

EDINBURGH DIVING NEWSLETTER



August 2003

We hope you all had a great time during the summer holidays and are ready to start a new term of diving. It's good to be back in the water again after such a long break. Some of you were in our summer camps which we hope you enjoyed. These proved to be a great success once again.

As you may have heard, Steve Gladding, the National Coach and Development Officer left the post in mid August. He did a superb job while in Edinburgh and we wish him well in the future. I'm sure we will bump into him at competitions down south, where we can show him the photos of his leaving party!!

Until a new coach is appointed, please bear with us if there are any minor alterations to the programme.

We will try to make as few changes as possible but if you have any queries please contact either Mary or Carol at the Diving Development office. **Tel. 477 8438** during office hours.

Unfortunately, due to Steve's departure we will have to postpone the Fun Day and disco on the 30th August and apologise to all the divers and parents. However, we are planning to run an even bigger event in conjunction with the Thistle Trophy – our National Novice Championships – on 6 / 7 December. More information about this will follow in the Newsletters.

The Novice League is still being held on Saturday 30th August at 11.30am, and we would love to see as many of you as possible along to support.

Edinburgh Diving Merchandise

The winners of the Tee-shirt competition are **Liam & Alana Greig and Sarah Bainbridge** CONGRATULATIONS

All the designs were excellent and we thank everyone who took part.

The tee-shirts are now available for purchase, priced £8 (child) or £10

There are three colours –

Light Blue - Full Club

Royal Blue - Novice Club

Grey - Divers in lessons (or anyone who wishes to buy one). These were snapped up by English divers at our recent Nationals.

Edinburgh Diving pens are for sale. Price 80p & water bottles will be arriving soon.



European Junior Diving Championships 2003

This event was held at the RCP from 30th July to 3rd August. Over 280 divers and 80 officials from 26 countries took part. Mary had some fun with the names. How about Grzegorz Szczepek from Poland.. not to be attempted after a lunchtime in the Craggs!

The event was a tremendous success, thanks largely to the expertise and efficiency of Bill Law, the meet director, who kept us all right.

Special thanks to Becky for all her work with the Disco, and to Tom for all his help at the announcing table.

Edinburgh Diving Club News

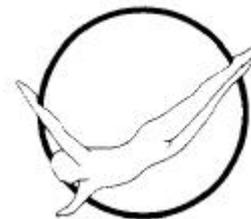
Welcome back. Some of you managed to train during the summer and I hope the rest of you tried to keep fit! There are a number of competitions coming up soon. Please keep watching the notice board.

White Rose is on 4/5 October. The requirements have changed this year, so beware!

Every diver in the younger age groups has to do either a back fall or a back tuck roll from 3m. Guess what we will be learning quickly. Please will any diver wishing to go to White Rose let Mary know as soon as possible. Details of the trip will follow shortly. Also any parents interested in acting as chaperone for this trip please contact Mary.

Club Championships will take place on 22, 24, 26 September (provisional dates, still to be confirmed). We are hoping to have a synchro event this year. So hurry and find yourself a partner – preferably someone nearly the same size as you! Requirements for Club champs will be posted on the notice board soon.

Scottish Novice League is on Saturday 30th September. We hope as many of you as possible will dive. Don't worry, everyone will be a bit rusty!



Competitions

Scottish Novice League – the next competition will be held in Edinburgh on Saturday 30th August at 11.30am. Training will be available from 10.30 am.

Club Championships – provisional dates Monday 22nd, Wed 24th & Fri 26th September. See notice board for details

White Rose Invitational , Leeds - 4th - 5th October. See notice board. We are looking for chaperones for this trip, Please contact Mary if you would like to help.

Scottish Novice League – we are hoping to hold the September competition (27th Sept) in Ayr, depending on availability.

Reports and Results



ASA National Age Group Championships – Southampton

These results were also printed in last month's Newsletter.

Four divers from Edinburgh - Niki Bennet, Tom Chambers, Mandie Arthur and Jenny Sless travelled to Southampton for ASA National Age Group Championships – the top competition for under 18 year olds in GB. The divers have to perform 6 dives in the youngest age group (Group D) up to 9 dives in the oldest age group (Group A.) The results this year are the best Edinburgh has ever achieved at this level of competition and follow on from the excellent performances we have already seen from our divers this year in GB events.

Tom Chambers	Group A	1m 3m	6 th 5 th
Mandie Arthur	Group C	1m 3m	14 th 13 th
Jenny Sless	Group D	1m 3m Platform	5 th 4 th Bronze
Niki Bennet	Group A	1metre 3meter Platform	Bronze Bronze Silver

Excellent results for Jenny, who had very little training before the event. She has now achieved medals in both Novice & AG events at GB level

(See below)

The boys teamed up to dive in the 3m Synchro, where they narrowly missed out on the Bronze Medal. The girls competed in the 1m Synchro event and finished in 7th place (after only one training session!)

