



EDINBURGH DIVING NEWSLETTER



June 2010

News & information for parents.

Welcome back to Newbattle. Thank you to everyone for bearing with us during the last few weeks without a pool. A big thank you to Vicki for managing to find space at Drumbrae Leisure Centre to enable the programme to continue. We are glad that so many divers took up the opportunity to train at Drumbrae. Already, since divers have returned to the water, Vicki & I have noticed a big difference in body control & tension so obviously the dry land exercises have really helped. Carry on the good work at Meadowbank!

Some divers were fortunate enough to attend Lasswade Gym, Dundee Pool & Leeds while the pool was closed. We would like to thank SASA for contributing to this training.

Sorry there was no newsletter last month – busy times, I'm afraid. However, there is now plenty news to fill this edition

Newbattle staff have requested that all divers please put their bags and belongings in the lockers provided. There is no room left in the cubicles for other patrons to change.

Finally, please check the website regularly for information regarding all aspects of the club:

SASA Levels League

2009

Novice Level

| | | |
|--------|-----------------|--------|
| Gold | Nathan Gevers | Dundee |
| Silver | Kathryn Neale | Dundee |
| Bronze | Cameron Forrest | EDC |

Age Group League

| | | |
|--------|------------------|-----|
| Gold | Grace Reid | EDC |
| Silver | Anna Sless | EDC |
| Bronze | Charlotte Briggs | EDC |

Full results are now posted on the website



Who is this Edinburgh diver?

Bag Packing

We raised £1080

Thank you to all the divers and parents who gave up their time to help with bag packing. It is much appreciated. The money has helped to subsidise our new club kit.

Special thanks to Sue Forbes for all her hard work in organising the events. Also to Daisy, Sammy and Amber who spent all weekend in the supermarkets!

New Dives

This section will be updated monthly. Congratulations to the following divers who learned new dives last month:

| | | |
|----------------|------------------------------------|-----|
| Katie Talbot | Forward 2½ s/s piked from 3m | 2.4 |
| Amber Foster | Forward 2½ s/s tucked from 3m | 2.2 |
| Daisy Forbes | Back 1½ s/s ½ twist from 5m | 2.1 |
| Erin MacInnes | Back 1½ s/s with tuck from 1m | 2.0 |
| Struan McCall | Back 1½ s/s with tuck from 1m | 2.0 |
| Freya Hamilton | Back fall 3m & Back dive tucked 1m | |
| Flora Mealyou | Back tuck roll from 3m | |
| Anna Flynn | Back dive tuck from 1m | |



Edinburgh Diving Club News (and gossip)



Scottish Swimming Medical Forms These have now been sent to all divers and must be completed to allow entry to National events. Please send *directly to Scottish Swimming* – do not return to your coaches or the club secretary.

Competition Letters These will now be sent direct to you by e mail. Hopefully this will help us to have names & deposits submitted by the closing date. Copies will also be on the website under the *Information / Letters* section. Please ensure that you meet the deadlines given.

Fund Raising The sponsored fun run round the track at Meadowbank has been postponed. It has been re scheduled for the start of September. Again we would love to see as many divers as possible taking part to help raise money for club funds. More details to follow. Please remember to look on the website for more fund raising events throughout the year.

Bag Packing The next bag packing will take place SUNDAY 1st AUGUST (note change of date) at Tesco's, Hardenden. We hope more divers will attend this time than on the two previous occasions, as the money raised will benefit everyone in the club.

Hydro Novices This trip was very nearly cancelled because divers did not return their forms or pay the deposit in time. We are very fortunate that Scottish Swimming stepped in to help subsidise the trip at the last minute. Please can everyone observe the closing date. A lot of hard work goes into organising these trips and it is made all the harder and more expensive if we do not know numbers in time

Rebecca Stevenson has injured her knee while trampolining. We wish her well and hope to see her back in the pool before too long.

Simon Jackson is back diving again and represented Edinburgh in the recent masters competition. It is good to see him back in action.

Jenny Sless is home from Salzburg and is coaching again for us.

