

EDINBURGH DIVING NEWSLETTER



October 2007

News & information for parents.

It's Autumn term 2. Christmas is fast approaching which means the Thistle Trophy & Scottish Nationals are also just around the corner! Mary is still looking for parents to come forward and volunteer their services for the Saturday and Sunday. I realise the 8-9th December seems ages away but the more organised we are the less stressed Mary and her team get. If you are available to help out on one or both days please drop me an email (jennyleeming@edinburghleisure.co.uk) or a phone call (0131 4778438).

I would like to welcome Louise Brown to the coaching staff. Louise can generally be found on the poolside life-guarding but qualified as a diving teacher a couple of years ago and has now freed up some time to coach beginners and diver 1. We will however be losing Cheril at the end of November, as she will need to take some time off to have her baby and settle into being a mum. Cheril is still faithfully cycling to the pool every Tuesday and would like to continue doing so after she has settled into the parenting lifestyle. So fingers crossed we will see her back sometime next year. We wish Cheril all the best and look forward to hearing all about the new addition to the Von Barsewisch family.

Please can all parents remember to re book into the appropriate classes as soon as possible? Anybody who is not booked in but still turns up will NOT be allowed to train.

Edinburgh Diving Club is looking to raise funds for dry land equipment. Anyone with fundraising ideas please let a committee

member know using the numbers given in the Club news section of the newsletter.

The new levels format was brought in at the beginning of September, and the next one is running in Edinburgh on the 27th October. If any parents have any feedback on the events we would appreciate you letting us know your opinions.

I know everyone is keen to know when the RCP plans to close and what is planned for when it does, however, the information is limited at the moment as we are waiting for feedback from the council. The current situation is that it is envisaged that the Royal Commonwealth Pool will close for refurbishment late 2008, re-opening – if all goes to plan – towards the end of 2010. We are putting together plans to provide a dry diving facility. This will require fundraising by the club. For the past few months we have been contacting pools finding what diving boards they have, whether they are safe to use and if they would be available for hire. Obviously there are no other facilities in Edinburgh with 5m, 7.5m and 10m platforms but there are 1 or 2 with springboards. Until we are nearer to the closure date no bookings can be made. There is a committee of parents who have been meeting to work out plans for the closure as well. If you have any ideas or are willing to help fundraise please talk to a committee member.

We have had confirmation that, if Glasgow is successful in its bid for the 2014 Commonwealth Games, the Royal Commonwealth Pool would accommodate all diving competitions. *Great news!*

EDC Merchandise

A new delivery of Club Tracksuits have arrived. Any body wishing to purchase one please let your coach know what size you need.

£22.50 - children's sizes
£27.50 - adult sizes

Please complete the order form and return to your coach
(Cheques payable to Edinburgh Diving Club)



Term Dates

Autumn Term 2

Monday 22nd October –
Friday 21st December

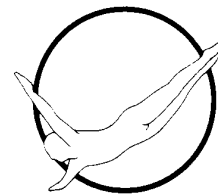
Spring Term 1

Monday 7th January –
Saturday 20th March

February Break

11th – 17th February

Edinburgh Diving Club News



Scottish Nationals & Thistle Trophy 2007 - These competitions have merged this year and will take place at the RCP on the 7th-9th December. Any parents who will be willing to help out during the event please could you get in contact with Mary.

Spree Books – Support your club by purchasing this year's Spree book. See back sheet for details.

Chaperoning – Julie Burns is Child Protection Officer for Edinburgh Diving Club. Please contact her if you are interested in finding out more about trips away or becoming a chaperone. Julie is also happy to talk with parents and divers about any aspect of the well being of children and young people within our club. Her phone number is 0131 667 3882

Competitions – The next levels competition is in Edinburgh (originally scheduled for Dundee) on the 27th October starting at 12.30. If you are available for the competition please let your coach know ASAP so we can enter your dive sheets prior to Saturday morning. Anybody wishing to compete in the **Tynemouth Trophy** on the 2-3rd November please hand back your reply slip ASAP or we will have to cancel the trip.

Adult Diving - Any parent or family member over 16 interested in trying diving why not enrol into Adult diving lessons and see how high you can go!

