



EDINBURGH DIVING NEWSLETTER



December 2009

News & information for parents.

We are coming up to the end of our second term at Newbattle Pool. Re-booking will be upon us soon for the start of the 2010 term. Please can you make sure you re-book before the start of the new term. Unfortunately, the receptionist from Portobello had to come out to Newbattle to collect payments for this term. *60% of divers had not paid their fees.* Edinburgh Leisure need to see that this new venture at Newbattle is working. There are no Edinburgh Leisure staff at the pool, so they don't see how busy it is and how active the squads are. They are going by the booking figures which show, on average, 2 divers in each squad! They have indicated that they will stop classes if they are not viable, so

please don't let this happen after all the work we, as a club, have put in to find this facility. If there is a problem with re-booking, we need to know so that we can rectify the situation.

There will be some changes to the squads after Christmas. Your child's coach will advise you if you are affected. We are still trying hard to find more pool time and will keep you informed. Our website : edinburghdivingclub.org.uk is now being updated on a regular basis, so please check the home page, which will alert you to anything of importance!

I would like to finish by wishing you all a very Merry Christmas and a Happy New Year and see you all back on Monday 4th January 2010!


The Thistle Trophy & Scottish National Platform Championships
 Olympia Pool, Dundee
 5th – 6th December 2009
[Training from 10am](#)
 Entry fees of £ 6 payable to Edinburgh Diving Club
NO DRY TRAINING AT MEADOWBANK ON SUNDAY



Term Dates
Spring Term
Monday 4 January
Sunday 4 April
 (12 week term)
 Re-booking before start of term
 At Portobello Swim Centre
0131 669 6888
 Or email
vickitomlinson@edinburghleisure.co.uk
 for further information

\$\$ Fundraising \$\$

EDC are looking to secure commercial sponsorship. If you can help, please contact Debs Heatly
The committee are always interested in new ideas. Please see the fundraising section on the website
The committee hope to have fundraising stalls set up at Thistle Trophy in Dundee
Interested in joining the committee? Please contact
Donald MacInnes Tel: 01314774442

Thank you Chaperones

Helen Talbot, Debs Heatly, Gill Crandles
Kath McCall, Karen Foster, Sue Forbes,
Aileen Tinkler, Helen Graham, Davy Bennet
Lesley Smith, Judith Webber, Karen Ross
Also thank you to our new child protection officer, Karen Foster who has organised the chaperoning so successfully this year

Edinburgh Diving Club News (and gossip)



**** NO DRYLAND TRAINING AT MEADOWBANK ON SUNDAY 6th DECEMBER ****

Away Competitions / Trips We are delighted to announce that we now have a trip organiser – Gary Ross. Gary has been away on several trips with the divers, in many different capacities. He knows what is needed to make trips run smoothly, even down to selecting motorway service stations by their bun rating! This is actually not a joke, I was there! Hopefully he will be able to organise accommodation & travel well in advance, and keep costs down.

Kit co-ordinator. We now have a new kit co ordinator – Donald MacInnes. Thank you to Donald for agreeing to take on this role. Further information to follow. Also see the Armchair coach!

Scottish National Platform Championships requirements are: Senior - 6 dives from 5 groups, no tariff limit. Junior - 3 dives from 3 groups, with a tariff limit of 5.7 plus 3 further dives. If you are diving both junior & senior, watch that your list keeps within the tariff but still has either a twist or an armstand. (Junior is dob.1994 or later)

Training for Thistle Trophy & Nationals will be from 10am on Saturday & Sunday (a change to the programme due to a very disappointing entry from other Scottish clubs this year). Training will also be available over the lunch period from 12 – 2pm. However, the public will also be using the pool at this time.

Armada Cup letters will be given out next week to selected divers. Please return the tear off slips asap so Gary can start his organising campaign!

Chaperones If anyone is interested in taking a turn at chaperoning for away trips, please contact Karen Foster, our Child Protection Officer, who will be happy to explain what is involved.

Malcolm Taylor We would like to thank Malcolm for all the work he has done for Club Championships & Nationals

Bill Law, our Honorary President is still very unwell. Our thoughts are with Bill and his family

Rebecca Graham is still unable to train due to her neck injury. We are all missing her and hope she's back soon

Grace Reid is currently at the Camo Invitational International in Montreal, Canada. We wish her good luck in her competitions.

Jenny Sless one of our coaches, is back. You can tell – divers training at Meadowbank in pyjamas to allow several extra minutes in bed is not usual form on a Sunday. Parents, please don't encourage her – I know from experience!

