

## APPENDIX F — DIVING REFERENCES

### PRINT MEDIA

#### **Diving Safety, a Position Paper** (1992)

Janet Gabriel (Ed.), USA Diving Publications, Indianapolis, IN, 37p

#### **Grassroots Source and Reference Manual** (2000)

Gloria Clem (Ed.), USA Diving Publications, Indianapolis, IN

#### **Inside USA Diving** (four issues/year)

Official publication of USA Diving - quarterly magazine Jennifer Lowrey (Ed.) USA Diving, Indianapolis, IN

#### **USA Diving Parent Handbook** (1999)

Joe Chirico (Ed.) U.S. Diving Foundation, Inc., Indianapolis, IN 9p. A guide for the new diving parent that includes safety, competition, coach relationships and performance advice.

#### **USA Diving Rules** (2010-2011)

Don Leas (Ed.) – Official Competitive and Technical Rules. Includes official General, Senior, Junior, Future Champions and Masters diving rules, FINA dimensions for diving facilities, and FINA degree of difficulty tables. USA Diving, Indianapolis, IN, Official Competitive and Technical Rules are printed bi-annually with a printed interim addendum update. (Competitive and Technical Rules and the Official USA Diving Code (Bylaws) are posted online annually.)

#### **U.S. Diving Junior Conditioning Programs** (1993)

William Sands, Ph.D., C.S.C.S., USA Diving Publications, Indianapolis, IN, 82p

### USA DIVING COACH DEVELOPMENT PROGRAM COMPANION REFERENCE MANUALS

#### **Biomechanics of Competitive Diving** (2001)

Doris I. Miller, USA Diving Publications, Indianapolis, IN, 238p

#### **USA Diving Coach Development Reference Manual** (2007)

RM Malina and JL Gabriel (Eds.). USA Diving Publications, Indianapolis, IN, 783p

#### **U.S. Diving Safety Training Manual** (1999)

Second Edition, Janet L. Gabriel, Donald E. Leas, and Gerald S. George (Eds.), USA Diving Publications, Indianapolis, IN, 208p. Text for the USA Diving Safety Training for Competitive Diving Coaches course.

### USA DIVING TALENT IDENTIFICATION TEST KIT

Future Champions Test Materials - to evaluate beginning diver and recruit new divers into the sport. *Champions Challenge Test Materials* - to evaluate divers already in the sport. Includes test kits, manual, scoring protocol, and sample award certificate. Allow 4-6 weeks delivery time.

#### **Proceedings of United States Diving Sports Science Seminar (1981)**

Dennis Golden (Ed.), USA Diving Publications, Indianapolis, Indiana, 185p

#### **Proceedings of United States Diving Sports Science Seminar (1982)**

Dennis Golden (Ed.), USA Diving Publications, Indianapolis, Indiana, 122p

#### **Proceedings of United States Diving Sports Science Seminar (1983)**

Dennis Golden (Ed.), USA Diving Publications, Indianapolis, Indiana, 139p

#### **Proceedings of United States Diving Sports Science Seminar (1985)**

Dennis Golden (Ed.), USA Diving Publications, Indianapolis, Indiana, 144p

### CD-ROM

#### **DartDive Sampler CDs** (2003)

Developed by Dartfish, a worldwide company that develops the latest digital imaging applications for sports, in partnership with USA Diving. Includes high scoring exemplary dives performed by U.S. Olympic and World Cup team members on 3-meter and 10-meter in 2002 and 2003 competitions. For use on Windows. Order from: <http://buydartfish.com/index.asp?PageAction=VIEWCATS&Category=33>.

#### **Volume 1 – Men:** Featuring Justin Dumais, Troy Dumais, Kyle Prandi, Mark Ruiz, and Justin Wilcock

**Volume 2 – Women:** Featuring Michele Davidson, Sara Hildebrand, Kimiko Hirai Soldati, and Laura Wilkinson.

**Diving Video Database (1997)**

Seven CDs produced by Doris I. Miller, PhD., Vladimir Klanjsek, Aleksandra Zecevic, Stephen R. Beath, Sports Biomechanics Lab, University of Western Ontario. Compare dives from Olympic level athletes frame-by-frame. Preferred hardware configuration is a Pentium computer with at least 16mb of RAM with an 8x (or higher) CD drive.