Contact Details: Davy Bennett: 07908707257 Mary Sless: 07968275751
Sarah Bainbridge: 07817824241

Forthcoming Events

East Districts	24 th October – High board, Edinburgh 26 th October – 3m, Edinburgh
Scottish Levels Competition	27 th October, Edinburgh
East Districts	29 th October – 1m, Edinburgh
26th Diving Lund	31 st October – 5 th November, Lund, Sweden
Tynemouth Trophy	2-3 rd November, Tynemouth
Scottish Levels Competition	17 th November, Edinburgh
EDC AGM	28th November, Edinburgh
Luton Challenge	23 rd -24 th November, Luton
EDC Club Dance & Presentation	1 st December (TBC)
Thistle Trophy & Scottish Nationals	7 th -9 th December, Edinburgh

Reports and Results



Scottish Levels Competitions

Well done to the divers who competed in the levels in September. The new format appeared to work quite well. A few issues were identified and have been resolved. Hopefully the new format will allow divers to see the pathway they have to go through to become an elite diver and will also prevent the

competitions from dragging on too long. The competition is still under review and we hope the end result will be a captivating competition that attracts all levels of divers.



White Rose Novice Competition 12th – 14th October, 2007. Leeds.

Edinburgh sent a team of 24 divers all the way to Leeds for this Novice competition. The team travelled down by coach with 3 chaperones, Malcolm, Jenny, and Colin the coach driver. The divers are to be commended on their behaviour on the coach and the club would like to thank Cath McCall and Gary Ross for organising having High School Musical 2 as an entertainment option. After watching the DVD twice on the trip (once on the way down and once on the way back) I can assure you that it's a must see!!! Please see Cath for lyrics and dance moves. She seemed quite proficient in both areas on the trip.

On arrival at the pool the novice team were the first Edinburgh team to see and dive in the new facility. The pool was not officially open for another 2 weeks but the divers got in early for this event. After deciding that the pool was 'Cool' training was underway and the team made sure everyone realised that Edinburgh was in the building. Ailsa decided to make her mark by scraping her back down the board and managing to be the first person in the pool's incident book.

There were some excellent results from the Edinburgh team over the weekend with our divers making 9 finals. Congratulations to Mustafa, Finlay, Olivia & Emily for making the finals, and coming away with a finalist's medal. A special mention must go to Struan McCall, Amy Steele, Fraser Allardice for coming away with silver medals and to Rebecca Graham & Charlotte Briggs for winning bronze medals.

Thanks also have to go to the supreme chaperone team of Gillian, Richard & Cath, who worked extremely well together and managed to manoeuvre all 24 divers into their rooms at appropriate times, feed them, clean up after them, prevent potential disasters and still look radiant in the morning (well maybe a little dishevelled by Sunday afternoon). Davy Bennett kept everything under control in between judging and answering Mustafa's endless questions.

Edinburgh didn't quite manage to win the Team trophy coming second to the host city, Leeds. However, we did come away with the top coach prize, which I will be sharing with Mary on her return from the sun, sand and sea of Gran Canaria.

The trip was a huge success, and next time we will aim to walk away with some gold medals and the team trophy.

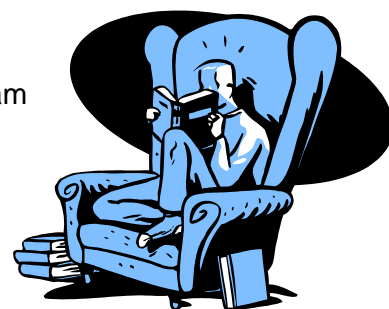
Divers get ready for Leeds coming up to the Thistle Trophy. We must not let them take the trophy this year. They think it's in the bag. Let's ruin their winning streak and show them that when on home turf we are unbeatable!

Full results can be found on the EDC website - www.edinburghdivingclub.org.uk.

This month the Armchair Coach looks to the future

Having been privileged enough to read an advance copy of the newsletter I am left marvelling at the club's activities. So much happening, so many achievements and so much still to come with East Districts, Levels, Club Champs, Prize Giving and the combined Novice and Nationals. What a marvellous read...and that was even without my column.

