

August 2007

News & information for parents.

Welcome back to the new term, Summer camps were an eventful time with Judy taking ill during the beginner camp and consequently being rushed to hospital to have her appendix out. A huge thank you must go to Angela for rallying round and doing her best in a very difficult situation. And thank you to all the parents involved for being patient, and understanding. Judy made an amazing recovery and was back coaching 2 weeks after her operation (now that's dedication). Judy is not the only one that has taken a trip to the hospital this summer, Mary had to go one better and break her ankle in two places whilst camping on the West Coast. We wish Mary a speedy recovery and look forward to seeing her back on the poolside skipping around in her usual manner.

I would like to inform all those interested that Sheffield is hosting the World Series on the weekend of the 1st September; this will no doubt be an amazing event with most of the world's top senior divers diving. "The FINA Diving World Series provides an incredible opportunity for the British public to view the cream of the sport in action. It's the type of competition that's putting the best against the best and is a real opportunity for Britain's athletes and spectators

ahead of London 2012" Steve Foley (British Diving Performance Director).

Vicky Tomlinson has now left Edinburgh for good to seek new experiences. She has moved back in her home town of Leeds, coaching for Bradford Esprit Diving Club whilst searching for new job opportunities. John Arthur will be returning to the programme as he starts his Law degree at Edinburgh University, we wish him the best of luck with his degree and welcome him back onto the poolside.

Edinburgh diving club is looking to raise funds for dryland equipment, anyone with fund raising ideas please let a committee member know.

With the new term commencing It has been brought to my attention by the senior receptionist at RCP that several squad divers have not paid their coaches fees for this term and last term. Please can you pay these immediately.

Any parents or divers over the age of 15 interested in doing a level one coaching course in gymnastics or diving please ring the diving office on 0131 4778438. We need 7 or more applicants to be able to run a course in Edinburgh.

Attention all hard working parents - EDC TREASURER REQUIRED !!

The current treasurer, Ross Walker, is standing down at the AGM in November, after two years of service to the club. We now need to find a new treasurer.

If anyone is interested in becoming treasurer, or finding out more about what is entailed, please contact either Davy Bennet 07908707257 , Mary 07968275751 or Jenny on 477 8438.

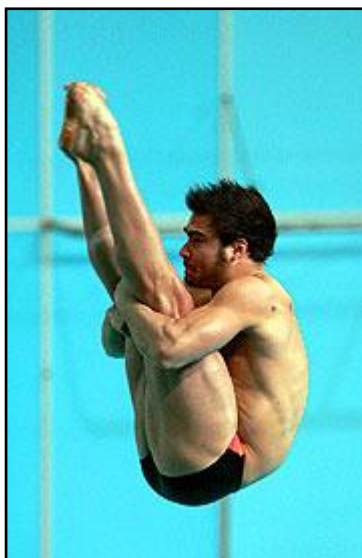
EDC Merchandise

A new delivery of Club Tracksuits has arrived. Anybody wishing to purchase one please let your coach know what size you need.

£22.50 - children's sizes
£27.50 - adult sizes

Please complete the order form and return to your coach

(Cheques payable to Edinburgh Diving Club)



Term Dates

Autumn Term 1

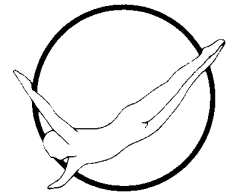
Monday 20 August –
Saturday 6 October

Autumn Term 2

Monday 22 October –
Saturday 15 December

Re-booking
Monday 1st - Saturday 6th Oct
New Bookings
From Monday 8th October

Edinburgh Diving Club News



Scottish Nationals & Thistle Trophy 2007 - These competitions have merged this year and will take place at the RCP on the 7th-9th December. Any parents who will be willing to help out during the event please could you get in contact with Mary.

