

EDINBURGH DIVING NEWSLETTER



November 2003

We are now at the end of another very busy year for the diving programme. The new term starts on Mon 5 Jan 2004 and runs for 12 weeks till Sat 3 April. There will be a break for mid-term from Mon 16 – Sat 21 February. Booking slips will be given to all divers in the final weeks of this term. These should be given to reception when you re-book. The diving programme has altered slightly to accommodate the increasing numbers. Please be aware of the different timings of some classes. Prices have increased for 2004, in line with all RCP classes. The novice club members are all training hard for Thistle Trophy – Scotland's Novice Diving Championships.

Clubs from all over Britain have entered and it promises to be bigger and better than last year. Edinburgh are the current holders of the team trophy, but each year, clubs from England send stronger teams to try and win the trophy. So we need all the support we can get! We hope as many of you will come to the Fun Day and also support the Edinburgh divers.

We are looking for donations for the raffle. If anyone has any gifts they would like to donate please give them to either Sarah Bainbridge or any of the coaches. Thank You.

Forthcoming Events

Thistle Trophy

National Novice Diving Championships

Sat. 6 Dec 12.30 – 5.30pm (approx)
Sun 7 Dec 09.30 – 1.30pm “

Black and Blue Cup

Wednesday 10th December
A fun competition open to parents of club divers and adult divers in the lesson programme. Full details and training times to follow shortly



Fun Day and Disco

In association with Thistle Trophy
Sat 6 Dec. 12.30 – 5.00 pm

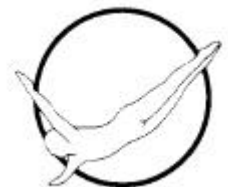
There will be quizzes, competitions, face painting, nail painting, dance mats, agility challenge, raffle & sweet stalls.
Club merchandise & t-shirts for sale

Disco

Saturday evening.
Tickets on sale from next week

Edinburgh Diving Club News

Thank you to every one who attended the AGM on Wednesday 26th November. We hope you all enjoyed yourselves. Congratulations to all the medal winners this year.



- As mentioned at the meeting the club membership is expanding very rapidly and because of this, we are having to re-structure all the classes. We have taken into account pool space, the number of coaches available and most importantly, the needs of the divers. Eventually, we have come up with what we feel is a really good structure. It is always hard to please everyone but hopefully you will all understand the need for these changes.
- Everyone who is a member of EDC will now train in a squad with other club members only, not with divers from the lesson programme. The exception is our youngest squad who will train together one evening and train with Diver 1 the other.
- The squads will be based on ability and age. This will be much more beneficial to both divers and coaches. Criteria have been set for each squad.
- There will be movement within these squads depending on progress.
- More new members are about to join the club and they will fit into this new structure when it starts at the beginning of January.
- Everyone will be receiving a booklet in the next few weeks explaining the new structure, letting them know what squad they are in, when they will be training, and our expectations for their particular squad.
- Unfortunately there is not much room for flexibility due to lack of pool space. Carol & Mary are always available to discuss these changes with any diver or parents

Forthcoming Competitions

Scottish Novice League

The next competition will be held in Edinburgh on Saturday 29th November at 12.30 pm. Training from 11am.

Luton Challenge

Scottish squad members are travelling to Luton on Friday 28th - Saturday 29th November for this top level Age Group competition. The team is

Grace Reid
Jenny Sless
Vicki Tomlinson
Gregor McMillan
Tom Chambers

Coach: **Jenny Leeming**

Chaperone: **Julia McMillan**

We wish the team **GOOD LUCK**

Thistle Trophy

6th - 7th December. Team members are as follows:

Girls 14/16

Louise Fleming
Gillian Fleming
Stacey Henderson
Jane Kennedy
Sarah Kelly

Boys 14/16

Stuart Robison
John-Mark Vinten

Girls 12/13

Ellen Crofts
Megan Fraser
Nicola Henderson
Megan Hughes
Laura McKay
Coralie Turner

