

# DIVE OF THE WEEK 2009 / 10

WEEK	DIVE GROUP	GIRLS	BOYS
	<u>First day of practice</u>	<u>August 24<sup>th</sup></u>	<u>November 16<sup>th</sup></u>
1.	Forward	Sept. 7 <sup>th</sup> to Sept. 13 <sup>th</sup>	Nov. 30 <sup>th</sup> to Dec. 6 <sup>th</sup>
2.	Back	Sept. 14 <sup>th</sup> to Sept. 20 <sup>th</sup>	Dec. 7 <sup>th</sup> to Dec. 13 <sup>th</sup>
3.	Inward	Sept. 21 <sup>st</sup> to Sept. 27 <sup>th</sup>	Dec. 14 <sup>th</sup> to Dec. 20 <sup>th</sup>
4.	Twist	Sept. 28 <sup>th</sup> to Oct. 4 <sup>th</sup>	Dec. 21 <sup>st</sup> to Dec. 27 <sup>th</sup>
5.	Reverse	Oct. 5 <sup>th</sup> to Oc. 11 <sup>th</sup>	Dec. 28 <sup>th</sup> to Jan. 3 <sup>rd</sup>
6.	Forward	Oct. 12 <sup>th</sup> to Oct. 18 <sup>th</sup>	Jan. 4 <sup>th</sup> to Jan. 10 <sup>th</sup>
7.	Back	Oct. 19 <sup>th</sup> to Oct. 25 <sup>th</sup>	Jan. 11 <sup>th</sup> to Jan. 17 <sup>th</sup>
8.	Inward	Oct. 26 <sup>th</sup> to Nov. 1 <sup>st</sup>	Jan. 18 <sup>th</sup> to Jan. 24 <sup>th</sup>
9.	Twist	Nov. 2 <sup>nd</sup> to Nov. 8 <sup>th</sup>	Jan. 25 <sup>th</sup> to Jan. 31 <sup>st</sup>
10.	Reverse		Feb. 1 <sup>st</sup> to Feb. 7 <sup>th</sup>