



2018 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 – 3:30 pm
Dinner:	5:30 pm – 6:30 pm
Session III:	6:30 pm – 7:30 pm
Fun Games:	7:30 pm – 8:30 pm

— Day 1, Thursday —

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, Friday —

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
	*PI – Side workout, approach, back jumps, lineups (a, b, c)	2-3 each
	<i>(Filming during workout)</i>	
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 – 3:30 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
	* PI – Review the am workout plus existing required dives	2-3 each
	<i>(Filming during workout)</i>	

Session III

5:30 pm – 6:30 pm	Dinner on deck
6:30 pm – 7:30 pm	Video analysis and lecture (Goal setting)
7:30 pm – 8:30 pm	Fun games
9:00 pm	Curfew



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— Day 3, Saturday —

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		1-3 each
*3m – St, hurdle and back take off, basic dives in any position		1-2 each
> 103b, 203c, 303c, 403c or b, 5132d, 5231d		2-3 each
*PI – Lineups (a, b, c)		1-2 each
> 103c, 104c, 202a, 203c, 302c, 303c, 401c, 403c		1-3 each
	<i>(Filming during workout)</i>	

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 – 3:30 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
* PI –	Complete the am workout plus existing opt dives	2-3 each
	<i>(Filming during workout)</i>	

Session III

5:30 pm – 6:30 pm	Dinner on deck
6:30 pm – 7:30 pm	Video analysis and lecture (Come out techniques)
7:30 pm – 8:30 pm	Fun games
9:00 pm	Curfew



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— **Day 4, Sunday** —
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	New optional dive lead ups then optional dives	1-2 each 2-4 each
*3m – St, hurdle and back take off	New optional dive lead ups then optional dives	1-2 each 2-4 each
*PI – Lineups (a, b, c)	New optional dive lead ups then optional dives	1-2 each 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)	
1:30 pm – 3:30 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
* PI – Complete the am workout plus existing opt dives		2-3 each

(Filming during workout)

Session III

5:30 pm – 6:30 pm	Dinner on deck
6:30 pm – 7:30 pm	Video analysis and lecture (Mental toughness)
7:30 pm – 8:30 pm	Fun games
9:00 pm	Curfew



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Training Outline



— Day 5, Monday —
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
*PI – 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 – 3:30 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
* PI – Copcomplete the am workout plus opt existing dives		2-3 each

(Filming during workout)

Session III

5:30 pm – 6:30 pm	Dinner on deck
6:30 pm – 7:30 pm	Video analysis and lecture (Dive sheet and meet routines)
7:30 pm – 8:30 pm	Fun games
9:00 p.m.	Curfew



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— Day 6, Tuesday —

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
*PI – 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

