to plank position OR back roll to handstand Sitting Pike position closed (touching toes) for 3 seconds open (arms to side) for 3 seconds Kick up or press up to 3 second handstand (platform and may fall forward to flat position on crash or kick/press down) Standing 102c to seat (from box onto crash) 	<p><u>Dryboard:</u></p> <ul style="list-style-type: none"> Hurdle +102C 201c 301c (standing or hurdle) 	<p><u>Trampoline:</u></p> <ul style="list-style-type: none"> 101c to stomach drop 102c arms up double bounce 201c to flat
Water		
<p><u>1m:</u></p> <ul style="list-style-type: none"> Double bouncing 101c Standing "Popper" back dive drill (Jumping entry layout) 301c (Hurdle or standing) 	<p><u>3m:</u></p> <ul style="list-style-type: none"> 401c 201c 103c 	<p><u>Platform 3m or 5m:</u></p> <ul style="list-style-type: none"> 001b or 001c 002a or 002c 600a, 611a (3m), 612c or b 101c or 401c <p>arms may be up or down for entry on 611a</p>

Shooting Stars D2 - [Link to video of Skill Demonstrations](#)

Dryland		
<p>Floor: 5 component routine</p> <ul style="list-style-type: none"> • Headstand routine: <ul style="list-style-type: none"> ○ Tuck balance 3 sec ○ Extend to straight 3 sec ○ Return to tuck with control 3 sec ○ Extend to straddle 3 sec ○ Straddle up to straight with control and balance 3 sec ○ Lower with control to the floor toes first. • Back roll tuck to plank position OR back roll to handstand (may “kip” to feet for 1 point bonus) • Sitting Pike position closed (touching toes) for 3 seconds open (arms to side) for 3 seconds • Kick up or press up to 3 second handstand (platform and may fall forward to flat position on crash or kick/press down) • Standing 102c to seat (from box onto crash) 	<p>Dryboard:</p> <ul style="list-style-type: none"> • Hurdle +102C • 201c • 301c (standing or hurdle) 	<p>Trampoline:</p> <ul style="list-style-type: none"> • 102c • 202c • TIO jump, Cradle (back drop, ½ twist, back drop) finish with control jump
Water		
<p>1m:</p> <ul style="list-style-type: none"> • Double Bouncing 101C or B • Standing “Popper” back dive drill (Jumping entry layout) • 301c 	<p>3m:</p> <ul style="list-style-type: none"> • 201c • 401c • 103c 	<p>Platform 3m or 5m:</p> <ul style="list-style-type: none"> • 001c or 001b • 002a or 002c • 600, 611 (3m), 612 c/b • 101 c/b or 401c/b <p>arms may be up or down for entry on 611a</p>

Shooting Stars C1 - [Link to video of Skill Demonstrations](#)

Dryland		
<p>Floor: 5 component routine</p> <ul style="list-style-type: none"> • 102c standing or with approach to sitting • Front roll, front roll to handstand; back roll, back roll handstand • Choose 1: Back walk over, back handspring, front walk over, front handspring (on airtrak) • Jump full twist • Press to handstand (kick to HS max 7). Bonus 1 point for back handstand press 	<p>Dryboard:</p> <ul style="list-style-type: none"> • Hurdle 301c or b • Hurdle 102c/b • 202 or 203c 	<p>Trampoline:</p> <ul style="list-style-type: none"> • 102b • Choose 1 twisting skill <ul style="list-style-type: none"> ○ Back drop, rotate to stomach, ½ t (Max 5) ○ Back ¾ layout to stomach, ½ twist (Max 7) ○ 5221d to seat (Max 10) ○ Back drop forward full twist to feet (Max 5) ○ Ball out (front ¾ sommie) full twist to feet (Max 7) ○ 5122 to feet (Max 10) • 203C to flat (with mat)
Water		
<p>1m:</p> <ul style="list-style-type: none"> • Double bouncing 103c or b • 201 c or b • 5221d or 5122d or 5132 	<p>3m:</p> <ul style="list-style-type: none"> • Standing “Popper” back dive drill (Jumping entry layout) • 401 c or b • 301c or b 	<p>Platform 3m or 5m:</p> <ul style="list-style-type: none"> • 600, 611 (3m), 612 c/b, 622c • 101b or 401b • 201 c/b or 301c/b <p>arms may be up or down for entry on 611a</p>

Shooting Stars C2 - [Link to video of Skill Demonstrations](#)

Dryland		
<p>Floor: 5 component routine</p> <ul style="list-style-type: none"> 102c to feet (standing or with approach) 202c (Max 5 with a spot) Front roll, front roll to handstand; back roll, back roll handstand (connected skills) Choose 1: Back walk over, back handspring, front walk over, front handspring (on airtrak) Press to handstand (kick to HS max 7). Bonus 1 point for back handstand press 	<p>Dryboard:</p> <ul style="list-style-type: none"> 102c/b (Hurdle) 402c 302/303 (Hurdle) 	<p>Trampoline:</p> <ul style="list-style-type: none"> 102b Choose 1 twisting skill <ul style="list-style-type: none"> Back drop, rotate to stomach, ½ t (Max 5) Back ¾ layout to stomach, ½ twist (Max 5) Back drop forward full twist to feet (Max 7) Ball out (front ¾ sommie) full twist to feet (Max 7) 5221d to seat or feet (full score out of 10) 5122 to feet (Max 10) 202b or 203C/B to flat (with mat)
Water		
<p>1m:</p> <ul style="list-style-type: none"> 401A 201 c/b 5221d or 5122d or 5132d 	<p>3m:</p> <ul style="list-style-type: none"> Double bouncing 101b or 103c or 103b 301c or B 5231d or 5132d, (403c if needed, Max 5) 	<p>Platform 3m or 5m:</p> <ul style="list-style-type: none"> 600, 611 (3m), 612 c/b, 622c 403c/b (103c if needed Max 5) 201c/b 301c /b <p>arms may be up or down for entry on 611a</p>

Masters

Water	
<p>Novice Masters (all Ages) 1M, 3M & Platform</p> <ul style="list-style-type: none"> 4 Skills May compete dives, entries, & jumps May repeat Dive #'s in a different position Minimum 2 directions No DD Arms may be up or down for foot first entries 	<p>Advanced Masters (All Ages) 1M, 3M & Platform</p> <ul style="list-style-type: none"> 5 skills May not compete entries/jumps Must have different dive #'s Minimum 3 directions Fina DD's will apply Arms must be down for foot first entries
<p>Athletes will choose 3m or platform as the second event (not both)</p>	

