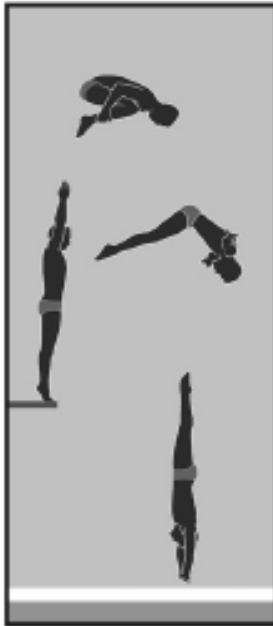




COMMON DIVES



101C Forward Dive Tuck



101B Forward Dive Pike



101A Forward Dive Straight



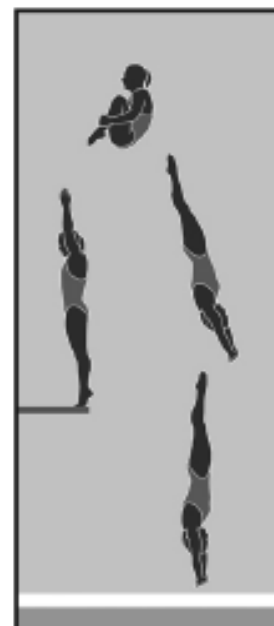
103C Forward 1 1/2 ss Tuck



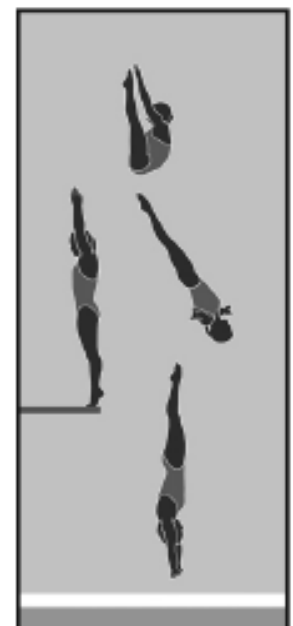
104C Forward 2 ss Tuck



105B Forward 2 1/2 ss Pike



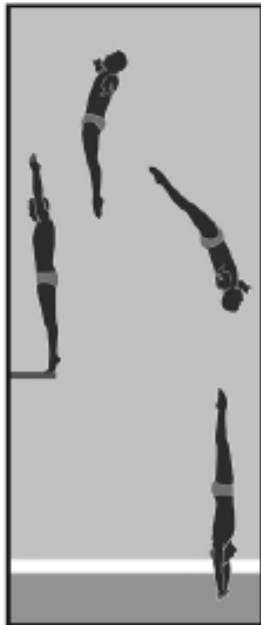
201C Back Dive Tuck



201B Back Dive Pike



COMMON DIVES



201A Back Dive Straight



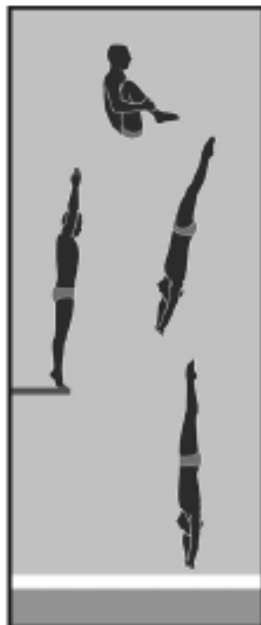
202A Back 1 ss Straight



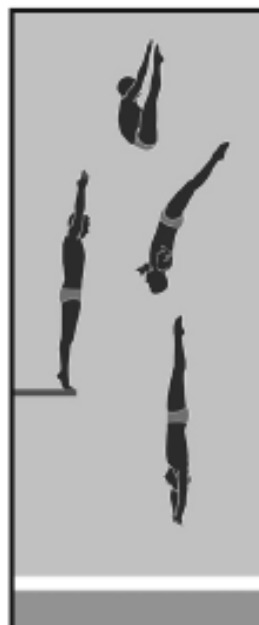
203C Back 1 1/2 ss Tuck



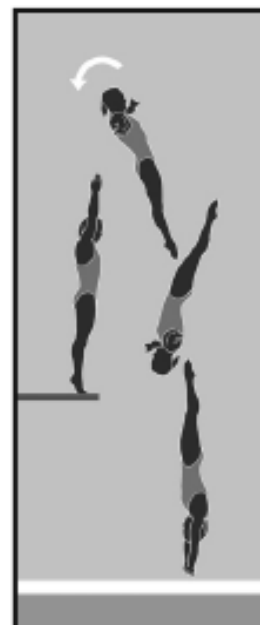
203B Back 1 1/2 ss Pike



301C Reverse Dive Tuck



301B Reverse Dive Pike



301A Reverse Dive Straight



