

# DIVE IN!

OLYMPIC CHAMPION WILL TEACH  
YOU HOW



AILEEN RIGGIN, CHAMPION DIVER

By AILEEN RIGGIN

Olympic Fancy Diving Champion

**L**IKE the swan dive, the back dive is known for its grace and beauty.

Begin by standing at attention at the lower end of the board.

Then walk gracefully to the full length of the board, and, turning, stand on the balls of your feet at the free end, with your back to

the water, the hands being straight at the side, fingers straight.

Spring upward and slightly backward, keeping the hands at your side until you have reached the highest point of your spring, and then fully extend the arms over the head, being careful to have the fingers straight and the toes pointed, and curve over backward.

Enter the water with the body straight up and down.