International Order Form
USA Diving Educational Services

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

Please E-mail for Shipping and handling pricing $_____

TOTAL AMOUNT ENCLOSED $_____

(or higher) CD player. ** 64 MB of RAM, 800MHz Pentium Processor

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

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