



## **Junior Bronze 1 & 2**

### **Junior Bronze 1**

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

- 1) Be able to demonstrate the proper model of front, back, reverse, and inward start.
- 2) Be able to maintain hollow position for extended periods.
- 3) Be able to maintain hips open position for extended periods.
- 4) Be able to demonstrate multiple bouncing front jump, back jump, reverse jump and inward jump.
- 5) Be able to demonstrate a consistent body shape throughout entry at the 3m level for falling front hollow and falling back hips open line ups.
- 6) Be able to demonstrate the proper underwater sequence on entries.
- 7) Be able to demonstrate consistent come out sequence on front tuck/tuck to pike out and back tuck line ups on 3m
- 8) Be able to demonstrate standing and bouncing 101c, 201c, 301c, 401c on 1m and 3m springboard and 1m and 3m platform with the correct body positioning and movement patterns.
- 9) Be able to model the proper back pike come outs and the nuance between a lateral arm pattern on voluntaries and midline arm pattern on optionals.
- 10) Chart strength and flexibility progress to ensure these things are improving over time
- 11) Be able to do a handstand press with assistance.
- 12) Be able to demonstrate a 5 second handstand hold with proper body shape and leg line with little to no movement.



## **Junior Bronze 1 & 2**

### **Junior Bronze 2**

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

- 1) All models of front, back, reverse, and inward jump as well as front and back tuck and pike come outs are to mastery.
- 2) Be able to verbalize the nuances of front, back, reverse, and inward connections
- 3) Be able to demonstrate 102c and 202c on the ground with assistance.
- 4) Be able to demonstrate front line up hollow and back line up hips open on 3m with a rip entry.
- 5) Be able to demonstrate a 1-step hurdle with a jump, 101c and 301c
- 6) Be able to demonstrate multiple bouncing 101c, 201c, 301c and 401c on 3m.
- 7) Be able to demonstrate 102c and 202c on poolside.
- 8) Be able to demonstrate a handstand press against the wall with ease.
- 10) Be able to demonstrate a 10 second handstand hold with proper body shape and leg line with little to no movement.
- 11) Continue to chart flexibility and strength gains and show noted improvement over time.