

# Diving Program

## Amersfoort, The Netherlands



*Regional Training Center*  
*Amersfoort*

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# **Diving Program, Amersfoort, The Netherlands**

Components of a successful (2 hours a day) club program

*Version April 2007*

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**Springschool Amersfoort**

## **8 principles**

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## Principle 1: Dive of the month

**Goal:** every month in every lesson a certain dive / movement gets special attention (20-30 minutes per hour); none of the basic dives of the sport is forgotten.

september	forward approach + triple bouncing the board
october	Back dive
november	Rotating forward (102 and more)
december	Twist
january	Entering the water without a splash (hands and feet first)
february	Inward dives (401 and more)
march	Rotating backward (202 and more)
april	Reverse and / or twist
may	introducing competitive diving (rules and procedures for beginning divers)
june	diving in a local competition / diving games and fun
july	no lessons, only training for national team members
august	no diving



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AZ&PC Diving Club, Amersfoort, The Netherlands

## Principle 2: skill levels and skill testing

### Skill levels springboard

**Goal:** the dives are taught in a specific order (first test 1, then test 2 etc.). De tests have been designed by coach Wes Zimmermann (first version 1995). There are 5 skill levels for springboard diving, 5 for platform diving and 5 for trampolining.

<u>Description</u>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Forward approach + take off	1m: approach+100A  1m: 200C	1m: 3x bounce +100A (no hurdle)  1m: 200B	3m: 100B  3m: 200B	3m: 101B open pike 3m: 401B open pike 3m: 3x bounce + 301C inside come out	1m: 401A  3m: 201A
Entries	3m: 010C inside come out  3m: 010B outside come out  3m: 020A start with hands grabbed	3m: 010C come out via pike  3m: 020C inside come out	3m: 050D line up, imitate twist come-out  3m: 103 B open pike	1m: 020C  3m: 103C come out via pike  3m: 403B open pike	3m: 101A  3m: 020B inside come out
Rotation forward	3m: 101C inside come out 3m: 401C inside come out 1m: 102B	1m: 103B closed pike  3m: 101B touch toes, outside come out  3m: 401B touch toes, outside come out	1m: 103 C come out via pike  1m: 403 C inside come out	3m: 105C come out via pike  1m: 403C come out via pike	3m: 105C or 105B from standing position, come out free  1m: 403 B open or closed pike
Rotation backward	1m: 020C  1m: 201C or 301C inside come out	3m: 201C inside come out  3m: 301C inside come out	3m: 201 B outside come out 3m: 301 B outside come out  1m: 202 B 1m: 302 B	1m: 203C inside come out  1m: 303C inside come out	1m: 203B inside come out 1m: 304C finish arms up 3m: 303C inside come out, from standing, 3x bounce or regular approach
Twist	1m: 5102A  1m: 5201A	1m: 5101B  1m: 102B open or 102A  1m: 202A	1m: 5122D  1m: 5221D or 5321D	3m: 5132D  3m: 5231D or 5331D	1m: 5132D / 5231D / 5331D  1m: 51.. complex twist (not 5122) preparatory dive feet first  1m: 52.. or 53.. (not 5221 of 5321) preparatory dive feet first
Number of dives	12	12	12	12	12

To pass a skill level test a diver has to show 10 out of 12 dives at a satisfactory level (criteria described elsewhere). When taking the test a diver first shows the 1 meter dives, then the 3 meter dives (order of dives from top to bottom of the above schedule).