Boys 12/13

Charlie Eyoma-Murray
Brandon Lamb
Andrew Marko

Girls 10/11

Hannah Burns
Beth Dodds
Rachel Flynn
Ellen Hood
Fionnuala Kerr
Holly Nugent
Laura Smith
Catherine Webber

Boys 10/11

Tommy Farrell
Glenn Robison
Michael Weir

Girls 8/9

Anna Sless
Michelle Weir

Boys 8/9

Liam Greig
Gregor McMillan

Girls 7&U

Grace Reid
Alana Greig

Boys 7&U

Alex Williamson

Black and Blue Cup

Wednesday 10th December. More details to follow in separate handout

British Championships

Sheffield. 12-14 December. Tom Chambers and Vicki Tomlinson are competing. We wish them both good luck

Reports and Results

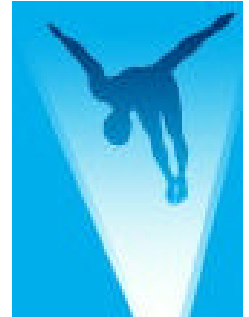


Edinburgh Diving Club Championships – RCP 22, 24, 26 October

The medals were presented at the AGM on Wednesday 26th November. Full results of the competitions are at the back of the newsletter. Categories – Senior, Junior – 16&U, Age Group – 14&U The Club Champions for 2003 are follows



Age Group Boys.....**Glenn Robison**
Age Group Girls.....**Jenny Sless**
Junior Boys..... **John Arthur**
Junior Girls.....**Jenny Sless**
Senior Men **Tom Chambers**
Senior Women..... **Vicki Tomlinson**



Scottish Novice League – RCP 26th October

Results at back of newsletter



East District Championships - RCP 10, 12, 14 November

These championships were held separately this year instead of in conjunction with Club Champs. It gave the divers more competition experience and allowed some of the younger divers a chance to compete. It was good to see Niki coming back to take part in the 1 metre competition.



Ogden Trophy and Lockerbie Shield – RCP 21st November

We seemed to be plagued with illness during the week of these competitions and many of the divers were unable to take part in these two demanding competitions (Are we working them too hard, I wonder?)
The divers have to perform 4 dives from 5 metre, 5 dives from 3 metre and 5 dives from 1 metre.
Congratulations to Gregor McMillan who managed to learn a set of dives from all the boards. Gregor is only 9 years old! Full results at back of newsletter. Medal winners are as follows

Ogden Trophy

Gold
Silver
Bronze

Vicki Tomlinson
Jenny Sless
Sarah Bainbridge

Lockerbie Shield

Gold
Silver

Tom Chambers
Gregor McMillan



Diver of the Year 2003



This award is given to someone who has tried the hardest throughout the year, and been keen to improve and learn new dives.

This year the winner was someone who has done all these things. They won medals in club championships and in every Novice League this year, encouraged everyone around them, was always happy and is a pleasure to coach. The Club were delighted to present the award to... **Glenn Robison**



British Winter Masters Championships - Manchester. 15–16 November

TRIUMPH FOR EDINBURGH MASTERS!!!!

Edinburgh Masters Orla Gilmore, Sarah Bainbridge and Stephen Walters accompanied by Coach Vicky Tomlinson, took Manchester by storm last weekend. The trip got off to a great start with Orla missing the train due to a puncture on the motorway. The others boarded the train laden with supplies from Peckhams only to find their was no coach J. Undaunted, they adopted the Davy Bennet approach and upgraded themselves to Club Class and relaxed with their tortilla chips and salsa dip while Orla shivered on the hard shoulder and regretted having so overloaded the car with Ikea purchases the week before.

Saturday

During training Sarah landed a forward 2 and a half absolutely flat.

Man on the Microphone: (amused) Ouch!

Vicky: (smiling reassuringly) It'll be fine... Get to the end of the board, chin up, throw hard.

