**Fort Bend ISD Diving Rules and Regulations:**

***Make sure you know and understand the rules of trampoline use, and be consistent - always follow the rules!***

* One spotter on each side of the trampoline
* A diver should be dry before using the trampoline.
* Only one diver should be on the trampoline at a time – with the exception of a coach who is [spotting](http://diving.about.com/od/divingglossary/g/divSpottingDef.htm).
* Trampolines should be used for training, and not for “play time.”
* No diver should be on the trampoline unless they are being supervised by an instructor.
* Trampolines are not to be used by anyone other than a current member of your diving team

**Follow these guidelines until mastered and approved to move beyond this by your instructor:**

**Land In the Same Spot**

A simple jump on the trampoline can teach divers, especially beginners, how to control their arm swing and balance

on the diving board. Let's put it this way - if a diver can't do a simple jump on a trampoline and land in the same

spot (and trampolines inherently help keep the user in the center if used properly), how out of control will they be

on a springboard that wants to push them out to the middle of the pool?

**Single Jump**

Here is the drill. Standing in the center of the trampoline with the arms stretched overhead, the diver does one

complete arm swing and a single jump with the intent of landing in the same spot from where they took off and

with the arms in the same spot as the starting position. The jump doesn't need to be too high, but rather a strong controlled jump. If the diver is not landing in the same

spot, or if their arms do not return to vertical, then go no further. Work on that single jump until the diver can land

in the same spot with the arms stretched overhead each and every time.

**Multiple Jumps**

If one jump is a piece of cake, then multiply. The goal is for the diver to complete multiple arm swings and jumps

one after another without stopping, and have each one land in the same spot with that smooth controlled arm swing

that keeps the diver in balance. The key here is control! Each jump should be the same height and a mirror of the one

before. If the diver can't accomplish this then the balance and timing on the diving board is going to be a problem, a

problem that leads to, how shall I say … less than spectacular dives and often times a big 'ole [smack](http://diving.about.com/od/dives/a/Smacks-Really-Are-Not-That-Bad.htm)!

**So why is this important?**

Because being able to control balance in a hurdle can help determine success and failure in the dive. A diver may

be able to jump through the roof, but if they are aimed at the other end of the pool that jumping ability is not going

to do much good. You may ask, "You never want to jump straight up in a dive, so why practice it on the tramp?" This

is true in a sense, but it's not about learning to jump straight up and down, but about learning the control it takes to do

that. Learn control and balance on easy tasks first - such as simple jumps, then tackle the harder ones later. Changing the

angle from which you leave the board, one of the keys to spinning fast, takes practice. And it starts by learning to

control a simple jump.

Proper hurdle position: <https://www.youtube.com/watch?v=394jP9gyttw>

<https://www.youtube.com/watch?v=TbkWDTMBPng>

Hop Drill: <http://diving.about.com/od/dives/ss/hopDrill.htm>

Proper tuck position: <http://diving.about.com/od/dives/qt/Proper-Tuck-Position.htm>

Back tuck kick out: <http://diving.about.com/od/dives/ss/bkTuckKO.htm>

I understand and agree to follow the rules and guidelines as listed above:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Diver’s name Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s name Date