## Skill levels platform

<u>Description</u>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Forward take off	5m: 100A	5m: 101B outside come out	10m: 100B from standing	10m: approach + 100A	10m: 103B open pike, from standing
back take off	5m: 200C	5m: 401B outside come out	10m: 200A	10m: 401B open pike	7m: 201A or 301A
Entries	5m: 010B outside come out 5m: 020 A start with hands grabbed	5m: 010C come out via pike 5m: 020C inside come out	7m: 010B from push up sit 7m: 201C or 301C	10m: 101B open pike 10m: 201B or 301B outside come out	10m: 010 any line up 5m: 020B inside come out
Rotation forward	5m: 101C inside come out 5m: 401C inside come out 5m: 103B outside come out	5m: 103C come out via pike 5m: 403C inside come out	3m: 103C come out via pike 5m: 403C come out via pike or 403B	7m: 105c come out via pike, from standing (no approach) 7m: 405C inside come out	5m: 105C or 105B 3m: 403C come out via pike or 403B
Rotation backward	3m: 020C 3m: 201C or 301C inside come out 3m: 202C or 302C	5m: 301C inside come out 3m: 202B	7m: 302C or 202C (202 falling ss is permitted) 5m: 203C or 303C	5m: 203B 7m: 205C or 305C	5m: 204B or 304B 5m: 303C
Twist	3m: 5102 A	3m: 102B open or 102A 5m: 202A	3m: 5122D 3m: 5221D or 5321D	<ul style="list-style-type: none"> <li>• 7m: 5132D</li> <li>• 7m: 5231D</li> <li>• 7m: 5331D</li> <li>• armstand + twist: ½ or 1 twist, ending hands first (e.g. 6221D)</li> </ul> <p style="text-align: center;"><b>(2 of 4)</b></p>	<ul style="list-style-type: none"> <li>• 5m or 3m: 51xx (not 5122)</li> <li>• 5m or 3m: 52xx (not 5221)</li> <li>• 5m or 3m: 53xx (not 5321)</li> <li>• 5m or 3m: preparatory dive Complex armstand + twist dive (e.g. 6233D)</li> </ul> <p style="text-align: center;"><b>(2 of 4)</b></p>
Forward approach + take off	3m: armstand fall (611A)  armstand 1 second	5m: 610A 5m: 612C or B  armstand 3 seconds	5m: 621D 5m: 631C  armstand 3 seconds	5m: 622C or B  7m: 632C  armstand 3 seconds	10m: 612B  5m: 623 or 633 (position C or B) armstand 3 seconds
Number of dives	12	12	12	12	12

To pass a skill level test a diver has to show 10 out of 12 dives at a satisfactory level (criteria described elsewhere). When taking the test a diver first shows the dives in order of the above schedule (from top to bottom).

## Skill levels trampolining for divers

	1	2	3	4	5
Forward approach + take off	1 step hurdle + 100A	1 step hurdle + 100B	1 step hurdle + 101B to abdomen	101A to back	10x 100A with armswing
	10x 100A with armswing	10x 100A arms up (no swing)		3x bounce + 202A to standing	201B to back, pike
	200C	200A complete divingboard armswing pattern	1 step hurdle + 301C to back pike		
Entries	-	-	-	-	back rol to armstand
Rotation forward	belly drop (101A to abdomen)	102C to standing	402B to sit	ball-out C, 3x non stop	Ball-out B, 3x non stop
	102B to sit	stand-back-stand (ball-out preparation)	back-somersault-back (ball-out)	103C to back	104C/B to sit
				back-1,5- standing (1,5 ball-out)	403C/B to back
rotation backward	pike jump, to pike sit (100B)	201C to back, pike	202C to sit	202C 3x non stop	203B to back, pike
	back drop (201A to back)	202C to standing	202B to standing	203C to back, pike	303C to back, pike
			202A to abdomen	abdomen-somersault-abdomen (cody)	
twist	5101A	5111A to back	5311A to back	5122 to standing (coach assistance allowed)	5122 to back, or sit
	5102	5211A to abdomen	backdrop followed by 102 A	5221 to standing (coach assistance allowed)	5223 to back or sit
	5101 to sit	sit- 0,5- sit (swing)	back-1-back (back, pike)		Ball-out + 1
Number of dives	10	10	10	11	11



## Principle 3: talent test, point scores for novices

**Goal:** to measure physical characteristics that are very important for diving. The talent test is administered to children that have received no formal diving lessons. The test is an indicator of physical talent for diving.

