Weight
less
FALLING
5
METRE
FUTURE
PEOPLE
Splash
unique
FLIPS
rip
twists
MUSCLES
splat
JUMP
dry
land
goals
water
DIVING
thrill
FLYING
fun
one
metre
THREE
metre
SQUAD
SKILL
belonging
rip
FRIENDSHIP
ADRENALINE
strong
Platform
coordination
pool
FUN
SPRING
trust
scary
BOARD
opportunity
FAMILY
hopes &
DREAMS
TEAM
MATES
FRIENDS
self
esteem
CONFIDENCE
FACING FEARS
Challenge
SELF BELIEF
IMPROVEMENT
BRAVERY
FUN
performance
fitness
TEAM
BUILDING
core
STRENGTH
trampoline
goals
growth
EXCITEMENT
UNIQUE
Tick
elite
sport
ten
metre
CHALLENGE
progress
SEVEN
METRE
-5
team
COURAGE
learning
COMMUNITY
FREEDOM
sPIN
exhilaration
flying
COMPETITION
SAFETY
WATER
DEEP
SYNCHRO
Pikes
FLEXIBILITY
relationships
character
development
COACHES
commitment
ARM
STAND
forward
line
up
CONNECTING
entry