

“Ungdomslyftet”, diving

Targets and goals:

- 1) Preliminary evaluation and, on this basis, selection and distribution of divers by different levels referring to their Olympic perspective.
- 2) Further lifting the Swedish diving through further improving the educational level and increase of professional qualification of the coaches.

Levels:

- 1) **Top level** – presumed ability to win an Olympic medal.
- 2) **Level A** – presumed ability to be selected for the Olympic Games by FINA rules.
- 3) **Level B** – presumed ability to be evaluated as a diver of level A.
- 4) **Reserve** – presumed ability to be evaluated as a diver of level B.
- 5) **Gifted** – presumed ability to participate in the program in the near future.

These levels are not fixed. They are open for new divers and open for divers to change level thru out the whole period.

Methods of data accumulation

- 1) **Testing** (visual memory + concentration ability, auditory memory + concentration ability, vertical jump, time of 10s V-sits).
- 2) **Visual observation** during:
 - a) Two camps (September-November of 2017);
 - b) International competitions (“Head to Head” in Stockholm, “Diving Lund” in Lund);
 - c) Cooperative training work in diving clubs (Stockholm, Malmö, Lund, Jönköping, Karlskoga, Västerås).

Evaluation data in visual observation

- 1) Working capacity.
- 2) Ability to correct the technical errors.
- 3) Beauty of line, expressiveness and overall impression.

- 4) Number of high quality dives (7,5 and up) during training sessions and competitions.

<http://www.svensksimidrott.se/Varagrenar/Simhopp/Ungdomslyftet/Dokumentungdomslyftet/>

- 5) Willing to train

Improving of professional qualification of the coaches

- 1) Clinics (“Initial training of divers at the age of 6-9 years” and “The common technical errors of Swedish divers”) in Stockholm, Lund, Jönköping. Around 75 coaches from many clubs have attended the clinic.

<http://www.svensksimidrott.se/Varagrenar/Simhopp/Ungdomslyftet/presentationerfranclinics-ungdomslyftet/>

- 2) Practical clinic in Västerås, 18 coaches attending from 5 different clubs.
- 3) Practical exercises on cross-assessment of technical errors in accordance with a specially developed protocol.

<http://www.svensksimidrott.se/Varagrenar/Simhopp/Ungdomslyftet/Dokumentungdomslyftet/>

- 4) Demonstration of films on biomechanics and history of the Swedish Olympic champions in diving.
- 5) Demonstration of a wide range of exercises for training of divers.
- 6) Individual counseling of coaches.

2018

TOP NIVÅ – Participating on all camps and the dryland camp (possible one international competition).

Level A – Participating on all camps and the dryland camp (possible one international competition).

Level B - Participating on all camps and the dryland camp.

Reservs – Do not participate on the camps. Can be evaluated into any levels thru out the whole year.

Important:

The levels are not static.

Divers can change levels during the year.

All the requirements must be fulfilled.

All divers will be evaluated thru out the year.

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2017-11-24