test item	girls 8+9 years	girls 10+11 years	boys 8+9 years	boys 10+11 years	points	
Bodysize	128 cm	140 cm	133 cm	144 cm	5	
	133	143	138	147	4	
	135	147	140	148	3	
	136	148	141	149	2	
	<b>1</b>	138	150	142	151	1
Bodyweight	27,5 kg	31 kg	27 kg	34 kg	5	
	29	33	30	35	4	
	30	35	32	37	3	
	31	36	33	39	2	
	<b>2</b>	32	38	34	40	1
toe point	5 cm	5 cm	5 cm	7 cm	5	
	5,5	6	6	7,5	4	
	6	7	6,5	8	3	
	6,5	7,5	7	8,5	2	
	<b>3</b>	7	8	7,5	9	1
push ups from vanaf knees 20 sec	19	19	19	20	5	
	17	17	18	19	4	
	15	15	15	18	3	
	14	14	14	17	2	
	<b>4</b>	11	12	13	16	1
semi-pike ups 20 sec	18	19	14	16	5	
	15	16	13	15	4	
	13	15	12	13	3	
	12	14	11	12	2	
	<b>5</b>	10	13	10	11	1
back extensions 20 sec	19	19	19	20	5	
	18	18	18	19	4	
	17	17	16	18	3	
	16	16	14	17	2	
	<b>6</b>	15	15	12	16	1
stand and reach	10 cm	10 cm	7 cm	9 cm	5	
	9	8	4	5	4	
	6	7	3	3	3	
	5	6	2	2	2	
	<b>7</b>	3,5	5	1	1	1
Shoulder flexibility	38 cm	38 cm	36 cm	39 cm	5	
	32	36	35	34	4	
	31	35	32	32	3	
	30	34	30	30	2	
	<b>8</b>	29	32	28	29	1
standing long jump feet to feet	164 cm	168 cm	175 cm	183 cm	5	
	159	162	165	181	4	
	152	159	160	176	3	
	147	153	155	170	2	
	<b>9</b>	141	151	152	166	1
4 x 10 m Sprint	11,04	10,68	10,38	10,16	5	
	11,05-11,38	10,69-10,90	10,39-10,50	10,17-10,34	4	
	11,39-11,59	10,91-11,12	10,51-10,90	10,35-10,53	3	
	seconds	11,60-11,69	11,13-11,30	10,91-11,01	10,54-10,65	2
	<b>10</b>	11,70-12,00	11,31-11,42	11,02-11,19	10,66-11,00	1

All time exercises: 20 seconds, maximum 50 points

score list: version october 2006

## Principle 3: fitness test, point scores for active divers

**Goal:** to measure physical characteristics that are very important for diving. The talent test is administered at east 2x per season. The test is an indicator of progress on physical readiness for diving.

Toe point	6+7 years	8+9 years	10+11 years	12+13 years	14+15 years	16+17 years	punten
<b>1</b>	4	4	4	4	4	4	5
	5	5	5	5	5	5	4
	6	6	6	6	6	6	3
	7	7	7	7	7	7	2
	8	8	8	8	8	8	1

Arms	6+7 years	8+9 years	10+11 years	12+13 years	14+15 years	16+17 years	punten
push ups	17	19	17	19	21	23	5
	16	18	16	18	20	22	4
6 - 9 years from knees	15	17	15	17	19	21	3
	14	16	14	16	18	20	2
<b>2</b>	13	15	13	15	17	19	1

Pike ups	6+7 years	8+9 years	10+11 years	12+13 years	14+15 years	16+17 years	punten
6 - 9 years semi- pike ups	19	21	19	21	23	25	5
	17	19	17	19	21	23	4
	15	17	15	17	19	21	3
	13	15	13	15	17	19	2
<b>3</b>	11	13	11	13	15	17	1

Back	6+7 years	8+9 years	10+11 years	12+13 years	14+15 years	16+17 years	punten
extensions	16	18	20	22	24	26	5
	14	16	18	20	22	24	4
	12	14	16	18	20	22	3
	10	12	14	16	18	20	2
	<b>4</b>	8	10	12	14	16	18

Flexibility	6+7 years	8+9 years	10+11 years	12+13 years	14+15 years	16+17 years	punten
stand and reach	17	17	17	17	17	17	5
	15	15	15	15	15	15	4
	13	13	13	13	13	13	3
	11	11	11	11	11	11	2
	<b>5</b>	9	9	9	9	9	9

