

Appendix 2



DIVING NEW ZEALAND

COACHING PROGRAM

Diving New Zealand Coaching Program

Purpose

The ongoing development of coaches is fundamental to the ongoing development of the sport of Diving in New Zealand. The purpose of the Diving New Zealand Coaching Program (“DNZCP”) is to provide a pathway for coaches to encourage an environment of education and learning, retention and development of coaches at all levels within the sport of Diving.

Structure and Pathway

The DNZCP operates at three levels:

Level 0 – Beginner Coach/Parent Coach/Teachers as coaches etc

Level 1 – Learn to Dive/Club Coach

Level 2 – Club Representative teams/Assistant DNZ Coaches

Level 3 – International Competition at all levels

Accreditation

All coaches applying for DNZCP accreditation must:

- Be a member of Diving New Zealand
- Have an up to date First Aid Certificate
- Comply with all requirements of DNZ Rules and Regulations

AGE REQUIREMENTS

DNZCP accreditation candidates must be 16 years or over at the completion of all DNZCP Level 0 course requirements.

Members of DNZ who are under the age of 16 years may be permitted to coach under the following circumstances:

- Must have up to date first aid certificate;
- Must be under the supervision and responsibility of an experienced DNZCP accredited coach with a minimum Level 2 accreditation;
- May only assist in coaching at the Learn to Dive level;
- Must work to a program prepared by the supervising coach;
- May only operate as an assistant coach i.e. may not run an independent squad.

Under exceptional circumstances an underage coach may be considered for DNZCP accreditation.

Applications for special consideration must be made in writing to the Diving New Zealand Development Committee providing details of qualifications, coaching experience and include recommendations from an experienced senior coach with a minimum of Level 3 accreditation.

Accredited coaches of similar sports such as gymnastics, tumbling, trampolining may be considered for recognition of prior learning providing they satisfy all or most of the competencies required for level zero coach accreditation.

However, it is important to note that body alignment for gymnastics is significantly different to diving technique so it would be recommended that gymnastics coaches do attend a level zero Course prior to beginning diving coaching.

Coaches should apply in writing to the DNZ Development Committee for consideration for RPL.

COACHING PROFILES

DNZCP LEVEL 0 COACH

Participants must be 14 years of age upon completion of all course requirements in order to be eligible for accreditation.

NOTE: Until **Level 1** accreditation is achieved coaches under the age of 16 must coach under **direct supervision** of an experienced coach with minimum DNZ Level 2 accreditation.

On completion of this training course the level zero diving coach will be able to safely:

- Safety and class management
- Teach beginner divers the techniques of good body alignment
- Teach a number of exercises and drills to develop core strength enabling good body alignment technique
- Teach exercises and drills to develop diving specific positions – straight, pike and tuck
- Teach beginner divers a forward and backward jump straight and tuck from side of pool emphasising correct body alignment
- Progress beginner divers to forward and backward jump straight and tuck from 1m, 3m emphasising correct body alignment
- Teach progressions from forward jump straight to forward dive straight from side of pool
- Teach progressions for forward dive straight to 1m
- Teach progressions for forward somersault from side of pool



- Teach progressions for forward somersault from 1 m
- Teach progressions from backward jump to backward dive from side of pool
- Teach progressions for backward dive to 1m
- Teach beginner divers an inward jump from side of pool
- Progress beginner divers to inward jump from 1m

A practical, competency based assessment will be carried out **following 25- hours** of practical coaching under the **direct supervision** of a club head coach, minimum DNZ Level 2 accredited.

No other assessment is required.

NB: Following completion of the coaching practice hours, level zero coaches, coaching under Diving New Zealand jurisdiction, must not be given sole responsibility of a group of divers. The club head coach, or other designated supervising coach, must design all programs and be in attendance during all training sessions.

DNZCP LEVEL 1 COACH

A Level 1 Coach must be coaching a minimum of 2 hours per week including at least 10% dry land. To be accredited to Level 1 a Coach must complete a Level 1 Coaching Course plus be supervised by a Level 2 or Level 3 Coach for a minimum of 50 hours. You will need to complete a log and provide a copy of your log to the DNZ Development Committee as part of your application for accreditation to Level 1.

