

**“Proper use of the springboard is a goal all competitive divers continuously pursue no matter what their level of performance.”**

*(Ron O’Brien, 8-time Olympic Diving Coach)*

**“The forward approach is the first thing we are taught but the last thing we master.”**

*(Edwin Jongejans, former world champion and 2-time European champion)*

**“After 37 years of teaching the springboard forward approach, I have discovered that it isn't quite the wicked or wild beast we make it out to be. In fact, once we get to know the critter, it is a fairly easy beast to tame.”**

*(Jeff Huber, 3-time Olympic Diving Coach)*

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I have brought to your attention the design of three types of forward approach:

**1) Simplified formula of classic approach.**

This formula is recommended for young divers.

**2) Formula of classic approach by Ron O’Brien.**

This formula is recommended for adult divers.

**3) Formula of approach for currently popular “hop-hurdle”.**

The “hop-hurdle” is option that is difficult to control and therefore it is the least consistency skill. Its use is justified for adult divers, as well as for those young athletes who have the ability to easy learning and not exposed to "motor forgetfulness" (frequent loss of skills).

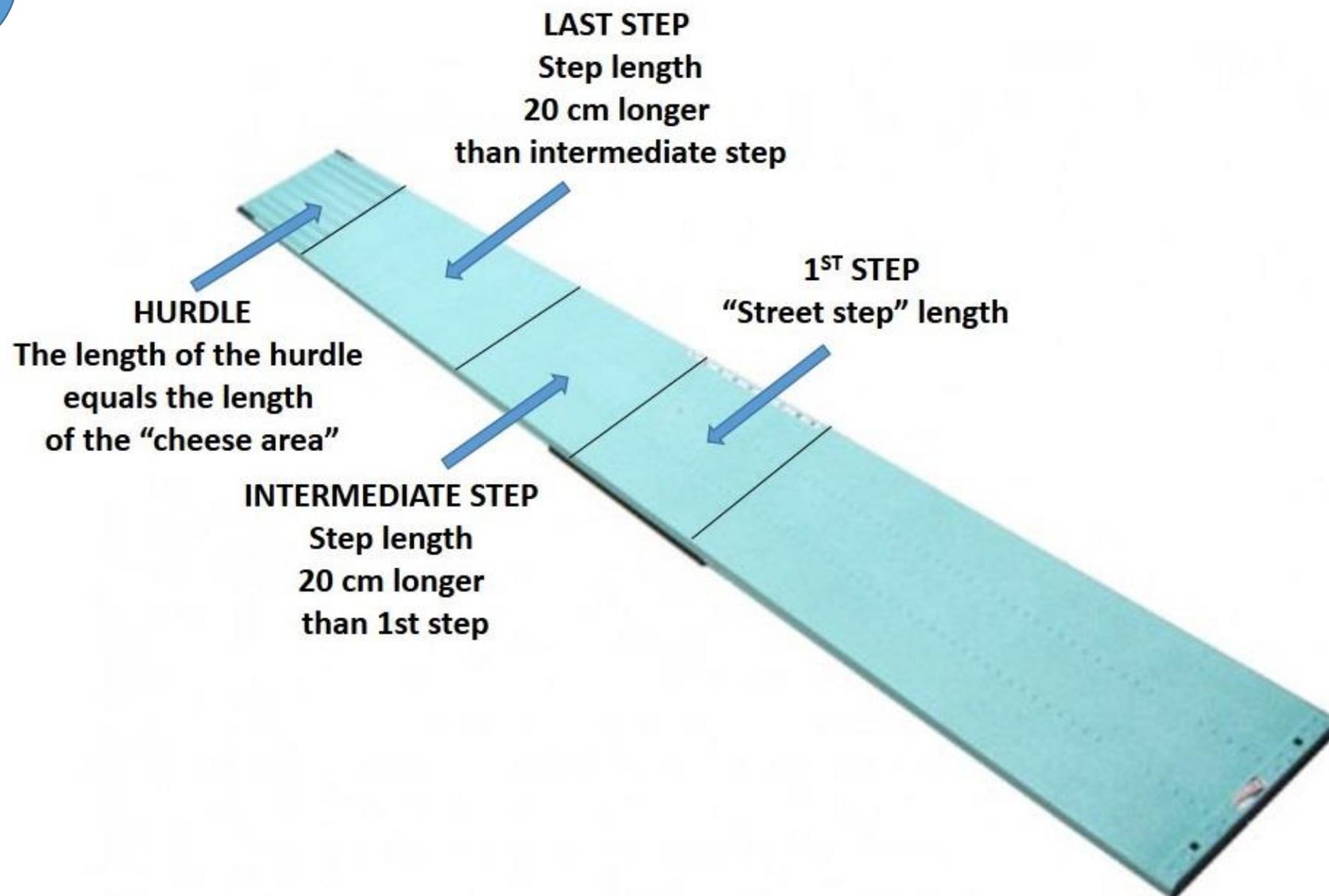
Shortening the hurdle length increases its height and, as a result, the possibilities for greater depression of the board and a higher take-off, but at the same time, it worsens the conditions for maintaining balance on one foot and, therefore, negatively affects the accuracy and consistency of this skill.