Shoulder	6+7 years	8+9 years	10+11 years	12+13 years	14+15 years	16+17 years	punten
flexibility	46 cm	47	48,2	49	50	51	5
	42	43	44	45	46	47	4
	36	37	38	39	40	41	3
	31	32	33	34	35	36	2
	<b>6</b>	26	27	28	29	30	31

long jump	6+7 years	8+9 years	10+11 years	12+13 years	14+15 years	16+17 years	punten
from feet to feet	140 cm	165	185	205	225	245	5
	135	160	180	190	220	240	4
	130	155	175	185	215	235	3
	125	150	170	180	210	230	2
	<b>7</b>	120	145	165	175	200	225

Sprint	6+7 years	8+9 years	10+11 years	12+13 years	14+15 years	16+17 years	punten
4 x 10 m	11,30 sec	11,00	10,30	10,00	9,30	9,00	5
	11,31-12,00	11,01-11,30	10,31-11,00	10,01-10,30	9,31-10,00	9,01-9,30	4
	12,01-12,30	11,30-12,00	11,01-11,30	10,31-11,00	10,01-10,30	9,31-10,00	3
	12,31-13,00	12,01-12,30	11,31-12,00	11,01-11,30	10,31-11,00	10,01-10,30	2
	<b>8</b>	13,01	12,31	12,01-12,30	11,31-12,00	11,01-11,30	10,31-11,00

All time exercises: 20 seconds, maximum 40 points

score list: version january 2005



## **Principle 4: Testing and competitions**

### **Goal:**

- to prepare divers for tests and competitions
- to participate in tests and competitions at the correct level and at an appropriate time
- to teach divers to “peak” at the right time.

### **Execution:**

- Every season the competition schedule is similar, with the following components:  
Skill tests (december and april), novice competitions (october – january), national competitions (february – may), international competitions (june-august)
- Participation in the KNZB regional and KNZB national championships is required for all divers qualified.

### **Competitive calendar:**

1. September - january: training, skill testing, practice meets
2. January - march: competitive period 1, peak at national team qualification meet
3. March – may 15: competitive period 2, peak at national championships
4. may 15 - july: competitive period 3, international competitions
5. July-august: no diving, minimum 4 weeks, maximum 6 weeks.

## **Principle 5: additional individual development**

### **Goal:**

To improve diving performance by participating in activities not offered by the diving club in the standard program. Each diver must identify activities that are beneficial for his personal situation.

### **Execution (examples):**

- extra training in the dryland area (trampolining, belt, etc.)
- strength training with a conditioning coach
- profylactic physical therapy (massage)
- consulting a sportpsychologist
- consulting a sportsdietician
- diving with other expert diving coaches (international camps)
- etc.

## **Principle 6: senior / junior mentorship**

### **Goal:**

Junior divers learn competitive diving skills one on one from senior divers.

### **Execution:**

Each season a talented junior diver is paired with a senior diver who will be the mentor for one season. The senior diver assists the junior diver in every aspect of diving: training, competition and preparation.

## **Principle 7: coaching for divers**

### **Goal:**

- to understand how divers learn (the difficulties of coaching)
- to get a recognized coaching certificate.

### **Execution:**

All divers from the age of 16 and up get the opportunity to coach a group of divers during one hour a week. Divers can participate in the official national diving coaches program, level A or B.

Points of attention for divers learning to coach (1 month = 4x 1-hour lesson, 8 month schedule)

1	active presentation, use of voice, responsibility, professional attire
2	coaching at multiple diving stations in a pool (circuit training)
3	teaching a group of divers
4	safety awareness for coaches
5	writing lesson plans, 30-60 minute lessons
6	differentiate: coaching individual divers in a group session
7	preparing divers for competition, judging traditional and novice level
8	how to evaluate a coach, how will the coaches examiner judge you?

## **Principle 8: personal skills for international divers**

### **Goal:**

- planning and evaluating your own season
- to become a mature, professional, athlete

### **Execution:**

Competitive divers learn to plan and evaluate their own diving seasons by filling in forms and discussing these with the coaches. The coaches comment on the forms and help the divers set realistic goals and be critical, yet positive, in self evaluation.

Divers get insight into the factors that are important in diving at the highest level. They discover if they possess the talent that is necessary to compete against the best in international competitions. They learn how to gather a team of experts around them and use the different skills of these experts to their advantage. Divers get instruction on how to interact with the press.