All this must not stop when the pool closes. Hundreds of youngsters will miss out on the fitness, the fun, the socialising, the trips, the developing sense of responsibility and the heightened self esteem that diving provides. Potential top divers will be lost to other sports and the adults will become fat and grumpy. Access to suitable springboards must be found and I deliberately say *springboards* because in my expert opinion, high boards are not as difficult to simulate. Poolside is a reasonably good substitute. A forward one and a half from poolside translates into a 4 ½ from 10...I would imagine, although I have not actually tried it myself. I am simply applying some basic biomechanics. The impression of height could easily be simulated through the innovative use of murals...or some trompe l'oeil (Yes, I must confess to considerable artistic savvy along with my many other areas of expertise). Youngsters could even be prepared for diving outdoors...with the use of a fan, a few clouds, lots of blue...and Barcelona in the distance. However, nothing...*nothing* recreates a



springboard take off like a springboard and that is why dry boards are so important...but sadly very expensive. A former top diver friend of mine had an enterprising father who, when he found the local boards were being replaced, offered a good home for one of the old boards and set it up in the garden. Believe it or not a nearby mattress factory was closing down and they got a pile of cut price mattresses to tumble onto. Should you have a suitable sized garden and would be happy to accommodate a similar set up, please speak to a committee member...only joking. I feel health and safety might not be thrilled by such a project.

Anyway, meanwhile, we do have boards and a wonderfully successful programme. Our fundraising falls into two categories. Firstly, we must do our usual fundraising to see us through the year ahead. Secondly, we must address fundraising to keep diving going in post 2008. The latter will require careful thought but work on the former can begin immediately.

1. You could join the 50/50 club. It's so easy. You write one painless cheque for £12 and then sit back and wait. I can't actually do the sum...but you have a much better chance of winning £25 EVERY MONTH than you do of winning the lottery IN YOUR ENTIRE LIFETIME. You needn't just settle for one membership. Take out several and maximise your chances, all the time enjoying that warm feeling that you are supporting diving in Edinburgh.

2. Invest in a Spree Booklet. (See end of newsletter.) It does cost £22 BUT just consider this. if four of you go and eat in Vittoria's or Frankie and Benny's or Bella Italia or Pizza Hut to name but a few...you get two free main courses up to the value of £10 each. That's an instant saving of £20! Your booklet has virtually paid for itself... you've had a great meal, some quality time together and you still have around 60 other vouchers for places to eat...and loads more vouchers for leisure activities, shopping or if you're still hungry...take away. I have scrutinised the booklet with my finely tuned eye and judge it a genuinely a good offer and a great way of saving money especially when you go out for a family meal...perhaps to celebrate a birthday...a new dive...a medal! And a note for the adult divers...if you buy one each you will have enough vouchers to take each other out for a meal after every training session for the whole year! You could talk obsessively about hurdle steps for hours. Wouldn't that be fun?

3. Donate some Raffle/ Lucky Dip Prizes for the Thistle/Nationals

4. Buy the club merchandise

If you are interested in any of the above ask for Sarah or Davy at any of the forthcoming Edinburgh competitions, or leave them a message on the numbers listed in the newsletter...that's presuming they haven't got to you first!

Now, I've not been at the pool much recently but a trip there always raises a smile.

A diver got a beautiful balance in an armstand and a cry came from the main pool...'Get on with it!'. An adult attempted a back dive and landed in a front drop.

'Short, on or over?' asked Cheril.

The diver struggled for breath and made an unintelligible reply

'Yes...a tiny bit over,' agreed Cheril.

John doesn't believe in letting a diver know that what they are trying is really quite hard. One class were learning a back dive with tuck. 'Okay...now do a tuck jump and then look back.'

And my goodness, it worked. A whole series of youngsters went in unscathed.

But this month's coaching prize goes to Jenny whose coaching corral seems a figment of the past.

'Our right arm is too strong,' she was heard to comment after the dive.

'Our right arm??' laughed the diver.

'Yes our right arm,' confirmed Jenny. 'When I pull on this string it moves your right arm. We must do it more gently.'

To which I say, be very careful next time you claim you've finished your 20 pike ups that your nose doesn't start growing!

EDC and EL would like to remind readers that they most definitely cannot be held responsible for any loss or damage incurred by following this advice.

Special Mentions

- ❖ To the White Rose medallists: Rebecca, Charlotte, Amy, Struan, and Fraser.
- ❖ To Gregor McMillan who has to take time out of diving due to a back injury. We wish him a speedy recovery.
- ❖ Good luck to the divers heading to Lund and Tynemouth at the beginning of November.
- ❖ Thanks to Judy Wardlaw for taking time out from her busy University schedule to come coach for Edinburgh in Leeds.
- ❖ Welcome to our new Club Treasurer, Karen Ross, who has offered her services and is ready to take on the glamorous task of keeping the books! Thanks to Ross Walker for his work over the past couple of years.