

EDINBURGH DIVING NEWSLETTER



January 2005

We would like to welcome you all back after the Christmas holidays and hope you enjoyed the break. The Diving programme has again expanded, with 42 classes running per week and 3 school groups. There are several newly promoted diver 1's who are all making good progress in their new classes. The booking system seems to be working well. Thank you for your prompt payment. Any problem with squads bookings, please see Mary.

As you may be aware, diving awards have been on hold for several months. We are happy to say that Scottish Swimming has now agreed to take charge of the scheme, and certificates will be available in the near future.

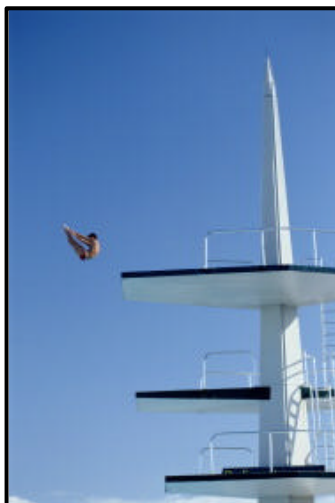
2005 is going to be a busy year for Edinburgh Diving, with plenty of competitions, both home & away. Edinburgh Primary Schools Gala is to be held on Wednesday 23rd March, and this is a great opportunity for non-club divers to take part in a competition. Further details of this event will follow. Thank you to all parents and friends who came to support the first round of the Scottish Novice/Age Group League on Saturday 29th January and were present at the chaperone/trips meeting afterwards. If you require further information or have missed any competition results, remember to visit our website, www.edinburghdivingclub.org.uk

Swimfest

SUNDAY 27th FEBRUARY
5pm – 6.30pm

Following last year's success, Edinburgh Diving Club have been asked to perform another display at Edinburgh's Swimfest event. We hope that as many club divers as possible will be available.

Actual time of display not yet known.
Display practise times to be confirmed



£££ Fundraising £££

Following a meeting open to all parents of EDC members, it is apparent that more chaperones are required for each away trip to ease their workload and to help with the smooth running of the trips.

This will make these trips more expensive and we will need to raise more money as a club.

If anyone is interested in fundraising or chaperoning, please contact Mary Sless, David Bennet or any committee member.

Edinburgh Diving Club News

We hope you had a good holiday and are all set to train hard in 2005. We are delighted to welcome 8 new members to the club – Andreas Christodoulidis, Chloe Doull and Mairi Drummond in N squad and Kenneth Drummond, Tommy Loan, Olivia Martin, Jamie Scott & Leona Scott in J squad. We wish them good luck in their diving career.

Club Fees. 2005 fees are due soon. All divers will be receiving notification of this by post in the near future. Just to remind divers that they are ineligible to compete if they have not paid these fees

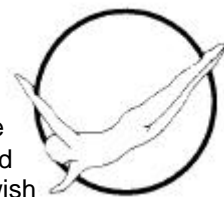
Coaching Fees. May I remind several divers that their fees to Edinburgh Leisure for this term have still not been paid. Please will these divers pay at reception by 7th February 2005. The audit by EL. will take place on this date.

Scottish Novice League. Well done to all the divers who competed in the January competition. There were quite a few divers missing this month. We hope to see you all competing in the February round on the 19th February.

Scottish Age Group League. This competition has been introduced for Senior/Age Group/ Intermediate divers. All S squad divers are welcome to participate. Congratulations to all those who took part this month. Do not be upset by your marks – remember, age group judging is **much stricter** than novice!

Shipley Novices, Bradford. 4/5 March. We hope to send a huge team down to Bradford. We will be staying overnight on the Friday. The oldest age group has been extended to **14-18 years**, so we hope some of S Squad will be able to compete. See Vicki. Full details of the trip will be issued next week. Requirements on notice board.