Niki Bennet decided to give Senior Nationals a try for a bit of exercise, after many years out of competition. He dived as a guest, with one training session on the day and still managed to get the highest score! How good would he be with some practise? We were a bit concerned that he would split his head open on the roof though!

Toby Harris stopped diving when the pool closed. However, he also made a comeback for Senior Nationals and with two days training won two silver medals. Well done Toby!

New club member We are pleased to welcome Freya Hamilton to the club. Freya is our first new member to join since we started at Newbattle.

Grant Dickson has returned, after several months away & several injuries later! It's good to see him back

2009 Dance & Presentation of Prizes Thank you to everyone who helped organise the event at such short notice. A great deal of work went into making it a success and we hope you all had a great time.

Photos Our resident photographer, Gary Ross, has again taken some excellent photos of the prize winners. If anyone wishes to see them, please contact any committee member and this can be arranged.

Trampolines There have been several problems with the availability of the trampolines on a Sunday. We apologise for this. Hopefully the situation has been rectified now that the trampolines can be moved into Hall 3

Annual Report Many thanks to Julia McMillan & Sarah Bainbridge for an excellent and thorough report of the club's achievements this year

Forthcoming Competitions

DATE	COMPETITION	LOCATION	LEVEL
5 th – 6 th December	Thistle Trophy	Dundee	Novice
5 th December	Scottish National Platform Championships	Dundee	Senior & age group
18 th -21 st February	Armada Cup	Plymouth	Senior & age group
13 th -14 th March	Shipleigh Novices	Bradford	Novice
April (tbc)	ASA National Skills Finals	(tbc)	Novice
April (tbc)	G Star	Leeds	Senior & Age group
8 th – 9 th May (tbc)	Hydro Novices	Harrogate	Novice
31 st May – 4 th June	GB Junior Elites	Leeds	Elite
2 nd – 4 th July	ASA National Age Group Championships	Southampton	Age group

The Scottish Levels competitions will be slotted into the calendar as soon as we have confirmation of pool availability from the other districts.

Reports and Results

Full results of all competitions are on our website:
www.edinburghdivingclub.org.uk.



East District Platform Championships, RCP. 20 June 2009

Senior Women
 Gold Anna Sless
 Silver Charlotte Briggs
 Bronze Rebecca Graham

Junior Girls
 Gold Rebecca Graham
 Silver Anna Sless
 Bronze Charlotte Briggs

Senior Men
 Gold James Heatly
 Silver Fraser Allardice
 Bronze Keir Stewart

Junior Boys
 Gold James Heatly
 Silver Fraser Allardice
 Bronze Ben Campbell



East District 3 metre Championships, Newbattle Pool. 11 November 2009

Senior Women	Gold	Grace Reid	Junior Girls	Gold	Grace Reid
	Silver	Catherine Webber		Silver	Anna Sless
	Bronze	Anna Sless		Bronze	Courtney Ross
Senior Men	Gold	James Heatly	Junior Boys	Gold	James Heatly
	Silver	Straun McCall		Silver	Finlay McCall
	Bronze	Finlay McCall		Bronze	Struan McCall



Scottish National Springboard Championships, Newbattle Pool. 7 November 2009

In the girls event 11 divers took part in the senior & junior events. There were 4 divers in the senior men's and 3 in the junior boys.

1 metre

Senior Women	Gold	Grace Reid	Junior Girls	Gold	Grace Reid
	Silver	Anna Sless		Silver	Anna Sless
	Bronze	Charlotte Briggs		Bronze	Charlotte Briggs
Senior Men	Gold	James Heatly	Junior Boys	Gold	James Heatly
	Silver	Toby Harris		Silver	Ben Campbell
	Bronze	Sam Lowe		Bronze	Fraser Allardice

3 metre

Senior Women	Gold	Grace Reid	Junior Girls	Gold	Grace Reid
	Silver	Anna Sless		Silver	Anna Sless
	Bronze	Catherine Webber		Bronze	Charlotte Briggs
Senior Men	Gold	James Heatly	Junior Boys	Gold	James Heatly
	Silver	Toby Harris		Silver	Fraser Allardice
	Bronze	Keir Stewart		Bronze	Ben Campbell



Edinburgh Diving Club Championships, Newbattle Pool. 9-11 November 2009

Novice Boys Champion	Cameron Forrest
Silver	Sean Flynn
Bronze	Ramsay McCall
Novice Girls Champion	Erin Macinnes
Silver	Sarah Lowry
Bronze	Robin Robeson

