



# USA Diving Educational Services Order Form

ITEM#	Description	Pricing for		QTY
		Member	Non-Member	
100	<b>World Class Form: A Visual Guide to Diving</b> DVD (48 min.) • featuring Greg Louganis & members of the 1988 U.S. Olympic and National teams	\$8.50	\$12.50	_____
102	<b>Preventive Exercise Program for Competitive Divers</b> DVD (1 hr. and 30 min.) •flexibility, plyometric and strength exercises	\$15.00	\$20.00	_____
103	<b>Skill Development Clinic 1: Body Alignment and Entries</b> DVD (2 hr.) •featuring clinicians Mike Brown, Dick Kimball, Ron O'Brien and Scott Reich	\$12.00	\$15.00	_____
104	<b>Skill Development Clinic 2: Forward Approach and Back Press</b> DVD (2 hr.) •featuring clinicians Mike Brown, Dick Kimball, Ron O'Brien and Scott Reich	\$12.00	\$15.00	_____
105	<b>Skill Development Clinic 3: Back &amp; Reverse Dives and Optionals</b> DVD (2 hr.) •featuring clinicians Mike Brown, Dick Kimball, Ron O'Brien and Scott Reich	\$12.00	\$15.00	_____
200*	<b>Diving Video Database: 3-meter forward dives and forward twisters</b> (CD-ROM)	\$9.00	\$15.00	_____
201*	<b>Diving Video Database: 3-meter back dives and back twisters</b> (CD-ROM)	\$9.00	\$15.00	_____
202*	<b>Diving Video Database: 3-meter reverse dives and reverse twisters</b> (CD-ROM)	\$9.00	\$15.00	_____
203*	<b>Diving Video Database: 3-meter inward dives</b> (CD-ROM)	\$9.00	\$15.00	_____
204*	<b>Diving Video Database: 10-meter forward and reverse dives and twisters</b> (CD-ROM)	\$9.00	\$15.00	_____
205*	<b>Diving Video Database: 10-meter back and inward dives and twisters</b> (CD-ROM)	\$9.00	\$15.00	_____
206*	<b>Diving Video Database: 10-meter armstands</b> (CD-ROM)	\$9.00	\$15.00	_____
207*	<b>Diving Video Database—All seven CDs</b>	\$49.00	\$75.00	_____
208	<b>Grassroots Judging DVD</b>	\$13.00	\$20.00	_____
210	<b>START CD-Rom</b> (Systematic Technical Readiness Training)	\$20.00	\$30.00	_____
211	<b>USA Diving Promotional DVD</b>	\$25.00	\$25.00	_____
212**	<b>Successful Sports Parenting CD-Rom</b>	\$30.00	\$40.00	_____
213***	<b>Jumpstart CD-Rom</b> (Interactive CD that builds on foundations of START CD-Rom)	\$30.00	\$40.00	_____
214	<b>Future Champions DVD</b>	\$20.00	\$30.00	_____
215	<b>Diving My Way Video By Eight-time Olympic Coach Ron O'Brien</b> (VHS Tape only)	\$29.00	\$29.00	_____
302	<b>Official Technical Rules of USA Diving, Inc. 2010-2011</b>	\$10.00	\$15.00	_____
303	<b>USA Diving Safety Training Manual, 2nd Ed</b>	\$25.00	\$35.00	_____
305	<b>Safety, A Position Paper</b>	\$7.50	\$15.00	_____
306	<b>USA Diving Junior Conditioning Programs</b>	\$8.00	\$15.00	_____
307	<b>USA Diving Parent Handbook</b>	\$2.50	\$5.00	_____
308	<b>Biomechanics of Competitive Diving</b>	\$25.00	\$35.00	_____
309	<b>Grassroots Source and Reference Manual</b>	\$25.00	\$35.00	_____
310	<b>Grassroots Fundamentals of Diving</b>	\$25.00	\$35.00	_____
311	<b>USA Diving Coach Development Reference Manual</b>	\$50.00	\$60.00	_____
312	<b>Springboard and Platform Diving by Ron O'Brien</b>	\$30.00	\$30.00	_____
313	<b>Diving Dry Land Facility Planning and Implementation</b>	\$11.00	\$15.00	_____
400	<b>Talent Identification Test Kit (Please allow 4-6 weeks for shipping)</b>	\$100.00	\$150.00	_____
401	<b>USA Diving Lapel Pin</b>	\$5.00	\$10.00	_____
402	<b>USA Diving Stickers</b>	\$0.20	\$1.00	_____
403	<b>USA Diving Window Cling</b>	\$2.00	\$4.00	_____
404	<b>USA Diving Chamois</b>	\$14.00	\$18.00	_____
500	<b>USA Diving Official Club Banner</b>	\$60.00		_____
501	<b>USA Diving Membership Brochures</b> 100/bundle Use when asked "Why should I join USA Diving?"	\$50.00		_____
502	<b>USA Diving Club Development Postcard</b> 100/bundle Use space on the back to include information about your club.	\$35.00		_____
503	<b>USA Diving Club Development Posters</b> Display in your facility; Insert your club information on the bottom.	\$2.00		_____

**TOTAL AMOUNT ENCLOSED \$** \_\_\_\_\_

\*Preferred hardware configuration for the Diving Video Database is a Pentium computer with at least 16 meg of RAM with an 8x (or higher) CD player.

\*\* 64 MB of RAM, 800MHz Pentium Processor

\*\*\* 128 MB of RAM, 16 MB video card, Pentium 3 or better, 600 MHz or higher

All orders must be pre-paid. Payments can be made by check, money order or credit card to USA Diving, 132 E Washington Street, Suite 850, Indianapolis, IN 46204 or e-mail to [usadiving@usadiving.org](mailto:usadiving@usadiving.org)

Send order to:

Name \_\_\_\_\_ Phone( ) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Visa/MC/AmEx Credit Card # \_\_\_\_\_ Exp \_\_\_\_\_ Sec. Code: \_\_\_\_\_

Billing Address (if different than above) \_\_\_\_\_

City, State, Zip \_\_\_\_\_