



WASHINGTON INTERSCHOLASTIC  
ACTIVITIES ASSOCIATION

## 2025-26 Dive of the Week

	<b>First Day of Practice</b>	<b>August 21</b>	<b>November 13</b>
<b>Week</b>	<b>Dive Group</b>	<b>Girls</b>	<b>Boys</b>
1	Forward	Sept. 8 - Sept. 14	Dec. 1 - Dec. 7
2	Back	Sept. 15 - Sept. 21	Dec. 8 - Dec. 14
3	Inward	Sept. 22 - Sept. 28	Dec. 15 - Dec. 21
4	Twist	Sept. 29 - Oct. 5	Dec. 22 - Dec. 28
5	Reverse	Oct. 6 - Oct. 12	Dec. 29 - Jan. 4
6	Forward	Oct. 13 - Oct. 19	Jan. 5 - Jan. 11
7	Back	Oct. 20 - Oct. 26	Jan. 12 - Jan. 18
8	Inward	Oct. 27 - Nov. 2	Jan. 19 - Jan. 25
9	Twist	Nov. 3 - Nov. 9	Jan. 26 - Feb. 1
10	Reverse	-	Feb. 2 - Feb. 8