Competition calendar. The 2005 calendar is still to be finalised and will be issued shortly. All events up till the end of April are listed on the next page under Forthcoming Events



Forthcoming Events

- GB National Championships** Ponds Forge, Sheffield, 11-13 February, 2005
- Scottish Novice League** The next league will be held in Edinburgh on Saturday 19 February. 11.30am training, 12.15pm start.
The March event will be on Saturday 26 March. Venue still to be confirmed
- Scottish Age Group League** As above.
- Swimfest Display** Sunday 27 February, RCP. 5 – 6.30pm
- Armada Cup** Plymouth, 24 – 27 February 2005. (Note change of dates)
Edinburgh is sending a team of 4 divers to this event
- | | |
|-----------------|---------------|
| Laura Smith | Group C |
| Grace Reid | Group D |
| Anna Sless | Group D |
| Gregor McMillan | Group D |
| Coach | Jenny Leeming |
| Chaperone | Lesley Smith |
- We wish the team good luck in this Age Group competition
- Shipleigh Novices** Bradford. 4/5 March, 2005. Travelling on Friday afternoon. Overnight stay. Competition on Saturday. Returning late Saturday evening. A letter will be sent to all divers eligible to compete next week.
- Edinburgh Primary Schools Gala** Wednesday 23 March, 9am – 12noon. Details will be forwarded when we receive information. Open to all Primary 4-7 children in local authority schools.
COMPETITORS DO NOT NEED TO BE IN THE DIVING CLUB TO COMPETE
- Hydro Novices** Harrogate. 8/9 April, 2005. One night only. Details to follow in next newsletter
- ASA National Novices Championships** Plymouth – again! Aaagh. 30 April – 2 May, 2005. Further details to follow. This is an important competition for our divers to attend.

Please note: The calendar of events for 2005 will be issued to all competitive divers when fees are paid.

Reports and Results



Scottish Novice League. Saturday 27 November 2004, RCP

This competition was used as a practise for the Thistle Trophy. Congratulations to Andreas Christodoulidis who won a silver medal in his first competition, the Boys 8/9 event. Also well done to Kenneth Drummond, Jamie Scott & Leona Scott who competed for the first time in the 7&U age group, all performing very well.

Full results at the back of the newsletter





The Thistle Trophy – Scotland’s National Novice Championships 4/5 December, RCP



101 novice divers converged on the Royal Commonwealth Pool, for this excellent event, which, had its highest entry to date with City of Leeds Diving Club, Darlington Diving Club, Bradford Esprit, Tynemouth Diving Club, Aberdeen Aqua, and Edinburgh Diving Club all competing. Everyone commented on the excellent organisation and friendly atmosphere throughout the event. Malcolm Taylor excelled himself yet again with the “dive recorder” and “dive sheets” programme. The projection screen for the benefit of the audience was a great success. Thanks Malcolm. .
Edinburgh Diving Club organised a “Fun Day” on the Saturday with quizzes, stalls, face painting and activity challenges, which proved a great success with all the visiting teams. Thank you to Lesley Smith once again for the excellent catering and to the parents and volunteers in EDC who worked tirelessly to make the weekend a huge success. Listed below are the team members and their results:

<u>Girls 14/16</u>	Sarah Miller Holly McDowall Coralie Turner Jane Kennedy Sarah Kelly	4 th 6 th 7 th Bronze Silver	<u>Boys 14/16</u>	Neil Wilkinson John-Mark Vinten	4 th Silver
<u>Girls 12/13</u>	Ellen Crofts Hannah Watson Catherine Webber Megan Hughes	7 th 8 th * Bronze	<u>Boys 12/13</u>	Charlie Eyoma-Murray GLENN ROBISON Marcus Shaw Ross Marsh Michael Weir	Silver GOLD 6 th * 4 th
<u>Girls 10/11</u>	Hannah Burns LAURA SMITH Rachel Flynn Ellen Hood Fionnuala Kerr Katie Hughes	13 th GOLD 8 th Bronze 6 th 11 th	<u>Boys 10/11</u>	GREGOR MCMILLAN Liam Greig Calum Rourke	GOLD 5 th 6 th
<u>Girls 8/9</u>	Hannah Dodds Alana Greig Lianne Kerr Grace Reid ANNA SLESS Eilidh Walker Michelle Weir	8 th 5 th 10 th * GOLD 11 th 6 th	<u>Boys 8/9</u>	Alex Williamson Andreas Christodoulidis	13 th 12 th
<u>Girls 7&U</u>	Natalie Kerr Leona Scott	Silver Bronze	<u>Boys 7&U</u>	Kenneth Drummond JAMIE SCOTT	Silver GOLD