Sarah: (fighting for breath) SPLUTTER ...GASP...GLUG

Stephen on the other hand was coping very calmly with the pressure. "Thank you so much for your super coaching tips Vicky...I'll just go and do 50 more inwards and I'll be fine." At this point Orla appeared and decided to work on her armstand. 25 failed kicks later she still had not left the 7.5m platform.

Once the competitions themselves got underway, Sarah started the string of successes with a bronze medal in the 30-39 Competition. Orla gained silver in the 25-29 event and Stephen topped this with a gold in Novice 40-49.

But there was more to come.

Sunday

Sunday started with 24 pairs of divers battling it out in the Synchro Competition. The Manchester 5m board is somewhat narrower than Edinburgh's family picnic sized platform. Sarah and Orla, fearing they would knock each other off the board with their big bold arm swings, had to amend their programme slightly. They performed a good combined back and reverse from 3m and suffered no splats in their forward 2 and a half...but the piece de resistance was their highboard inward 1 and a half. Both divers scored 6 and a half for the dive...and a 9 AND A HALF for synchro to WIN THE COMPETITION. Sarah said it was well worth being smacked in the face underwater as Orla broke and rolled.

Although they dived superbly, they modestly put their success down to their matching costumes.

At this point, bruised and battered, Sarah withdrew from the Hat Competition and instead retired to the Spectators Gallery where she spent the time spreading Arnica on her legs with a large spatula and marvelling at the ever-increasing indigo and violet swirls. Meanwhile, Stephen limbered up for his Hat 1 Competition where 3 out of 5 dives are pulled out of a hat. Stephen's hat contained several dives he had never done. The following conversation was overheard on poolside...

Orla: And how is Stephen's reverse?

Vicki: Fine...I've talked him through it

And she was absolutely right. Not only did Stephen execute his first ever reverse dive tuck beautifully...he did it with a hurdle to cries of 'BRAVO!' Orla won Hat 2 with a stunning combination of dives you will never see in mainstream competition. And then just when everyone thought it was all over, Orla was also awarded the prize for the neatest dive sheet!

Keep an eye on the newsletter for future Masters developments.

This month the armchair coach replies to all the mums and dads who've written in to ask how to get in trim for the 'Black and Blue' Cup on December 10th.



Dear Interested Adults

Getting in trim is called 'conditioning'. Interestingly, in my own days as a top diver, I actually found the less conditioning I did, the better my diving got... but this is not generally the case and stronger shoulders, back, tummy and calf muscles will improve spring, shape and that thing called body tension that judges love. However, be warned... as your thighs become firmer, your buttocks perkier and your shoulders more shapely you may find your weight increases. This is because you are replacing fatty tissue with heavier muscle tissue. So don't worry about it, instead celebrate your new shape and HAVE A GOOD SHOP. Go on dads... treat yourselves to that new strappy top!

Gentle Adult Starter Programme (GASP)



Warm up

This involves 5 mins of activity to increase your heart beat. Aim to build up a 'light sweat'.

Exercise bike/ real bike

Jog on spot on carpet (kick butt, knees up front, sprint bursts)

Skipping with rope

Loosening up

Start at the top and work down.

Flex your neck gently by looking down and then up and from side to side slowly.

Gently roll your neck in slow semi circles tracing your collar bone with your chin.

Circle your arms individually and together in circles backwards and forwards. Keep elbow straight and brush ear on way past. Cracks and creaks as you do this are perfectly normal

NOW you are ready for some **BODY PUMPS**. These are quite tricky to describe from my armchair but any diver or coach will be able to set you on the right track. You need to put on some HIGH ENERGY 4 beat music. The children use pop music but there's no reason why your favourite Mozart, Vivaldi or Wagner wouldn't work just as well. Reset the graphics equalisers to bring out the bass. (Note: cassettes are more suitable than vinyl... but better still, get your child to show you how to work the MD player.)

