

# EDINBURGH DIVING NEWSLETTER



May 2003

We are now into our sixth week of the pool closure and the alterations appear to be on schedule. We will let you know when the pool is due to re-open and the date when diving classes re-commence. We are intending to run Summer Camps again this year. Further details to follow on the notice board in due course.

The dry land training is working well with all the divers benefiting from the new conditioning exercises. I'm not so sure that Mary and Carol's muscles are standing the strain, although Peter seems to have found a new lease of life on the trampette! The team challenges are proving a great success. The Scottish Squad (otherwise known as the "Hotdogs") are currently in the lead with two of the Diver 1 teams – the "Speedies"

and the "Terminators" doing very well and giving them a run for their money. Lying in 4<sup>th</sup> place are the club team, "Simply the Best". Remember that prizes for all the individual and team challenges will be presented at the disco on 30<sup>th</sup> August. So keep working hard.

Can I remind parents to keep looking at the Notice board for information about Competitions, Social events etc.

Finally, thank you to everyone who attended the Skittles night on Thursday 22<sup>nd</sup> May. It proved a great success and all the children and adults (with earplugs) enjoyed themselves. We managed to raise £275.50 for club funds, which was tremendous. Thanks to all who helped organise the event.

## Forthcoming Events

The European Junior Diving Championships are being held at the Commonwealth Pool from **30<sup>th</sup> July – 3<sup>rd</sup> August**. We know many of you have volunteered to help, but anyone who does not have a job and wishes to help, please see Mary. We can always find you something to do!

We hope as many divers and parents as possible will come to support this high class event and see some excellent diving from Europe's top juniors.



## £££ Fund Raising £££

As mentioned earlier, we ran a very successful skittles night last month. We are hoping to hold more events like this and would be delighted if anyone has any novel ideas to help with Fundraising. The money we make helps subsidise competitions and trips and the club also bought the CD player currently being used at dry land training.

**RAFFLE TICKETS** – anyone who still has tickets please return them to their coach as soon as possible. The deadline is fast approaching.

## Edinburgh Diving Club News

**Dry Land Training** – The team challenges are going to get tougher in the next few weeks, so keep working hard. Remember, you will be re- tested soon and prizes for the best improvement are up for grabs.

**Trampolining** – Classes will be held on Tuesday 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> June, at the Craggs Sports Centre, near The Pleasance. Time. 5pm – 6pm. These sessions are open to all Full And Novice Club members. However, there are only limited spaces so please let either Mary or Steve know if you wish to attend. The cost of these sessions should not be more than £4. ( Tel.477 8438 )

**LoGy Gym** - The Scottish Squad will be training at LoGy Gym, Loanhead on Thursday 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> June from 7pm – 8.30pm. Full and Novice club members can also attend these sessions, but again, spaces are limited, so please let Mary or Steve know if you wish to attend. Cost still to be decided.

**Dundee** – Peter is prepared to coach Full Club divers in the Olympia Pool, Dundee on a Friday, between 6pm and 7.30pm. Divers will have to find their own transport. Please liase with Peter.



**We know you are all missing diving – so are the coaches. Don't worry, it won't be too long now!**

## Competitions

**Scottish Novice League** – the May competition is in Dundee on Saturday 31<sup>st</sup> May. The team is travelling by train and everyone should be at Waverley by 12.50pm. We are due back into Edinburgh at 7.45pm. GOOD LUCK, DIVERS

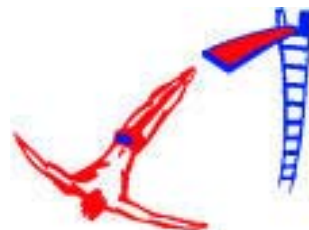
**Scottish Novice League** – the next competition is to be held in Aberdeen on Saturday 21st June. Will divers please complete the form on the notice board if they are available to compete.

**ASA National Age Group Championships – Southampton. 26<sup>th</sup> – 29<sup>th</sup> June** – Details of team to follow.

## Results and Reports



### XXIII Vantaa Diving Cup Finland. 18<sup>th</sup> – 20<sup>th</sup> April



The Scottish Age Group and Senior Squad attended this international event. The results were very promising and the divers all competed well, gaining valuable international experience. The most notable results were:

Niki Bennett	Bronze medal	Group A	Platform
Jenny Sless	4 <sup>th</sup>	Group C	3 metre

(Jenny is still in Group D and dived up an Age Group. She missed the Silver medal by 1.6 points)



### The Northern Cross Diving Championships 25<sup>th</sup> – 27<sup>th</sup> April.

This is a high level Age Group and Senior event, hosted by Leeds Diving Club with some of the top GB divers competing. This was the best set of results Edinburgh has achieved in such an event. The top six divers from the preliminary rounds dived in the finals. Last year, we only made three finals, gaining one medal. This year we made 10!

Vicki Tomlinson	3m	<b>Finals</b>	Finished 6th	(Had to withdraw from 1m through injury)
Jenny Leeming	3m	<b>Finals</b>	Finished 5th	
	10m	<b>Finals</b>	Finished 2nd	
Becky Shields	1m		19th	
	3m		19th	
Niki Bennet	3m	<b>Finals</b>	Finished 3rd	(These were excellent results for Niki, who was competing against the Former world junior champion in a top class event)
	10m	<b>Finals</b>	Finished 3rd	
	1m		7th	
Tom Chambers	3m	<b>Finals</b>	Finished 6th	
John Arthur	1m		24th	
	3m		24th	
Mandie Arthur	1m		39th	(This was Mandie's first experience in an age group competition with a very large entry)
	3m		34 <sup>th</sup>	
Jenny Sless	5m	<b>Finals</b>	Finished 4th	
	3m	<b>Finals</b>	Finished 5th	
	1m	<b>Finals</b>	Finished 5th	
Gregor McMillan	1m		18th	
	3m		13th	
Grace Reid	1m	<b>Finals</b>	1m Finished 3rd	(A wonderful result for Grace who was only 6 !)

