

EDINBURGH DIVING NEWSLETTER



April / May 2005

We are in the middle of a very busy term, with competitions, new squads and the prospect of a "sponsored drop" to look forward to. Incredibly, e-booking for our Autumn term will be starting on the 13th June for existing business and 20th June for new business. As most of the classes are now nearing capacity, especially N squad, we would advise early booking to avoid disappointment. Details of the new term are listed below.

Bookings are now being taken at reception for summer camps – dates below. This year, Beginner camps are for divers in Beginner 1 & 2 and Diver 1. Advanced camps are for all squad divers. Please

could squad divers wishing to take part in the camps book early to enable us to allocate coaches. Thank you.

Could I also ask any divers who have not paid their coaching fees for this term to do so *immediately*. The computer system deducts money each week from the initial price quoted, therefore people paying now will be charged far less compared to everyone else. The only way we can work this out is if you pay the full amount by cheque. Any problems, please see Mary. Remember, you can get information about the programme and results of competitions on our website: www.edinburghdivingclub.org.uk

Summer Camps

Courses dates as follows:

Week 1	04 – 07 July
Week 2	11 – 14 July
Week 3	18 – 21 July
Week 4	25 – 28 July
Week 5	01 – 04 August
Week 6	08 – 11 August

Beginners 10– 12 am (30 spaces)

Advanced 2 – 4 pm (20 spaces)

Please book at reception as soon as possible to secure a place.



Diving Programme

Autumn Term 1

22 August – 15 October
(re-booking from 13 June)

Half term break

Autumn Term 2

24 October – 17 December
(re-booking from 3 October)

Both terms - 8 weeks .

Edinburgh Diving Club News

Advanced Summer Camps We hope that club divers will attend the advanced camps during the Summer holidays. These camps are good fun and will give you the chance to learn new dives. There are only 20 spaces available each week, so book soon!

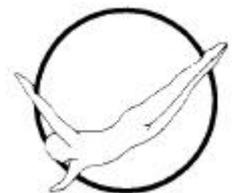
GB Novice & Intermediate Championships Well done again to everyone that represented Edinburgh. The behaviour of the team was excellent. Thank you.

East District 1metre Championships. Monday 23rd May, 6pm. This competition is open to all club members. The requirements are: Senior – 6 dives from 4 groups, Junior – 4 dives from 2 groups

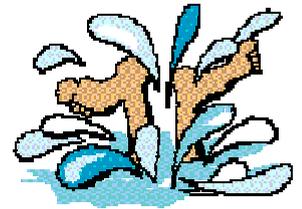
New members We would like to welcome 5 new members to the club: Jennifer Currie – D Squad, Caragh Jenkins, Lindsay Riddoch & Toby Harris – all N squad and Victoria Smart who joins N squad from Westerhailes. More Westerhailes divers will be joining the club next month

J Squad We are delighted to welcome a whole group of divers to our new J squad – Fraser Allardice, Tiffany Bachelet, Lara Craig, Fearghas Davidson, Catherine Dodson, Kenneth Drummond, Tommy Loan, Emily Martin, Olivia Martin, Finlay McCall, Struan McCall, Rory McKay, Courtney Ross, Taylor Ross, Jamie Scott, Leona Scott, David Tully, Alex Williamson, Mustafa Yavuz

These divers are all training really hard and many will be competing in the Novice League on June 25th for the first time. We wish them all good luck.



Forthcoming Events



- Scottish Novice League** The next league will be held in Aberdeen on Saturday 28 May. Pool booked from 12 – 4pm. Please be at Waverly station at 7.50am PROMPT
The following event will be held in Edinburgh, on 25 June
- Scottish Age Group League** As above. Aberdeen will be a 1m competition
- Amsterdam Diving Cup** Unfortunately, Scotland did not send a team to this event
- East District Championships** Edinburgh. Monday 23 May. 1m event. 6pm start. Training from 5pm.
- ASA National Age Group Championships** Sheffield. 30 May – 3 June 2005.
Two Edinburgh divers, Grace Reid and Gregor McMillan will be attending the top age group event of the year. We wish them both good luck
- Training Camp** Sheffield, 18 – 19 June. Davy Bennet, East District Diving Convenor has arranged this training camp. The camp will be subsidised by the East District.
There will be 12 spaces available and invitations will be sent out within the week.
- Triathlon** Please remember, the pool will be closed for diving lessons on **Saturday 18 June**
- Northern Cross** Leeds, 1 – 3 July. Edinburgh will be sending a team to this club event.
Further details to follow

Please note: Divers must be affiliated to Scottish Swimming to dive in competitions.

