

Dive Requirements for Meets

These requirements are provided for information purposes only. Cool Sharks Diving recognizes that the majority of our divers are new to the sport and have not yet learned the skills listed below. Our coaches are eager to teach these skills in a fun and safe environment. Many divers who have not mastered these skills still participate in meets gaining valuable experience and having lots of fun.

6 & under (3 total dives)

Front approach with a jump
Back approach with a jump
Forward Dive or any other dive

7 – 8 (4 total dives)

Front approach with a jump
Back approach with a jump
Forward Dive
1 optional dive

9 – 10 (5 total dives)

Front approach with a jump
Back approach with a jump
Forward Dive
2 optional dives

11 – 12 (4 total dives)

Forward Dive
3 optional dives

13 – 14 (5 total dives)

Forward Dive
4 optional dives

15 & over (5 total dives)

Forward Dive
4 optional dives