



TROJAN DIVE CAMP

Training Outline



The typical training day will consist of three sessions with a lunch and dinner break. The camp will conclude with a Mock Meet and New Dive Exhibition where each diver will demonstrate the skills they learned or improved over the week. Parents, please plan on attending the last day.

Session I: 8:30 am – 11:00 am
Lunch Break: 11:15 am – 1:00 pm
Session II: 1:00 pm – 3:00 pm
Dinner: 5:00 pm – 6:00 pm
Fun Game: 6:00 pm – 7:00 pm
Session III: 7:00 pm – 8:00 pm

Day 1, Sunday – Introduction and open diving

3:00 pm – 4:00 pm	Introductory meeting
4:00 pm – 4:40 pm	Dry land exercise in three groups (spotting belt)
4:45 pm – 6:00 pm	Water stations – 40 dives total (1m – 15, 3m – 15, platform – 10)
6:30 pm	Dinner
	Followed by dorm check-in
8:00 pm	Group games
9:00 pm	Curfew

Day 2, Monday – Basics and fundamentals

Session I

7:30 am – 8:00 am	Breakfast	
8:30 am – 9:30 am	Group picture & brief morning meeting	
	Dry land exercise in three groups (spotting belt)	
9:30 am to 11:00 am	Three stations in the water (30 minutes each station):	
	*1m – St, hurdle and back take off, basic dives in tuck position	2-3 each
	*3m – St, hurdle and back take off, lineups, and basic dives in any position	2-3 each
	*Pl – Side workout, approach, back jumps, lineups (a, b, c)	2-3 each
	(Filming during workout)	
11:15 am – 1:00 pm	Lunch break on deck	

Session II

1:00 pm – 1:30 pm	Dry land exercise in three groups (spotting belt)	
1:30 pm – 3:00 pm	Three stations in the water (30 minutes each station):	
	* 1m – Review the am workout plus existing required dives	2-3 each
	* 3m – Review the am workout plus existing required dives	2-3 each
	* Pl – Review the am workout plus existing required dives	2-3 each
	(Filming during workout)	

Session III

5:00 pm – 6:00 pm	Dinner on deck
6:00 pm – 7:00 pm	Fun games
7:00 pm – 8:00 pm	Video analysis and lecture (Goal setting)
9:00 pm	Curfew



TROJAN DIVE CAMP

Training Outline



Day 3, Tuesday – New optional dive lead ups

Session I

- 7:30 am – 8:00 am Breakfast
- 8:30 am – 9:30 am Brief morning meeting
Dry land exercise in three groups (spotting belt)
- 9:30 am – 11:00 am Three stations in the water (30 minutes each station):

- *1m – St, hurdle and back take off, basic dives in tuck position 1-2 each
 > 103c, 104c, 5122 or 5132, 202a, 203c, 204c, 5221 or
 5231, 5223, 5225, 302a, 303c, 304c, 402c, 403c
- *3m – St, hurdle and back take off, basic dives in any position 1-2 each
 > 103b, 203c, 303c, 403c or b, 5132d, 5231d
- *Pl – Lineups (a, b, c) 1-2 each
 > 103c, 104c, 202a, 203c, 302c, 303c, 401c, 403c

(Filming during workout)

- 11:15 am – 1:00 pm Lunch break on deck

Session II

- 1:00 pm – 1:30 pm Dry land exercise in three groups (spotting belt)
- 1:30 pm – 3:00 pm Three stations in the water (30 minutes on each station):

- * 1m – Complete the am workout plus existing opt dives 2-3 each
- * 3m – Complete the am workout plus existing opt dives 2-3 each
- * Pl – Complete the am workout plus existing opt dives 2-3 each

(Filming during workout)

Session III

- 5:00 pm – 6:00 pm Dinner on deck
- 6:00 pm – 7:00 pm Fun games
- 7:00 pm – 8:00 pm Video analysis and lecture (Come out techniques)
- 9:00 pm Curfew

Day 4, Wednesday – Learning day – new optional dives

Session I

- 7:30 am – 8:00 am Breakfast
- 8:30 am – 9:30 am Brief morning meeting
Dry land exercise in three groups (spotting belt)
- 9:30 am – 11:00 am Three stations in the water (30 minutes on each station):

- *1m – St, hurdle and back take off 1-2 each
 New optional dive lead ups then optional dives 2-4 each
- *3m – St, hurdle and back take off 1-2 each
 New optional dive lead ups then optional dives 2-4 each
- *Pl – Lineups (a, b, c) 1-2 each
 New optional dive lead ups then optional dives 2-4 each

(Filming during workout)

- 11:15 am – 1:00 pm Lunch break on deck

Session II

- 1:00 pm – 1:30 pm Dry land exercise in three groups (spotting belt)



TROJAN DIVE CAMP

Training Outline



1:30 pm – 3:00 pm Three stations in the water (30 minutes on each station):

- * 1m – Complete the am workout plus existing opt dives 2-3 each
- * 3m – Complete the am workout plus existing opt dives 2-3 each
- * Pl – Complete the am workout plus existing opt dives 2-3 each

(Filming during workout)

Session III

5:00 pm – 6:00 pm Dinner on deck
 6:00 pm – 7:00 pm Fun games
 7:00 pm – 8:00 pm Video analysis and lecture (Mental toughness)
 9:00 pm Curfew

Day 5, Thursday – Learning day – continue new optional dives

Session I

7:30 am – 8:00 am Breakfast
 8:30 am – 9:30 am Brief introductions
 Dry land exercise in three groups (Spotting belt)
 9:30 am – 11:00 am Three stations in the water (30 minutes each station):

- *1m – St, hurdle and back take off 1-2 each
 New optional dive lead ups then optional dives 2-4 each
- *3m – St, hurdle and back take off 1-2 each
 New optional dive lead ups then optional dives 2-4 each
- *Pl – Lineups (a, b, c) 1-2 each
 New optional dive lead ups then optional dives 2-4 each

(Filming during workout)

11:15 am – 12:30 pm Lunch Break on deck

Session II

1:00 pm – 1:30 pm Dry land exercise in three groups (spotting belt)
 1:30 pm to 3:00 pm Three stations in the water (30 minutes each station):

- * 1m – Complete the am workout plus existing opt dives 2-3 each
- * 3m – Complete the am workout plus existing opt dives 2-3 each
- * Pl – Copmplete the am workout plus opt existing dives 2-3 each

(Filming during workout)

Session III

5:00 pm – 6:00 pm Dinner on deck
 6:00 pm – 7:00 pm Fun games
 7:00 pm – 8:00 pm Video analysis and lecture (Dive sheet and meet routines)
 9:00 p.m. Curfew



TROJAN DIVE CAMP

Training Outline



Day 6, Friday – Mock meet and new dive exhibition

7:30 am – 8:00 am Breakfast

8:30 am – 9:00 am Dry land exercise in three groups (spotting belt)

9:00 am – 11:00 am

*1m – New dives for scores 1-2 each	(40 min)	1-2 each
*3m – New dives for scores 1-2 each	(40 min)	1-2 each
*P1 – New dives for scores 1-2 each	(40 min)	1-2 each

(Filming during the mock meet)

11:00 am to 12:00 pm End of the camp review and group picture
Pizza and drinks will be provided

