

# EDINBURGH DIVING NEWSLETTER



March 2004

We are now nearing the end of the Spring term and yet again re-booking is upon us. All divers should have received a re-booking slip from their teacher letting them know which class they are in. All the Diver 1 classes are now full so any diver wishing to change their day will have to speak to their teacher before re-booking. There are no changes to squad times at present. Each squad member will receive a slip with details of the new prices for next term. Any diver moving squad will be given this information from their coach. The new term dates are:  
**Monday 19 April – Saturday 26 June.**

As you will all be aware, this is Carol Farrell's last week of coaching. We are all going to miss her terribly, but are delighted that she is going to ASA Novices in Sheffield this weekend.

Thank you to all the supporters at the Scottish Novice League last Saturday. The PA system should be up and running by the next competition which will make the event run more smoothly. Please keep watching the notice board for the venue of the April competition.

Finally, we hope that you all have a good Easter and look forward to seeing you all next term.

## Easter Camps

**5- 8 April 10-12am FULL**

**12-15 April 10-12am FULL**

Due to popular demand, we are running a third camp on:

**5 - 8 April 2 - 4pm**

There are still some spaces available. Please book at reception



## Teachers Course

Scottish Swimming is hoping to run an Assistant Diving Teachers Course on the following weekends.

**11 – 13 June**

**18 – 20 June**

Times still to be confirmed.  
Places may be limited .  
Anyone interested, please contact Mary. Tel. 477 8438

## Edinburgh Diving Club News

Good Luck to all the divers competing in ASA Novices this weekend. Well done to all divers who learnt their back fall or back tuck roll. Please could I remind everyone to travel in their club tracksuit or t-shirt. Also, please remember a bowl, spoon and juice bottle. Please hand the envelope you received from ASA offices to your coach.

We are delighted to welcome another three novice members to the Club: **Marcus Shaw, Neil Wilkinson** and **Hannah Watson**. These divers will be training in N squad.

We are also pleased to welcome Natalie Ferguson back after a short break from training.

Congratulations to all the squad " Divers of the Term". Nearly all squad divers have learnt new dives this term, and I hope you all agree that the new squads have been a great success, both for divers and coaches. Remember, points from the Scottish Novice League count for Diver of the Term.

Our junior committee members, John Arthur and Ashleigh Laidlaw have organised a **Suggestion Box**, which can be found on the table in the dry land area. Please feel free to put in any suggestions, however trivial. They will then be discussed at the committee meetings



## Forthcoming Events

- Scottish Novice League** The next competition will be held on Saturday 24 April. Venue still to be decided
- Primary Schools Gala** Wednesday 31 March. 9am – 12.30pm. Open to local authority school children from P4 – P7. Please assemble at the diving pool when you arrive at the RCP.
- British Novices** 2/4 April, Sheffield. A team of 21 Edinburgh divers are competing in this very large event. We wish them all the best and hope to see a few top 10 finishes. The team is as follows:
- |                  |       |                 |           |
|------------------|-------|-----------------|-----------|
| Gillian Fleming  | 14/16 | Andrew Marko    | 12/13     |
| Louise Fleming   | 14/16 | Glenn Robison   | 12/13     |
| Stacey Henderson | 14/16 | Michael Weir    | 12/13     |
| Ashleigh Laidlaw | 14/16 | Hannah Burns    | 10/11     |
| John Arthur      | 14/16 | Beth Dodds      | 10/11     |
| Stuart Robison   | 14/16 | Ellen Hood      | 10/11     |
| Ellen Crofts     | 12/13 | Laura Smith     | 10/11     |
| Megan Hughes     | 12/13 | Gregor McMillan | 10/11 Int |
| Catherine Webber | 12/13 | Liam Greig      | 10/11     |
| Tommy Farrell    | 12/13 | Grace Reid      | 8/9       |
|                  |       | Anna Sless      | 8/9       |
- Team Manager Davy Bennet  
Coaches Carol Farrell  
Jenny Leeming  
Mary Sless  
Chaperones Susan Greig  
Julie Burns
- Northern Cross** 16/18 April, Leeds. A team of 4 divers will be competing in this Age group competition. We wish them Good Luck  
Tom Chambers, Vicki Tomlinson, Grace Reid and Anna Sless
- Hydro Novices** Sunday 9 May, Harrogate. We have only just received details of this competition which is not on the calendar. It is open to all novice divers aged 8 –16. All divers must have a back tuck roll or a back fall. We will be staying overnight on the Saturday only. Anyone interested, please put their name on the sheet on the notice board. Further details to follow.
- East District Championships** 10/12/14 May. These events are held on 1m,3m,and highboard. Further details of requirements on the notice board nearer the time. Open to all EDC members.