Recommendation for young divers to use the length of the hurdle equal to the length of the “cheese area” is a compromise between the need to maximum use the elastic properties of the springboard and the requirement for a high level of hurdle consistence.

Adult divers can choose a repulsive location for a hurdle located more close to the end of the springboard, but it should not be less than 20 cm from the top.

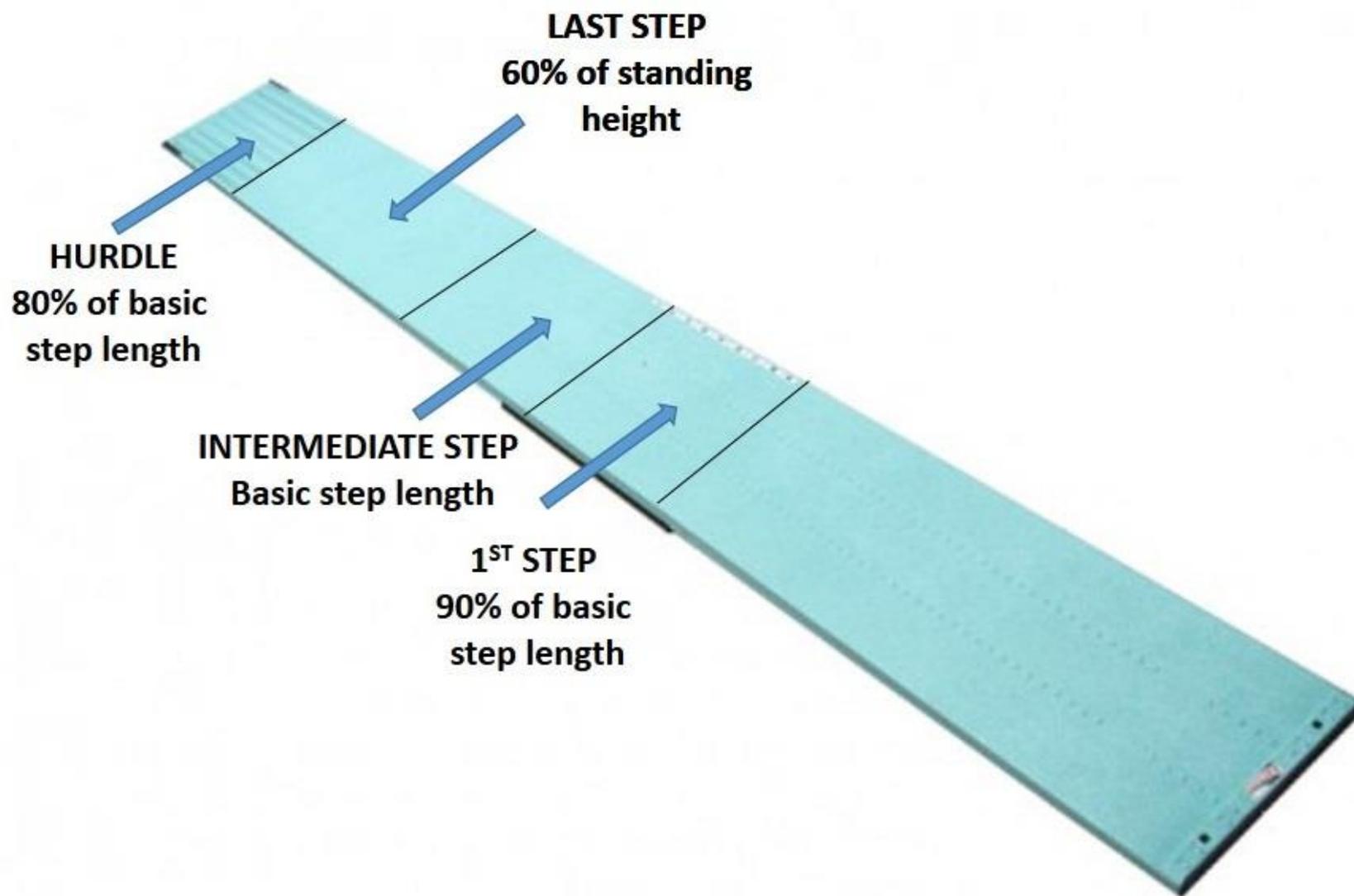
**Misha Uhriumov**

# CONSTRUCTING THE APPROACH



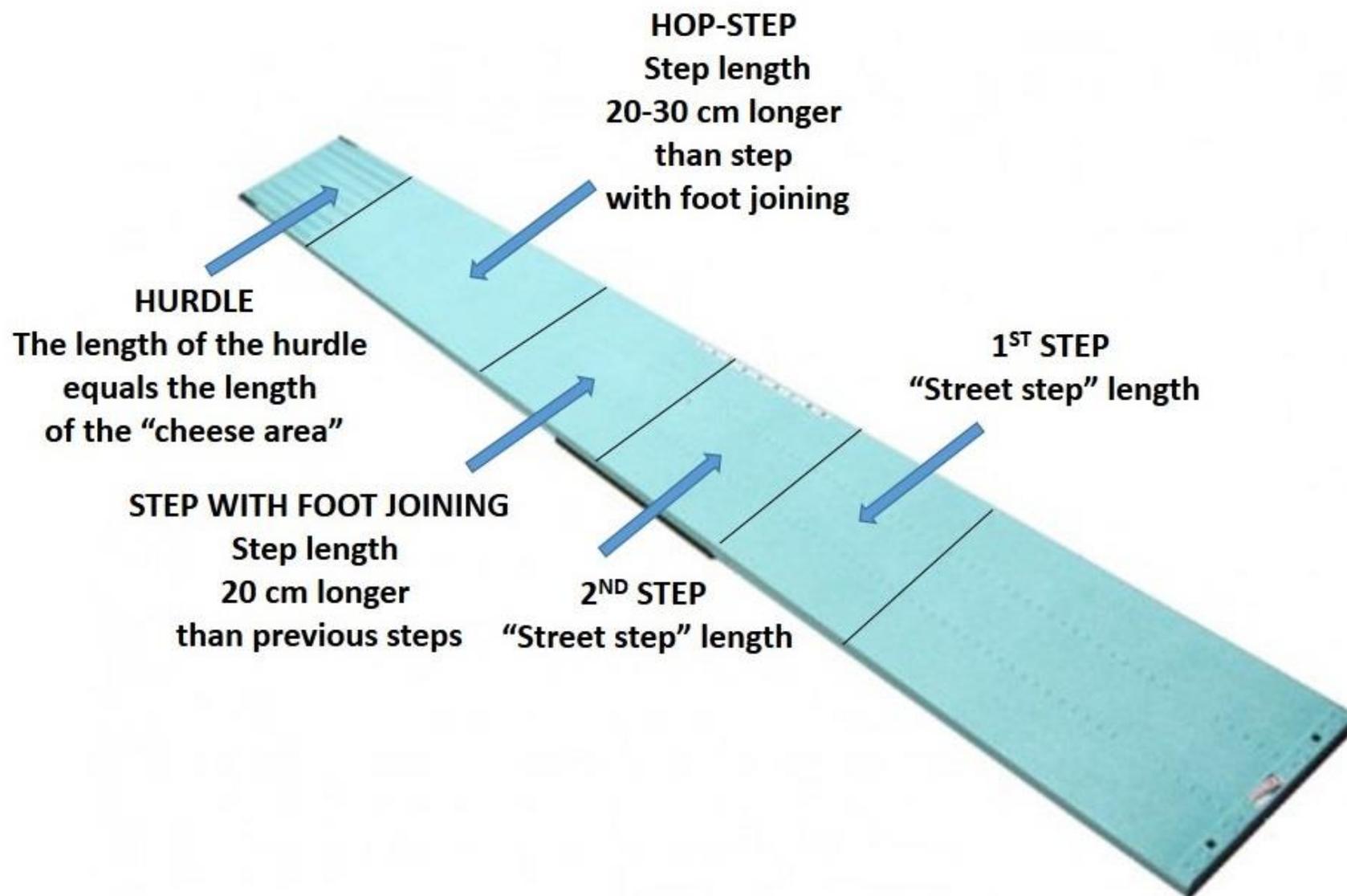
Simplified formula of classic approach mapped out on a diving board  
(by Misha Uhriumov)

# CONSTRUCTING THE APPROACH



Approach formula mapped out on a diving board (by Ron O'Brien)

# CONSTRUCTING THE APPROACH



Formula of approach of "hop-hurdle" mapped out on a diving board  
(by Misha Uhiromov)