

Iowa Twisters Diving, Mastery Graduation Stages

Novice (Entry Level)

Front Approach (Front Jump)

Back Press (Back Jump)

Forward Entry—1 Meter

Backward Entry—1 Meter

Intermediate

1+ Fronts—
1 Meter

1+ Backs—
1 Meter

1+ Reverses—
1 Meter

1+ Inwards—
1 Meter

1+ Twisters—
1 Meter

Forward Entry—
3 Meter

Backward
Entry—3 Meter

Participation in 1 competition
per year

Elite

1+ Fronts—
3 Meter

1+ Backs—
3 Meter

1+ Reverses—
3 Meter

1+ Inwards—
3 Meter

1+ Twisters—
3 Meter

Forward Entry—
5 Meter

Backward
Entry—5 Meter

Participation in 2
competitions per year

Champion

1+ Fronts—
5 Meter

1+ Backs—
5 Meter

1+ Reverses—
5 Meter

1+ Inwards—
5 Meter

1+ Twisters—
5 Meter

Participation in
more than 2
meets per year

Ability to
perform drills in
any position,
any level

Completion of Mental
Toughness into

1	2	3	4	5	6	7
8	9	10	11	12	13	14

