

SET

PRO TIP:
Look up at diving block



Get SET

- Hand on wall with straight arms outstretched
- Feet on wall with knees bent beneath water
- Eyes looking up toward hand on wall

1

DROP

PRO TIP:
Try to keep feet in contact with wall



Prepare to DROP

- Release hand from wall
- Drop and as body sinks, bring arm forward
- With a bent elbow, eyes track the hand as it passes close to the face

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LOCK



LOCK arms

- Stretch out into Superman pose
- Head facing down with ears under arms
- Hands linked together in Lock position (B1)
- Start to slowly rotate body on to front

3

PUSH



PUSH to launch

- Upper body is in streamline position
- Push off wall in tight/squeezed streamline
- Straight legs with toes pointed
- Glide, count 1, 2, 3 as rising to surface

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