Thank you to Liz Reid for being such an excellent chaperone over the weekend.



## FINA Grand Prix USA

Monique McCarroll has just returned with the GB team where she came a creditable 7<sup>th</sup> in the Woman's Synchro Platform event.

If you have any problems regarding your dives or just want some tips to improve your performance, then feel free to write to our resident Armchair coach, who will try to help with any problems.

### **Dear Armchair Coach**

*I am confused. I did a tuck dive. When I came up, Mary said, 'Nice dive' but I didn't think it was very good because I was still in my tuck when I hit the water. I did notice she rolled her eyes as she said it.. Was she having some sort of fit?*

### **The Armchair Coach replies**

*Well, Confused Diver...when Mary rolls her eyes and starts talking rubbish you can be forgiven for thinking she is having a fit. However, I can assure you this condition is quite normal for coaches. It's called 'sarcasm'. It is used by coaches to avoid having to give a lengthy explanation of how to put right a dreadful dive when the diver can probably work out for themselves what they did wrong. For example, you should have come out of your tuck...but then of course, you knew that.*

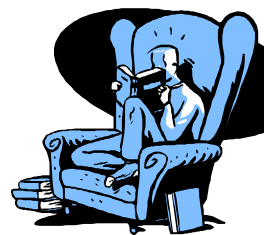


### **Dear Armchair Coach**

*I'm feeling rather disorientated. Mary said I was 2m from the end of the board on take off. The thing is, I was doing a one step hurdle and actually started from about 1m away from the end of the board. How did I manage to go backwards without noticing?*

### **The Armchair Coach replies**

*Don't worry. We'll soon have you back on track! You didn't go backwards. This is another well known coaching strategy. Your coach wildly exaggerates your error to make it more memorable for you. Be on your guard too for the opposite technique....understatement. You have just landed flat on your back after a back 1\_ from 1m and your coach says, 'That was just a touch short...Would be perfect from 3m...Up you go!*



### **Dear Armchair Coach**

*I am puzzled and wondered if you could help. At training on Monday, I did a dive and Mary said it was technically very good except for the big boots. The thing is...my boots were in my locker...and they're only a 4 -. So why did she say this?*

### **The Armchair Coach replies**

*Well Puzzled Diver be puzzled no more. 'Big boots' is supposed to be an entertaining way of letting you know you*



## **Dear Armchair Coach**

*Is there any way I can spin faster?*

## **Armchair Coach replies**

*Well...it seems a bit of a strange question to ask a top diving coach, but if you look at the dial on your washing machine...*



Here is the third part of the eagerly awaited article by Bill Law, a Life member of the club.

## **DIVING IN EDINBURGH - PART THREE**

Into the sixties came Malcolm Taylor and Linda Philp. Both were diving in Edinburgh University teams and scoring successes in British University Championships, with Linda ( now Lockerbie, ) winning Scottish titles and representing Scotland.

The display team continued to thrill holiday makers throughout Scotland and attracted a number of young divers into the group, such as Caroline Millar, Jenny Cowper, Susan Weston, Susan Bowie, Jimmy Todd and Alastair Urquhart. All of these divers won titles or medals at Scottish Championships. Training at this time continued at Rosyth.

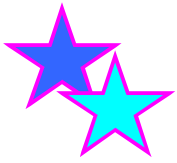
In the mid sixties, a new pool was opened in Wishaw, which was more accessible than Rosyth and provided Edinburgh and the rest of Scotland with first class facilities plus a 5 metre platform. The pool manager, the late, great John Bell did everything possible to support diving and divers, providing times midweek and weekends for training, and was responsible in no small measure for the development of diving in Scotland. By the announcement in 1964 that Scotland would host the Commonwealth Games in 1970, all the diving fraternity were excited at the prospect of a new pool with state of the art facilities, which would be ready by early 1970. Thoughts then turned to the further development of diving in Edinburgh.



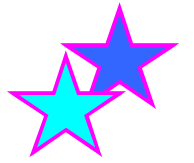
To be continued.....

Just to let you all know, Malcolm Taylor, our ICT wizard has set up a Web site for Edinburgh Diving Club. It is still in its early stages, but it looks great. There are some very good links to other diving websites both in the UK and abroad, which are well worth a look. If anyone wishes to put anything on the site, please contact Malcolm. Soon, we will have the Newsletter on the website along with results, information, diver's profiles etc. The website address is:

[www. EdinburghDivingClub.org.uk](http://www.EdinburghDivingClub.org.uk)



# CONGRATULATIONS



- ★ *To Jenny Leeming for her Silver Medal at Northern Cross*
- ★ *To Niki Bennet for his two Bronze Medals at Northern Cross*
- ★ *To Grace Reid for her Bronze medal at Northern Cross*
- ★ *To all the Finalists at Northern Cross*
- ★ *To Mandie Arthur on becoming a teenager at the end of May*

★ *To Malcolm Taylor for setting up a great web site for the Club - Thank you,  
Malcolm*