How to apply test results in your practical work

First of all, I would advise you to get acquainted with interesting research "Psychological Imagery in Sport and Performance":
http://psychology.oxfordre.com/view/10.1093/acrefore/9780190236557.001.0001/acrefore-9780190236557-e-228

1) To measure the dynamics of visual and auditory memory within the sports career, you should invent each time some new routines.

You can base your work with each diver on the individual characteristics of his memory:

- if **visual memory** prevails, offer him visual images for explanation (put his focus in the details of the technique of their teammates, analyze together with this diver the video with dives of world champions, use video analysis of his performances in competitions, use TIVO more often in each training sessions, etc.);

- if **auditory memory** prevails, your words is your most important tool: explain to your diver his technical mistakes and bring your requirements vividly and very accurately, finding the exact words which this diver could adequately interpret and visualize in his mind.

I believe you'll like the article "How to develop visual memory":
http://www.saoptometrist.co.za/index.php/aveh/article/viewFile/159/128

By analogy, you can find a lot of information on the topic "How to develop auditory memory".

2) Everyone understands the significant role of jumping ability in diving. Keep track of the dynamics constantly and if this ability is not enough, look for new ways to develop it.

You can find a lot of interesting and useful information in the article "The Vertical Jump Development Bible":
http://msuathletics.ru/books/bible/vert_jump_bible.pdf

3) As we know, the quality of execution in diving depends largely on the speed strength of abdominals. Measuring the time that spent each your diver on 10s V-sits, you can know exactly the main causes of many technical mistakes that your diver can not fix.

I believe you'll learn a lot of interesting information about the interpretation of the test "Time of 10s V-sits" in the article: "Optimizing Performance by Improving Core Stability and Core Strength":
https://www.researchgate.net/publication/23489963_Optimizing_Performance_by_Improving_Core_Stability_and_Core_Strength

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