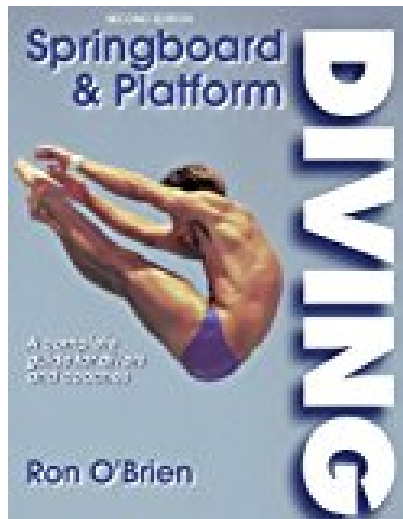


# Springboard and Platform Diving - 2nd Edition

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## BOOK DETAILS

- Author : Ronald OBrien
- Pages : 232 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736043780



## BOOK SYNOPSIS

Endorsed by USA Diving, Springboard and Platform Diving breaks down the phases of each dive while providing expert instruction to improve performance. The book includes high-quality photos, mental strategies, and numerous drills, and worksheets, making it the ideal resource for divers and coaches alike.

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