


Edinburgh Leisure

DIVE PROGRAMME

**SQUADS
CLASSES**

AND


Edinburgh Leisure



2010/2011



Divers are invited to join Edinburgh Leisure diving squads because their potential has been recognised from within the Edinburgh Leisure "Learn to Dive" Programme. Whilst Edinburgh Leisure squads cater for all levels of diving It is important that the correct level of training is available for divers, to enable them to continue their diving career for as long as possible.

There are currently six squads in the programme.

This booklet explains the structure of the programme, the different squads, dive requirements and the training times.

- Each squad has requirements and criteria that must be met. *See squad pages for details.*
- Movement between squads is possible at any time, not only at the end of a term
- All squad members are invited to join Edinburgh Diving club and therefore must adhere to the Code of Conduct set out in the EDC Welcome Pack. Any diver failing to comply may be asked to leave the club.

There are three pathways to follow in the Edinburgh Leisure diving programme

- **AGE GROUP DIVING**
- **NOVICE DIVING**
- **MASTERS DIVING**

The Novice Category is where most of our divers will start their training. This category of diving and the necessary training is fairly relaxed. Competitions are available at home and in England for divers aged 5 to 18 years, with Edinburgh divers able to compete in team & individual events.

The Age Group/ Elite category is the more demanding area of diving and the diver will *usually* progress from Novice to Age Group. More complex dives have to be performed from the 1 metre and 3 metre springboards or platforms (5m, 7.5m or 10m depending on age). Training is more intense with extra dry land and conditioning work. At present we do not have a platform training facility readily available in Edinburgh and have therefore decided to concentrate on springboard diving. There may be opportunities for platform training although this will not be a regular occurrence and a divers coach will inform the diver if this applies to them or not.

Masters Diving Is a really great way to stay involved in diving, when perhaps divers do not want to commit to a hard training and competition schedule but still very much enjoy diving. Masters diving comes without all the pressure of hard training sessions of stressful competitions. Any novice diver over the age of 16 can compete in GB masters competitions, and Age Group divers wanting to ease up on their training can also compete in masters competitions once they are over the age of 16. Masters diving is great fun with lots of socialising opportunities. There are usually two main GB masters competitions each year with additional club invitational events.

Squad Summary

Novice 1 squad is for novice divers aged 10 years and under and is usually the entry squad for divers from the Edinburgh Leisure beginner programme. Divers in this squad should have learnt a good set of poolside skills from the 'Learn to dive' beginner classes and completed their Scottish Swimming grade 5 badge. Divers in this squad are aiming to learn a list of dives suitable to compete in the Scottish Swimming 'Levels' competitions which are held every 2-3 months around Scotland. This is mainly a 'learning squad' with divers aiming to learn a set of 4 line ups on the 3m board as well as a forward, inward and back dive tuck from the 1m springboard.

Novice 2 Squad Is for Novice divers aged 12 and under who have the required skills to compete in British Novice competitions such as the White Rose Diving competition held in Leeds each October. (See Individual squad page below for a list of dives) Divers in this squad should be committed to learning a set of dives from both the 1m and 3m boards in each of the 5 directions.

Development squad is for both Novice and Age group divers aged 12 +. This squad trains either two or three times a week depending on the divers individual goals and competitions the diver wishes to compete in. Divers in this squad have the flexibility to set their own goals depending on their personal targets.

Performance squad is for divers who can competently perform an age group list from the 1m and 3m spring board with minimum degree of difficulty requirements set by the head coach.

National Age group squad is for Age group divers who are members of the Scottish Swimming National age group training programme. This squad is selected entirely at the discretion of the acting Scottish National Coach and the National Diving convener. Again there is a minimum degree of difficulty requirement which is set by the acting Scottish National coach.

National Elite Squad is the most senior squad in the Edinburgh Leisure programme and is run with the support of Scottish swimming. This squad is by invitation only if the diver has gained the required scores and is made up of the Scottish Swimming National elite divers who train in Edinburgh. Divers are continually tested to remain on the squad and are expected to be committed to an exclusive training programme set by their coach whilst maintaining their fitness levels.

- At any time in their diving career, divers can elect, or be asked to move squads depending on their level of progress or commitment.
- Places in National squad are reviewed at the end of each year. Divers may be removed from the squad during the year if the National Coach and the National Diving Committee feel that the diver is not fully motivated. Discussions between diver and coaches would be held prior to any decision being made.

