EDINBURGH DIVING

NEWSLETTER

August 2004

Welcome Back. We hope you all had a good summer break. As you are probably aware, the diving programme is almost full and spaces are few and far between. The success of the British divers in the Olympics seems to have captured everyone's imagination. Thank you to all existing divers who booked in so promptly for the new term - it helps us to run the programme more smoothly. During the second week of term we tested all the divers in the programme on their skill levels to ensure that everyone is in the correct class. We may contact some parents to see if it is possible to move their child to a more advanced class. We will try to have this completed by the 13th September.

We have a very busy term ahead, with club championships, East District championships and the big trip to Leeds for the White Rose Invitational.

Thank you to all parents who travelled to Ayr last weekend for the Novice League and well done divers

The notice board is being updated this week. Please remember to keep checking it for all information. The diving grades table will also be on the board, so parents can see how their child is progressing throughout the year.

Edinburgh Diving Merchandise

Just a reminder to every one that t-shirts, chamois stickers and pens with the Edinburgh Diving logo can be purchased.

Also for squad divers, EDC tracksuits, swimsuits and t-shirts are available for purchase.

Please ask your teacher or coach for an order form

The Thistle Trophy

Scotland's National Novice Diving Championships

4-5 December 2004

Edinburgh Diving Club will be hosting this event. We are looking for volunteers to help at the competition and also the Fun Day. where there will be stalls, face & nail painting, & dance mats.

Please contact Mary, on **477 8438** if you wish to help or have any fund raising ideas

Edinburgh Diving Club News

Congratulations to all divers who learnt new dives in the Summer camps. It was great to see so many of you attending throughout the holidays.

Novice League Well done to the divers who competed in Ayr last Saturday. The Novice League table is now on display on the notice board. The next Novice League is on Saturday 25th September. Please either tick or write up your name if you are available to compete. The sheet is on the notice board. The East District 3 metre championships will be held directly after the league and we hope as many of you as possible will wait to watch the Age Group divers in action

White Rose. By now, you should have received a letter regarding the trip on the 8-10 October. Please return it as soon as possible. Anyone with the required dives who has not yet received a letter, please see their coach immediately. The requirements are as follows:

Forward dive tuck – p/s, 2 dives (no back falls) -1m, forward & back line up - 3m for ages 8 –13
5 dives from 3 groups for ages 14-16

Training camp Unfortunately, we have had to postpone the training weekend in Sheffield through no fault of our own. We are trying to rearrange it for a weekend in October/November

Club Championships Monday 27th Sept, Wed 29th Sept & Fri 1st Oct. See notice board for further details of times and requirements. Your coach will explain the format to you. We expect to see all squad divers competing if possible

Thistle Trophy . Will all squad divers keep this weekend free please. Edinburgh has won the trophy for the last three years but the opposition is getting stronger. Everyone needs to train hard and we would expect you to compete in the next 3 novice leagues as practise. Please speak to your coach if you are not available

Forthcoming Events

Summer Masters Championships

11/12 September, Dublin. Good luck to the Edinburgh masters team who will be competing this weekend in Dublin. The team are as follows:

Orla Gilmore, Sarah Bainbridge, Sonya Kerr
Stephen Walters, Simon Jackson, Alan Paterson (Glenrothes)
Coach: Tom Chambers

Scottish Novice League

The next competition will be held on Saturday 25th September in Edinburgh.

East District Championships

The **3 metre event** will be held after the Novice League on Saturday 25th September. See notice board for details.
Senior: 6 dives from 4 groups. Junior : 4 dives from 2 groups

Club Championships

1 metre:	Monday 27th September,	6.00 – 7.30
3 metre:	Wednesday 29th September	6.00 – 7.30
Platform & Synchro:	Friday 1st October.	5.00 – 7.30

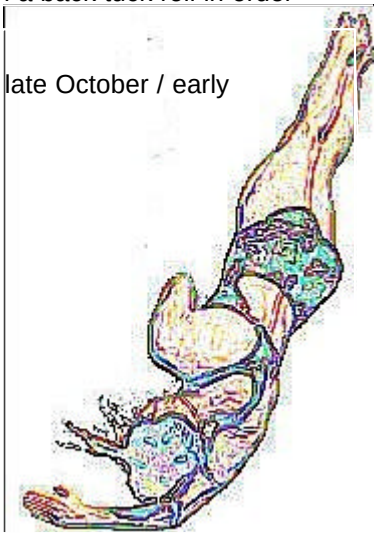
See notice board for further details and requirements

White Rose Invitational

7- 9 October, Leeds. We are hoping to take our largest team yet to this novice competition. So let's see how many more divers can learn a back tuck roll in order to have a chance of being part of the team.

Training Camp

It is hoped to rearrange the training camp to Sheffield for late October / early November. Invitation only. Further details to follow.



Reports and Results

Scottish Novice League. 29 May 2004, Aberdeen

Results still missing in parts. See back of newsletter

Scottish Novice League. 28 August 2004, Ayr

Results at back of newsletter. Congratulations to all divers who achieved a PB.

