



# EDINBURGH DIVING NEWSLETTER



February 2010

## News & information for parents.

I hope everyone had a good February break and are ready to learn lots of new skills in the second half of the term. Some of our age group divers were in Plymouth for six days during the break, competing in Armada Cup. Thank you to Newbattle pool staff for again allowing us to train an extra session on the Monday before we left. It was a great help to the team.

As of last month, there is now an Edinburgh Leisure section in the newsletter which will help

you with rebookings and any new developments.

If any parent with a child in the lesson programme wishes to know more about the club, and what requirements they need to join, please feel free to speak to me on week days at Newbattle (I am usually in the café while the lessons are running)

If anyone wishes to place an article in the newsletter, please do not hesitate to contact any member of the committee.

See website: [edinburghdivingclub.org.uk](http://edinburghdivingclub.org.uk)

## Away Competitions

The website is constantly updated with information on away trips. The 2010 competition calendar is available for all to see. Letters & forms regarding trips are given to divers at their training sessions and posted on the website in case they miss a session. The newsletter also has information.

**So, please can divers & parents read this information and have their deposits paid by the closing date. (preferably by internet banking).**

It is a hard enough job for volunteers to organise the trips without having to chase divers.



Do you know who this diver is?

## Communications

As you are aware, there is now a communications officer, Sue Forbes. Sue's job is to ensure that members are kept up to date. She has introduced the notice board section on the website. The monthly newsletter is available at the front desk in Newbattle or on the website, so there is no excuse for not knowing what is going on!

If anyone has not sent their e-mail address to Sue, please can you do so asap. There is a direct link from the notice board page to her email address

[:susanforbes123@btinternet.com](mailto:susanforbes123@btinternet.com).

## Design a Hoodie Competition

The committee were delighted with the number of entries for the "Design a Hoodie" competition. There were lots of top quality designs and ideas.

After a fair bit of debate, the competition was narrowed down to four main designs with the eventual winner being [Charlotte Briggs](#). Congratulations. We are now out trying to source a hoodie with graphics as close as possible to Charlotte's design. More news on the hoodie and hopefully order forms to come later in the month.

A big thanks to all that entered. It was super to see such a great response from the club members and it made us aware of the shortage of club kit we currently have. Hopefully over the coming months we will have more new kit coming on board (possibly with some ideas driven off the back of the hoodie entries). So keep an eye on the notice board.

Donald MacInnes (Kit Co-ordinator)

# Edinburgh Diving Club News (and gossip)



**ShipleY Novices** The team has still to be finalised. We will be travelling by train to ShipleY and staying in the Ibis Hotel. Information letter will follow once numbers are known and costs are worked out

**Membership renewal** Forms were emailed to all club members. However, there are still some divers who have not renewed their membership for 2010. The club has to send the paperwork to the Scottish Swimming office to process these memberships and affiliate the divers to the governing body and this is quite a lengthy procedure. If a diver who is intending to compete at ShipleY has not completed the forms and paid the fees, there may not be enough time to process this affiliation. (We are aware of the new members who still need Welcome Packs & this situation has been addressed)

**A DIVER IS NOT ALLOWED TO COMPETE IN ANY COMPETITION IN 2010 UNLESS THEY ARE A MEMBER OF EDC AND ALL MEMBERSHIP AND AFFILIATION FEES HAVE BEEN PAID**

**Medical forms** We are still awaiting several forms. Please complete & return as soon as possible. Divers are not allowed to take part in away trips unless we have a completed medical form for 2010

**East District 3metre Championships** requirements are: Senior - 6 dives from 4 groups, no tariff limit. Junior - 4 dives from 2 groups, (Junior is dob.1994 or later)

**Grace Reid** is currently in Russia attending a GB training camp with the senior GB Squad. She is one of only two junior divers invited and we congratulate her on her selection and wish her well.

**Tracksuits for trips** I have kindly been given two small tracksuits and two hoodies that divers have outgrown. If anyone is in need of these, especially with ShipleY approaching, please contact me ( Mary) on 07968275751

**Keir Stewart** thank you to Keir for providing "dartfish" – the video programme, for Sunday trampolining.

**Vicki** moved into a new flat this week. We hope she will be very happy there.

**Tom Chambers** is coming back from China next week for a short holiday. We hope to have Tom training with us and perhaps helping out with a bit of coaching cover. It will be good to see him again and hear all his stories

**Vicki, Judy & Catherine Webber** all passed their Level 1 Trampolining exam. Congratulations to them all

## Forthcoming Events

DATE	COMPETITION	LOCATION	LEVEL	INFORMATION
8 March	East District 3m championships	Newbattle	AG, Int	Training from 6 pm. Start approx 7pm. Finish time dependant on entries but approx 9pm
13 - 15 March	ShipleY Novices	Bradford	Novice	2 <sup>nd</sup> Letter to follow. Meeting at Waverly at 12.45pm. (approx) Information pack from Bradford with programme & directions now on our website
27 March	SASA Levels Competition	Dundee	Novice, Int	Training 10.30 am. Start time 11.30am. Finish 2pm (times approx)
5- 6 April	ASA National Skills	Stevenage	Novice	Still unsure whether EDC will be attending this competition.
16-18 April	G Star	Leeds	Age Group	Information to follow. Team will be selected shortly
23 April	FINA World Series	Sheffield	Senior	Excellent competition to watch. Thomas Daley & top world divers competing

# Reports and Results

Full results of all competitions are on our website: [www.edinburghdivingclub.org.uk](http://www.edinburghdivingclub.org.uk).