Chaperoning – Julie Burns is Child Protection Officer for Edinburgh Diving Club. Please contact her if you are interested in finding out more about trips away or becoming a chaperone. Julie is also happy to talk with parents and divers about any aspect of the well being of children and young people within our club. Her phone number is 0131 667 3882. **Edinburgh Diving Club is looking for volunteers to Chaperone White Rose Invitational. Any parents interested please contact Julie on the above number or let Jenny/Mary know.**

Competitions – The Aberdeen Levels on the 1st September has been cancelled due to the lack of coaches available, and Malcolm being in Sheffield helping out at the World Series. This year Edinburgh Diving Club will not be taking a team to Southampton Invitational in October we will however be attending the Luton Challenge on the 23rd-24th November instead.

Adult Diving - Any parent or family member over 16 interested in trying diving why not enrol into Adult diving lessons and see how high you can go!

Forthcoming Events

Scottish Levels Competition Levels 4-6 Platform	Saturday 8 th September, Edinburgh
East District Competition	Saturday 6 th October, Edinburgh
White Rose Invitational	13 th -14 th October, the new Leeds pool
Scottish Levels Competition Levels 1-3	27 th October, Dundee TBC
Dive Lund	2-4 th November, Sweden
Tynemouth Trophy	3 rd November, Tynemouth (Attendance TBC)
Scottish Levels Competition Levels 4-6 3m	17 th November, Edinburgh
Luton Challenge	23 rd -24 th November, Luton
Thistle trophy & Scottish Nationals	7 th -9 th December, Edinburgh

Reports and Results



Scottish Levels Competitions

Well done to the divers who competed in the levels so far this year

Full results are on our website: www.edinburghdivingclub.org.uk.



Northern Cross 27-29th April, 2007. Leeds.

Edinburgh sent a team of 10 divers all the way to Leeds for this age group competition. This year, the competition was of a very high standard, especially in the younger age groups. This was the first chance for some of our younger girls to experience an age group competition, and they all rose to the occasion, producing some very good diving. Holly, Rebecca, Charlotte and Courtney had all worked very hard to learn the necessary dives to compete at this level and they gained good experience from the trip, all coming back keen to learn new dives.

There were some excellent results for the Edinburgh team with our divers making 12 finals. Grace had another super competition, winning two gold and one silver medal. In total the team won 2 gold, 2 silver and 2 bronze medals.

Thanks must go to the hyper-organised and creative chaperone team of Julia & Davy, who tackled the trip together with an endless supply of good humoured banter and one-upmanship. Edinburgh definitely won the "best food supplied by chaperones" competition this year with the continuous supply of freshly made toasties. Thank you for all your hard work.

The team was as follows:	Group B	Toby Harris Hannah Burns Jennifer Currie Victoria Smart Laura Smith Catherine Webber Ellen Hood	Group C	Gregor McMillan Fearghas Davidson Anna Sless Holly Tinkler Rebecca Graham Callum Rourke
	Coaches	Jenny Leeming Mary Sless	Group D	Grace Reid Jasmine Ryan Courtney Ross Charlotte Briggs
	Chaperone Team Manager	Julia McMillan Davy Bennet		

Finally, thank you to the divers for their excellent behaviour throughout the trip.

Full results can be found on the EDC website - www.edinburghdivingclub.org.uk.



Junior Elite Nationals. 29th May – 1st June, 2007. Sheffield.

Only one diver represented Edinburgh Diving Club at this competition. Grace Reid travelled down to Sheffield on the Monday 28th May to commence training for her competitions over the week. Grace was up against her usual opponents plus some very talented divers from USA. Grace put together some of her best dives on 3m and 1m, impressing the coaches and British Diving managers and walking away with two gold medals. On the final day Grace paired up with Jessica McIlroy from Luton to battle against her old synchro partner Louise Moran from Leeds, the Leeds pair were diving well and it looked like it was going to be a tough competition for the Edinburgh and Luton team, who had only trained together on a handful of occasions. With the adrenaline pumping the pair managed to put a great list of dives together to take the gold.



