

EDINBURGH DIVING NEWSLETTER



November 2004

The Diving programme has continued to expand this term, and the improvement of the divers has been very noticeable, especially the Diver 1's, who have been making excellent progress. We have identified several divers who have reached the standard required to join the Edinburgh Diving Club, allowing them to take part in novice competitions. We will be talking to their parents in the next two weeks, with a view to moving them into the appropriate training squads for the start of the new year.

Re-booking for next term will take place on the week beginning 6th December. Please can we ask all parents to try to re-book during this week to ensure their child's space is secure & to ease any problems with the new computer system. Full details of

important dates are listed below. Three squad members have still not paid for last term. Please ensure that all fees are paid before rebooking week or reception staff will have real problems. Thank you. There will be changes within some of the existing squads. However, coaches will contact parents if the changes apply to their children.

We have a busy few weeks ahead before the Christmas break. The Novice League is on Saturday 27 November, with a short display practise after. The next weekend, the 4/5 December is Thistle Trophy, then the Black and Blue Cup is on the Saturday 11th. The Programme breaks for the Christmas holidays on Saturday 18th December and I hope everyone, including coaches will enjoy a well earned rest.

Thistle Trophy

Scotland's National Novice
Championships



4 / 5 December



Please come along and support even if you are not diving. There will be stalls, face painting, nail painting, dance mats, agility challenges, & more

**There will be a display by
Edinburgh Divers to open the
event**

If you are interested in helping in any way, please see us at the Novice League on Saturday 27th or contact Mary on 477 8438



Term Dates

Term ends on Saturday 18 December

Next Term (Spring)

**Monday 10 January -
Saturday 26 March.**

(11 weeks)

Re-booking for existing customers:

Week commencing 6 December

Re booking for new business:

Week commencing 13 December

Edinburgh Diving Club News

Novice League. The last league before Thistle Trophy will be held on Saturday 27 November. Please can you all dive in this competition as it will be good practise for Thistle. You should all be aware that we will be having a short practise for the Thistle display directly after this event

Thistle Trophy. You should all now have the information letter for this event. Could I ask everyone to pay their entry fees at their next training session please. We would like all divers to try to be at the pool both days to support the rest of the team. The display to open the event will be at 12.30pm. Keep training hard and good luck!

Club Championships. Congratulations to all divers who competed in the events. Full results - individual and combined, are at the back of the newsletter

End of Year Dance. Thank you to everyone who attended this event. We hope you all enjoyed yourselves. Congratulations to all the winners of awards.

Squads As mentioned above, there will be some changes to the training squads with some J squad divers now moving up, new divers promoted from Diver 1 and a bit of re shuffling of existing squad members. We will be talking to the divers involved before rebooking starts

Training camp. The camp in Sheffield has been rescheduled for the start of next year. Further details to follow.



Forthcoming Events

Scottish Novice League

The next league will be held in Edinburgh on Saturday 27 November. 11.30am Training, 12.15pm start. *Display practise afterwards*
The first competition in 2005 will be on Saturday 29 January

Thistle Trophy

RCP. Saturday and Sunday 4/5 December. **Provisional** timetable as follows:
Times are subject to change depending on numbers

Saturday

1230	Boys	7&U
1300	Girls	8 / 9
1400	Girls	12/13
1500	Boys	14/16
1600	Girls	10/11

Sunday

1030	Girls	7&U
1100	Boys	8 / 9
1200	Boys	12/13
1300	Girls	14/16
1400	Boys	10/11

Black and Blue Cup

RCP Saturday 11 December. See article further on in newsletter

Armada Cup

Plymouth, 18-20 February 2005. Details to follow.
This competition is for A, B, C and D squad members only.

Shipleigh Novices

Bradford. 4/5 March, 2005. Further details to follow.

ASA National Novices Championships

Plymouth – again! 30 April – 2 May, 2005. Further details to follow.

Scottish Age Group League

We are hoping to start an Age Group League in January, either before or after each Novice league. We feel the new age group divers should have the chance to dive once a month, alternating between 1m, 3m and platform competitions.