Reports and Results



Scottish Novice & Age Group Leagues. Saturday 26 March, RCP

Leon Taylor, the Olympic silver medallist from Athens, joined us in Edinburgh for the third round of the league. I'm sure everyone will agree that it was a great day. Watching Leon dive from 10 metre was wonderful and inspired all the divers watching. See this month's Armchair coach for a detailed report.

39 divers competed in the novice event and 10 divers in the Age Group event in March. Well done to Emily Hill from Westerhailes who competed in the Girls 7&U competition for the first time. Also, congratulations to Charlie Eyoma Murray who scored 10's from 3 judges for his forward line-up!
Full results at the back of the newsletter



Scottish Novice & Age Group Leagues. Saturday 16 April, Ayr

Edinburgh took a team of 24 divers by train to Ayr accompanied by 4 Westerhailes divers Well done to all those who competed.
Full results at the back of the newsletter



GBDF Spring Masters Championships. 23 – 24 April, RCP

The GBDF Masters event held in Edinburgh over the weekend of the 23rd and 24th April saw the biggest turnout of Edinburgh divers at a Masters event to date. Of the more than one hundred competitors who entered there was at least one Edinburgh diver in almost every event. Five Edinburgh divers competed as Masters while all the 'newcomers' entered as Novice Masters.

The first events of the competition were the men's 1m and women's 3m events and long queues extended from each board as the warm up got going at 8am. Cheril was there to give some last minute coaching and stayed all day Saturday offering encouragement and a few reminders before each dive...and comprehensive feedback in our different events, which was very much appreciated by everyone as was the input from the other coaches and the wonderful support from the Edinburgh divers and parents.

The springboard events were spread over Saturday and Sunday. Malaena and Morag were first up, composed but fiercely competitive, and made an excellent start for Edinburgh by coming first and second respectively in their Novice competition on 3m. On Sunday they then went on to repeat their success with gold and silver in the 1m event. Will they be hurdle stepping it up to Masters next time? A silver medal then went to high flier Craig MacLaren, in his Novice 1m event where he doubtlessly gained a few extra marks for his new trunks. Orla "I'll just chuck it in the competition" Gilmore began her string of medals with a win on 3m and Simon 'Rip Rip Rip' Jackson started out with a silver on 1m. Stephen Walters' target was to get through his 1m dive list without failing a dive which he did *and* managed to double his Dublin score...aided by a beautiful, high fast spinning inward one and a half which drew gasps from the crowd. He placed 4th. Sarah had been experimenting all morning with the right combination of bananas and bacon rolls to pull off her big dives. "It'll take more than a bacon roll to pull off a back one and a half," muttered Bill. As usual, he was right. Branflakes and flapjack proved a more successful combination when she won bronze the following day on 1m. Mairi McIntosh did really well to put together her dive lists, especially on 3, but then had to compete with novices who did back one and a halves and twisters on 1m! Placing 12th and 10th in these fields was commendable. Peter Conroy dived well on 1m but came into his own when after a rather alarming reverse 'sit' from 3m in warm up he competed superbly and gained a bronze medal. Peter favours the longer legged trunks for the less exhibitionist male...but who knows...next time with Kiefer Web briefs it may be a silver.

