

EDINBURGH DIVING NEWSLETTER



February 2008

News & information for parents.

It's part way through Spring term 1 and there is lots of news. J squad and adults coach, Cheril gave birth to Isla Joy Gisa von Barsewisch on the 24th December. Cheril hopes to come back to coaching once she has got used to being a mum.

As many of you have already heard Jenny Leeming will be leaving us on the 18th February to start a new job in Leeds. Jenny has been coaching in Edinburgh for 6 years and is moving back to her home town to work for Leeds University, as a Development Coach.

During the February break Edinburgh Leisure and Scottish Swimming are running a Level 1 UKCC coaching course for diving at the RCP. The number of coaches in Edinburgh has reduced dramatically over the past two years. The level 1 course will help us build our numbers back up to ensure diving carries on up until and through the diving closure. We are also planning to run a further level 1 course in-between Easter and Summer and then a Level 2

course at the earliest possible date (UKCC tutor dependant). If you are interested in doing the level 1 course please call the diving office on 0131 4778438.

The latest news on the RCP re-development is that the closure will now not happen till Summer 2009, the exact date is still to be confirmed. The RCP leisure manager Debbie O'Hara plans to come speak to the club members once more information is available, and she will be happy to answer any questions as best she can. A parents information evening is being planned to allow EDC parents to come voice there concerns and try find out more information on the plans for the pool closure and the diving provision that will be provided.

Judy Wardlaw will be coming back to help coach at the RCP on a Thursday and Friday after the February break. The club would like to thank Judy for her support and help with coaching classes, we look forward to her return on poolside.

EASTER CAMPS

Monday 24 – Friday 28th March

Monday 31st March – Friday 4th April

Beginner Camps 10am – 12 noon

Advanced camps 2pm – 4pm

(Advanced camps for Diver 1 and squads)

Cost: £30.00

Please book at reception as soon as possible to secure a place



TERM DATES

Spring Term 1

Monday 7th January – Saturday 20th March

Spring Term 2

Monday 7th April – Saturday 28th June

Rebooking starts for existing customers: 3rd March 2008

Forthcoming Events

Armada Cup

14th – 17th February, Plymouth

Shipleigh Novices

29th February – 2nd March, Shipleigh

Easter Break

24th March – 6th April

ASA National Age Groups

28th – 30th March, Southampton

Scottish Levels Competition

12th April, Edinburgh

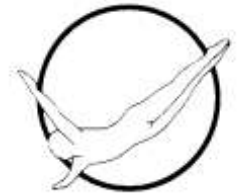
GB Masters Competition

4-6th April, Edinburgh

The G-Star Diving Championships
(Formally the Northern Cross)

25-27th April, Leeds

Edinburgh Diving Club News



Parents Information meeting - The diving club is aware that parents and divers are concerned about the changes that will be occurring soon and in the future with Jenny leaving for pastures new and the forecast closure of the commonwealth pool. With this in mind we are holding a meeting for parents to meet with representatives of Edinburgh Leisure so that parents can be advised what plans have been made so far. **The date for this meeting is still to be confirmed but provisionally suggested for 4th March 5pm.**

Fundraising group – Anyone interested in organising fundraising opportunities for the club to raise funds for a dry-land please contact Davy Bennet or Sarah Bainbridge.

Chaperoning – A note from Child Protection Officer, Julie Burns; 'Please could all Chaperones let me have their present email addresses. I am updating my contacts info and email is the easiest way for me to get in touch regarding trips away and training opportunities for our chaperones. You can contact me on julburns@gmail.com Also a reminder to any parent who feels they may like to chaperone. It is necessary for you to complete both self-declaration and Disclosure forms before you are able to accompany the club. It can take up to six weeks for these to be processed so if you are interested in chaperoning in March or April to the Shipley novices or Northern Cross competitions please get in touch with me as soon as possible. You can email me on the address above or phone me on 0131 667 3882. I am always happy to speak to any parent about any aspect of trips away so do not hesitate to write or call. Thanks, as always, to all our chaperones.'

Competitions – The next levels competition is in Edinburgh on the 12th April starting at 12.30. If you are available for the competition please let your coach know ASAP so we can enter your dive sheets prior to Saturday morning.

Shipley Novices 1-2nd March, Bradford. The team will be travelling on the Friday (29th Feb) to ensure we are in Shipley on time this year.