# **Teamrules**

## **Participation in activities is by invitation of the coaches**

Divers are placed in training groups based on the coaches' recommendations. Training groups are formed in September and evaluated in June. Extra lessons and participation in competitions are by coaches' invitation only.

## **Minimum hours of practice, fitness test**

Learning to dive takes regular practice in the pool and the dryland area.

All divers in the group "pre-competition" must take at least 2x a 2 hour session (4 hours) per week. All divers in the group "competition" must take at least 3x a 2 hour session (6 hours) per week.

A few times per season the diving fitness test will be administered. During the dryland training sessions the exercises of the fitness test will be rehearsed. Based on the results of the fitness test divers can plan their additional individual training components.

## **Participation in the program, required participation in competitions**

Diving Amersfoort is a program that teaches divers to dive, but also to be a member of a team, to coach and to contribute to the club they are part of. Divers will perform better if they have an understanding of all the tasks that are being performed by all members of the club that keep the program going. In addition to teaching divers our program also educates coaches, judges and club officials. If possible we prefer to give important positions in our program to our own ex-divers.

Junior divers are expected to compete in the competitions that the coaches plan for them. They perform the dives that the coaches have determined. Senior divers design their own competitive strategy and determine their own competition dives. However participating in the following two competitions is required for all members of Amersfoort diving: KNZB regional and KNZB national championships. These are individual and team competitions. The results determine the amount of support (money!) our club gets from the national federation. All qualified divers must participate and give their best efforts.

## **Competition registration**

To enter a competition (after being invited by the coaches) is a responsibility of the individual diver. All information on upcoming competitions is on our website. Divers fill out their own sheets and hand them in in the box in the dryland area. Each season a male and female team captain is appointed. The captains help the younger divers with their dive sheets. The coaches will check the dive sheets before they are being sent to the competition organizer. The competition entrance fee must be brought in cash to the competition and given to the Amersfoort coach of the event.

## **Athlete-coach-expert team**

All divers who participate at the level of the national championships age group B, A or open fill in the season planning form (available on the website). For divers with international ambition additional individual training components will be identified (principle 5).

If external experts help a diver achieve his goals an athlete-coach-expert team is constructed. During the season athlete, coach and expert must evaluate whether they are on track towards the goals of the athlete. At the end of the season the athlete will fill in the season evaluation form (available from the website). The season evaluation (last season) en the season plan (next season), will be discussed in September in the athlete-coach-expert team. When a diver is junior, the coach is the coordinator of the athlete-coach-expert team. When a diver is senior, he will be the coordinator of his own athlete-coach-expert team.

## **Traveling to competitions**

Divers may make individual arrangements to travel to competitions in The Netherlands. Travelling to international competitions is always as a group.

### **Missing events and injuries**

If a diver has to miss practice or any other event, he or she is expected to call the coach of the event (phone numbers on the website). Report injuries or complaints, so that the coaches can adjust their training assignments. Injured divers are not excused from practice. The coaches want to see every diver every practice, to get an impression of the severity of the injuries. Every diver can always practice something (e.g. imagery, stretching, assist in coaching).

### **Relations with other clubs and the national federation**

The coaches of Diving Amersfoort are responsible for all divers in the program. The national federation supports the diving clubs, with money and events, but has no junior coaches. The federation recognizes that club coaches are responsible for the development of (junior) divers. Therefore the club coaches of Diving Amersfoort reserve the right to keep divers from participating in activities of the national federation, if they think this activity is not in the best interest of the diver.

We ask divers and parents not to contact other clubs or the federation without informing the headcoach of Diving Amersfoort.

### **What does every diver need??**

Access to the internet and an e-mail address (to receive last-minute competition information).