A Level 1 DNZCP accredited coach must be able to demonstrate ability to:

Technical

- teach basic diving skills through progressive stages
- teach the principles of core stability and body alignment
- teach basic sequence of movement for springboard forward approach, hurdle, arm swing and take-off
- integrate springboard take-offs with basic jumps and dives
- teach basic sequence of movement for platform approach, hurdle, arm swing and take-off
- integrate platform take-offs with basic jumps and dives
- teach basic take-offs in all directions both springboard and platform
- demonstrate an understanding of how rotations are initiated, how and when balance shifts for the basic somersault dives in all directions
- teach correct technique to ensure dives are correct and safe distance from the board
- teach correct aerial positions – straight, pike and tuck
- teach the use of visual spotting to enhance diving performance and effect correct entries
- teach five basic dives and somersaults – forward, backward, reverse, inward and twisting
- teach clean entries including the influence of body position in the success of entry
- teach basic hand stand technique and body alignment

DryLand

- demonstrate a thorough knowledge of the dry land equipment available and the safe use of such equipment
- teach basic diving techniques in dry land
- carry out hand spotting for basic forward, backward, inward and reverse somersaults
- integrate dry land training into programme to enhance diving performance
- develop fun games for young divers using dry land equipment
- use dry land facilities for basic strength and
- demonstrate a knowledge of basic harness training for simple dives

Planning

Periodisation

- plan training session to maximise divers' participation in session

Safety

- conduct safety checks on all equipment to be used in a training session
- recognise and act on general safety issues to ensure safe environment for diving
- demonstrate an understanding of safe and unsafe techniques
- implement strategies to reduce the risk of injury during training sessions

Communication

- analyse dives and provide appropriate feedback to and process feedback from athlete

Etiquette Of Diving

- teach divers appropriate etiquette during training sessions including safe use of the boards
- work harmoniously with other personnel on pool deck or in dry land facility including other coaches, parents, other athletes
- demonstrate a sound knowledge of the Diving Australia Code of Ethics

Agreement

- understand coach responsibility to athlete development and recognise when athletes need a higher level of coaching

LEVEL 2 COACH

A Level 2 Coach must:

- be coaching a minimum of 8 hours per week including at least 25% dry land;
- hold Level 1 accreditation for a minimum of 2 years;
- maintain a current first aid certificate;
- complete a Level 2 Coaching course.

COMPETENCIES

A Level 2 DNZCP accredited coach must be able to demonstrate ability to:

Technical

- recognise poor core stability and integrate drills/exercises into programme to rectify
- teach proper body alignment; identify and correct poor alignment and consolidate stability
- link core stability and body alignment to principles of biomechanics
- link skills in proper sequence of movements as they apply to basic and optional dives
- teach proper take-off technique for multiple rotations on springboard
- demonstrate thorough understanding of differences in diving from 3m platform through 5m, 7m to 10m
- teach skill progressions/build-ups to safely advance divers to higher platforms
- recognise when diver is ready to perform a more advanced skill/dive
- safely and efficiently use bubbler in learning new dives and progressing divers to higher platforms
- teach correct take-off technique for initiation of multiple rotation dives on springboard and various platforms
- teach correct take-off techniques for initiation of multiple twists on springboard and platform
- teach correct aerial position and timing for multiple rotation and twist dives including twisting “in” and “out”, squaring out and resuming somersaulting
- detect faults and provide instruction to adjust technique in multiple rotation and multiple twist dives
- teach principles of correct entry technique including saves, come-outs and rip entries
- introduce synchronised diving including selection of partners, timing, synchronisation and adjustment of techniques

Dry Land

- understand the importance of dry land training in a diving programme
- integrate dry land training into diving programme

- efficiently and safely execute hand spotting techniques for multiple somersaults in all four directions
- safely use trampoline & harness/dry board & harness techniques for forward, inward, backward and reverse dives up to double somersault
- demonstrate efficiency in kipping and spotting techniques using harness
- utilise dry land training to build up confidence in preparation for new dives

Sports Science/Medicine

Strength and Conditioning

- demonstrate an understanding of the importance of flexibility training in a diver's training programme
- provide appropriate flexibility exercises for the key body parts for junior divers
- provide a variety of strength exercises to develop strength in the key body parts for junior divers
- periodise a strength and conditioning programme complement diving competition season
- implement strategies to increase injury prevention
- integrate recovery strategies into diving programme
- develop an appropriate strength and conditioning programme for Junior Age and Elite Junior divers to complement diving programme including dryland training

Psychology

- understand basic personality types
- assist athletes set appropriate goals
- develop mental strategies for competition
- implement strategies to encourage divers to take responsibility for selves
- develop practical strategies to assist divers overcome fear – of new dives, of higher platform, of competition

