

## OVERVIEW OF TRACKING 2007\_8

The objective of the Junior Tracking System is to focus the training of divers in all aspects of technical and physical performance. Progress will be notable when divers make significant inroads into 'technically limited skills' or 'physically restricted exercises'. Tracking is divided between competition performances at designated tracking events or specific tests at tracking camps. The 'GOAL' of the programme is to facilitate complete development of Junior Divers.

|   |  |   |  |
|---|--|---|--|
| <b>Category 1 - Competition Results</b>   | All JTP divers are required to attend the Elite Juniors and compete in 3 of the four JTP Tracking Events. Result placings at senior events are not taken into account, however dive quality (see category 2) does contribute to overall athlete ranking.   |   |  |
| <b>Category 2 - Average Score</b>   | The average score will be taken from the divers best event (where preliminary and finals take place the combined list average will be considered. The individual dive score bonus can be achieved on any dive in any event. For junior divers competing at ASA or GB Championships the focus will be on dive quality and consistency, The awards for dive average rather than medals will be the focus in senior competitions.   |   |  |
| <b>Category 3 - Group Coverage</b>  | <p>The dive groups asked for in this category can be demonstrated in any combination of 1m springboard, 3m springboard and platform events. <b><u>Skills marked * may only be used by divers in groups 11 &amp; under.</u></b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%; vertical-align: top;"> <p><b>List 1. Optional Dives</b></p> <p>1m: 104c*, 104b*, 105c, 105b, 203c, 203b, 303c, 303b, 105c, 403c, 403b, 5132d, 5231d*, 5331d</p> <p>3m: 105c*, 105b, 203c* 203b, 205c, 205b 303c*, 303b, 305c 403c*, 403b, 405c, 5132d, 5331d, 5233d, 5333d</p> <p>5m: 105c, 105b, 203c, 203b, 205c, 303c, 303b, 305c, 403c*, 403b, 405c, 624c, 5231d, 5233d,</p> <p>7.5m: 105b, 107c, 205c, 205b, 305c, 405c, 405b, 614b, 624c, 624b, 5233d, 5235d</p> </td> <td style="width: 40%; vertical-align: top;"> <p><b>List 2. Bonus Skills</b></p> <p>1m: 105c, 403b, 5132d, 303b, 203b</p> <p>3m: 105b, 205c, 305c, 405c, 5233d, 5333d</p> <p>5m: 105b, 205c, 403b, 405c, 303c, 5233d,</p> <p>7.5m: 405c, 205c, 205b, 305c, 624c, 624b, 5235d</p> </td> </tr> </table> | <p><b>List 1. Optional Dives</b></p> <p>1m: 104c*, 104b*, 105c, 105b, 203c, 203b, 303c, 303b, 105c, 403c, 403b, 5132d, 5231d*, 5331d</p> <p>3m: 105c*, 105b, 203c* 203b, 205c, 205b 303c*, 303b, 305c 403c*, 403b, 405c, 5132d, 5331d, 5233d, 5333d</p> <p>5m: 105c, 105b, 203c, 203b, 205c, 303c, 303b, 305c, 403c*, 403b, 405c, 624c, 5231d, 5233d,</p> <p>7.5m: 105b, 107c, 205c, 205b, 305c, 405c, 405b, 614b, 624c, 624b, 5233d, 5235d</p> | <p><b>List 2. Bonus Skills</b></p> <p>1m: 105c, 403b, 5132d, 303b, 203b</p> <p>3m: 105b, 205c, 305c, 405c, 5233d, 5333d</p> <p>5m: 105b, 205c, 403b, 405c, 303c, 5233d,</p> <p>7.5m: 405c, 205c, 205b, 305c, 624c, 624b, 5235d</p> |
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| <b>Category 4 - Required Testing</b>  | At each of the 3 tracking camps per year, divers will be assessed on the basic 5 dives 5 groups from 3m springboard and 4 dives 4 groups from either 5m or 7.5m platform. For total list score (one judge mark per dive) points are awarded. For consistency in both springboard and platform bonuses can be achieved.   |   |  |
| <b>Category 5 Dry-land skills and physical testing</b>  | At each of the 3 tracking camps per year divers will be required to perform trampoline, dry-board, floor somersaults, armstands, and physical tests of quality and maximal strength. As well as total score after three tracking events the improvement will be noted as a sign of progress in identified areas.   |   |  |

