

EDINBURGH DIVING NEWSLETTER



August 2005

News & information for parents

Welcome to the Edinburgh Diving newsletter, which is issued every month. We are delighted to see so many new faces in the programme this term, and hope that your children will enjoy their diving lessons. It is also great to see so many children returning again. Remember, we run adult lessons on a Tuesday & Thursday, if any parents fancy having a go! There are still a few spaces available.

The summer camps proved a great success once again with all beginner camps full. The Advanced camps were great fun with divers learning lots of new skills and dives.

There have been a few changes to the programme. Some of the beginner classes now have up to 15

divers and will be taught by a full teacher and an assistant. We have also formed a new D squad – full details in club news.

The next term is very busy, with competitions on nearly every weekend. Please watch for soggy forms in the bottom of your child's diving bag – they may be important! Also, please check the notice board or our website: www.edinburghdivingclub.org.uk

Thank you for all returned sponsor forms. The club has been delighted with the response to the appeal. The grand total collected will be printed in the next newsletter

Finally, thanks to all the parents who supported the Novice league at the end of August. It is brilliant for the divers to have such an appreciative audience.

Scottish National & Open Championships

1 – 2 October, RCP.

Saturday:

12pm	Mens/Boys	1 metre
3pm	Womens/Girls	Platform
5pm	Mens/Boys	3 metre

Sunday:

10am	Womens/Girls	1 metre
1pm	Mens/Boys	Platform
3pm	Womens/Girls	3 metre

Please come along and see the top senior & junior divers in action



Diving Programme

Autumn Term 1

22 August – 15 October

Half term break

Monday 17-Saturday 22 October

Autumn Term 2

24 October – 17 December

(re-booking from 3 October)

Edinburgh Diving Club News

25 new divers have been invited to join Edinburgh Diving Club. This allows them to take part in competitions. Welcome Packs and Squad Booklets have now been issued to these divers. If parents have any questions, please do not hesitate to contact Mary, on 477 8438. A full list of our new members will be printed in the September newsletter

Advanced Summer Camps Well done to all divers who attended the camps and learned new dives. Special mention to Caragh Jenkins and Michael Weir for both learning the most dives through the summer .

D Squad Congratulations to the divers chosen for this new squad - *Hannah Dodds, Alana Greig, Caragh Jenkins, Calum Rourke, Hannah Watson & Michael Weir*. Keep up the good work! Bookings can now be taken at reception

Scottish Novice / Age Group League Well done to all the divers who competed for Edinburgh last month. We apologise for the mix up in the Girls 12/13 event. This was due to a computer problem.

Club Trophies This is a further reminder to return club trophies to either Davy Bennet or Mary as soon as possible please.

Calendar of Events There have been a significant number of changes to competition dates due to alterations to the GB calendar. Please find the updated version at the back of this newsletter. Thank you to all divers & parents who returned the competitions/chaperone form. This should help us in organising transport & chaperones for forthcoming trips. We are still awaiting completed forms from several N squad divers.



Forthcoming Events

- Scottish Novice League** The next league will be held Aberdeen on Saturday 24 September. Details of travel arrangements will be issued shortly.
- Scottish Age Group League** As above. Either 1m or 3m competition (platform out of action)
- Edinburgh Diving Club Championships*** *Due to a clash with a GB Diving event, the championships will now be held on 12 – 13 November. This gives divers more time to find a synchro partner!*
- Development Competition*** *This will now run in conjunction with the “Learn to Swim Programme” Gala. Provisional date, Saturday 3 December. **Open to all divers in Diver 1 classes.***
- White Rose Invitational** 7-9 October 2005, Leeds. We are hoping to take a large team of novice divers to this excellent competition. Invitation letters are being issued to divers this week. Please return the tear off slip to your coach by **Friday 9 September.**
- East District Platform Championships** Wednesday 12 October, RCP. Seniors - 6 dives
Juniors - 4 dives
- Southampton Invitational** 21 – 23 October, Southampton. Age Group/Senior divers. Further details to follow
- Dive Lund** 4 – 6 November, Sweden. The trip will be organised by Shannon Roy, the National Diving Coach. Divers having achieved qualifying scores will be notified in due course.