Scottish National & Open Diving Championships. 7/ 8 August 2004, RCP

There were 84 entries in this event, which was more than we had expected this year. Thank you to Stephen Walters, Convenor of the National Diving Committee for organising the event so successfully and to Davy Bennet, EDC president for ensuring everything ran smoothly over the weekend. Also a huge thank you to all the volunteers from Edinburgh Diving Club. We really appreciate all the help provided during this difficult time without a National Coach / Development Officer.

Edinburgh divers competing were as follows: Tom Chambers, Vicki Tomlinson, Gillian Fleming, Sarah Bainbridge, Orla Gilmore, Becky Shields, Louise Fleming and Jenny Sless
Tom Chambers dived excellently throughout the weekend, winning all three National titles and also winning the Open 3 metre competition. Well done Tom

Congratulations to our National Champions for 2004:

Tom Chambers	Mens 1 metre springboard Champion Mens 3 metre springboard Champion Mens Platform Champion
Vicki Tomlinson	Womens 1 metre springboard Champion Womens 3 metre springboard Champion Womens Platform Champion
Jenny Sless	Junior womens 1 metre springboard Champion Junior womens 3 metre springboard Champion

Full results on both the Notice board and the website **www.edinburghdivingclub.org.uk**

British Diving

There are three elite programmes within GB Diving.

1. World Class Performance GB team members Score criteria set
2. Junior Olympic Programme (JOP) Britain's top divers, aged 14-18. Score criteria set
3. Junior Talent Programme (JTP) Britain's top divers, aged 8-13

Junior Talent Programme (JTP) has altered slightly since last year. It was formerly known as the World Class Start Programme. There are now two sections within the programme – JTP itself and Zone squads

- JTP has approx 16 divers
- There will also be two JTP "zones", one for the North of England to include Scotland, and one for the South of England.
- The zones will have up to 20 divers from the ages of 8 – 13 years.

Edinburgh Diving Club is sending 6 divers to Sheffield for the Zone testing day on 4th September.

The divers are:	**Liam Greig,**	**Gregor McMillan**	**Grace Reid**
	Marcus Shaw	**Laura Smith**	**Anna Sless**

Grace Reid will be travelling with the divers for testing, although she has already been accepted onto the programme for a second year. Well done to Grace for all her hard work this year.

You will find further information on the GB website **www.britishswimming.org**

This month the Armchair Coach provides advice on ‘The Perfect Hurdle Step’

Dear Armchair Coach

What for you is the secret of the perfect hurdle?

The Armchair Coach replies

Hmm…what works for one person may not necessarily work for you. The World Start programme teaches a 2 or 4 step hurdle but my success as a top diver was based on the classic 3 step.

Analyse your own hurdle and observe the hurdles of others. Watch the other divers and see if they land on the end of the board. Look and see where their arms are on take off. Introduce a Fundraising Fine Box for your squad and put in 20p each time you don’t land on the end of the board. We’ll be able to afford to have bubbles installed before you know it.

Watch out for the BIG BOLD hurdle. It’s great when it works but may win you a Past the Steps Award when it doesn’t.
Are you a YEE HA STAMP THAT BOARD diver or do you have a BEAUTIFUL BALLETIC BEAM walk?
Do you favour the HOPPY SKIPPY approach, or do you obsess so much about that STEP STRETCH that you forget about the dive?
Do you have a FORMIDABLE FAST TWITCH PING or do you STEP AND SKID to the end of the board?
Watch out for the SOFT SILENT SIMPLY TO DIE FOR hurdle that is, smooth, effortless, always perfectly on the end of the board, leaves you a lifetime to get your arms through and lifts you way past the 5m platform.

Here are a few things to experiment with…although not necessarily in this order!

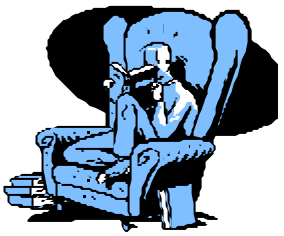
- Keep your chin up as you start the walk but make sure you sight the end of the board down your nose as you lift your knee so you can be sure of landing on the end. As you drop your knee lift your chin and eyes so you can see the orange seats. This is called ‘spotting’. As both feet come down on the end of the board swing your arms through fast and long and narrow. You should feel your feet on the end of the board, see the seats and feel your arms back at your ears before take off.

- Once you’ve landed with two feet ON THE END OF THE BOARD try and stay on the board until it ‘lifts’ you.

- Find the optimum place for your depress leg. Always place this foot in exactly the same place each time. Think of placing it heel first or flat, Enjoy the feeling of the board bending beneath this foot. Your arms should be well behind you at this point.

- Experiment with the setting of the fulcrum in relation to the above.

- Tie long hair back



Let me know when you find out what works for you!

No question is too silly for the armchair coach. Keep them coming!

CONGRATULATIONS

To Tom Chambers on winning three National titles & the Open 3m title

To Vicki Tomlinson for winning three National titles

To Jenny Sless on winning two National Junior titles

To Laura Smith for being promoted from D squad to C squad

To Hannah Burns for being promoted from N squad to D squad

To Catherine Webber for being promoted from N squad to D squad

To Holly McDowell, Sarah Miller and Ross Marsh for joining EDC in N squad

And also to Leon Taylor and Peter Waterfield for winning a silver Medal in the Men's Platform Synchro event at the Olympics Games in Athens