## **GB National Cup, Sheffield. 5 – 7 February 2010**

The top divers in GB congregated in Sheffield for the 2010 National Cup. All the divers are chasing Commonwealth Games points this year and the competition is fierce. Grace is still only 13 years old and was competing against the best of the senior divers. She had an outstanding meet, especially impressive because of our current training facilities

In the 1m preliminaries Grace qualified for the final in 7<sup>th</sup> place (top 8 qualify). She improved in the final finishing in 4<sup>th</sup> place

In the 3m preliminaries she qualified for the final in 6<sup>th</sup> place and again improved her performance to win a bronze medal with an excellent score of 260.55 for 5 dives (averaging 52 points per dive)

She finished the meet with another great performance in the synchro, where she teamed up with Hannah Starling from Leeds to win another Bronze medal.

Congratulations Grace.



## **East District 1m Championships, Newbattle. 8 January 2010**

This was a very busy and well attended event with 23 divers taking part - 5 senior men, 4 boys, 19 senior women & 18 girls. Quite a challenge when also competing against the aqua aerobics lady in full swing and us with no mike!

Thank you to all the parents who came along to support. Unfortunately we are not able to announce scores, but are hoping to provide a small screen or a laptop for the next competition to help you follow at least some of what's happening.

### **Senior Women**

Gold	Anna Sless	235.95
Silver	Catherine Webber	225.55
Bronze	Holly Tinkler	213.55

### **Junior Girls**

Gold	Anna Sless	163.50
Silver	Rebecca Graham	159.30
Bronze	Katie Talbot	143.30

### **Senior Men**

Gold	James Heatly	200.25
Silver	Sam Lowe	180.15
Bronze	Ben Campbell	176.75

### **Junior Boys**

Gold	James Heatly	139.00
Silver	Ben Campbell	124.20
Bronze	Struan McCall	104.50

Congratulations to Katie Talbot on winning her first Age Group medal with an excellent score



## Armada Cup, Plymouth. 17 - 22 February 2010

12 divers, 2 chaperones, 2 coaches ( yes, Mary did make the train this year ) and our very own chauffeur left Waverley on Wednesday, with enough food to feed an army on the nine and a half hour train journey. We had "Mobi", our new, superior version of "Igloo" to keep us fed and watered in superb style for our six day trip. A splendid new shiny toaster, an eight gallon flask, a camera with a very big lens, a stylish, carry all handbag as modelled by Vicki & a truckload of Primark pyjama bottoms ensured that we showed the other teams how it should be done. 2291 photos later, we are back to tell the tale.

Armada Cup is one of the longest and most tiring meets. Each day starts in the pool at 7.30am and the Saturday saw us arrive in our minibus at 7.25am, and leave at 7.35pm! The girls in Group B had a fairly awful day of it. They trained in the morning, had their 3m competition, trained at lunchtime, had their 1m competition in the afternoon, then two of them dived again in the evening in the 3m final then the 1m final. One very long day!

The team was great, all looking after & supporting each other. There was time to visit Plymouth Hoe to watch the 15m board being taken down. We went bowling on the Sunday night and despite all Gary's efforts, he could not help Mary to knock anything over, except herself. Holly, Anna & Rebecca won the "Who killed Archie" sweep and the highlight of the trip was watching Sammy take on Primark. That was a girl on a mission!

Amber, (who is still only 10 you know!) coped really well with such a long trip, and must be congratulated for her performance on 5m, finishing in 9<sup>th</sup> place. Special mention goes to Holly who came 7<sup>th</sup> in both her 1m & 3m events. The top 6 go into the final, so it is the worst position to end up in, but she didn't complain!

The girls C 3m event had 37 divers and was run simultaneously with girls B, so poor Sue had to try and keep up with Daisy & Sammy while supporting the other seven Edinburgh divers usually on the 1 & 3m at the same time..... for nearly two hours. Karen just decided not to eat for two days due to nerves! Don't worry Karen, Liz Reid will be soon be giving a seminar on "How to watch your daughter dive in competitions". That should sort you out!