* Please note change of dates

Reports and Results

Scottish Novice & Age Group League. Saturday 25 June, RCP

53 novice and 10 age group divers competed in the sixth round, held in Edinburgh. Special mention must go to Charlie Eyoma Murray who dived in his last competition (until the Thistle Trophy). He scored a PB of 146.65.

Congratulations to all the divers who competed for the first time. There were some great performances Well done to Mustafa Yavuz (J squad) and Robin Robeson (Westerhailes) who won gold medals in their first competitions in the 7&U age group

In the Age Group League, well done to Grace Reid, Gregor McMillan & Jenny Sless, who all scored over 150 points for a 5 dive list on platform

Northern Cross. 1 – 3 July, Leeds

Only Tom Chambers, Gregor McMillan, Grace Reid and Laura Smith competed in this Age Group / Senior event. All divers performed well, with Grace & Tom making finals. Thank you to Lesley Smith for all her hard work in organising & chaperoning. Results listed below

Tom Chambers	1m	4 th (final)	3m	5 th (final)	Platform	-
Gregor Mcmillan		7 th		9 th		7 th
Grace Reid		9 th		-		6 th (final)
Laura Smith		15 th		13 th		11 th





Scottish Novice & Age Group League. Saturday 27 August, RCP

48 novice and 12 age group/senior divers took part in the competition this month. It was good to see Niki Bennet & Tom Chambers competing – it gave the younger divers the chance to see some of the more complicated dives being performed.

Well done to Paula Wilson, the newest member of J squad, who scored 4 perfect 10's for her forward line-up. Congratulations also to Coralie Turner for achieving a PB in her event



East District 3m Championships. Saturday 27 August, RCP

Well done to all divers who held it together throughout the competition, mainly for managing to work out what dive was scoring in what category and what order to do them in!!!

Congratulations to Michael Weir, who learned the 6 dives to compete in the senior event. Also to Catherine Webber, Jenny Sless & Anna Sless who all achieved personal bests in the senior event. The medals will be presented at the EDC Dance / Presentation of Prizes in November.

Full results at the back of the newsletter



Men 1. **Niki Bennet**
2. Tom Chambers
3. Gregor McMillan

Women 1. **Sarah Bainbridge**
2. Jenny Sless
3. Anna Sless

Junior 1. **Gregor McMillan**
2. Liam Greig
3. Glenn Robison

Junior 1. **Jenny Sless**
2. Anna Sless
3. Catherine Webber



We would like to welcome Judy Wardlaw and Angela Herbert to the coaching staff.

Judy has been a member of Edinburgh Diving Club for many years and has competed for the club on numerous occasions, gaining medals at club and district level. Judy is currently part of the J squad coaching team, and will also assist with beginner lessons.

Angela has also been a keen diver for several years and will be coaching beginner & Diver 1 lessons

From buttocks to basil plants...the Armchair Coach has all the answers.

Dear Armchair Coach

When I told Jenny the reason I couldn't dive from anything higher than the 5m platform was because I might hurt my wrists and not be able to do my piano practice, she laughed. But when I started to cry, she told me not to worry, that she wouldn't make me dive from any higher and then she added that all the dry land conditioning work we did would probably help my piano playing. This time I thought she was joking and I laughed. Imagine my surprise at the end of a week of dive camp when I sat down at the keyboard and my playing really did seem to have improved, especially a tricky passage of double octaves that I'd really been struggling with. Do you think the conditioning did help?



The Armchair Coach replies

What an interesting question...and one that stretches even my formidable expertise. The beneficial effects of diving on playing the piano are something I have never considered. I suppose stronger abs and a good strong back from all that arching, dishing and crunching will help your posture at the piano...as will those firmer buttocks. Stronger shoulders will give you a good rich *fortissimo*. Stronger fingers, wrists and forearms from all those armstands and extended front supports will also help greatly with your technique in general and would explain why you found those double octaves so much easier. How's your pedalling, incidentally? With those big strong thighs it should be amazing! ...And before you ask, let me pre-empt your next question. *If conditioning helps improve your piano playing...does playing the piano help your diving?*

Well...let's think... playing the piano is hardly the most aerobic activity. Not even half an hour of vigorous scales is a patch on doing 20 pike ups or being squashed in a straddle for a minute. Sadly I can't really think of any benefits. Taking up the bagpipes or the oboe would probably work those lungs more...or carrying a tuba into school a couple of times a week would certainly help. Mind you, if you clear the music and your diving trophies from the top of the piano it will give you a splendid flat surface on which to do pike ups with full extension, sit ups, upper body raises and side lifts just like you do on the boxes at dry land training. You could probably even manage these exercises without anybody holding you down if you just balanced a few hefty volumes of Beethoven Sonatas on your legs.