The platform events all took place on Saturday afternoon and with Simon, Sarah, Stephen, Sonya, Malaena and Orla taking part in their respective age groups. Sonya was supreme and came 3rd. If this is the way she can dive with a knee injury once back to full strength she will be a force to contend with. Orla who by the end of the weekend had organised, announced, judged, dived and done everything except train, won the second of her three gold medals. Malaena also put on a bold platform performance, again with very little training and got silver. Simon won gold in his platform event with dives that most of us will only ever do in our dreams. His ballet style barre work stretching his legs on the 10m railings also thrilled certain members of crowd. Sarah was so surprised at getting 6 ½ 7s for her first three dives she dropped her last two. Sadly, the ever eloquent Stephen Walters was rendered speechless by his reverse from 5...having bitten his tongue and being worried it would float away if he opened his mouth. He bravely completed the competition. Luckily his tongue did remain attached and the competition did not have to be interrupted while someone was sent to fetch it from the bottom of the pool. If he hadn't had to spend the rest of the meet nursing his tongue with ice lollies who knows what he would have done on 3m.

By Monday evening the GBDF messageboard was full of praise and positive feedback about the event. Thank you divers....Thank you judges....Thank you pool staff, coaches and spectators.....Bravo Edinburgh!

Medallists listed below:

Women's Masters

Sonya bronze platform (16-24)
Orla gold 1m, gold 3m, gold platform (25-29)
Sarah bronze 1m (30-39)

Women's Novice

Malaena gold 1m, gold 3m, silver platform (30-49)
Morag silver 1m, silver 3m (30-49)

Men's Masters

Simon silver 1m, gold 3m, gold platform (Men's 30-39)

Men's Novice

Craig silver 1m (30-49)
Peter bronze 3m (16-29)



ASA National Novice & Intermediate Championships. 29 April – 2 May, Plymouth

Edinburgh Diving Club sent a team of 15 divers to Plymouth to compete in these championships. The championships are split into two sections – the Novice section for the less experienced diver and the Intermediate section, where the diver is required to perform more complex dives from the 1 metre, 3 metre and 5 metre boards, each board as a separate event. It is the first year that Edinburgh has sent a team to the intermediate level of competition. Last year, we had one competitor only at this level.

The Edinburgh divers exceeded all expectations, gaining 7 medals and 18 top 6 finishes. There were many divers on the GB Junior Talent Programme in the younger age groups and our divers performed really well to keep up with them. Congratulations to our three gold medallists, Gregor, Ellen and especially Grace, who won two gold medals and 1 bronze

The trip itself was a great success and the divers behaved excellently over the three days – in fact I would say the whole trip was the best I have ever been on in terms of behaviour (and I have been on quite a few!). Huge thanks to Elspeth Hood and Davy Bennet for their superb chaperoning. They were kept incredibly busy the entire weekend as we could only take two chaperones down to Plymouth due to the cost. I would also like to thank Lesley Smith for all her work on the travel arrangements. This trip would have cost a great deal more if it hadn't been for all her efforts. Also thank you to Edinburgh Diving Club for subsidising the trip to the tune of approximately £500. Results are as follows:

Novice

Alana Greig	6th	Girls 8 / 9 years
Ellen Hood	<u>Gold</u>	Girls 12/13 years
Catherine Webber	5th	Girls 12/13 years
Hannah Watson	11th	Girls 12/13 years
Marcus Shaw	<u>Bronze</u>	Boys 12/13 years
Michael Weir	8th	Boys 12/13 years



Intermediate		1m	3m	5m
Grace Reid	Group E	<u>Gold</u>	<u>Gold</u>	<u>Bronze</u>
Anna Sless	Group D	8th	6th	6th
Gregor McMillan	Group D	4th	8th	<u>Gold</u>
Liam Greig	Group D	12th	14th	-
Jenny Sless	Group C	<u>Bronze</u>	8th	4th
Laura Smith	Group C	10th	5th	6th
Hannah Burns	Group C	12th	11th	5th
Glenn Robison	Group C	8th	10th	12th
Gillian Fleming	Group A	4th	10th	5th





Edinburgh Primary Schools Gala. Wednesday 4 May, RCP

27 girls and 19 boys competed in the diving event at the school's gala, the largest entry so far. It was excellent to see so many new divers compete for the first time. Congratulations to the top three girls & boys