Ashleigh Laidlaw who some of you will remember as a diver, will also be coaching for us at Newbattle. It will be great to see her again.

Judy Wardlaw has successfully completed her Law degree at Dundee University – Congratulations. She will soon be off to Camp America for the summer, then back to coach again in the Autumn

Dundee Training Thank you to Dundee diving club for allowing some of our National Squad divers to train in their club sessions while Newbattle pool was closed. We really appreciated this opportunity, especially when they have so little pool time themselves.

Grant Forrest competed in the GBDF Spring Masters Championships. Well done

Kenny Davidson the manager at Newbattle, has been in hospital for several weeks. He is now home and we send him our best wishes for a speedy recovery

Grant Dickson Congratulations to Grant who has an unconditional acceptance for Edinburgh University to study Mechanical Engineering

Grace Reid has been selected for the GB Junior Team to dive in the Junior International in Waldkraiburg, Germany in June. We wish her good luck

EDC Kit the new kit has arrived just in time for the Harrogate trip and GB Junior Elite Championships. It looks really good! Please make sure you wear the full tracksuit when travelling and when asked. All divers must adhere to these rules. Divers not competing in these events will receive their kit during the week beginning 31 May.

Exams Finally good luck to all the divers who are taking their standard grades, higher & advanced higher at the moment



Forthcoming Events

| DATE | COMPETITION | LOCATION | LEVEL | INFORMATION |
|----------------|----------------------------------|------------------|----------------------|--|
| 29-30 May | Hydro Novices | Harrogate | Novice | See website for second information letter |
| 31 May - 4 Jun | GB Elite Junior Championships | Leeds | National Elite Squad | Non chaperoned trip. |
| 19 June | SASA Levels League | Newbattle | Novice, Intermediate | Details to follow. We would like to see as big a team from Edinburgh as possible |
| 24- 27 June | GB National Senior Championships | Sheffield | Senior | Invitation only |
| 26-27 June | GBDF Summer Masters | Crystal Palace | Masters | See GBDF website for details. (Link from EDC website) |
| 2-4 July | GB Age Group Championships | Southampton | Intermediate/AG | Please complete form & pay deposit by 4 June. |
| 9-13 July | European Junior Championships | Helsinki Finland | GB International | To follow |

Competition Teams



Hydro Novices, Harrogate

The team of 13 novice divers selected for this competition are as follows:

| | | | |
|---------|---|------------|--|
| Group B | Rosy Crandles Olivia Martin Amy Steele Harris Hamilton | Group D | Erin MacInnes Madeleine Finlayson Sean Flynn |
| Group C | Leona Scott Katie Steele Sarah Lowry | Group E | Keana MacInnes Archie Beetham Aaron Daly |
| Coaches | Vicki Tomlinson Judy Wardlaw | Chaperones | Donald MacInnes Kay Greally |

Good luck to all the divers

GB Junior Elite Championships, Leeds

The divers who have achieved the qualifying points to represent Edinburgh in the top junior GB competition of the year are as follows:

| | | | |
|---------|--|---------|-------------------------------|
| Group B | Charlotte Briggs Grace Reid Anna Sless | Coaches | Mary Sless Vicki Tomlinson |
| Group C | James Heatly | | |

Good luck to these divers

Reports and Results

Full results of all competitions are on our website: www.edinburghdivingclub.org.uk/results.



G Star Championships, Leeds. 16-18 April

A team of 10 divers was selected for this competition which is always a high standard and acts as a practise for Junior elites. The level of competition in the Girls B event was probably the highest I have ever seen – 2 senior GB & 3 GB junior internationalists in the field. We were lucky enough to watch two forward 4½ s/s being performed from 10m, one scoring 9's from the judges. The team made 7 finals, which was a very good achievement, but only managed 2 medals this year, which is not as many as normal.

Thank you to Karen Foster & Sue Forbes or Sufo as she is now known, for their superb chaperoning. Leeds pool staff don't make it easy, but the intrepid duo once again beat the system and managed to smuggle food in for the divers. Thanks also to Gary for driving us around all weekend, and coping with the trauma of our coach being broken into.

