

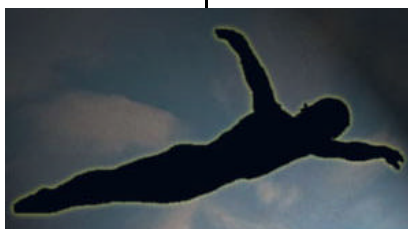
EDINBURGH DIVING NEWSLETTER

July 2003

We hope you are all enjoying the Summer Holidays. This is a very short Newsletter due to the holidays but wait for the bumper August Newsletter – it will be full of information, results, articles and tips from our resident armchair coach. We are all very pleased to be back in the water after the pool closure and the summer programme is a great success. There are still some spaces available in the Diver 1 and Club classes for the weeks beginning 4 August and 11 August.

Remember the Fun Day and Disco on Saturday 30 August, in conjunction with the Scottish Novice League.

The European Championships are now upon us. We hope everyone will enjoy the event. There will be a short display by members of Edinburgh Diving Club at the opening ceremony. Niki Bennet will be diving for the Great Britain Team on Sunday afternoon in the Platform event – please come along and support him.



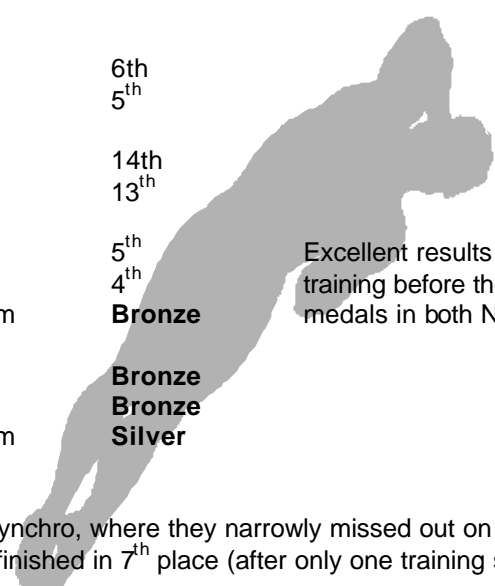
Results



ASA National Age Group Championships – Southampton

Four divers from Edinburgh - Niki Bennet, Tom Chambers, Mandie Arthur and Jenny Sless travelled to Southampton for ASA National Age Group Championships – the top competition for under 18 year olds in GB. The divers have to perform 6 dives in the youngest age group (Group D) up to 9 dives in the oldest age group (Group A.) The results this year are the best Edinburgh has ever achieved at this level of competition and follow on from the excellent performances we have already seen from our divers this year in GB events.

Tom Chambers	Group A	1m	6 th
		3m	5 th
Mandie Arthur	Group C	1m	14 th
		3m	13 th
Jenny Sless	Group D	1m	5 th
		3m	4 th
		Platform	Bronze
Niki Bennet	Group A	1metre	Bronze
		3meter	Bronze
		Platform	Silver



Excellent results for Jenny, who had very little training before the event. She has now achieved medals in both Novice & AG events at GB level

The boys teamed up to dive in the 3m Synchro, where they narrowly missed out on the Bronze Medal. The girls competed in the 1m Synchro event and finished in 7th place (after only one training session!)



CONGRATULATIONS



Niki dived very well throughout the championships. He scored 446.40 on 3 metre, which qualifies him for a place on the British Junior Olympic Programme (JOP). He is the first Scottish diver to be selected for JOP, which is a tremendous achievement and a great honour.

He was also selected for the GB Team to compete at the European Championships on Platform. It has been a very difficult year for Niki, trying to train for major championships during a pool closure, and he has had to endure many upheavals, all of which he has coped with extremely well and with his usual good humour. We are all very proud of Niki and wish him all the best for Europeans.



Coming Soon...Edinburgh Diving Merchandise

Lots of new Edinburgh Diving merchandise is currently being produced. Tee Shirts with the two winning logos from the Tee Shirt competition will be available in three colours. Light blue will be reserved exclusively for Full Club and Royal Blue exclusively for Novice Club. Sports grey will be available for those on the lesson programmes and for anyone else interested in possessing an attractive, highly original, top quality diving , Tee Shirt!

Other merchandise will include pens, water bottles and car stickers all designed by divers...for divers...and their friends and families.

All these items will be on sale at the **Scottish Nationals, 9th, 10th August**. Buy early to avoid disappointment!

Donations for Raffle

If you have any suitable prizes you would like to donate for the EDC raffle at the Scottish Nationals, please contact Sarah Bainbridge on 553 1447.

EDC 50/50 Club

The list of winners and the 50/50 Club accounts will be sent out shortly. Thank you to all who supported this very successful fund raising activity. Information about renewing your membership/ joining the 50/50 club will be distributed in due course. The first draw of the new session will be made at the end of September.

British Masters Championships, Sheffield, 12th-13th July

Club President, Sarah Bainbridge, and ex Scottish Squad diver, Orla Gilmore, recently participated in the British Summer Masters National Diving Championships, competing on all three boards despite very limited training time. Orla performed the best armstand of the competition and came in with silver on platform and gold on both springboards in her Open Age Group. Sarah's back dive went from strength to strength and she came in with gold on platform and silvers on both springboards in her Group B Age Group. Both divers thoroughly enjoyed the event and the magnificent facilities in Sheffield. They are keen to assemble an Edinburgh Masters Squad to take the Winter Nationals in Manchester in November by storm. Ex Club President, Davy Bennet, has already been selected as Team Mascot. Please contact Sarah Bainbridge if you are tempted by this ground breaking venture! Tel. **553 1447**



ENJOY THE REST OF YOUR HOLIDAYS

REMEMBER..... NEW TERM STARTS ON MONDAY 25 AUGUST.