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!

Contact Details: Davy Bennet: 07908707257 Mary Sless: 07968275751
Sarah Bainbridge: 07817824241

Reports and Results

Diving Lund, Högevallsbadet, Sweden , 31 October – 5 November 2007

Six Edinburgh divers represented Scotland at this International competition held in Lund, Sweden. Jenny Leeming and Mary Sless both attended as coaches, with Davy Bennet the team Manager and Julie Burns as Team Chaperone. The event itself was of a high standard with teams competing from Russia, Denmark, Norway, England, Sweden, Switzerland, Egypt, Germany and Hungary. Overall, our divers competed well and gained valuable experience from the trip. Below are the positions of the Edinburgh divers.

Boys Group B

HB	Toby Harris	6th	6 competitors
3m	Toby Harris	8th	8 “

Girls Group C

3m	Anna Sless	9th	28 competitors
1m	Anna Sless	10th	25 “

Girls Group B

3m	Jennifer Currie	6th	20 competitors
	Catherine Webber	8th	“
	Laura Smith	9th	“
	Hannah Burns	14th	“
HB	Catherine Webber	7th	18 competitors
	Laura Smith	8th	“
	Jennifer Currie	10th	“
	Hannah Burns	12th	“

Congratulations to the divers on their performance and behaviour throughout the trip. Thank you to Davy Bennet for his excellent organisation and also his superb articulation & hand gestures to our Swedish hosts and other foreign team members! A huge thank you to Julie for looking after us all so very well over the six days. The first aid bag never left her side and I feel a slight rivalry afoot between the “rucksack chaps” and the “bum bag chaps” – bring on Armada Cup!



The Tynemouth Trophy, 3rd – 4th November 2007

While the Edinburgh age group divers were over in Sweden competing for Scotland, 24 of our novice divers descended on Tynemouth for their newly restarted novice competition. The last time the competition was held was in 2001, when Edinburgh won, and we have been keeping the trophy safe in our display cabinet ever since!

There were several new faces in the team this year. All the divers performed extremely well, with the new divers gaining valuable experience. Edinburgh came home with 9 medals, which was an excellent achievement. Unfortunately, we were just pipped at the post for the team trophy by Harrogate Diving Club and came second, which was nevertheless a great result from our divers.

Congratulations to our winners:

Mustafa Yavuz	Boys 9 and under
Erin Macinnes	Girls 9 and under
Fraser Allardice	Boys 12/13 years

Silver medallists: Rory Allardice, Euan Hunter, Cara Rourke and Robin Robeson

Bronze medallists : Jasmine Ryan and Daisy Forbes

Thank you to Judy and Sonya for their coaching over the weekend. Also, thank you to the excellent chaperones, Fiona Rourke and Fiona Yavuz with superb assistance from Robert Heatly.



Luton Challenge, 23rd – 24th November 2007

A team of 9 divers travelled to Luton on 22nd November 2007. EDC has not attended the Luton event since 2003 as we normally attend the Southampton event. Due to holiday clashes attending the Southampton event was impractical. After trying out a variety of train services and public transport services the team arrived in Luton on the Thursday night for a quick training session before getting a taxi back to the hotel.

The Luton pool is quite small with only 2 1m's, 1 3m and a 3m and 5m platform. Therefore to reduce the queues during training each age group only competes' on two boards instead of the normal 3. Well done to the divers for coping with the long queues and the old pools cold air temperature.

There were some good performances from all the divers. Special mention goes to Laura Smith for picking up a bronze medal in the 1m final closely followed by Hannah Burns in 4th place. Hannah and Laura also come in the top 6 in their 3m event. Grace Reid and Anna Sless picked up top 6 placements in their 1m event. Grace took the bronze medal in the 5m event, after qualifying for the final in 1st place. Finally congratulations to the youngest member of the team, Courtney Ross for qualifying through into the final in her 1m event and finishing 5th. Lessons were learned by all the divers and the coaches look forward to the divers winning more medals at the Armada cup.

The club would like to say a huge thank you to Lesley Smith for organising and Chaperoning the trip.



