Unit 3 — English for Diving

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Balance

To stay steady and not fall.

"He balanced on the edge before jumping."

Bounce

To jump repeatedly on the board, in preparation for a dive

"He bounced twice before starting the dive."

Concentrate

To focus your mind on what you are doing.

"She concentrated before jumping off the board."

Dive

To jump into water headfirst or feet first.

"She dived from the platform with great style."

Diver

A person who jumps into the water from a board.

"The diver performed a perfect backflip."

Entry

The moment a diver goes into the water.

"Her entry made almost no splash."

Flip

A fast turn in the air with the whole body.

"She did two flips in one dive."

Form

The shape of a diver’s body during the dive.

"Her form was excellent—tight and clean."

Greg Louganis

A famous Olympic diver known for his skill and grace.

"Greg Louganis inspired many young divers."

Height

How high something is.

"The dive had good height and control."

Judges

People who watch and give scores.

"The judges gave him a perfect 10."

Medal

A prize for winning a competition.

"He won a gold medal for diving."

Pike

A dive where the body is straight but bent at the hips.

"His pike was clean and controlled."

Platform

A high place from which divers jump.

"She jumped from the 10-meter platform."

Routine

A planned series of movements in a sport.

"His routine included a forward 2½ somersault."

Score

Points given by judges for how well a dive is done.

"The diver got a high score for her dive."

Splash

Water that jumps up when something hits it.

"He got a low score because of the big splash."

Springboard

A flexible board that bends and helps divers jump.

"He bounced on the springboard before diving."

Tuck

A diving position with the knees pulled to the chest.

"She did a tuck during her dive."

Twist

A spin in the air during a dive.

"He added a twist to his dive."