Please note: The calendar of events for 2005 will be issued to all competitive divers at the start of 2005



Reports and Results



Edinburgh Diving Club Championships. 27& 29 September, 1 October 2004, RCP

Congratulations to our 2004 Club Champions and medallists:

Age Group (14&U)	Boys	Gold Silver Bronze	Gregor McMillan Glenn Robison Liam Greig	Girls	Gold Silver Bronze	Jenny Sless Grace Reid Laura Smith
Junior (16&U)	Boys	Gold Silver Bronze	Gregor McMillan Glenn Robison Liam Greig	Girls	Gold Silver Bronze	Gillian Fleming Jenny Sless Grace Reid
Senior	Men	Gold Silver Bronze	Gregor McMillan Glenn Robison John-Mark Vinten	Women	Gold Silver Bronze	Gillian Fleming Sarah Bainbridge Jenny Sless



Mens Synchro	Gold	Niki Bennet / Tom Chambers
	Silver	Marcus Shaw / Michael Weir
	Bronze	Gregor McMillan / Glenn Robison



Womens Synchro	Gold	Sarah Bainbridge / Vicki Tomlinson
	Silver	Gillian Fleming / Becky Shields
	Bronze	Grace Reid / Anna Sless

Mixed Synchro	Gold	Gillian Fleming / Becky Shields
	Silver	Grace Reid / Anna Sless
	Bronze	Gregor McMillan / Glenn Robison

Full results at the back of newsletter.



Southampton Invitational. 23-25 October 2004, Southampton

As mentioned in last month's newsletter, Grace and Gregor attended this age group event with Jenny Leeming. Their results are as follows:

Boys Group D	Gregor McMillan	Open	1m - 17th	3m - 8th	Platform - 7th
Girls Group E	Grace Reid	Closed	1m - 2nd	3m - 4th	Platform - 3rd
		Open	- 3rd	- 4th	- 4th



East District Platform Championships. 12 November 2004, RCP

Senior Men	1	Gregor McMillan	Senior Women	1	Vicki Tomlinson
	2	Glenn Robison		2	Jenny Sless
				3	Gillian Fleming
Junior Men	1	Glenn Robison	Junior Girls	1	Jenny Sless
	2	Gregor McMillan		2	Gillian Fleming
				3	Louise Fleming



The Ogden Trophy & The Lockerbie Shield. 12 & 15 November 2004, RCP

The requirements for both these competitions are quite tough for the younger divers – 4 dives on platform, 5 dives on 3m and 5 dives on 1m. but it was excellent to see so many new faces diving in the women's event this year. Congratulations to the medal winners. Full results at back of newsletter

Ogden Trophy	Gold	Vicki Tomlinson
	Silver	Jenny Sless
	Bronze	Gillian Fleming
Lockerbie Shield	Gold	Gregor McMillan
	Silver	Glenn Robison

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



Again, our resident armchair coach is here to answer any of your questions

Dear Armchair Coach

I thought I would write to you in my capacity as a parent to ask if you have any good ideas for Christmas presents for divers.



The Armchair Coach replies

Well, the RCP have Speedo wet kit bags and cut price 'shammies' for sale at the reception. There are also various items of Edinburgh Diving and Edinburgh Diving Club merchandise available including pens, stickers, T shirts and badges. Or what about a book on diving? I have compiled a selection of my favourites below. I found many of them indispensable in my days as a top diver and even now I can sometimes be found relaxing in my armchair leafing through my favourite volumes. Many of mine are signed copies of course but even unsigned they would make handsome and extremely useful presents.