XV International Diving Meeting. 6-8th July, Montjuic Olympic Diving Pool, "Ciutat De Barcelona"

The team was as follows:	Group B	Catherine Webber Hannah Burns Jennifer Currie Laura Smith	Group C	Gregor McMillan Grace Reid Anna Sless
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Coaches Jenny Leeming

Chaperone Allan & Liz Reid Coolbox: Igloo

7 divers attended this trip, with 5 divers diving for the Scottish National Team and 2 for Edinburgh Diving Club. This is the first International in years which the club has organised and it proved to be a great success.

The team had to train and compete under the hot sun of Barcelona, and learn to dive whilst the wind was blowing and pigeons flew around the pool. On the first day the clouds were out and many of the divers were caught out and suffered a little sun burn but, Liz to the rescue, out came a bottle of Aloe Vera after sun which was applied LIBERALLY to all divers, proving to be a miracle cure! The divers battled on and got down to work. On the first day of competition with Gazebo and Igloo, the cool box, in tow the team was ready to compete.

The team put in some great performances, and all divers were great ambassadors for the club and Scotland. The best results from the weekend came from Jennifer Currie who came away with 2 silvers and a Bronze, Catherine Webber had battled with her fellow team mates to win the Group B girls platform event, and fought hard to get a bronze medal on 3m. Hannah Burns also put in some good performances and showed great determination which got her a bronze medal in the platform event. In the group C event Grace had to dive up an age group, and showed her ability to be competitive in this age group as well coming away with two silver medals on 1m and 3m. In the women's synchronised events our girls paired up on 3m and platform to fight for the medals, Grace & Anna ripped their way into first place on platform closely followed by Hannah Burns and Laura Smith.

Special mention must go to Gregor McMillan for coping with going away with 6 girls; he coped with the girlie chat, discussions about 'which outfit should I wear today' very well and put together a consistent performance in a very difficult competition.

At the end of the meet the Scottish Girls team came away with the top female team trophy, which was very much deserved as the divers put in some of the best performances in difficult and new conditions.

Thanks must go to Lesley Smith for spending hours searching for flights, accommodation and anything else that was asked of her, without her planning and organisation the trip would not have gone ahead. Finally, I think Liz & Allan deserve a knighthood for their efforts on this trip, dealing with the underground, the busy street of Las Ramblas, the cool box, the constant applications of suncream, the endless supply of fruit, water and sandwiches made the trip even more enjoyable and legendary in my book.

More top tips and practical advice from the Armchair Coach

The armchair coach is back and full of the joys of summer

Dear A/C

I thought you and your readers would enjoy this.

I did an a/s s/s. It was great! I got a balance and everything. But when I resurfaced beaming with pleasure, my coach said, "Ok...but I want to see a much bigger push from your legs next time."

Dear Diver

Hang on in there...I know you will get many more great balances...at least one of which your coach will see!



Dear A/C

I've never dived outside and after my first training session in Barcelona I found my skin had turned rather pink. My costume was unaffected. Do they put something different in the water in outside diving pools that caused this?

Dear Pink Diver

I don't think the water is any different but what is different is when you are outside you are exposed to the sun. Your skin was burning and this is why you turned you pink. The simple solution would appear to

be to wear sunscreen but anyone who has ever tried diving wearing sunscreen will know it is not quite as easy as that. Bear the following in mind.

Rule 1 Don't get sunscreen on your own hands. You will slip out of every shape you make...and off the board in your armstand.

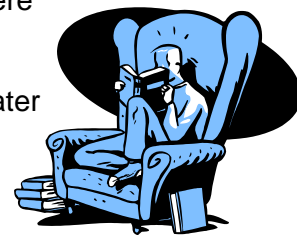
Rule 2 Don't put it on your shins.

Rule 3 Do get somebody else to put it on your face, neck, back, arms and shoulders and rub it in well

Rule 4 Don't get it on your shammy. Have a separate small towel to dry the areas where sunscreen has been applied.

Rule 5 Beware of putting moisturiser or 'after sun' on your shins...even moisturiser applied the night before can create an instantly slippery surface on contact with the water in a morning session. It is much safer just to let your skin be a bit dry and flaky for a few days.