Scottish National Elite Squad

Age	14 + years (guidelines only)
Training	3 to 4 wet sessions and 2 Dry sessions per week plus any additional training which takes place with Scottish Swimming
Duration	Timetable agreed with coaches
Training Times	Monday 7.00 pm - 8.30 pm or 7.30-9.00 (depending on coach) Tuesday 5.00 pm - 7.30 pm Wednesday 5.00pm – 7.00pm Friday 3.30 pm - 5.30 pm (Dry Training) Sunday 10.00am - 1.00pm (Dry Training)
	<i>Divers are encouraged to arrive 30 minutes before wet sessions to ensure a good warm up, and if possible to bring their own warm up mat</i>
Requirements	Must achieve criteria set by acting National coach and National Diving Committee These must be achieved at ASA or SASA competitions or approved GB events Divers must meet the criteria at the end of each year and may be tested at any point throughout the year if the National Diving committee wishes
Attendance	100% attendance and prompt punctuality is expected.
Attitude	Must be committed to following the programme set out by the coaches. 100% effort is expected at all times Must be extremely highly motivated and committed to maintaining fitness levels
Competitions	Will be competing on the British Age Group and Senior circuit, in Scotland, Great Britain as well as Internationally Scottish National Squad divers are expected to attend <ul style="list-style-type: none">• ASA Junior Elite championships and/or Senior Championships (Age dependant)• Scottish National Championships• International events
Aims	To produce National and International champions To be selected for British Diving elite programmes.
Goals	These will be written by the divers, checked and agreed by the coach. Long term and short term goals will be discussed with coaches
Key attributes	To achieve Scottish Squad Status a diver must have all the attributes listed below <ul style="list-style-type: none">• Physical Talent• Mental Toughness• Desire• Dedication• Motivation

Scottish National Age Group Squad

Age 9 - 16 years (guidelines only)

Training 3 wet sessions and 2 Dry sessions per week (Additional training may be available through Scottish Swimming)

Training Times

Monday	7.00 pm - 8.30 pm or 7.30-9.00 (depending on coach)
Tuesday	5.00 pm - 7.30 pm
Wednesday	5.00pm – 7.00pm
Friday	3.30 pm - 5.30 pm (Dry Training)
Sunday	10.00am - 1.00pm (Dry Training)

Divers are encouraged to arrive 30 minutes before wet sessions to ensure a good warm up and if possible to bring their own warm up mat

Requirements

Very good dry land and gymnastic skills
Exceptionally high Talent Identification scores
Set of Age Group dives from the 1m and 3m boards with minimum degree of difficulty requirements
Must achieve criteria set by National coach and National Diving Committee. These must be achieved at ASA or SASA competitions or GB approved events

Attendance 100% attendance expected with excellent punctuality.

Attitude Must be committed to following the programme set out by the coach. 100% effort is expected at all times

Competitions Squad divers are expected to attend:

- ASA Age Group Championships
- Armada Cup
- G Star Championships
- Southampton Invitational
- Luton Challenge
- Scottish National Championships

Aims To be in the top 6 in relevant Age Group competitions in GB.
To win medals at ASA age group Championships

Goals These will be written by the divers, checked and agreed on by the coach. Goals should be realistic and achievable, assuming consistent improvements are made.

Performance Squad

Age	11 and over (guidelines only)
Training	3 wet sessions and 2 Dry sessions per week
Training Times	Monday 7.00-8.30 or 7.30 -9.00pm (depending on coach) Tuesday 5.00-6.00pm Wednesday 5.00-7.00pm Friday 3.30-5.30pm (Dry training) Sunday 10.00-12.00pm (Dry training)
Requirements	Set of Age Group dives from 1m, 3m with a minimum degree of difficulty limit. Divers must be able to spin somersaults from all directions of both the 1m and 3m board (age dependent) Excellent dry land and gymnastic skills Good strength, power and flexibility
Attendance	100% attendance is expected. Divers must let their coach know if they are unable to make a training session.
Attitude	Must be committed to learning new dives from both the 1m and 3m board Must be committed to conditioning work
Competitions	The competition calendar will be discussed with each diver at the start of the season. We would expect divers in Performance squad to compete in the following competitions: <ul style="list-style-type: none">• Scottish National Championships• Club Championships• English Club Age Group events e.g G Star championships• SASA levels competition
Aims	To compete at ASA Age Group Championships. To make finals at English club events
Goals	These will be set at the start of the year in discussion with the coach A programme will be set out for each diver.