3-meter forward dives and forward twisters  
 3-meter back dives and back twisters  
 3-meter reverse dives and reverse twisters  
 3-meter inward dives  
 10-meter forward and reverse dives and twisters  
 10-meter back and inward dives and twisters  
 10-meter armstands  
 All seven CDs

**Introduction to Judging (2000)**

Agape Entertainment. Curt Wilson (Producer/Director), USA Diving Publications, Indianapolis, Indiana,

**Grassroots Judging CD-ROM (2001)**

Agape Entertainment. Curt Wilson (Producer/director), USA Diving Publications, Indianapolis, IN.

**Jumpstart CD-ROM (2006)**

The program demonstrates the step-by-step process to develop sound fundamentals including basic skills, physical preparation and evaluation tools. The interactive Jumpstart program builds upon the foundations of USA Diving's START CD. System requirements Pentium 3 or better, 600 MHZ or higher, 120 MG RAM, Windows 98 SE or higher, 16 MB video card.

**S.T.A.R.T. (Systematic Technical and Readiness Training) Program Manual on CD-ROM (2002)**

Authors: John Wingfield, Hobie Billingsley, Ron O'Brien, Janet Gabriel, Alik Sarkisian, Russ Bertram, Caming Xie, Amber Parsons, Sean McCarthy, Dr. Chris Carr and Ryan Moenkche. Editors: Lindan Hill and Corey Ervan. Book Design and Composition: John Wingfield and Lindan Hill. CD-ROM Creator: Dave Garrow. Coaching Methods, Biomechanics (Technical Skills), Sports Psychology, Weight Training, Planning Forms for Coaching Diving, Training Samples, Progressive Instruction, Flexibility and Conditioning, Dryland Exercises and Skills, Divers Dozen Forms for Success. Includes "Mental Preparation" audio by Dr. Chris Carr

**Successful Sports Parenting CD-ROM (2006)**

Developed in collaboration with USA Swimming and the United States Ski and Snowboard Association and Dan Gould, PhD, Director of the Institute for the Study of Youth Sports, Michigan State University. Help your child's success in sport by understanding the dynamics of optimal push and developing a better working relationship to enhance the parent-coach-club sports triangle.

**DVD**

**Future Champions DVD (2007)**

Skill demonstrations of the Future Champions Program Format with detailed technical narration. Developed by the USA Diving Grass Roots Committee and Dr. Ron O'Brien, USA Diving High Performance Director.

**USA Diving Promotional DVD (2002)**

Nine modules including Our Sport, Our Organization, Our Popularity, Our Success, Our Athletes, Our Demos, Our Partners, Our Assets and Our Pitch provide an excellent tool for promoting diving locally, recruiting athletes and/or soliciting corporate sponsors for your club, event or program.

**VHS**

**Overhead Mounted Belt Spotting (1992) - 35 minutes**

Spotting skill demonstration with narration by Dick Kimball. Intermediate and advanced overhead mounted belt spotting skills for competitive diving coaches on tramp, dryboard, dry platform and 1-meter.

**Preventive Exercise Program for Competitive Divers** (1992) – 90 minutes

Demonstration of flexibility, plyometric and strength exercises designed to minimize injuries in divers featuring comments and instruction by Ron O'Brien, Ben Rubin, MD, Bob Mangine, PT, ATC and Charles Felder, PT SCS, ATC

**USA Diving Marketing Video** (1995) – 8 minutes

Inspirational overview of the sport and organizational structure of diving designed for clubs to market diving to potential athletes, parents and sponsors. Includes historical information, interviews with junior, senior and masters divers and a description of USA Diving memberships and benefits.

**World Class Form: A Visual Guide to Diving** (1990) – 48 minutes

USA Diving Publications, Indianapolis, IN. A visual guide to diving featuring Greg Louganis and the members of the 1988 U.S. Olympic and National teams. Narrated by USA Diving past president, Steve McFarland.

For information on obtaining any of the titles listed above, or on additional print and film resources for competitive diving, please contact USA Diving, Inc. at 132 E. Washington Street, Suite 850, Indianapolis, IN 46204-3723. The phone number is (317) 237-5252. The fax number is (317) 237-5257. Descriptions and prices for these and other educational materials are available on the USA Diving web site: [usadiving.org](http://usadiving.org).