

**Springboard And Platform Diving - 2nd Edition By
Ronald O'Brien**

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Steps a diver takes to the end of a springboard or platform before take-off. Arm stand dive A dive that begins from a handstand position, used only in platform diving.

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Tom daley and rebecca gallantree win mixed team

Jul 28, 2015 Rebecca Gallantree and Tom Daley of Great Britain pose with their gold medals for the 3m springboard/10m platform team diving. Photograph: Streeter Lecka

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The first digit indicates that it is a twisting dive. The second digit indicates 3 meter springboard, and platform, ^ Diving for Gold Ron O'Brien (1992

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By ronald o' brien - pirates wrc

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Greg Louganis remembers Bruce Jenner at HBO

Jul 30, 2015 winning gold medals in both platform and springboard diving in where he placed second in
of coach Ron O'Brien. In 1978, he accepted a diving

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of the greatest diving coaches of all time.

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Atlanta diving association

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