1. Anna Sless	Davidson's Mains	136.55
2. Hannah Burns	Sciennes	122.20
3. Rachel Flynn	Preston Street	109.30
1. Calum Rourke	South Morningside	106.60
2. Tommy Loan	Flora Stevenson's	105.70
3. Andreas Christodoulidis	St. Mary's	103.20



Fundraising

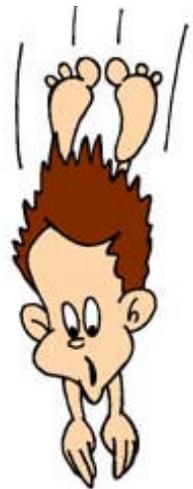


Edinburgh Diving Club are holding a

“SPONSORED DROP”

during the week of 6th June.

Divers have to drop (or dive) as many metres as they can in 30 minutes. So the higher the board you can dive from, the less dives you have to do!



Sponsor sheets will be distributed to all divers within the next week.

Prize for the most money collected.

This week the Armchair Coach reviews Leon Taylor's visit.

Well...what a wonderful weekend the last Novice and Age Group League turned out to be. Not only was there a great turn out from Aberdeen and Ayr, Diving God Leon Taylor had climbed down from Mt Olympus to join us for the competition. He mingled, chatted, answered questions, posed for photographs, answered more questions, and posed for more photographs...making one mum in particular very happy! I, of course, kept a low profile, not wishing to outshine Leon with my own tales of life as a former top diver



After the competition, he slipped out of his GB tracksuit and got ready to dive. To a great churning of water from the rainbow of divers stretched along the poolside below, he levered into a perfect armstand. Shannon's commentary was along the lines of, 'There aren't many divers who do this one better' and to a cry of 'Get on with it, mister' from a job on the other side of the pool Leon flicked and ripped. He then followed with stunning back and reverse dives and an inward one and a half. It's one thing to watch him on the telly, but quite something else to see him rippling in the flesh.

Then the younger divers took to the water with Leon. 'Happy Holidays!' yelled Grace as she parachuted past Jenny and Glenn about to do synchro from 5m. Meanwhile Marcus sailed sideways in some strange skateboard manoeuvre, Michael triple tucked his way down from 10m and Gillian cartwheeled up into an armstand on poolside. The audience thoroughly enjoyed the colourful spectacle of vermillion, blue, red, orange, yellow and pink, stripes, squiggles and splodges as everyone leapt and spun and plummeted. The party mood even spread to Bill Law who did a running forward roll on the crash mats in the dry land area...and was appropriately reprimanded by the mums on the stalls for not having a coach present.



Davy Bennet, recipient not only of the John and Margaret Bell award but also of my very own Armchair Coach's Medal for Outstanding Contribution to the World of Diving, was keen to have a picture taken with fellow medal winner Leon. Although Davy's exclusive medal dwarfed Leon's, a paper plate will never have quite the same kudos as a solid silver, hand crafted Olympic medal. Sorry....photo unavailable this month, but don't worry Davy, I will have it correctly formatted for the June edition of the Armchair coach.



"What dive are you most scared of...What was your most painful moment...How long do you train for...How was the food at the Olympics..?" The questions came thick and fast, but by far the best one I heard was... "Have you ever hit the roof?" To which the answer was, "No...but there are various pools where if you triple bounce the 3m you can touch the underside of the 7.5m." Thanks for that one Mary.

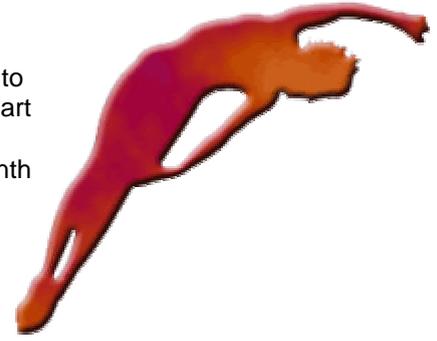
And for those of you in training for your SQA exams...this passage contains lots of lovely alliteration and various metaphors including one extended metaphor. There are lots of interesting things happening with the sentence construction

(look out for the repetition, lists, inversion, parenthesis and the patterns of three) and of course it's all written in a colloquial style using my own inimitable blend of humour, pseudo-expertise and smugness.