1. Elbows out at shoulder level and twist at waist

LEFT LEFT RIGHT RIGHT X4

2. With one arm up, one arm down push your shoulders back for two and then switch arms

PUSH PUSH PUSH PUSH X4

3. Two steps into a high kick, alternate legs

STEP STEP L KICK BACK

STEP STEP R KICK BACK

REPEAT STEP L AND STEP R

4. Stand with feet apart with arms above head bend forward, touch the floor between your feet, stretch to behind your feet, stand up

FORWARD MIDDLE THROUGH UP X4

You can put the TV on for this bit.

Wrist circles

Sit with legs outstretched and do 'Good toes... Bad toes'

Same position, arms outstretched and do 10 grabs, locking elbows and squeezing ears.

10 ankle raises a day (up and down on your toes with buttocks clenched)

Press ups (or 'girly' press ups from knees)

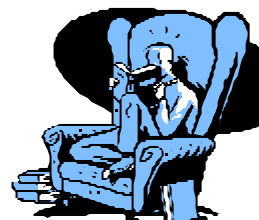
Dish holds (Lie on floor, arms shoulder width above head by ears, suck tummy in and round shoulders off, lift shoulders and feet, point, squeeze and hold. Try 3 X 10 secs to begin with. It won't be long before you can watch the whole of Corrie comfortably in this position.)



And that's all there is to it!

Happy conditioning!!

Note: The armchair coach cannot be held responsible for accident or injury sustained while undertaking the GASP programme. The armchair coach does recommend a top quality Edinburgh



Diving T shirt for exercising in. And finally the armchair coach refers you to earlier editions of the newsletter for tips on how extra marks can be gained for toe point, costume choice and a well directed smile at the judges although you've probably left it too late at this stage for a visit to Dr Snapper at the Ankelkracken Klinik in Cologne.

DIVING IN EDINBURGH - PART VII

written by Bill Law

The introduction of International events and trips abroad was a great stimulus for Edinburgh divers. Fiona, Jane, Mary, Lesley, Ronnie and Fraser were joined by Yvonne O'Neill, Elaine Brown, Gordon Brown, Mike Nicolson and Nigel Johnstone in Scottish competitions. The entries for Scottish Championships doubled from 1976 to 1978 and onward. The peak year for entries was 1978.



In the womens events - 5 divers in highboard, 7 in 3m springboard, 12 in 1m and 11 in the junior event
In the mens events - 4 in highboard, 5 in 3m, 13 in 1m and 16 in the junior event.
It must be remembered that these were purely Scottish entries as the Open Championships were not introduced until 1988. The competition tests were more demanding with Junior events at 6 dives, womens highboard 8 dives and springboard 10 dives. The men were required to do 10 dives on highboard, 11 dives on 3m and 10 dives on 1m. The above tests were standard throughout the world at that time and it was necessary to perform the full set to compete at ASA National Championships.

The year 1978 saw Scotland achieve three places in the Commonwealth Games in Edmonton, Canada. the three were Fiona Hotson, Ronnie Hurst and Fraser McBlane

 **CONGRATULATIONS** 

- **TO GLENN ROBISON FOR "DIVER OF THE YEAR"**
- **TO VICKI TOMLINSON FOR BECOMING WOMENS SENIOR CHAMPION**
- **TO TOM CHAMBERS FOR BECOMING MENS SENIOR CHAMPION**
- **TO JENNY SLESS FOR BECOMING JUNIOR & AGE GROUP CHAMPION**
- **TO JOHN ARTHUR FOR BECOMING JUNIOR CHAMPION**
 - **TO GLENN ROBISON FOR BECOMING AGE GROUP CHAMPION**
- **TO SARAH & ORLA FOR THEIR SYNCHRO WIN AT MASTERS**
 - **TO VICKI FOR WINNING THE OGDEN TROPHY**
 - **TO TOM FOR WINNING THE LOCKERBIE SHIELD**
 - **TO FIONNUALA KERR FOR DIVER OF THE TERM**

Thank you to

- Lesley Smith for the catering at the AGM last Wednesday. It was an excellent idea and greatly appreciated by everyone who attended.
- Everyone who has helped with the recent spate of competitions within the club— especially Malcolm, who keeps having to alter his programme to cater for all the quirky events that EDC try to run!