* selected for the team but unable to compete due to injury or sickness

CONGRATULATIONS TO EDINBURGH FOR WINNING THE TROPHY FOR THE FOURTH YEAR IN A ROW



Scottish Novice League, 2004

The Thistle Trophy saw the climax of the Novice League. 72 divers took part throughout the year and Edinburgh divers took the first three places. Congratulations to Anna Sless on winning, with a total score of 73 points. Gregor McMillan came a close second with 68 points and Fionnuala Kerr was third with 57 points (The scoring system is 7pts for 1st place, 5 pts for 2nd, 3pts for 3rd, 2 pts for 4th and 1pt for 5th place)
The full results table is at the back of the newsletter



Scottish Novice League. 29 January 2005, RCP

It was excellent to see Ayr Diving Club competing in this event for the first time. Well done to all of them and we hope they will be competing every month. Congratulations to Katie Hughes, Alana Greig and Calum Rourke on winning their first competitions. Also to Tommy Loan who dived in his first competition and won a gold medal!



Scottish Age Group League. 29 January 2005, RCP

Well done to those divers who have been promoted to the Age Group League. They have all trained hard in the last year to gain the dives to enable them to compete in this event. The scoring in this competition is much stiffer than in novice events, therefore their scores can not be compared with novice scores. Three divers, Grace Reid, Anna Sless and Gregor McMillan were unable to compete due to training in Sheffield. However, they will be competing next month along with some members of S squad and this should make the competition even better.

WELCOME TO SHANNON

Scottish Swimming has appointed Australian Commonwealth gold medallist (1998) Shannon Roy as National Diving Development Officer. With numerous national and international titles under his belt, including World Championship bronze in 1998, Shannon brings extensive knowledge and experience of diving as both an athlete and a coach.

Shannon joins Scottish Swimming from the South Australia Sports Institute, where he was one of only sixteen people across the entire country to be awarded a coaching scholarship. As Assistant Head Coach at the Institute, he was responsible for coaching the elite squad, developing athlete programmes and recruitment.

The Edinburgh programme will benefit greatly from Shannon's appointment and we look forward to working closely with him. His appearance on BBC Reporting Scotland with some of the Edinburgh divers has already made an impact and we hope he will continue to raise the profile of our sport.



Edinburgh Diving Merchandise



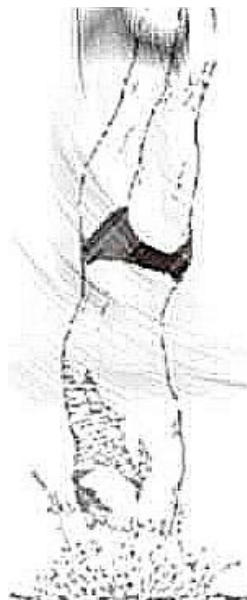
T-shirts, stickers, pens, chamois etc, are currently on sale.

Also club t-shirts, swimsuits/trunks.

Unfortunately, club tracksuits have been discontinued by manufacturer.

New design coming soon!

Forms are attached at the back of this newsletter. Just fill in the appropriate form and return it to your coach with payment.



Squad Booklets

The squad booklets for 2005 will be posted to all Edinburgh Diving Club members during February. Please make sure you and your parents read this carefully.

This booklet explains the different squads and what is expected of divers in these squads.

All new members will receive a booklet with their welcome packs

Black and Blue Review

Contrary to all its promised disorganisation, what a slick event The 3rd Black and Blue Cup turned out to be! There was a new format... new faces...new rounds...new awards. There were even dive sheets this year...which included an innovative diver profile. Adult divers ranged from those who trained and didn't compete to those who didn't train and then did compete.