## Reports and results



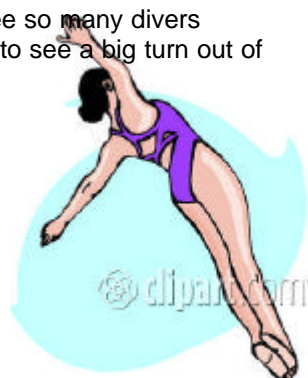
**Scottish Novice League 28 February and 27 March, RCP**

The results of these competitions are at the back of the newsletter. It was excellent to see so many divers competing their back tuck rolls and back falls from 3 metre. Well done. Also it was good to see a big turn out of 14/16 age group divers



**GBDF Spring Masters 20/21 March, Sheffield**

Please see the Armchair coaches report on the trip.



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**Following the entertainment value of the ‘Black and Blue’ in December, the Armchair Coach decided to accompany the Masters team to the GBDF Championships in Sheffield, 20-21 March, to get more of a feel for the Masters set up.**

Accompanying the Masters Team to Sheffield was made slightly harder by the fact ‘the team’ (Sarah Bainbridge, Orla Gilmore, Stephen Walters and coach Tom Chambers) all seemed to be going on different trains, different days and staying in different hotels, unlike the ‘well organised’ trips run by Head Coach Sless and President Bennet. Eventually I travelled on the Friday evening with Sarah and Orla and large quantities of crisps. Luckily we weren’t in the Quiet Coach.



Sarah and Orla, rosy cheeked and hair still dripping from their training session discussed their dive lists for the weekend. Sarah confidently advised Orla on the merits of performing a 105c from 5m over a 405c from 10m (although it is a well known fact Sarah has never even been to look at the 10m platform). The rest of the carriage listened in amazement, convinced they must be travelling with the British Olympic Diving Team. Orla and Sarah laughed over the fact that due to a slip of Stephen Walter’s, the English Masters were expecting to be treated to Orla’s back two and a half piked from 10. Confusing a 205 and a 405 is easy, especially for someone who is not used to dealing with figures.

More crisps were consumed. Then it was time to have the Alnmouth, Alnwick, *Annick* argument and much hilarity was had over references to ‘Davy Driver who drove the train to Doncaster’. Then it was Newcastle where after Sarah’s ‘Well, I’m actually a Geordie’ digression, they both got their books out. The books remained unopened as they were sidetracked by their mobile phones. Then it was Doncaster and time to change.



In the half hour it took to complete the journey from Doncaster to Sheffield, Orla got out some light entertainment in the form of the most recent articles she had to read for her PhD. Sarah amused herself by trying to calculate the Scrabble scores of ‘GERONTOLOGY’ and ‘THANATOLOGY’ and didn’t worry too much that she had no idea what either of them meant.

Training began in earnest at 0930 on Saturday morning at the Ponds Forge Pool, a venue I know well from my own days as a top diver.

“STEP STRETCH...STEP STRETCH...STEP STRETCH,” Sarah could be heard muttering to herself “What for you is the secret of the reverse take off?” Stephen was asking the other Masters in turn. “Did I really put down armstand somersault from 10m?” asked Orla in a sort of strangled voice to no one in particular.

