



Junior Silver 1 & 2

Junior Silver 1

All actions should be completed with proper body shapes and movement patterns

- 1) Be able to demonstrate proper 102c and 202c on the ground without assistance .
- 2) Be able to demonstrate proper 302c and 402c on the ground with assistance.
- 3) Be able to demonstrate front line up and back line up on 5m platform with proper body shape and movement patterns.
- 4) Be able to demonstrate full hurdle and back press with a jump, 101c, 201c, 301c and 401c on 1m and 3m
- 6) Introduce 101b and 401b on 1m with standing, bouncing and normal take off
- 7) Be able to demonstrate proper 102c, 202c, 302c and 402c on 1m Springboard.
- 8) Be able to demonstrate a high proficiency of flexibility in all areas.
- 9) Be able to demonstrate all modeling sequences to a high level of proficiency and consistency on the ground.
- 10) Be able to demonstrate a high level of control over core movements into and out of positions and a command over independent movements of limbs and core.
- 12) Be able to hold a handstand for extended periods of time (30 seconds +).



Junior Silver 1 & 2

Junior Silver 2

All actions should be completed with proper body shapes and movement patterns.

- 1) Be able to demonstrate a handstand press without assistance.
- 2) Be able to demonstrate front line up tuck/tuck to pike out and back line up tuck on 5m platform.
- 3) Introduce 201b and 301b on 1m with standing, bouncing and normal take off.
- 4) Be able to demonstrate 102b, 202b, 302b and 402b on 1m Springboard.
- 5) Be able to demonstrate 103c and 203c on 1m and 3m springboard.
- 6) Be able to demonstrate 302c and 402c on poolside.