Diving Technical Terms and How to Pronounce Them	Chaz Mois
Spring your way to Success	Ben D. Borde
A History of Diving in Norway	Olaf Fjordplover
Maximising your Take Offs	Heinrich Hochhurdelhopper
Improve your Somersaults	Stefan Schnellspinner
Better Highboard Diving	Peter Poppenspringenthrowsplatt
Conditioning for Divers	Wilhelm Wibblebum
Better Entries	N.O. Splash (Ripping Publications)
Diving Trips Made Simple	New edition by Sless and Bennet. (P+P extra to cover delivery by articulated lorry)
Living with Compulsive Obsessive Diving Disorder	Barry Sless
Perfect Your Armstands	Sarah Bainbridge
One Type of Judging	Bill Law
The Other Type of Judging	Davy Bennet
(You'll never need any more guidance on judging than these two delightful slim line volumes provide)	
Springboard and Platform Diving	by Ron O'Brien isbn 0-7360-4378-0

Or should you wish to stay clear of the materialistic side of Christmas, for that truly homemade touch, why not bind a set of the Edinburgh Diving newsletters in an attractive folder and highlight your child's name whenever it appears?

I do hope you find these suggestions helpful.

MERRY CHRISTMAS!



Edinburgh Diving Club 50/50 Club

This club is one of EDC's main fund raising ventures and proceeds are used to subsidise travel to competitions.

Membership of the Edinburgh Diving Club 50/50 Club for 2004-5 is available until Friday 17th December.

Monthly prize money currently stands at £25. December membership costs £9.

Members must be over 16.

For further details ask your child's coach for a membership form, or sign up at 'The Thistle Trophy'.

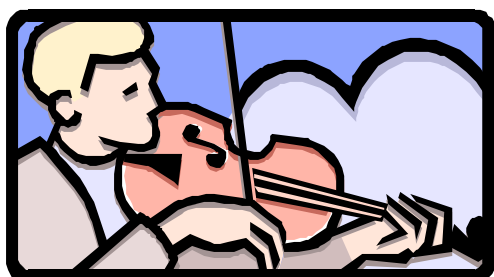
The current membership list is given below.

Law Marion	1
Law William	2
Bennet D	3
Bennet Leslie H	4
Dickson Fay	5
Dickson Willie	6
Donnelly Lynn	7
Crawford Duncan	8
Crawford Phyllis	9
Taylor Malcolm	10
Bainbridge Margaret	11
Bainbridge Peter	12
Bainbridge Sarah	13
Bainbridge Stephen	14
Gourlay Helen	15
Mitchell Bronwyn	16
Mawdsley Janice	17
Ireland Duncan	18
Ireland Suzanne	19
Henderson John and Isobel	20
McDonaugh George B	21
Williamson Anne	22
Wardlaw Anna	23
Wardlaw Laurie	24
Wardlaw Sheila	25
Wardlaw Tom	26

Maxwell Gail	27
Maxwell Thomas	28
Murchison Carol	29
Robison Carol	30
McMillan Julia	31
Fleming Cath	32
Marsh Carol	33
Margaret McLaren	34
Mrs E Cryans	35
Hood Elspeth	36
Murray Sheila	37
Dodds Alistair	38
O'Neil Moira	39
Webber Judith	40
McDowall Jacqui	41
Lockerbie Linda	42
von Barsewich Cheril	43
von Barsewich Henning	44
Hood D	45
Wardlaw Judy	46
Kennedy Ross	47
Murray Sheila	48
Burns Tim	49
Smith Lesley	50
White Linda	51
Keir Alex	52

Recent Winners	September	Mrs E Cryans
	October	Helen Gourlay
	November	Tom Wardlaw

Edinburgh Diving Club Dance & Presentation of Prizes



Thank you to everyone who attended this event, making it such a success. Over 100 people attended, which was wonderful. Next year it will be even bigger and better.

A huge thank you to Lesley Smith for all the work she put in to the organisation, to our disco Diva, Becky, to Allan for letting us know where we were all going wrong and finally to Davy, who just gets on and does everything. Hope to see you all next year!