“FAST ARMS, SARAH...ARMS TO YOUR EARS, STEPHEN...FAST ARMS, SARAH...ARMS TO YOUR EARS, STEPHEN...DON’T THROW YOUR HEAD BACK... LOOK FOR YOUR TOES,” coached Tom patiently.

Come the springboard competition, Orla dived consistently well and her big bold 105c got a big bold cheer. She came in with gold. Sarah, on the other hand, failed to distinguish herself on any dive and competed without a STEP STRETCH or the end of the board in sight. She reluctantly conceded that perhaps conditioning did make a difference.



Stephen ran through his platform set in the afternoon training session to gasps of amazement from the other Masters who like myself have seen some interesting diving in their time but had never witnessed the Walters forward  $1\frac{3}{4}$  from 10m or his  $\frac{1}{4}$  reverse dive from 5m. Sarah and Orla were conspicuously absent from this training session, preferring to save their strength.

“I’m warm, comfortable and confident my performance will be better than on springboard,” Sarah said with an average score of 4 and a half to beat.

“I could go up and do some armstands,” said Orla sinking deeper into her chair and zipping her top up to her neck. As they relaxed on poolside they were able to reassure the amazed onlookers that to Stephen such a pounding as he appeared to be taking was water off a duck’s back...albeit a very pink back.

All then excelled themselves in some way or another in their respective highboard competitions. Sarah scored 8½ 6½ 7 7 6½ on her back dive and 6s from all the judges for her inward one and a half but competition was stiff and she placed 4<sup>th</sup>. However, Tom called her a 'Highboard Queen' and suddenly medals didn't seem important. Orla competed lots of untrained dives courageously and came in once again with gold. But Stephen stole the show with his dive set of forward tuck, inward pike, forward one and a half and back somersault straight all from 10m and back, reverse and armstand somersault from 5m. The reverse dive was a triumph of perseverance and went in more or less on his head...as opposed to his back or side. But sadly he failed his armstand somersault...by forgetting about the somersault.

I think fellow coach Tom was as impressed as I was with the standard of the Masters competition, the 'gutsyness' of the divers and the wonderfully good humoured and supportive atmosphere. I know there are lots of up and coming adults in Edinburgh and with another Masters competition coming up, this time at the superb new facilities in Dublin, it would be a rewarding venture to get a bigger squad together...in fact, if Mary Sless comes, she could teach us to play Cribbage on the train...but if I have to travel with Sarah and Orla again, remind me to book into the Crisp Free Carriage.



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## DIVING IN EDINBURGH - PART XII

by BILL LAW

The run-up to the Commonwealth Games in 1986 was fraught with difficulties, not only in Diving. Due to political reasons, the pre-Games organisation did little to excite either those on organising committees or the public at large.

Nevertheless, despite the boycott by the African nations and the struggle we had to obtain new springboards, the diving events went well. HRH, Diana, Princess of Wales paid an enthusiastic visit to the diving events, much to the delight of the divers and spectators.

Our representatives on the diving team were Jane Ogden, having won her fourth consecutive highboard title, Steve Forrest and Peter Smith. All three divers had to achieve stringent qualifying points to make the team, even with the Games being in their own pool.

As mentioned previously, the year after a major event tends to be a little flat. Steve and Peter continued to compete at the highest level. Sadly, Jane's swimsuit didn't get wet too often and Mary kept hers for sunbathing. This allowed Fiona Moffat to emerge, winning the Junior 1 metre and silver in the senior 1 metre with bronze in senior 3m and highboard. The main challengers were coming from Dundee in the shape of Mandy Robbie, Kay Ingram and Angela Bishop



To be continued.....

