

DIVING

Sussex County Novice Diving Competition

At K2 Crawley

Date to be confirmed (Proposed Thursday 22nd or 29th September)

Divers must perform:

The poolside

Forward dive straight (3 bubble rip)

Forward dive tuck

Back jump tucked

Reverse pike (sit)

1m

Back fall

Forward dive tuck

3m

Line up, 90 degrees with hands grabbed

Competition entry fee: £ 2 -4 (Amount yet to be decided)

We would like to get a good number of entries into this competition to represent the Club. If you would like to take part and think you will be able to perform the required skills please contact Liz. We can arrange some Saturday morning sessions during the lead up to this competition to ensure you can perform all of the skills well.

You can find Liz on poolside on a Tuesday and on a Saturday Morning.*

Alternatively you can email Diving@WorthingSwimmingClub.org

***Please either before or after the lesson so not to disrupt teaching.**