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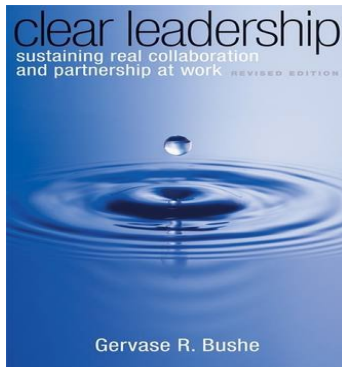
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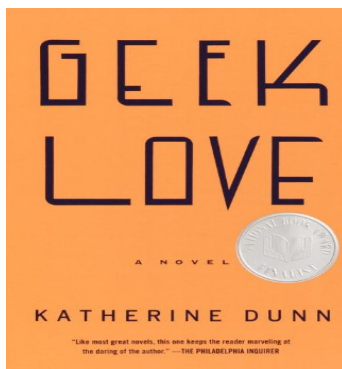
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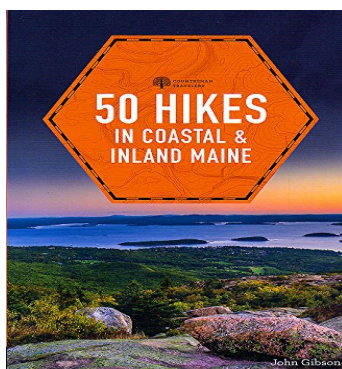
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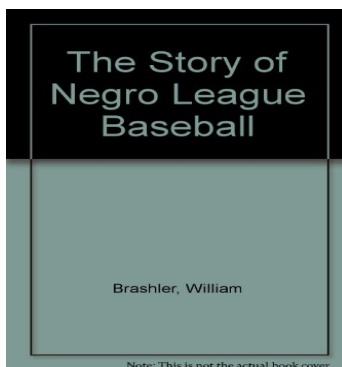
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Fundamentals. Diving is an aquatic sport under the roof of FINA (Federation Internationale de Natation). Competition Diving is divided into the disciplines springboard and platform diving. The heights are: 1m and 3m springboard and 5 - 10m platform. In addition to the individual disciplines there are synchronised diving ...

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back in a format meaningful to coaches and senior athletes. In springboard diving , as in
gymnastics and track and field, an under standing of applicable mechanical principles can
greatly facilitate instruction, error detection and correction of performance. Because of this close
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