Congratulations to James on coming first in the Boys 1m event. Lying fourth after the preliminaries, he upped his game in the final to win the gold medal. The G Star finalists are as follows:

| | | | | |
|------------------|--------|----------|-----------------|----|
| James Heatly | Gold | 1m | 4 th | 3m |
| Grace Reid | Silver | 3m | 4 th | 1m |
| Anna Sless | 4th | platform | | |
| Charlotte Briggs | 6th | platform | | |

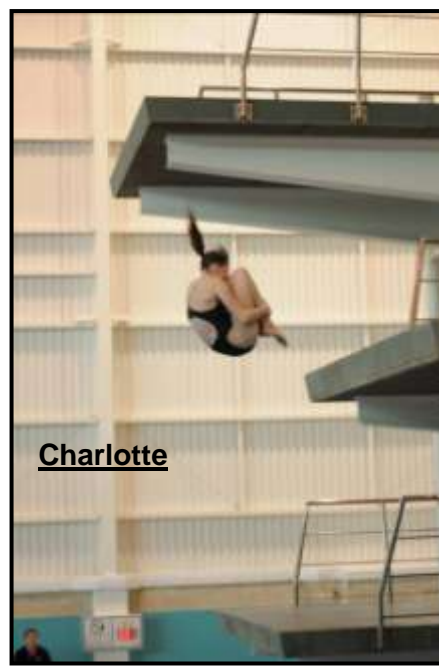


James winning gold on 1m



Karen & Sue keeping a watchful eye on the divers!

Perfect shapes from our three elite divers





GBDF Spring Masters, Manchester. 17 – 18 April

Congratulation to both our Edinburgh masters divers on their fine results.

| | | | |
|---------------|-----------|-----------------|---------|
| Grant Forrest | Bronze 3m | 4 th | 1m |
| Simon Jackson | Gold 3m | Gold | 1m open |

If any diver 16 years and over is interested in competing in masters competitions, have a look on the GBDF website for more information about competitions and requirements. (there is a link from EDC website).

| | | |
|----------------|------------------|------------------------|
| Summer Masters | 26 - 27 June | Crystal Palace, London |
| Winter Masters | 20 – 21 November | Maltby, Rotherham |

Dundee divers have started to compete, so it would be great to send an Edinburgh team as well. Speak to Vicki or Mary if this is something you would like to try.



Amsterdam Cup & The Dutch Open Championships, The Netherlands. 13 – 16 May

Congratulations to the four divers who were selected to represent Scotland at the above event. It was not the best build up for the Edinburgh divers with the pool being closed for three weeks before they left, but they coped well despite the lack of water time. The competition was of a much higher standard than usual due to the cancellation of the Aachen Meet. All the teams who would have been there went to Amsterdam instead, making it a great meet to watch. The Canadians & Australians were particularly impressive.

Our hotel was very good apart from our French windows leading straight onto the ground below with a 3m drop! The navigation system in our car was definitely sent to test us, and I doubt either Gill or I will ever be friends with TomTom again. However we did make it to the pool every day.....although sometimes by a rather more scenic route than we would have liked! An enormous thanks to Gill for all her work as a chaperone, driver, and travel agent. I'm not quite sure how she did it, but we made it home despite the ash cloud, depositing one diver in London en route and using every form of transport to eventually get back to Edinburgh.

The Girls A & B events were very long. Anna & Grace kept themselves occupied playing cards throughout the competition, much to the amusement of the foreign coaches. All the divers competed well and gained a great deal of experience diving abroad in such a big meet. It was good to have Jennifer back with us and she dived very well, especially in both her 3m events.