The results for the trip were very encouraging, given our present circumstances and give an indication of our progress since last year. Congratulations to our three finalists – James, Charlotte & Anna

		<b>1m</b>	<b>3m</b>	<b>Platform</b>
Group A	Catherine Webber	12th	12th	-
Group B	Charlotte Briggs	<b>6<sup>th</sup> final</b>	10th	<b>5<sup>th</sup> final</b>
	Daisy Forbes	21st	22 <sup>nd</sup>	14th
	Rebecca Graham	8th	9th	-
	Emily Martin	20th	15 <sup>th</sup>	10th
	Anna Sless	<b>5<sup>th</sup> final</b>	<b>4<sup>th</sup> final</b>	<b>Silver</b>
	Holly Tinkler	7th	7 <sup>th</sup>	8th
Group C	Sammy Forbes	23 <sup>rd</sup>	31 <sup>st</sup>	-
	James Heatly	<b>Bronze</b>	<b>Bronze</b>	9th
	Courtney Ross	8 <sup>th</sup>	14 <sup>th</sup>	18th
	Katie Talbot	19 <sup>th</sup>	20 <sup>th</sup>	-
Group D	Amber Foster	12 <sup>th</sup>	10 <sup>th</sup> =	9 <sup>th</sup>



A huge thank you to Karen & Sue for excellent chaperoning. Nothing was too much trouble and our food was superb. They got on very well with all the other teams and seemed to make a lot of new friends They certainly spread the word that Edinburgh does not have a platform and combined with the coaches telling anyone that would listen, I think every team in GB has now got the message! Gary did his usual no fuss organisation and the minibus was a huge help. The 2291 photos (no joke) photos are very good and the four discs are circulating at the moment. Anyone with a spare five hours is welcome to have a look!

Finally, thank you to all the divers for behaving so well over the six days. The only disappointment was that we didn't get to see the new cow print shopping trolley in action. Roll on Shipley!



**The 2010 Armada Cup Team**



**At the park & ten pin bowling**

# Edinburgh Leisure Update



We're now half way through the spring term and it will be a busy few months ahead with plenty of novice and age group competitions for our divers to focus their training on. Its now been 7 months since the closure of the RCP and its great for me to see we are continuing to show great results away at competitions, with 3 medals at Armada Cup back in February and many divers finaling, this is a good indicator for me that our relocated programme in Newbattle is working well. Keep up the hard work divers!

The RCP refurbishment website is now up online so take a look at [www.rcprefurb.co.uk](http://www.rcprefurb.co.uk) and keep up to date with the progress. It's not long now until we will have a world class centre of excellence to train in!

Thank you to everyone for booking in to the correct class. The diving programme is now looking a lot healthier and the Friday recreational class numbers are finally adding up!!

**CLOSED REBOOKING FOR SPRING TERM 2 TAKES PLACE FROM MONDAY 15TH MARCH WITH BOOKINGS FOR NEW CUSTOMERS BEING TAKEN FROM THE 29TH MARCH.** As always you can rebook by calling the Portobello Swim centre on 0131 669 6888

I'd like to say well done to Gillian Jones, who is the Aquatics manager for Edinburgh Leisure and also my line manager. Gillian was presented with the John and Margaret Bell trophy last Saturday for her services to diving over the past year. If it wasn't for Gillian's hard work and determination to relocate our training programme then we wouldn't have a dive programme during for two years during the refurbishment. So a big thank you and well done to Gillian!

Also congratulations to Catherine Webber and Judy Wardlaw for passing the Level 1 trampoline course. You may just see Judy and Catherine helping out with your dry land training in the next couple of months now they are experts on the trampoline.

Still on the dry land note... Sunday **Dry land training on the 28th March has had to be changed to the afternoon.** Age group and Performance squads will start at **13.00** and finish at **15.00** with development and recreational squads starting at **14.30** and finishing at **16.00**. This is just a one off change and I hope you can make the new time. If there are any problems then please contact me and we will try and sort something out.

**Vicki Tomlinson**  
Dive Coach  
Edinburgh Leisure

## Race Night

**Saturday 27 March**

**Longstone Masonic Halls**

**7.30pm.**

Everyone welcome

The final details will be posted on the notice board of the website next week



## Bag Packing Weekend

**10<sup>th</sup> April - Asda, Jewel**

**11<sup>th</sup> April – Sainsburys, Straiton**

Divers must be 12 years & over on Saturday  
Any age on the Sunday  
(Divers may do both days if they wish)

Please can we have as many helpers  
A rota will be organised nearer the time which will accommodate training schedules.

## Chaperoning



Karen Foster, the club's child protection officer, will be organising for chaperones to attend a Safeguarding & Protecting Children Course

Details to follow

Remember, if anyone is interested in chaperoning, please contact Karen on 07514818075

Unfortunately the Armchair Coach is still away on diving business and is unable to answer your questions until the March edition of the newsletter

## Congratulations to

- Grace Reid for her superb bronze medals at GB National Senior Championships
- James Heatly for winning East District 1m Junior & Senior titles
- Anna Sless for winning East District 1m Junior & Senior titles
- Katie Talbot for winning her first well deserved Age group medal
  - Sammy Forbes for making the jump to AG level
  - Charlotte for making two finals at Armada
- Anna for making three finals, with one silver medal
  - James for his two bronze medals at Armada
  - Charlotte for winning the Hoodie competition