

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

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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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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

### **Diving equipment, history and rules | olympic.org**

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.

### **O' brien, ron | springboard and platform diving -**

Inducted into the International Swimming Hall of Fame in 1988, O'Brien coached two-time Olympic gold medalist Greg Louganis and many others during his extensive reign

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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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