Rule 6: When sunbathing put loads of sunscreen on all exposed areas. You could even put sellotape initials on your back...or **EDC**...or if you're really clever you could do yourself the EDC logo...but make sure you get the diver the right way round...as if anyone would make that mistake!



Dear A/C

I'd really like to get better at walking on my hands. Can you give me any tips?

Dear Static Diver

If you have ever watched C Squad doing their dry land training you will see that there is no one way to walk on your hands...you'll see it all: straddles, splits, bent knees, straight legs, strange cycling motions, fingers together, fingers splayed, hands turned out at 90 degrees, grunts, giggles and groans. Experiment and see what works best for you. However, one thing that makes a big difference is at the start you need a much stronger kick that when you are going for a balance. Kick your hips way over your head so you feel as if your a/s is going over and then start taking steps forward with your hands. Aim to keep that feeling of the a/s just about to go over. Do this by taking big, small or medium steps with your hands as necessary. Occasionally you may need to take a step or two backwards to get your hips far enough over your head again to get that forward momentum. Walking on your hands is good for strength and balance...but remember if you take any steps or even move a hand in an a/s dive it counts as a restart and 2 points will be taken from each judges score. For example if without the re start you would have scored 6, with re start you would score 4.



Other News...

Almost as entertaining as C Squad walking on their hands was the recent Summer Masters Competition in Sheffield which coincided with an Elite Rig Coaching Technique course I was doing there. I was sipping a drink at the hotel bar when they rolled in. Their journey had been remarkably smooth thanks to their satellite navigation system. The Tom Tom had directed them down a marvellous Roman Road with superb crests, dips and blind summits. Various childhood travelling games had been resurrected to help pass the time. The masters checked in, got their room numbers and headed off to a chorus of 'Turn around'...'Take a left'...'At the next exit take the lift'...

Approaches to training were varied. While Orla was pacing the poolside and Mairi was trying to choose which of the 8 springboards to start on, Sarah did 3 lead ups on 5m and then a running forward 2 ½ to a slightly crumpled but safe and painless entry and announced her training session was finished.

Orla didn't even plan to do 1m but did and excelled. She then nailed her dives on highboard. Mairi who was about to throw in the shammy medalled in both her competitions and thought she might not hang up her cozzies after all. Simon completed a two and a half list on 3m but is more likely to be remembered for coming out of his 405 from 10m and then going back in. Sarah's target was just to survive the highboard competition which she did and then put in an especially fine performance on 3m. I quite lost track of all the medals they won.

In my role as Patron of Masters Diving, I would like to encourage any adults interested in diving to give it a go. Adult diving lessons are available at 7.10pm on Tuesdays and/or Thursdays in a friendly

atmosphere where you can progress at your own speed. No previous experience is necessary. Adults are also welcome at the drop in public coached sessions run by Angela. The times of these sessions can be found in the pool programme booklet available at Reception.

Should you wish to earn the title of 'Masters Diver' yourself, you simply need to reach the required level of obsession with your hurdle step and show a vague interest in competing.

For more information speak to any of the coaches or just book in for 'Adult Diving' at the Reception.

Special Mentions

- ❖ Get well soon to Mary Sless who is recovering grumpily from a broken ankle
- ❖ Congratulations to all those EDC members selected to compete for Scotland in Dive Lund, Sweden in November. - Jennifer Currie, Catherine Webber, Laura Smith, Hannah Burns, Anna Sless, Grace Reid, Toby Harris and Gregor McMillan
- ❖ Well done to all those divers learning new dives during summer camps and to the coaches for rallying round and covering classes.
- ❖ Congratulations to Grace Reid for being selected to attend a British Diving Training camp in Sweden this summer, where she learnt how to do the old school dive back one & a half somersaults straight.

White Rose Invitational

Any divers wishing to attend the White Rose Novice competition on the 12-14th October please fill out the reply slip, tear off and hand to your coach ASAP.

Diver's name.....

Parent's Name.....

Available to compete **Yes / No**

Parent Interested in chaperoning **Yes / No**