Niki dived very well throughout Age Group Nationals. He scored 446.40 on 3 metre, which qualifies him for a place on the British Junior Olympic Programme (JOP). He is the first Scottish diver to be selected for JOP, which is a tremendous achievement and a great honour.

He was also selected for the GB Team to compete at the European Championships on Platform.



Scottish National and Open Championships –RCP 9th-10th August

Our National championships were a great success once again. We had more entries than last year, which was surprising due to European championships being held in Edinburgh the week before. More Edinburgh divers were able to enter this year and we took nearly every National title. The medal winners from Edinburgh are listed below and full results are on the EDC website – www.edinburghdivingclub.org.uk

Mens 1m Springboard

1	Niki Bennet	265.10
2	Tom Chambers	240.75

Womens 1m Springboard

1	Monique McCarroll	250.25
2	Judy Wardlaw	124.10
3	Becky Sheilds	99.25

Junior

1	Jenny Sless	139.05
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Mens 3m Springboard

1	Tom Chambers	246.75
2	Niki Bennet	210.80

Womens 3m Springboard

1	Monique McCarroll	245.50
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Junior

1	Jenny Sless	154.30
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Mens Platform

1	Niki Bennet	212.80
2	Tom Chambers	173.25

Womens Platform

1	Monique McCarroll	337.80
2	Judy Wardlaw	139.65
3	Sarah Bainbridge	137.05

Junior

1	Jenny Sless	147.55
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Monique won the Open titles on all three boards and Tom Chambers won the Open 3 metre title. This was an excellent result for Tom...

All the parents and committee members did a fantastic job helping with the event. Thank you to everyone for their contribution. I know it was a hard slog so soon after Europeans! A huge thanks to Lesley Smith for taking on the catering at short notice and doing such an excellent job. Malcolm as ever was invaluable. Now that Steve has left, we will be without the expert skills of Dave Gladding. Dave has been a tremendous help to Edinburgh at all our competitions with his musical expertise. His DJ-ing has been superb and we thank him very much for all his support.



Dianasport European Junior Diving Championships 30 July – 3 August

Niki Bennet from Edinburgh represented GB in the Boys Platform competition. Niki dived very steadily and coped well under enormous pressure in his home pool, finishing 14th out of 16 with a score of 394.70. Well done Niki.



World Championships – Barcelona

Monique McCarroll represented GB in the Womens Platform event where she came 20th. Monique also came 11th in the Platform synchro event with her partner Karen Smith



Dear Armchair Coach

Can you give me any tips on how to get better marks in competitions?

The Armchair Coach replies

A smile directed at the judges usually gains an extra half mark whereas the right costume can score you up to a whole mark more. However, you won't find this information in the FINA regulations.

Other useful tips are to contract your gluteous maximus and display maximum plantification. (That's top coach speak for squeeze your bum and point your toes)

Dear Armchair Coach

How do I remove feet marks from the walls where I've been practising handstands?

The Armchair Coach replies

I find a strategically placed poster usually does the trick... but if you took your shoes off first you could probably avoid the problem completely.

Dear Armchair Coach

I broke my bed while somersaulting on it. Do you think my SASA insurance will cover this?

The Armchair Coach replies

Well it's certainly worth a try. Was it a front or back somersault?

Dear Armchair Coach

How exactly does being able to do the splits help my diving?

The Armchair Coach replies

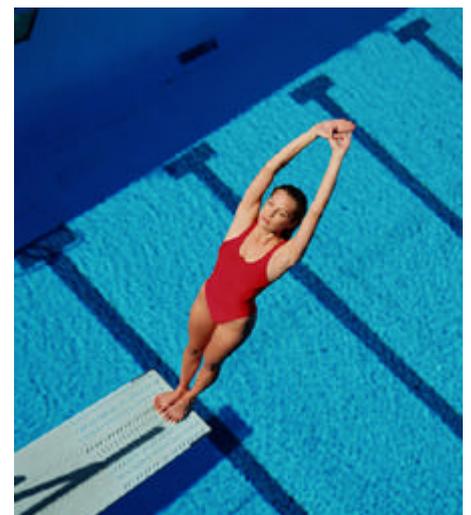
Well, that's all there is time for this week.

.....Keep those questions coming!

This is the fifth instalment of our eagerly awaited history, written by Bill Law

DIVING IN EDINBURGH - PART FIVE

The 1970 Commonwealth Games gave to Edinburgh the finest facilities in Great Britain. The Royal Commonwealth Pool and



Meadowbank Stadium were the envy of the land. The overall success of the games saw the title of the "Friendly Games" used for the first time.

