

Cliff divers need to land straight as a pencil. Misplaced hands could break wrists. Slight tilts could hurt body organs. Chins sticking out could bruise faces.

NAILED IT!

Advice from the Field: Rachelle “Rocco” Simpson

Rachelle “Rocco” Simpson is America’s queen of cliff diving. She’s the first female champion of the Red Bull Cliff Diving World Series. She jumps from 65 feet (20 m). She twists. She somersaults. She slams into the water at high speed. She enters the water feetfirst. She gets scared every time she dives. Her advice is to stay calm. She said, “To be a high diver, you need to be able to keep mentally calm. When you’re getting amped up, that’s when you can really mess up. You need to be able to overcome your fear.” She tries not to overthink things. She remembers that she’s done hundreds of dives. She practices. She does gymnastics.



Cliff divers need to form a 90-degree angle with the water when they land.

Landing on your rear end could chip teeth.

Cliff divers could get blown sideways. They could hit rocks. They could get knocked out. They could die.

Cliff divers stretch their toes. They keep their arms tight to their sides. They jump with a straight, tight body. They blow hard out of their noses. They keep their mouths closed tight.