



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

2024-25 Dive of the Week

	First Day of Practice	August 26	November 18
Week	Dive Group	Girls	Boys
1	Forward	Sept. 9 - Sept. 15	Dec. 2 - Dec. 8
2	Back	Sept. 16 - Sept. 22	Dec. 9 - Dec. 15
3	Inward	Sept. 23 - Sept. 29	Dec. 16 - Dec. 22
4	Twist	Sept. 30 - Oct. 6	Dec. 23 - Dec. 29
5	Reverse	Oct. 7 - Oct. 13	Dec. 30 - Jan. 5
6	Forward	Oct. 14 - Oct. 20	Jan. 6 - Jan. 12
7	Back	Oct. 21 - Oct. 27	Jan. 13 - Jan. 19
8	Inward	Oct. 28 - Nov. 3	Jan. 20 - Jan. 26
9	Twist	Oct. 4 - Nov. 10	Jan. 27 - Feb. 2
10	Reverse	-	Feb. 3 - Feb. 9