Meanwhile, back in the pool the Scottish Diving Committee set about planning the future use of the brand new pool. The immediate aim was to establish a series of events based in the pool. These included Squad training weekends, National 3m and Highboard championships and league fixtures. In fact the hub of diving was now Edinburgh.

The previously mentioned Inter district events plus the National 1m events continued to be staged in the district pools around Scotland, the intention being to maintain an interest in diving throughout Scotland, and to try to attract the main events to Edinburgh. This alas was extremely difficult, as funds were not available at SASA level, and the demands on the city too with all its fine new facilities made funding difficult. The first big event we were able to attract to the pool was the 1976 European Diving Cup.

The club, in the meantime was developing, with the number of full members rising steadily. One "star" was emerging - Fiona Hotson. She won the Junior 1 metre in her first year and set about learning a range of dives to enable her to compete at senior level, both in Scottish and British events. Her target was Christchurch, New Zealand - the 1974 Commonwealth Games

To be continued.....

EUROPEAN JUNIOR DIVING CHAMPIONSHIPS
ROYAL COMMONWEALTH POOL 30 JULY – 3 AUGUST

TO THE VOLUNTEERS, PARENTS AND CHILDREN OF EDINBURGH DIVING CLUB I EXTEND THE THANKS OF ALL MEMBERS OF THE ORGANISING COMMITTEE FOR YOUR OUTSTANDING CONTRIBUTION IN THE STAGING OF THE ABOVE EVENT.

I HOPE THE TIME GIVEN BY YOU WILL BE BENEFICIAL TO EACH AND EVERYONE IN UNDERSTANDING THE REQUIREMENTS OF A MAJOR DIVING EVENT.

TO THE CHILDREN IN PARTICULAR, YOU HAVE OBSERVED JUNIOR DIVING OF THE HIGHEST STANDERD AND WILL HAVE SEEN THE LEVEL REQUIRED FOR YOU TO PARTICIPATE IN THE FUTURE

IT HAS PERSONALLY BEEN INTERESTING TO NOTE THE VARIOUS LEVELS OF DEDICATION GIVEN BY EVERYONE INVOLVED.

YOURS IN APPRECIATION

BILL

W. LAW
CHAIRMAN, ORGANISING COMMITTEE.



WINNERS OF THE DRY LAND CHALLENGES



1. WINNING TEAM

"Simply the Best"The Club team

2. 2nd PLACED TEAM

"The Terminators"Monday Diver 1 team

3. WINNING BEGINNER TEAM

“Speedy Cheetahs”

4. MOST PRESS-UPS IN 30 SECS.

Tom Chambers (Scottish Squad)51

What a hero.

5. BIGGEST IMPROVEMENT - PRESS-UPS

Judy Wardlaw (Club) Improved from 18 - 47

Well done Judy Pudy!

6. MOST SIT-UPS IN 30 SECS

Becky Sheilds (Club)39

Niki will be mad!

7. BIGGEST IMPROVEMENT – SIT-UPS

John-Mark Vinten (Club)improved from 22 - 34

8. FASTEST PING TEST

Stacey Henderson (Fast track 1)6.9 seconds !!!!!

(closely followed by Louise Fleming on 7.0, and Glen Robison on 7.1)

Very fast times

9. BIGGEST IMPROVEMENT – “PING”

Josephine Shenkoimproved from 23.0 - 9.2 secs

10. LONGEST HANDSTAND

Vicki Tomlinson (Scottish Squad)17.3 seconds

Don't cry, Sarah

11. BIGGEST IMPROVEMENT - HANDSTAND

Stacey Henderson (Fast track 1)7.6 secs - 13.7secs

12. HARDEST WORKER

Fiona Wylie (Diver 1)” ping” improved from 21.3 - 9.66. Great improvement in Flexibility. Well done Fiona.

13. BEST OVERALL IMPROVEMENT

Ashleigh Laidlaw (Club) everything improved and a toe point to die for !!!

We hope everyone enjoyed the Challenges. We certainly enjoyed watching you improve. Details of the prizes, and when they will be presented will follow shortly will follow shortly. See Carol or Mary for details.

IMPORTANT NOTICE

Can all divers warming up upstairs please make sure that they put all belongings into a locker in the changing rooms then make their way to the dry land area. Divers are not allowed to walk up and down the steps when wet to



Monique has left Edinburah to

Congratulations

- **To Tom Chambers for winning the Open 3 metre title at Nationals**
- **To Monique McCarroll for winning all the National and Open titles**
- **To Jenny Sless for winning the National Junior 1metre, 3 metre & Platform titles .**
- **To Ashleigh Laidlaw for the best overall improvement in dry land challenges**
- **To Jenny Sless on winning a Bronze medal at British Age Groups.**
 - **To Niki Bennet – we all know why!**