Thistle Trophy & Scottish Nationals 2007, 7-9th December

2007 was the first year that the Novice and the Senior National Championships were held together. This proved to be a resounding success, with a total of 373 entries in the combined competitions. Although the weekend was very busy, the event ran smoothly, thanks to the hard work of the parents, divers and officials of the Edinburgh Diving Club, who once again rallied round to help in all areas. A special thank you to our medal bearers, who looked wonderful in their kilts and did such a good job over the weekend.

The Thistle Trophy

As you will all be aware, Edinburgh won the trophy again, beating the nearest club, City of Leeds by 49 points! It was a great result for the Edinburgh divers. Congratulations to the medallists who are listed below:

Gold medallists	Mustafa Yavuz	Boys 8/9 years
	Fearghas Davidson	Boys 12/13 years
	Samantha Brown	Girls 7&U
	Victoria Smart	Girls 14/18 years
Silver Medallists	Struan McCall	Boys 10/11 years
	Emily Martin	Girls 10/11 years
Bronze medallists	Euan Hunter	Boys 14/18 years
	Olivia Martin	Girls 10/11 years

The Scottish National Open & Closed Championships

There were some excellent performances from the Edinburgh divers over the weekend, in very large events. The new age group divers performed very well, and were certainly not put off by the occasion. Congratulations to our National medallists, listed below who took the majority of the medals:

Men Senior 1m

1	170.30	Gregor McMillan -- Edinburgh DC
2	169.90	Keir Stewart -- Edinburgh DC
3	165.45	Toby Harris -- Edinburgh DC

Men Junior 1m

1	170.30	Gregor McMillan -- Edinburgh DC
2	165.45	Toby Harris -- Edinburgh DC
3	163.75	Ben McColl -- Aberdeen DC

Men Senior 3m

1	184.70	Gregor McMillan -- Edinburgh DC
2	183.60	Toby Harris -- Edinburgh DC
3	172.75	Calum Rourke -- Edinburgh DC

Men Junior 3m

1	184.70	Gregor McMillan -- Edinburgh DC
2	183.60	Toby Harris -- Edinburgh DC
3	172.75	Calum Rourke -- Edinburgh DC

Men Senior Platform

1	217.75	Toby Harris -- Edinburgh DC
2	155.70	Calum Rourke -- Edinburgh DC

Men Junior Platform

1	217.75	Toby Harris -- Edinburgh DC
2	155.70	Calum Rourke -- Edinburgh DC
3	154.70	Ben McColl -- Aberdeen DC

Women Senior 1m

1	209.60	Carol Galashan -- City of Leeds DC
2	200.80	Grace Reid -- Edinburgh DC
3	197.80	Helen Galashan -- City of Leeds DC

Women Junior 1m

1	200.80	Grace Reid -- Edinburgh DC
2	193.45	Laura Smith-[EDC] -- Edinburgh DC
3	186.70	Catherine Webber -- Edinburgh DC

Women Senior 3m

1	245.45	Jennifer Currie -- Edinburgh DC
2	242.20	Carol Galashan -- City of Leeds DC
3	234.00	Helen Galashan -- City of Leeds DC

Women Junior 3m

1	245.45	Jennifer Currie -- Edinburgh DC
2	222.25	Anna Sless -- Edinburgh DC
3	214.15	Grace Reid -- Edinburgh DC

Women Senior Highboard

1	304.85	Helen Galashan -- City of Leeds DC
2	263.35	Carol Galashan -- City of Leeds DC
3	255.35	Grace Reid -- Edinburgh DC

Women Junior Highboard

1	255.35	Grace Reid -- Edinburgh DC
2	208.45	Anna Sless -- Edinburgh DC
3	200.10	Laura Smith-[EDC] -- Edinburgh DC

Special mention must go to the following divers who dived superbly to win medals in the Open category, against strong opposition

Jennifer Currie	Senior Open 3m Champion Junior Open 3m Champion	35 competitors “
Grace Reid	Junior Open HB Champion Senior Open HB bronze medallist Junior Open 1m bronze medallist Junior Open 3m bronze medallist	21 competitors 21 competitors 35 competitors 35 competitors
Anna Sless	Junior Open 3m silver medallist Junior Open HB bronze medallist	35 competitors 21 competitors
Toby Harris	Junior Open HB bronze medallist	20 competitors



Scottish Levels Competitions

Well done to the divers who competed in the levels in February. This was the first levels of 2008 and hopefully provided competition practice for those divers travelling to Armada Cup and Shipley in the near future. The competition is still under review and we hope the end result will be a captivating competition that attracts all levels of divers. If you have any feedback on the competition please get in contact with a committee member.