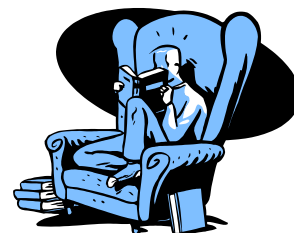
The highlight of the trip was Grace winning the 1m and 3m springboard events. It was a wonderful achievement and we were all very proud when "O Flower of Scotland" was played at the medal ceremony (apart from the fact it took ages to work out what song was playing – not a version we had heard before!)

| | | 1m | 3m | Platform | Open1m | Open3m |
|---------|-----------------|--------------|-------------|----------|---------|---------|
| Group A | Jennifer Currie | 13 out of 32 | 10 / 29 | - | 14 / 25 | 11 / 20 |
| Group B | Grace Reid | Gold | Gold | - | 9 / 25 | 12 / 20 |
| | Anna Sless | 26 / 39 | 22 / 39 | 11 / 23 | - | - |
| Group C | James Heatly | 21 / 25 | 14 / 26 | 8 / 13 | - | - |

The Armchair Coach provides more sympathetic answers to your letters and questions.

Dear Armchair Coach

The older divers say if you make it to Commonwealth Games you get loads of free kit...including a personalised towelling robe and flip flops? Is this correct?



Dear Young Diver

Well, you can check that one out with Jane Ogden or Peter Smith but in my opinion you're more likely to get a verruca and a set of stitches.

Dear Armchair Coach

Once I've ripped it... is it better to stick it... nail it ... or even snot it?

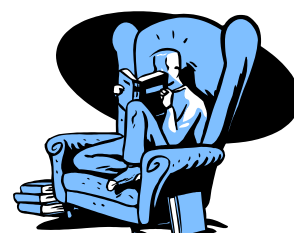


Dear Puzzled Diver

Whatever you do, your big boots are advisable.

Dear Armchair Coach

What's all this Health and Safety nonsense? In my day you dived into whatever was available...a water filled quarry, the harbour, a hole in the ice... You visualised your dives while cycling or jogging to training and then chucked your first ever back double from 10 metre. Youngsters these days are mollycoddled!



Dear Veteran Diver

Hear hear!

Dear Armchair Coach

Bag packing at Sainsbury's? Why would I want to cart all my stuff over there? And why would anybody want to watch me pack my bag?



Dear Diver

You will be surprised. Go for it! Many a shopper will love the sight of you trying to get the zip done up around your mega powered hairdryer, state of the art GHD's complete with heat mat & case, many pairs of high heeled shoes - none of which will actually be worn, a large assortment of chunky jewellery, I pod speakers (the bigger the better obviously,) three outfits for each evening (just to be sure,) a sponge bag the size of a substantial suitcase, enough snacks to feed an army.....and all the kit actually necessary for diving! That is unless you are Emily Martin!

**Edinburgh Diving Club can be seen bag packing again on 1st August at Tescos, Hardenden
Please see website for further details**

Edinburgh Leisure News and Updates



Well done to everyone who continued to train throughout the pool closure and thank you to the parents who managed to get their children to the different venues on different days and at different times! It is evident that the training has really helped. Divers are definitely looking stronger and have more tension on the board and in the water.

Two divers stood out over the last month at Drumbrae and we would like to congratulate them both on their hard work & improvement :

Rosie Crandles from Development Squad & Archie Beetham from Novice Squad

The Over 50 Club

This section will show a diver who has scored over 50 (or 60 points) on a dive in competition since the last newsletter

| | |
|-----------------------|--|
| Grace Reid | scored over 50 on 5 dives at G star |
| | 54.50 on 5235d - 3m in Amsterdam |
| Anna Sless | 50.70 on 105b - 5m in G star |
| Rebecca Graham | (only 0.80 to go!) |

The Over 60 Club

| | |
|-------------------|--|
| Grace Reid | 60.20 on 305c - 3m in Amsterdam !!! |
|-------------------|--|

Congratulations to

Grace Reid for winning 2 gold medals in the Amsterdam Cup

James Heatly for winning boys group C 1m at G Star

Grace for becoming the National Age Group League Champion

Anna Sless for winning silver in the National AG League

Charlotte Briggs for winning bronze in the National AG League

Grace for being selected for the GB junior team for Waldkraiburg

Cameron Forrest for winning bronze in the National Novice League

Rosie Crandles for most improvement in dry training

Archie Beetham for his improvement in dry training

James for scoring 47.60 on his first 305c in competition