## **EDC HEAD COACH WINS TOP AWARD**

**Edinburgh Diving Club Head Coach, Mary Sless, was presented with the 'John and Margaret Bell Award' at the prestigious Scottish Swimming Awards Dinner recently, in recognition of her diving development work in Scotland in 2003**

**The following account of her achievements is based on the citation submitted by Sarah Bainbridge (former EDC President), Davy Bennet (East District Convenor) and Stephen Walters (National Diving Convenor).**



### **NOMINATION FOR THE JOHN AND MARGARET BELL AWARD**

Mary Sless has been involved in diving in Edinburgh for the past thirty years, first as a diver, then as a coach for Edinburgh Diving Club and more recently she has been at the heart of Diving Development in Scotland. For 3 years she worked with Diving Development Officer/ National Coach Steve Gladding and although he set up the structure and did much to revitalise diving in Scotland, Mary played a very important role in the success of these developments with her enthusiasm, dedication, foresight and constant ability to fill the gap.

As Steve became increasingly involved with elite provision, Mary, still as a part time coach, took on increasing responsibility for other aspects of diving development, ensuring that the Edinburgh lesson programme ran smoothly and that the on going monthly SASA Novice Competition remained a popular and well organised fixture, with the event being held in Edinburgh, Aberdeen, Dundee and Ayr. With the support of Edinburgh Diving Club, she has also organised and accompanied countless trips to competitions further afield and through diving has boosted the self esteem of many young people and adults.

Mary is full of innovative ideas and with her fellow coaches masterminded a superb programme of dry land training challenges to ensure training did not stop during the three month closure of the RCP. These sessions proved extremely popular. She mobilised a large group of parent helpers and officials to organise The Thistle Trophy (the SASA National Novice Competition) which was a spectacular event in December. In the current absence of a National Coach she has organised coaching for the Scottish Squad to ensure some provision for our elite divers continues until this situation is resolved

Since Steve Gladding's departure, Mary and fellow coach Carol Farrell have had full responsibility for the Edinburgh Leisure Diving Development Programme and have been working with Edinburgh Leisure staff to set up smooth administrative systems and new classes for the ever increasing numbers of divers. Mary and Carol recently worked on an elaborate restructuring of the squads to maximise training time for the divers already participating in mainstream competitions and to cater for the expanding area of 'Masters' diving.

No one has done more for diving in Scotland in the past year than Mary Sless who has really proved that diving is a sport for people of all ages and abilities.

## FARRELL'S FAREWELL



Carol

*What started out less than three years ago as a one lesson a week job, evolved into something very much fuller that is now extremely hard to leave!*

*I am so sad to be leaving diving and will miss everyone very much. It's been exciting, demanding, rewarding and most of all, it's been great fun. So thank you to all my divers (and parents) for making my job so enjoyable. I have learnt so much working alongside such a strong team of coaches; thank you all for your help and shared expertise.*

*Congratulations Mary, on your new appointment as Co-ordinator of diving in Edinburgh. It's been fabby working together and I will miss that but I know you will do a fantastic job.*

*I hope I catch many of you to say goodbye in person before Tommy, George and I finally move to the Isle of Man in the summer – maybe a wee dram at the ceilidh??*

*But in case I don't, best wishes to you all.*

## Diver of the Term

Diver of the Term has been awarded to a beginner diver (chosen from our 14 beginner classes), a diver from the Diver 1 classes (there are 8 diver 1 classes per week) and also from five of the club squads. The award is given to the diver who has improved the most throughout the term, both on dry land and in the water, learnt the most new dives and improved their scores in competition (squads only). There has been a great deal of improvement this term, with loads of new dives from all the squad members. Well done and keep up the good work. The winners for this term are as follows:

Beginners	CALLUM TURNER
Diver 1	FIONA MATRUNDOLA
J Squad	HANNAH DODDS
N Squad	HANNAH BURNS
S Squad	BECKY SHIELDS
D Squad	LAURA SMITH
C Squad	GILLIAN FLEMING



# Congratulations

To All “ Divers of the Term”

To our new club members - Hannah Watson, Neil Wilkinson and Marcus Shaw

To Orla Gilmore for her medals at Masters

To Grace for learning an Inward 1 ½ s/s from 3 metre



**Finally, remember the EDC Ceilidh on Saturday 12 th June.  
This is the day we will be officially saying goodbye to  
Carol. We hope you will all be able to come – we want it  
to be really special.**