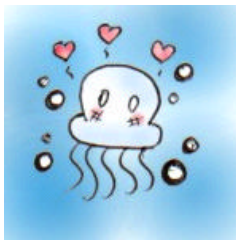


Brave new adults beckoned by the boards this year were Judith Webber, Julie Burns, Morag Shaw, Judith Moggach, Eilidh McCall, Ross Walker, Marianne Shaw and Fiona the Lifeguard. Coming back for more were Davy, Barry, Chris, Craig, Stephen, Angela and Gillian. The younger generation were represented by Glenn, Anna, Marcus, Jenny, Eilidh, Ashley, Catherine and Sunniva.

Slumped in their judges' chairs were Mary, Vicki and Jenny.

Alert and perky on the recording desk were Sarah and Malcolm. Sarah spent most of the competition shoving dive sheets at Malcolm, chortling into the microphone and forgetting to blow the whistle. Malcolm, despite only being given information on a need to know basis, quickly made sense of the format and passed efficiently completed dive sheets back to Sarah.

Davy Bennet opened the show with a spectacular set of...moves. Back one and a SPLAT, followed by an armstand Sss....SSSTUCK in the tuck and finally a Reverse Ddddd...DJUMP with tuck. His face was a picture as sailed past the steps, willing some kind...any kind...of rotation to take place.



Jellyfish then wobbled their way to the boards and Sarah rifled through the diver profiles. Thus as terrified first time competitors teetered on the end of the board various choice announcements came booming over the PA...

“ And _____ is with us today because she's having a mid life crisis”
But there was no jittering and all Jellyfish did themselves proud.

Then came the **Jolly Herrings** and a jolly good show they put on too.

Tom was our only brightly shining **Starfish** this year. All our other top athletes past, present and future were sick, injured or unavailable. All have vowed to compete next year.

Next came the new '**Chukka Round**' the purpose of which was to encourage all competitors to 'chuck a dive' that they hadn't trained or were unlikely to be able to perform successfully. Performances were stunning. In response to the crowd's chanting DOU-BLE – DOU-BLE, Craig, who once used up 200m of tin foil decorating his flat for a Eurovision party, and Fiona chucked splendid double somersaults. Beautiful inward 1 ½ somersaults were chucked by Marcus and Glenn, followed by a trampolining forward 1 ½ from Angela to perfect front drop. Anna Sless chucked a twister putting an end to the myth Slesses don't twist and Jenny, who hadn't even planned to dive, tried a big bold inward one and a half piked on 3metre. She took a whacking clunk on her heels but won herself an award specially created for the occasion: Need for the Biggest Boots.



Synchro saw a variety of exciting pairings, with parent-child partnership Marianne and Sunniva demonstrating why parent-child teams have not made it to Olympic level in the sport.

The Dryland area had been transformed into an Awards suite with wine boxes, nibbles and even table cloths. All the old favourite awards were up for grabs and indeed some new ones. Although off to work by the time of the award ceremony, Davy's unsurpassable set of successive splats was judged unsurpassable and a new 'Most Unsurpassable Set of Splats' award was created. Barry also set a new record, in being nominated for every award.



Other much cherished certificates were awarded as follows

Most Entertaining Dive – Chris and Barry for their synchro inward and forward dives in opposition...complete with hurdle.

Biggest Splash – Angela for her front drop


Furthest past the steps – Stephen's reverse dive won this...by miles

Nowhere near the end of the board on take off – Craig (Perhaps you could mark out your hurdle in tin foil?)

Results of the 'Serious' competitions


Jellyfish

1. Ross Walker
2. Judith Moggach
3. Gillian Bennet



Jolly Herrings

1. Craig
2. Fiona
3. Stephen




Starfish

1. Tom
2. Tom
3. Tom



Synchro

1. Morag and Eilidh
2. Judith and Ashley
3. Craig and Fiona



Another of this year's exciting new awards was the '**Vol au Vent and Vacuuming Award**' for outstanding services to diving. Its joint recipients were... Gillian Bennet and Barry Sless. Along with the award and its right to say quite simply 'NO' in relation to a diving matter, came 24 tins of haggis for Gillian and a year's supply of Hoover bags for Barry.