Important websites are: [www.springschool.nl](http://www.springschool.nl) en [www.knzb.nl](http://www.knzb.nl)



**Diving Amersfoort, the best diving team in The Netherlands 2003-2007**

## Team goals

**1998-2003: in 5 years the best team in The Netherlands; this goal was achieved!**

realisation	National Championships	Divers on the national team
<b>1: 1998-1999</b>	4th	2
<b>2: 1999-2000</b>	2nd	5
<b>3: 2000-2001</b>	2nd	4
<b>4: 2001-2002</b>	2nd	5
<b>5: 2002-2003</b>	<b>first</b>	<b>8</b>

**2003-2008:**

- ✓ **stay in the top 2 of club teams**
- ✓ **every year 4 divers on the national team**
- ✓ **every year at least 1 participant at the European junior championships.**

realisation	National Championships	Divers on the national team
1: 2003-2004	<b>first</b>	4
2: 2004-2005	<b>first</b>	3
3: 2005-2006	<b>first</b>	5
4: 2006-2007	<b>first</b>	5
5: 2007-2008		

**European junior championships, Amersfoort participants**

Year	City, country	Divers
2000	Istanbul, Turkey	Levy Rosalina
2001	Malta	Levy Rosalina, Sabine Knoers
2002	Geneve, Switzerland	Levy Rosalina, Sabine Knoers
2003	Edinburgh, Schotland	Levy Rosalina, Sabine Knoers, Iris Janssen, Frank van Dijkhuizen
2004	Aachen, Germany	Frank van Dijkhuizen
2005	Elektrostal, Russia	Iris Janssen, Julie van Wees
2006	Mallorca, Spain	Frank van Dijkhuizen, Iris Janssen, Elsemieke van Engelenburg
2007	Trieste, Italy	Elsemieke van Engelenburg (injured)

# **Guideline for strength training and conditioning of divers**

## **Goals:**

1. conditioning to improve diving performance:

evaluation:

- ✓ diving performance (successful performance of difficult dives)
- ✓ performance on the diving fitness test

2. conditioning to prevent injuries:

evaluation:

- ✓ number of injuries per season / time loss because of injuries
- ✓ performance on medical evaluations (e.g. changes in bodysize and function)
- ✓ subjective: how does the diver feel about his body?

3. conditioning to become an all-round athlete ("cross-training", experience other sports)

evaluation:

- ✓ number of dives per hour and quality of dives when tired
- ✓ physical appearance (aesthetically pleasing and trained body)

## **Planning:**

1. always: physical preparation must be part of every divers (every skill level) program, for his entire career.

2. per season:

- ✓ only in the pre-season: = 15 august – 01 january
- ✓ year-round

possible ways of execution:

- ✓ conditioning by the diving coach
- ✓ conditioning by an external expert (conditioning coach, physical therapist etc.)

age:

- ✓ under 14 years: conditioning by the diving coach (e.g. dryland program)
- ✓ 14-18: learn the principles of weight training, with and without machines (free-weights)
- ✓ 18 and over: maximize the physical characteristics that are important to diving (flexibility and explosive strength, plyometrics for legs and arms).

## Training times 2006-2007

<b>Recreational diving:</b>		<b>1-3 hours per week</b>
Monday	19.00-20.00	pool
Wednesday	19.00-20.00	pool
Friday	17.30-18.30	pool
<b>pre-competition group:</b>		<b>minimum 2 x 2 hours per week</b>
Monday	17.30-20.00	dry land + pool
Wednesday	17.30-19.30	dry land + pool
Friday	16.30-18.30	dry land + pool
Saturday	13.00-14.30	dry land + pool
<b>competition group:</b>		<b>minimum 3 x 2 hours per week</b>
Monday	18.00-20.00	dry land + pool
Tuesday	17.30-19.30	dry land + pool
Wednesday	18.00-20.00	dry land + pool
Thursday	17.30-19.30	dry land + pool
friday	17.00-19.30	dry land + pool
Saturday	10.30-12.00	dry land
Saturday	13.00-14.30	pool
<b>learn to dive (schools):</b>		<b>6 lessons x 45 minutes</b>
Tuesday	18.00-18.45	elementary school (october -april)
Tuesday	18.45-19.30	elementary school (october -april)

## Costs per 01-01-2007, in euro (€)

group	hours per week	tuition per month	membership per year	KNZB diving license per year
recreational	1	25 euro	15 euro	not required euro 35
	2	45	15	
	3	60	15	
pre-competition and competition	4	70	15	required euro 35
	5	80	15	
	6	90	15	
	7 or more	100	15	



The platform in Amersfoort



The 3-meter springboards



Dryland area





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**First edition**

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