302C Reverse 1 ss Tuck



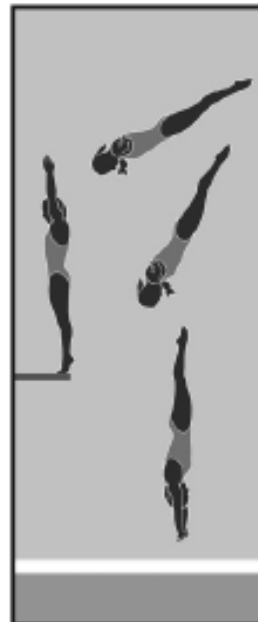
COMMON DIVES



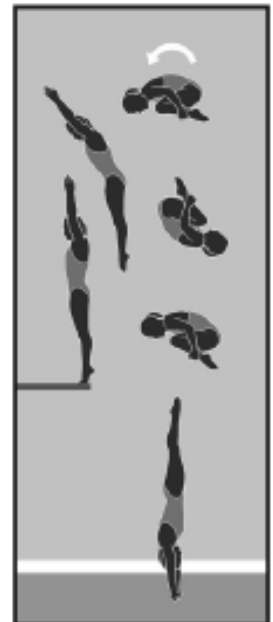
303C Reverse
1 1/2 ss Tuck



401B Inward
Dive Pike



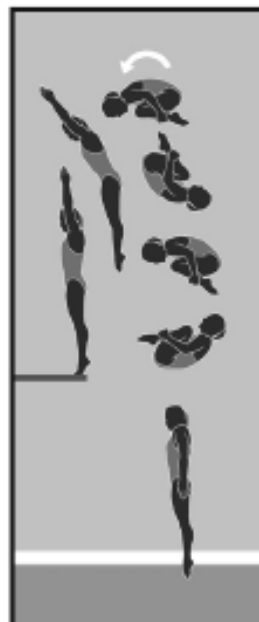
401A Inward
Dive Straight



403C Inward
1 1/2 ss Tuck



403B Inward
1 1/2 ss Pike



404C Inward
2 ss Tuck



5111A Forward
1/2 Twist Straight



5122D Forward
1 ss 1 Twist Free



COMMON DIVES



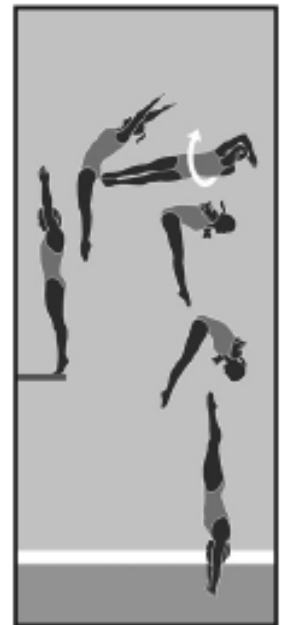
5132D Forward
1 1/2 ss
1 Twist Free



5152B Forward
2 1/2 ss
1 Twist Pike



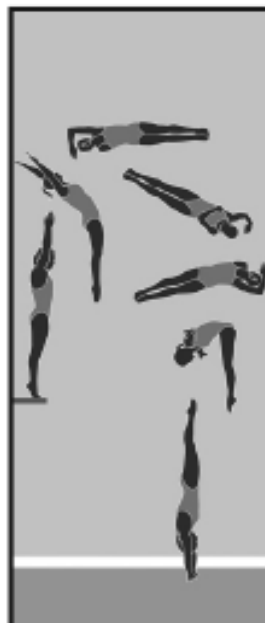
5223D Back 1 ss
1 1/2 Twists Free



5231D Back
1 1/2 ss
1/2 Twist Free



5233D Back
1 1/2 ss
1 1/2 Twists Free



5333D Reverse
1 1/2 ss
1 1/2 Twists Free