Each diver's progress is carefully assessed and places in Performance squad are constantly reviewed.

Development Squad

Age	12 years and over (guidelines only)
Training	2 or 3 wet sessions per week, 1 dry session per week Divers can choose which wet sessions they wish to attend for convenience and flexibility. There are 3 scheduled training sessions. Divers can attend all three sessions if they wish or they can book into the minimum of 2 wet sessions. For 3 sessions a week please book into the development 2 class. For 2 sessions a week please book into the Development 1 class.
Training Times	Monday 6.00 pm – 7.00 pm Friday 7.30 pm – 8.30 pm Friday 8.30pm-9.30pm Sunday 11.30-1.00pm (Dry training)
Requirements	Set of novice dives corresponding to divers age group. (See novice requirement sheet) Preferably training or working towards 5 dives from the 1m and 3m boards
Attendance	75% attendance is preferable.
Attitude	Must be a good role model to the younger divers Maintain good dry land skills
Competitions	We would encourage divers in Development squad to compete in the following competitions: <ul style="list-style-type: none">• Club Championships• SASA levels competition• Scottish Nationals (novice or age group) <p>There may be the opportunity to compete in:</p> <ul style="list-style-type: none">• ASA National age group championships• English Club events• Masters competitions
Aims	To progress to and improve optional dives from 1 metre, 3 metre. Divers may or may not have some optional dives from the 1m and 3m boards and be aiming to develop a full list
Diver of the Term	This is awarded for: <ul style="list-style-type: none">• Attitude• Attendance• Dry improvement• Wet improvement• New dives learnt• New land skills acquired• Competition results

Novice 2 Squad

Age	12 years and under (Guidelines only)
Training	2 wet sessions per week, 1 dry session
Training Times	Monday 5.00 pm – 6.00 (Along side Novice 1 squad) Wednesday 4.30-5.30pm Friday 3.30-4.30 (Dry training)
Requirements	Set of novice dives corresponding to diver's age group and GB National conditions. (See novice requirement sheet)
Attendance	85% attendance expected. Divers must try to let their coach know if they are unable to make a training session.
Attitude	Must be committed to learning new dives and training hard on dry land
Competitions	We would expect divers in Novice 2 squad to compete in the following competitions: <ul style="list-style-type: none">• SASA levels competition.• The Thistle Trophy• Edinburgh Diving Club Novice Championships• English Club Novice events
Aims	To increase and continually improve scores in SASA levels competition To progress to a list of dives from 1 metre and 3 metre
Diver of the Term	This is awarded for: <ul style="list-style-type: none">• Attitude• Attendance• Dry improvement• Wet improvement• New dives learnt• New land skills acquired• Competition results

Each diver's progress is carefully assessed and places in Novice 2 squad are constantly reviewed.

Novice 1 Squad

Age	12 years and under (Guidelines only)
Training	1 wet session and 1 dry session per week
Training Times	Monday 5.00 pm – 6.00 pm (Along side Novice 2 squad) Friday 3.30 pm – 4.30 pm
Requirements	Working towards Set of novice dives corresponding to diver's age group. Good, flexibility, posture and demonstrate good basic skills in the pool. Aiming to achieve Good dry land and gymnastic skills in preparation for new dives in the pool High Talent Identification scores
Attendance	75% attendance.
Attitude	The aim of this squad is to learn new dives whilst having fun and learning about the sport of diving.
Competitions	We would expect divers in Novice 1 squad to compete in the following competitions: <ul style="list-style-type: none">• SASA levels competition• The Thistle Trophy• Club Novice Championships <p>There may be the opportunity to qualify for the club team to compete in:</p> <ul style="list-style-type: none">• English Club Novice events such as Shipley Novices
Aims	Introduce a hurdle step Forward dive tuck Inward dive tuck Back dive tuck 4 different line ups from the 3 metre board To achieve excellent poolside skills
Goals	These will be set at the start of the year in discussion with the coach
Diver of the Term	This can be awarded for: <ul style="list-style-type: none">• Attitude• Attendance• Dry improvement• Wet improvement• New dives learnt• New land skills acquired• Competition results