The exquisite **Masters Diver of the Year** trophy went to Stephen Walters, unrivalled in having learned the most new dives in the most unusual positions.

The prestigious **Black and Blue Cup**, still with its original bubble bath in the base, went to....well no one can actually remember. And anyway, it's really not the winning that's important...



Here are some more great tips from our resident armchair coach

Dear Armchair Coach

Never again will I be in any doubt as to the wide readership of this newsletter. For Christmas I got 8 shammies, 4 kit bags and a really strange assortment of books of diving, which despite their English titles proved to be written in a variety of European languages. (I'm enjoying Wibblebum's illustrated course on how to firm up my buttocks but am finding the Norwegian Fjordpløpper one really hard going.) I'm happy to keep a couple of the shammies and bags and but what can I do with the rest of my surplus diving stuff?



The Armchair Coach replies

I'm so glad you're pleased with your Wibblebum. As for the books you're not finding so useful, glue them all together into two similar sized stacks and use them to help you in the final stages of armstand lever practice.

As for the spare shammies and bags,...why not embroider them with the initials of your diving chums, or indeed your favourite coach, and give them as birthday presents?

Or, if you're feeling more ambitious, you could cross stitch a whole phrase across the shammy. Something like, GET TO THE END OF THE BOARD or ARMS TO YOUR EARS. These presents will be attractive and practical and are sure to be treasured for life by the lucky recipients.

Dear Armchair Coach

While sourcing your books on diving, I came across another 'must have' title for diving aficionados. It's a more recent work by Bill Law called 'From Sammy to Shammy - A History of the Diving Chamois.' It was such compelling reading over the Christmas break that I quite forgot to watch The Sound of Music. I thought your readers might be interested.



The Armchair Coach replies

Well done, assiduous diver. Bill's book is indeed the ultimate authority on the history of the diving chamois. After reading it you will never look at that small synthetic square the same way again. And what's more, an original 'Sammy' can be viewed in the EDC Archive along with Mary Sless' 1968 Scottish Squad costume with skirt and Peter Smith's 1992 Commonwealth Games tartan trunks.

Keep those questions and comments coming. Nothing is too trivial for the Armchair Coach.



NATIONAL DIVING CONVENOR

Stephen Walters, the National Diving Convenor is stepping down from office at the Scottish Amateur Swimming Association AGM on 26th February, after 3 years in post. Stephen has worked tirelessly during this time, helping with reports, business plans and chairing the National Diving Committee meetings. He has been responsible for securing the funding for the position of National Diving Development Officer/Coach to which Scottish Diving are indebted. If it had not been for his determination, we would not have Shannon with us today. On behalf of Edinburgh Diving Club, I would like to thank Stephen for all his work and wish him well in his diving. We hope to see great things at the GB Masters Championships in Edinburgh in April.

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We are delighted to announce that **Jane Ogden** has offered to take over the post of National Diving Convenor and will be appointed at the SASA AGM. Jane will bring a wealth of experience to the position. She was one of the founder members of the Edinburgh Diving Club and represented Scotland at two Commonwealth games in 1982 and 1986. She now works for the Bank of Scotland, one of the main sponsors of Scottish Swimming and her knowledge of the corporate world will be a great asset to Scottish Diving. We are looking forward to working with her.

CONGRATULATIONS



To Glenn Robison on winning Thistle Trophy 12/13 age group

To Laura Smith on winning Thistle Trophy 12/13 age group

To Gregor McMillan on winning Thistle Trophy for 10/11 age group

To Anna Sless on winning Thistle Trophy 8/9 age group

To Jamie Scott on winning Thistle Trophy 7&U age group

To Anna Sless on becoming National Novice League Champion for 2004

To Katie, Tommy, Calum & Alana for winning their first novice league events

(We all wish Megan a speedy recovery from her broken arm).