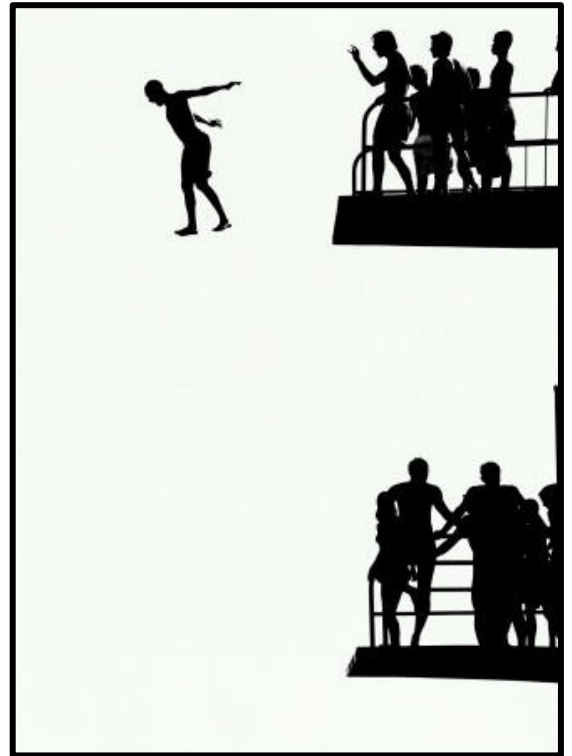
THE BLACK AND BLUE CUP

RCP, Saturday 11th December, 2004

'Black and Blue', now in its third year, is a diving competition characterised by chaos. It is aimed at the long suffering spectator parents and adults from a variety of other categories who fancy an opportunity to learn a few dives and compete in a fun environment.

In the spirit of 'Less is More', all you need to know at this stage is...

- Black and Blue refers to the two teams that compete. It is NOT anything to do with bruising.
- Training will definitely be offered by Sarah on Tues 7th Dec and Thurs 9th Dec. Meet in the dry land area at 7pm with your costume under your dry land gear.
- Mary will train anyone who wishes on Mon 6th and Wed 8th Dec from 7 – 7.30 ish, in with C squad. Ho Ho Ho!
- There may be training sessions at other times by arrangement with the other coaches.
- The competition itself will run from 12-1pm on Saturday 11th Dec. The format will be made up as we go along... as will the rules, scores and final results.
- Training before the competition will start at 11 ish.....just go with the thought that everything to do with time will finish with "ish"
- Absolutely no previous diving experience is necessary. No one will make you do anything more than a line up from 1m if you don't want to.
- There will also be Synchro event. Dive with your partner, child, grab a lifeguard...
- A 'shammy' will help you keep warm...and is essential for multiple somersaulting.
- Novice/Club divers are invited to dive in the Synchro event
- Watch out for further erratic and possibly contradictory information on soggy sheets in the bottom of your child's bag



Rumour has it that having heard Davy Bennet is going to do an armstand somersault from 5m, Barry Sless is going to be putting in a few twists. Not to be outdone, Gillian Bennet will be up on 3m and Mary Sless will be back on 10m after her Edinburgh Leisure Christmas lunch / all nighter the day before. And will Allan Reid be there to defend his prestigious 'Past the Steps' award? Or are they all talk and no action??

Should you require clarification, you can always try phoning Sarah on 0131 553 1447.

If you definitely intend to compete, please tell Sarah or Mary.

Finally, let us know if you fancy helping out on the day at the recording desk. An ability to keep a cool head while all around are losing theirs, is a distinct advantage.

DIVER OF THE TERM AWARDS

Congratulations to



***Marcus Shaw C squad
Ellen Hood D squad
Jane Kennedy N squad
Alana Greig J squad***



Beginner & Diver1 awards will be presented on the last week of term

CONGRATULATIONS

To Gregor, Diver of the Year for 2004

To the Club Champions of 2004, Gregor, Gillian and Jenny

To our synchro champions, Tom & Niki, Gillian & Becky and Sarah & Vicki

To the squad divers of the term, Ellen, Marcus, Jane and Alana

To Vicki for winning The Ogden Trophy

To Gregor for winning The Lockerbie Shield

To Vicki for winning East district women's platform event

To Gregor for winning East district men's platform event

To Glenn for winning East district junior boy's platform event

To Jenny for winning East district junior girl's platform event



**EDINBURGH DIVING CLUB DIVER OF THE YEAR
2004**

Gregor McMillan