

DIVING

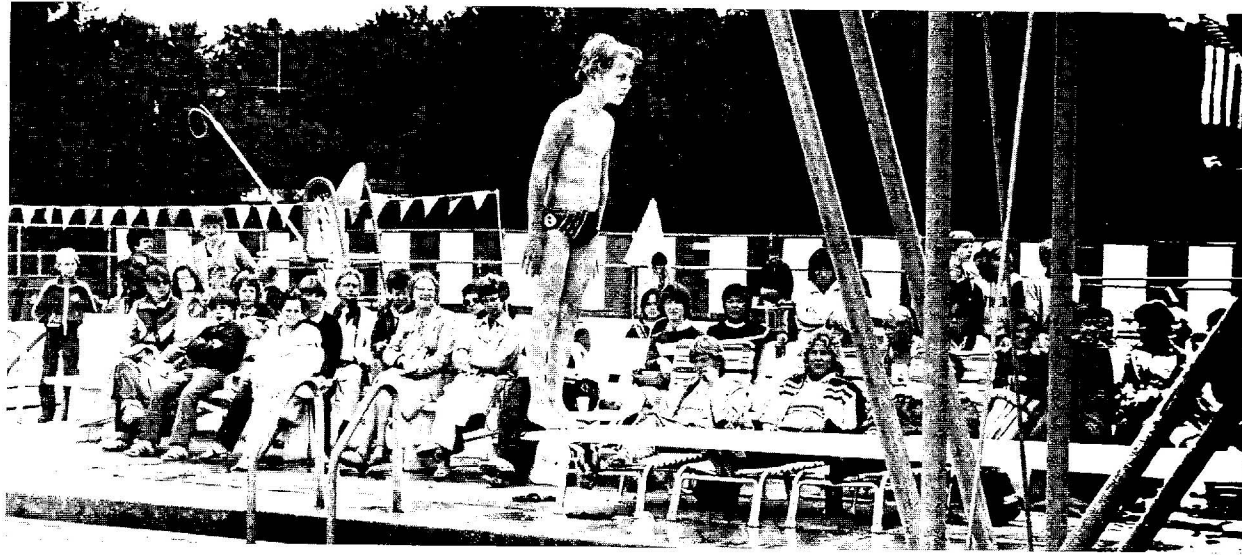
is for me





Our diving instructor's name was Kent. Kent was an excellent diver who also taught diving to beginners. A diving instructor like Kent is often called a **coach**.

The first thing Kent told us was that diving should be done *only* in deep water. We must dive in the diving well or in the deep end of a regular pool. If we dove into shallow water, we could get hurt quite badly.



Every summer there's a swimming and diving meet, or contest, at the pool where we have lessons. Swimmers and divers from other pools in the city come to compete with us. In the diving competition, points are given for each dive. The highest possible score is 10. That score is very hard to get.





Divers are given points for each part of their dive—the stance, approach, hurdle, takeoff, flight, and entry. These points are multiplied by the **degree of difficulty**, or how hard the dive is. This gives a final score for the dive. For example, the forward dive in pike position is worth 1.2 times your score. A back dive in pike position is worth 1.6 times your score.