Biomechanics

- understand and utilise the principles of biomechanics including centre of gravity, action/reaction, moment of force and angular momentum
- relate these principles and their effects to take-offs for various dives, rotations and twists

Planning

Periodisation

- periodise yearly training programme into pre-competition, competition and transition phases, and including strength and conditioning, recovery and sports science/sports medicine

Management

- demonstrate organisational skills needed to administer all aspects of a diving team



- manage diving programme in a professional manner and exhibit professional personal behaviour
- exhibit a thorough understanding and awareness of safety measures to ensure safe environment
- exhibit an thorough understanding of the Diving Australia Coach's Code of Ethics Agreement and the legal implications of impropriety
- source professional assistance
- exhibit a thorough knowledge of the Diving Australia Anti Doping Policy

LEVEL 3 COACH

A Level 3 Coach must:

- be 22 years or over and have held Level 2 Accreditation for a minimum of 5 years;
- be actively coaching a minimum of 15 hours per week including 25% dry land.
- have consistently coached divers to a level where they are achieving selection in DNZ Representative teams;
- hold current First Aid Certificate through approved provider

COMPETENCIES

A DNZCP Level 3 accredited coach must be able to demonstrate:

Technical

- application of sequential movement for platform approach and takeoffs
- knowledge of and proficiency in coaching finer points of posture, body position and body alignment for high DD dives
- understanding of techniques for take-offs for high DD dives to ensure high speed action through dive
- knowledge of initiation of rotations and twists for high degree of difficulty dives
- ability to progress diver to high degree of difficulty dives
- ability to provide training for spotting for platform dives including multiple rotations and twists
- ability to assist divers achieve accurate kick-outs in high DD dives (e.g., 107B) and knowledge of how to control body for entries for high DD dives
- ability to teach sequence of movement for a range of armstand dives

Dry Land

- understanding of importance of integration of dry land training with complete training programme
- ability to utilise dry land techniques to enhance divers' progression to high DD dives including multiple rotations and twists
- proficiency in the use of water harness to enhance divers' performance
- proficiency in use of twisting belt

Sports Science/Sports Medicine

- an understanding and practical implementation of principles of biomechanics for multiple rotations and twisting
- use of video analysis to identify poor technique, faults and weaknesses and to provide accurate feedback to athletes

Strength and Conditioning

- understanding of fitness testing and what it provides
- integration of fitness test information into diving programme

- use of strength and conditioning to enhance performance of elite athletes
- use of strength and conditioning in injury prevention
- use of strength and conditioning in injury rehabilitation
- ability to develop and implement an appropriate strength and conditioning programme for national open and national junior divers
- understand the principles of recovery and incorporate recovery into elite training programme

Psychology

- ability to develop and implement mental skills for international competition
- ability to implement mental skills for injury prevention and rehabilitation
- ability to identify personal distractions and implement strategies to deal with them
- ability to instill winning ethos
- ability to coach divers to medal winning performances

Nutrition

- knowledge of principles of good nutrition for elite divers and ability to provide counsel

Planning

Periodisation

- ability to develop a periodised training programme integrating the national programme for national junior and open divers
- ability to develop and implement yearly plan integrating all components of sports science/sports medicine
- ability to develop a 2 year periodised training programme integrating national programme, Junior World Championships and World Cup for national junior and open divers
- functional training for national junior and open divers. Integration of dry land, strength and conditioning, psychology, core stability and water training
- understanding and utilisation of athlete training diaries
- thorough knowledge and understanding of National Selection Policy

DNZ HIGH PERFORMANCE COMMITTEE

The Development Committee recommends that a new Committee called DNZ High Performance Committee (DNZHPC) is established. This committee should be made up of all those coaches who are accredited to DNZ Level 3, the Co-ordinator of the DNZ Development Committee with an administrative support function provided by the DNZ Administrator.

The DNZHPC will be responsible for the oversight of the High Performance Program (HPP). The committee will determine:

- determine the long term strategic directions of the HPP;



- develop relevant policies/procedures that underpin and guide the program;
- establish the performance objectives against benchmark events; and
- evaluate performance outcomes against these benchmarks.

Any program developed by the DNZHPC should have a focus to:

- provide DNZ Level 3 and 3 coaches and their athlete's with quality training and international competition to maximise their potential;
- integrate clear athlete development pathways ensuring internationally competitive athletes;
- deliver international success for New Zealand elite divers.