



Badger Development Program

This is Badger Diving Academy's skill development program, designed to guide athletes through a structured progression of levels with clearly defined performance benchmarks. Each level includes a list of in-water skills that our coaching staff has chosen to support well-rounded development. These skills are meant to guide training, but divers in each group will be challenged to perform skills and dives beyond their Level's skill chart as our staff sees fit!

Our coaches will track athlete development and inform the athlete and parents once they are ready to progress to the next level. Divers must show proficiency in each skill to be considered ready to progress - correct form, patterns, and positions. The skills outlined in each level are the requirements to be in that level - divers will then work on progressing to the next level's skills while continuing to sharpen their current skills.

Training for our BDP athletes will have them grouped together Levels 1 & 2 (Bronze), Levels 3 & 4 (Silver), and Levels 5 & 6 (Gold) to allow for proper skill development and training environment.

The skills for each level of the Badger Development Program are shown below.



BDP Level 1 Skills

Divers will have the skills below to join BDP Level 1

1-Meter Springboard - 2-bounce 100a/c - 1-step hurdle 100a/c - 2-bounce 101c - No swing 401c - No swing 201c	3-Meter Springboard - Standing 100a/c - Standing 200a/c - 001a/c - 002a - Standing 101c	Platform - 100a 5m
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BDP Level 2 Skills

Divers will have all skills from Level 1, plus the skills below to join Level 2

1-Meter Springboard - 5-bounce 100a - Full Hurdle 100a/c - Back Press 200a/c - 101c, 201c, 401c - 102c, 202c	3-Meter Springboard - Seated 001b - 002c - 101c	Platform - 100a/c & 200a/c 5m - 100a 7m
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BDP Level 3 Skills

Divers will have all skills from Level 2, plus the skills below to join Level 3

1m Springboard - 101b, 401b - 301c - 103c, 302c, 402c	3m Springboard - 103c, 201c, 301c, 401c	Platform - Standing 001b 5m - 101c, 201c, 401c 3m
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BDP Level 4 Skills

Divers will have all skills from Level 3, plus the skills below to join Level 4

1m Springboard - 103b, 201b, 301b - 202a - 5122d or 5221d	3m Springboard - 103b, 201b, 301b, 401b - 203c, 403c	Platform - 301c 3m - 001a/b & 002a/c 5m - 100a/c & 200a/c 7m
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BDP Level 5 Skills

Divers will have all skills from Level 4, plus the skills below to join Level 5

1m Springboard - 104c, 203c, 303c, 403c - 5132d or 5231d	3m Springboard - 105c, 203c, 303c, 403c - 5132d or 5231d	Platform - 001b 7m - 101c, 201c, 301c, 401c 5m - Running 100a, 200a 10m
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BDP Level 6 Skills

Divers will have all skills from Level 5, plus the skills below to join Level 6

1m Springboard - 105c, 204c, 304c - 302a	3m Springboard - 105b, 203b, 303b, 403b	Platform - 001b 10m - 103b, 201b, 301b, 401b 7m
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