The Armchair Coach reviews Black and Blue 2007 – the antidote to serious diving competitions

I like to keep a very low profile at Black+Blue so as not to steal anybody's thunder ...and thus avoided being given one of Sarah's 'Register-the-Divers...Organise-the-Judges...Dive Recorder...Prepare-the-Prize-Giving-Area...or Sound-System' challenges. While some of the divers looked a bit puzzled at the idea of being asked to help, Toby swung into action and started searching for tables. The reason for this uncharacteristically regimented approach was that the pool was only available for one hour. B+B simply could not unfold in its characteristically chaotic manner. Having read their Pre Competition Briefing Packs a huddle of adults had gathered on poolside with their kit bags containing warm clothing for between dives and multiple spare towels. Some had brought shammies to intimidate the other divers. They were looking for the Recorders Table. Had they looked to the top of the stairs to dry land they would have seen Toby wedged in the doorway wrestling single handedly with the table. The Sound System team completed their challenge and the speakers boomed into action, Toby finally arrived with his table, registration began, lists of judges and junior judges came in, chairs and judging cards appeared, a whistle was found, the Slesses arrived, the teams were drawn, the diver order sorted, the divers were paraded, the Heatlys arrived and the competition began.



A splendid 'serious' adult competition was had with the excellent coaching much in evidence. Almost every dive produced squeals of delight from Jenny on poolside. However for me the Junior Judges stole the show with their adept manipulation of judging cards designed for much bigger hands and their refreshing disregard for Fina rules. The children then joined in for the 'Chukka' round. This is where participants try something they feel ready to do but have never done before...or have never done successfully. Both adults and children were hugely brave and dives were done with more rotations, more twists than before, from new directions and from greater heights. Divers high on adrenaline announced, 'I'm not sure what it's called but I'll try the same as him.'



It is with some regret as I leaf through the dive sheets retrospectively, I find one submitted by a diver called Jenny-Sonya in the 'Really Good' class listing an 'inverted 2 1/2' and 'Something super-duper off 10' but I do not recall seeing this diver compete.

At Prize Giving, medals and certificates were liberally distributed and achievement of all sorts acknowledged. Most Entertaining Dive went to Grant Forrest, Biggest Splash to Donald and Best Cozzie for her tiger suit to Erin, Best Succession of Splats to Barry and the Mouse Award for a Real Feat of Courage went to Ann Currie who took smack after smack in training and who, I gather, dropped flat onto the water from 3m in a line up but was immediately back up their until she got it sorted. Another trophy traditionally awarded is Masters Diver of the Year. Unfortunately this trophy had not been returned by last year's recipient who shall remain nameless but is a prominent synchro swimming coach. Sarah gave a vivid description of the prestigious trophy with its stunning fountain like appearance. No one has been selected to receive it yet but Sarah was at pains to point out that she has never won it. Prize Giving was interspersed with opportunities to buy Raffle Tickets and then more Raffle Tickets...and so intent was Sarah on generating just that little bit more revenue for club funds she almost forgot to announce which team had won the competition overall. I can't actually remember (I blame the out of date wine box) and I don't suppose anyone by that stage could recall which team they were in anyway but I do know a further £85 was raised for the club.

Congratulations to all who participated and thank you to those who helped out with the most organised Black and Blue ever.

Sarah can be nominated for Masters Diver of the Year 2007 by phoning Diving Development on 447 8438



Special Mentions

- ❖ Thank you to **George Wood** for the magnificent programmes that he produced and donated to the club for Scottish Nationals and Thistle Trophy.
- ❖ Also a huge thank you to **Sarah Bainbridge** for co-ordinating all the fund raising things and to all the **parents** for their outstanding efforts in making the Thistle & Nationals such a resounding success!
- ❖ A huge thank you to everyone that contributed to my (Jenny Leeming's) collection, I have enjoyed coaching in Edinburgh and I have learnt so much. I have hopes to return after learning more about the elite side of coaching from the Leeds Olympic coach, Adrian Hinchliffe and ex-World Champion, Edwin Jongejans. Good luck to all the Edinburgh divers, I look forward to seeing you at events in England and will be eagerly watching to see how everyone is getting on.