The armchair coach is also happy to answer questions on gardening, cookery and parenting skills.

Shannon Roy Reveals All (Part One)

New National Diving Development Officer/Coach Shannon Roy had barely had time to acclimatize before we approached him with a list of probing questions to answer. Apart from those that he was not prepared to respond to without a lawyer present, his unexpurgated responses are brought to you in two thrilling installments, one this month and one next month.



Can you tell us a bit about your background?

Well, I was born in Australia and started diving when I was 8. I dived competitively for 18 years and was lucky enough to represent my country at a number of international competitions. I won the 1998 Commonwealth Games on the 3M, a silver medal at the 1997 World Cup, and a bronze medal at the 1998 World Championships. I also made a number of international finals at both FINA Grand Prix events and World Championships. In 1997 I was offered a scholarship to attend The University of Tennessee in the USA, which I accepted, and I dived for the university for 4 years. I retired from competitive diving in 2003 and took up full time coaching. Prior to turning to full time coaching I coached part time from 1993 – 2003, in both Australia and America. I returned to Australia in July 2003 and took up the position of Talent ID Coach/Coordinator for South Australia. I then accepted the position of Diving Development Officer and National Coach here in Scotland, and began the post in January this year.

What attracted you to the job in Scotland?

The weather..... no, seriously..... I think it was a combination of a few things. 1) Having family history in Scotland (my Dad is from Scotland), 2) Recognizing the potential that Scotland has for developing the sport to an amazing level, 3) the chance to take up such a prestigious position, and 4) I love living in other countries apart from Australia.

What are your immediate priorities as NDDO/C?

1) Coach education – the coaches here are amazing and crave more knowledge, and I see it as a high priority to provide that for them. 2) Club development – there is an amazing amount of potential for a lot more clubs to exist here in Scotland. 3) Help make our divers a force in British Diving, and continue on to the world stage.

What is your longer term vision of the future of diving in Scotland?

I guess that would be seeing our country become a strong force within British Diving and having the British Team consist of an equal amount of Scottish Divers, not just English divers. Seeing the number of members increase to an extremely healthy level, as well as the number of clubs increase to a healthy, competitive level.

What do you consider to be your greatest achievements?

Competitively it would be winning the Commonwealth Games in 1998. Non-competition it would be finally learning how to train and compete properly (that's a secret I can only tell the divers!!!)

What was your most exciting moment in competition?

Probably when I received a 10 from the toughest judge in America. I got that 10 on my 205B (back two and a half pike) on 3M during the finals of the NCAA Championships, in Minnesota USA in 2000.

Which dive(s) do you most enjoy doing?

My favourite dive was either an inward 2 ½ tuck on 1M or a reverse 2 ½ tuck on 1M, although I took a big liking to back 2 ½ pike on 3M after I got that 10!!! ☺ Hmmmmmm, actually I also like doing inward 2 ½ pike on 3M and a triple twisting 1 ½ on 3M as well. Wow, I like more dives that I thought!!!!

Do you have favourite trunks?

Not any more..... they don't fit!!!!

Rumour has it there is a make of Australian trunks called Loose Boomerangs. Is this true?

That all depends on the size of the trunks ☺

And that's probably a good point to leave the interview! Don't miss the second part of this exclusive interview next month when Shannon shares his thoughts on 'shammies' and the future of somersaulting.



To Grace Reid for winning 2 gold & 1 bronze medal at ASA Intermediates

To Gregor McMillan for winning a gold medal at ASA Intermediates

To Ellen Hood for winning a gold medal at ASA Novices

To Jenny Sless for winning a bronze at ASA Intermediates

To Marcus Shaw for winning a bronze at ASA Novices

To Anna Sless for winning the Girls event at Edinburgh Schools Gala

To Calum Rourke for winning the Boys event at Edinburgh Schools Gala

To all the Edinburgh medallists at the Masters Championships

To Lindsay, Caragh, Toby, Jennifer and Victoria on joining the

Edinburgh Diving Club