

EDINBURGH DIVING NEWSLETTER



April 2003

We hope you all had a good Easter holiday and are ready to start the new dry land training. We are now into week two and are very pleased with the progress so far. There are going to be challenges set this week and we will be measuring, pushing, testing and timing everyone to see their improvement. Things are working better now that Mary has got to grips with the stopwatch! There are also team challenges which we will explain during the course of the week.

As you know, the pool is now closed and we feel it would be exciting to have an opening party when the work has been completed. We thought of a fun day at the pool during the August Novice competition with games, a quiz or two and stalls selling club

merchandise and other diving gifts ie. Pens, wallets etc. We will also have the new Edinburgh Diving Tee-shirts available for purchase. There will be three different colours – one for Full Club members, one for Novice club members and one for divers in the lesson programme. In the evening, there will be a disco to launch the opening of the boards with a presentation of prizes for all the dry land challenges. Further information will be available either on the notice board or in the newsletter nearer the time and we hope as many divers and parents as possible will come along. So keep practising these handstands and press-ups!

If anyone wishes to book into dry land training, there are still spaces available on a Wednesday

Forthcoming Events

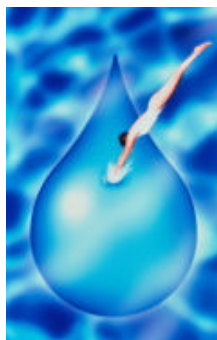
We are having a **Skittles night on Thursday 22nd May at the Sheep's Heid, Duddingston**

Tickets will be on sale next week, price £10.00 (this includes the skittles and a basket supper)

We are limited to 40 places, so tickets will be sold on a first come, first serve basis.

See Carol or Mary at dry land training for tickets or phone Susan Arthur

SO HURRY AND BOOK YOUR PLACES!



£££ Fund Raising £££

If anyone is interested in helping at the Fun Day and disco in August, please contact either Susan Arthur (661 0530) or see Mary or Carol at dry land training. Any help would be greatly appreciated.

Also if any parent knows of anyone who may be interested in sponsoring a diving event Please let Mary or Steve know.

Edinburgh Diving Club News

Welcome back. We hope everyone who was in Plymouth enjoyed the experience, and has come back inspired. Thank you very much to all the divers for behaving so well and creating a good team spirit. We are just back from Northern Cross which is a high standard Age Group competition in Leeds. Results of this trip will be in next month's newsletter

Dry land training - We hope you will use this time to increase your conditioning and strength work. There are lots of team challenges for you to be involved in as well as the individual challenges you can aim for.

Dundee - We hope to get some pool time in Dundee on Monday and / or Friday evenings from 18.00 –19.30. Unfortunately this will be for Full Club members only. We will probably travel to Dundee by train, and will keep you informed of developments.

Trampolining sessions - These have been arranged by Steve Gladding at The Craggs Sports Centre on Tuesdays from 17.00 – 18.00. These sessions will start on 13th May. Please see Steve for further details.

Club Merchandise - Please contact Susan Arthur if you wish to order tracksuits or tee-shirts.



Competitions

Scottish Novice League – the next competition will be held in Dundee on 31st May. Details to follow
Aberdeen will be the venue for the competition on the 21st June.



Results and Reports

- **Edinburgh Primary School's Gala - 2nd April**

This competition was open to children from Primary 5 – Primary 7. This year saw a huge increase in the number of entrants and there was a very noticeable improvement in the standard of competition. The full results are on the Notice boards, but we have listed the medal winners below. CONGRATULATIONS TO ALL THESE DIVERS, especially to Tommy Farrell, who gained third place in his first ever competition.



GIRLS

1 st	Jenny Sless
2 nd	Ellen Hood
3 rd	Megan Hughes

BOYS

1 st	Charlie Eyoma-Murray
2 nd	Michael Weir
3 rd	Tommy Farrell



- **ASA National Novice Championships - Plymouth 5 / 6th April**

A team of 15 divers, 2 coaches (Mary and Peter) and 2 chaperones travelled to Plymouth for the top novice event in the country. All the divers performed well, and a special mention must go to Mandie Arthur for a brilliant result. Mandie won the Silver medal in the Girl's 12/13 Age Group against strong opposition. Unfortunately, Ashleigh was unwell during the weekend and was unable to dive. I'm happy to say that Ashleigh is much better now and we are glad to see her back training with us.

Star of the Trip - This was awarded to **Louise Fleming** who dived very well in her competition, scoring the highest judges mark in the whole event. Her behaviour all weekend was perfect and she was always smiling!