## COMPETITION TRACKING 2007\_8

| CATEGORY 1 - AGE GROUP Competition Results - All rankings are from combined lists when both prelim and final are used <u>(Only Junior Elites + 3 BEST events to count in final ranking)</u> |   |  |  |  |  |  |  |                  |  |    |
|---|---|--|--|--|--|--|--|------------------|--|----|
| Test  | 1 Point   | 3 Points   | 5 Points   | 7 Points   | 10 Points  | Bonus 5 Points                           | Bonus 10 Points                          | Total Achievable |  |    |
| Best Results - Southampton  |   |  |  |  |  | Win 2 medals                             | Win 3 medals                             | 20               |  |    |
| Best Results - Luton  | 3 highest scores of the 4 tracking competitions to be included in ranking |  |  |  |  |  |  |                  |  | 15 |
| Best Results - Plymouth   | 5th   | 4th  | 3rd  | 2nd  | 1st  |  |  |                  |  | 20 |
| Best Results - Leeds  |   |  |  |  |  |  |  | 20               |  |    |
| Best Results - Junior Elites  |   |  |  |  |  |  |  | 20               |  |    |
| CATEGORY 2 - Average List Scores  |   |  |  |  |  |  |  |                  |  |    |
| Test  | 1 Point   | 3 Points   | 5 Points   | 7 Points   | 10 Points  | Bonus 5 Points                           | Bonus 10 Points                          | Total Achievable |  |    |
| Age Group Events - Best List average from combined lists, plus high scoring dive bonus  | a list scoring average of 4.5   | a list scoring average of 5.0  | a list scoring average of 5.5  | a list scoring average of 6.0  | a list scoring average of 6.5  | a dive scoring average 7.0               | a dive scoring average 8.0               | 20 x 4           |  |    |
| Test  | 5 Point   | 10 Points  | 15 Points  | 20Points   | 25 Points  | Bonus 5 Points                           | Bonus 10 Points                          | Total Achievable |  |    |
| British & ASA Championships - Best single list average plus multiple list bonus   | a list scoring average of 4.5   | a list scoring average of 5.0  | a list scoring average of 5.5  | a list scoring average of 6.0  | a list scoring average of 6.5  | x 2 lists with 6.0 average or greater    | x 3 list with 6.0 average or greater     | 35 x 2           |  |    |
| CATEGORY 3 - Competition Group Coverage - Dives taken from all competitions   |   |  |  |  |  |  |  |                  |  |    |
| Test  | 1 Point   | 3 Points   | 5 Points   | 7 Points   | 10 Points  | Bonus 5 Points                           | Bonus 10 Points                          | Total Achievable |  |    |
| Average Dive Score taken from list of dives (from 3 diving events 1m, 3m and platform)  | A competition list with 1 x optional dive scoring 6.0 or greater          | A competition list with 2 x optional dives from 2 diving groups scoring 6.0 or greater | A competition list with 3 x optional dives from 3 diving groups scoring 6.0 or greater | A competition list with 4 x optional dives from 4 diving groups scoring 6.0 or greater | A competition list with 5 x optional dives from 5 diving groups scoring 6.0 or greater | Bonus Skills List 2. Dive Scoring 6.5 =< | Bonus Skills List 2. Dive Scoring 7.0 =< | 20 x 4           |  |    |

# TRAINING CAMP TRACKING 2007\_8

| CATEGORY 4 - Tracking Camp Required Dive Test   |  |  |  |   |  |  |  |         |
|---|--|--|--|---|--|--|--|---------|
|   | 1 Point  | 3 Points   | 5 Points   | 7 Points  | 10 Points  | Bonus 5 Points   | Bonus 10 Points  |         |
| Perform either 5 dives from 5 groups or on springboard OR 4 dives from 4 groups on platform at Tracking Camp. | Required Test 28.5 points<br>Springboard or 23 points platform | Required Test 30 points<br>Springboard or 24 points platform   | Required Test 31.5 points<br>Springboard or 25 points platform | Required Test 33 points<br>Springboard or 26.5 points platform      | Required Test 35 points<br>Springboard or 28 points platform | Both platform and springboard required test (9 dives) = 58.5 points (6.60 average) | Both platform and springboard required test (9 dives) = 63 points (7.00 average) | 20 x 3  |
| CATEGORY 5 - Tracking Camp Skills Testing   |  |  |  |   |  |  |  |         |
| Conducted a 3 tracking tests per year - See testing sheet for detail  | Trampoline Skills 13 skills for maximum of 33 points           | Dry land springboard Skills 18 skills for maximum of 50 points | Floor Somersault Skills - 10 skills for maximum of 31 points   | Form and Flexibility Tests 7 exercises / observations for 29 points | Strength and Max Tests 8 tests for 43 points                 | 5 Categories of Tests = 186 points maximum   |  | 186 x 3 |