Dear Armchair Coach

I won my first medal ever at June's Novice and Age Group League and glowed with pride as Shannon presented it to me. Imagine my distress when it was whipped from my neck by Davy Bennet as I stepped down from the podium. He did mutter something about a replacement but that was 6 weeks ago now and I dream of the day when I will have my very own diving medal to put under my pillow.



The Armchair Coach replies

Dear Distressed Diver... Your dream will soon be a reality. Shannon had actually ordered some very special medals for this particular competition that had to be shipped over from Australia which is why they were not available at the time of the competition and you had to be given a very temporary one. I am very pleased to say that these stunning, limited edition medals are now available and your coach will have yours for you when training starts up again.

Dear Armchair Coach

I was absolutely thrilled when Jenny gave me my replacement medal for the June Novice League at dive camp last week. It is quite unlike any other medal I've ever received and has a stunning picture of a diver in a pink costume wearing a matching hat. It's so cool! Anyway, it got me thinking how nice it would be if we had an EDC hat...maybe even in different colours for the different squads? How would I go about suggesting this to the club and why did divers stop wearing hats to compete in?



The Armchair Coach replies

Well, observant diver, the last top diver I ever remember wearing a hat to compete in was our very own Peter Smith in the 1994 Commonwealth Games. I suspect people stopped wearing them when the pool filtration systems got better and hair blocking the filters was no longer a problem. As far as reintroducing an EDC hat, the correct channel to go through is to ask your junior reps (Laura and Gregor) to bring up the idea at the next committee meeting...that's presuming you are a junior member making a serious suggestion...and not an adult pretending to write in as a child as a wind up in which case my advice to you is... GROW UP!

Dear Armchair Coach

I was just writing to thank you for the excellent advice you gave me in June about my yucca which had developed brown patches on its leaves and was starting to droop. I had barely wiped the first few fronds with a moist shammy and had just started to tell it about the last novice league when it began perking up quite visibly. It is now a good 6 inches taller and simply exudes health.



The Armchair Coach replies

Thank you. It is so nice to be appreciated.

Dear Armchair Coach

I was just writing to you to let you know what happened when I took your advice last month about my basil that had whitefly. I had barely started wiping the leaves gently with a moist shammy when they started to shrivel and within seconds the whole plant had died. So here's a piece of advice from me...Stick to diving.

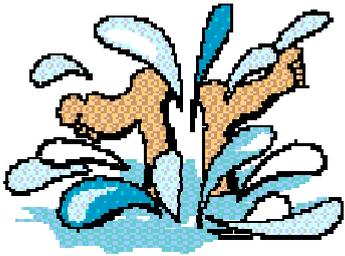


The Armchair Coach replies

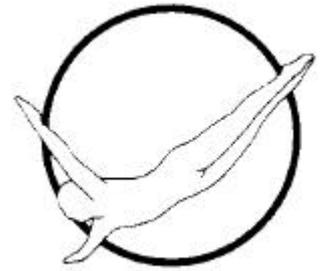
Can I just check that you had rinsed the chlorine out of the shammy first?



Although the Editorial staff at the newsletter have the highest regard for the Armchair Coach's advice they cannot be held responsible for any mishaps that occur as a result of it being followed.



SPONSORED DROP



We are still awaiting the return of some sponsor sheets and money from squad divers. Please can you hand these in by the end of next week in order for us to announce the grand total.

Thank you to everyone who participated.



congratulations!

To Niki Bennet for winning East District 3m Championships

To Sarah Bainbridge for winning East District 3m Championships

To Jenny Sless for winning East District Junior 3m Championships

To Gregor McMillan for winning East District Junior 3m Championships

To Paula Wilson for scoring four 10's !

**To Hannah Dodds. Alana Greig, Caragh Jenkins, Calum Rourke,
Hannah Watson & Michael Weir for their selection to D squad**