The full results are listed below :

Gregor McMillan	7 th / 13	Liam Greig	9 th / 13	Beth Dodds	19 th / 25
Laura Smith	25 th / 25	Ellen Hood	18 th / 25	Michael Weir	24 th / 38
Glenn Robison	18 th / 38	Charlie Eyoma-Murray	9 th / 21	Mandie Arthur	2 nd / 30
Louise Fleming	18 th / 35	Stacey Henderson	33 rd / 35	Becky Shields	24 th / 35
Judy Wardlaw	15 th / 35	John Arthur	7 th / 14	Ashleigh Laidlaw	-

Thank you to the chaperones, Susan Greig and Sheila Murray, who did an excellent job. Also thanks to Judy for helping Ashleigh throughout the weekend.

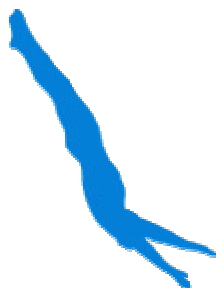
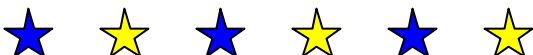
- **XXIII Vantaa Diving Cup - Helsinki**

This proved to be a very successful competition for the Scottish Team and they all gained valuable international experience. Full results will be printed in next month's newsletter

Good Luck

Good luck to **Monique McCarroll** who is competing in the FINA Grand Prix in Canada and America in the next two weeks.

We wish her all the best



Get Well Soon

To **Jenny Leeming**, who was taken into hospital when we returned from the Northern Cross competition. She had her appendix out the next day. We wish her a speedy recovery so that she can enjoy her well earned bottle of bubbly!!

Also to **Gillian Fleming** who has injured her leg – we hope you will be back soon.

OBITUARY

Lady Mae Heatly O.B.E.

1919 - 2003

Mae Heatly, Honorary Vice President of Edinburgh Diving Club died after a long illness on 13th April. Mae had a lifetime connection with the sport of swimming and diving. A member of Warrender Baths Club and past President of the club, the district and the Scottish ASA, she undertook many roles within the sport, following a very successful career as a swimming and diving champion.

Her career as Assistant Team manager of Scottish teams at Commonwealth Games led to her appointment as Assistant General Team Manager of Scotland's Team at Brisbane in 1982 and Edinburgh in 1986. She was awarded the Queen's Jubilee Medal and the O.B.E. for her services to sport..... She was a lovely lady and will be sadly missed.

This is the second part of the article written by our former president and Life member, Bill Law

DIVING IN EDINBURGH - PART TWO

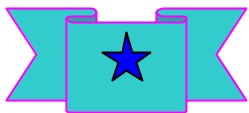


After the 1958 Commonwealth Games, the Edinburgh divers continued to meet at the Rosyth Pool on Saturday afternoons and Wednesday evenings. The journey by car and ferry took over an hour in each direction, leaving just over an hour for training. During the summer months diving was available at Portobello Open Air Pool, but due to the extreme cold, little more than performing ones dives once or twice per session was possible.

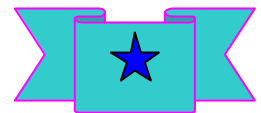
Prior to the summer months, it was necessary to travel to Aberdeen for the weekend to obtain 10 metre facilities. Again this was at our own expense, without a coach and relying on ones fellow divers to suggest a remedy for being "short" or "over".

However, the Edinburgh group did a great deal of open air exhibition and competition diving in North Berwick, Port Seton (10m), and Dunbar in the East, and travelled to Arbroath (10m), St. Andrews, Step Rock Pool, Burntisland, Prestwick and Cumnock, giving displays in Crail harbour and as far a field as Campbeltown harbour and Pickie Pool in Bangor, Northern Ireland.

In the early sixties, rumour abounded that Edinburgh was to bid for the Commonwealth Games and that an indoor pool would be needed for the swimming and diving events. This gave us great heart, but seemed a long time away, particularly to those whose 30th birthday was looming!



CONGRATULATIONS



- To Mandie Arthur for her Silver medal in ASA National Novice Championships.
- To Catherine Webber for winning Diver of the Term. Catherine has shown great improvement.
- To Charlie Eyoma-Murray for winning Diver of the Month in Mary's Squad.
- To Michelle Weir For winning Diver of the Month in Vicki's Squad.
- To Tommy Farrell for his 3rd place in the Edinburgh School's Gala in his first competition.
- To Jenny Sless for winning the girl's competition in the Edinburgh School's Gala.
- To Charlie Eyoma-Murray (again) for winning the boy's competition in the Edinburgh School's Gala.