Intermediate Girls Champion [Sophie Stewart](#)

Silver [Amy Steele](#)
Bronze [Ollie Martin](#)

Junior Boys Champion [James Heatly](#)

Silver [Ben Campbell](#)
Bronze [Struan McCall](#)

Junior Girls Champion [Anna Sless](#)

Silver [Holly Tinkler](#)
Bronze [Courtney Ross](#)

Senior Men's Champion [James Heatly](#)

Silver [Finlay McCall](#)
Bronze [Struan McCall](#)

Senior Women's Champion [Anna Sless](#)

Silver [Catherine Webber](#)
Bronze [Holly Tinkler](#)



The Lockerbie Shield , Newbattle Pool. 16 November 2009

8 boys took part in the Lockerbie Shield, competing forward, inward, back & reverse dive plus 1 optional dive with a tariff limit of 2.2 from the 3m & 1m springboards. This is an interesting format, with importance being put on good technique in the required dives, rather than going for the big tariff dives. There was a good competition between the boys. Special praise goes to Sean Flynn, age 9, who competed in his first event outside novice and finished 5th, with an excellent, steady performance.

Gold	James Heatly
Silver	Toby Harris
Bronze	Sam Lowe



The Ogden Trophy, Newbattle Pool. 16 November 2009

This event followed the same format as the Lockerbie Shield. 19 girls participated, the highest entry in the event's history and it was a tight finish for the medals

Gold	Grace Reid
Silver	Catherine Webber
Bronze	Anna Sless



GBDF Winter Masters Championships, Corby 21 – 22 November 2009

We are delighted to report that Sarah Bainbridge, one of our founder masters divers, came out of enforced, injury induced retirement to compete in the Winter Masters Diving Championships. She was the only diver representing Edinburgh this year and won a silver medal in the Ladies Championships in her age group. Congratulations, Sarah



Diver of the Squad 2009

Well done to the following divers whose efforts throughout the year have been rewarded

Recreational squad
Novice squad
Development Squad
Age Group squad
Performance squad

Katie Steele
Sarah Lowry
Amy Steele
Amber Foster
Charlotte Briggs



Overall Dryland Club Championships

All club divers completed 12 different skill tests similar to those used in the selection process for National Squads. The results were given points for 1st, 2nd, 3rd etc and these were added together to find the overall champion. This is the first year we have tested divers and it proved a success, although very hard work! It was interesting to see how these results compared to results in the pool. Divers will be re-tested in 6-9 months to monitor improvements

Bronze
Silver
Gold

Anna Sless
Grace Reid
Catherine Webber

Diver of the Year 2009 - Catherine Webber

(A copy of the speech given by Mary Sless at the Presentation of Prizes)

There were many reasons why Catherine won the award this year. She had a severe injury last year that stopped her training and knocked her confidence completely. However, she came back while still injured, to compete at last years Scottish Nationals with a standing list, which took a lot of guts. This was to keep her place in National Squad. She then worked tirelessly to get back to form, steadily improving, finishing the season with a gold, two silvers and a bronze at GB Age Group Championships.

She never ever makes a fuss learning a new dive, going off the board without even a pause, although I know she can be very nervous. This is obviously a great help to me as a coach and sets a brilliant example to other divers. She always works incredibly hard in the gym, coming out top of all our divers in testing, so it gives me great pleasure to present the Diver of the Year to Catherine Webber



Edinburgh Diving Club Committee 2010

Sir Peter Heatly Patron
Bill Law Honorary President
Moiria O'Neill, Malcolm Taylor, Linda Lockerbie Honorary Vice Presidents

David Bennet	President	Vicki Tomlinson	Edinburgh Leisure
Julia McMillan	Secretary	Mary Sless	Coach Representative
Karen Ross	Treasurer	Donald MacInnes	Kit Coordinator
Sarah Bainbridge	Asst Secretary / Treasurer	Debs Heatly	Fundraising
Karen Foster	Child Protection Officer	Suzanne Ireland	Ordinary member

Welcome to our two new members & one co opted member : Sue Forbes, Cath McCall & Grant Forrest

D I V I N G

SCOTTISH *swimming*

The Scottish National Age Group Squad

Rebecca Graham,
Emily Martin,
Courtney Ross,
Katie Talbot
Holly Tinkler,
Catherine Webber,



Congratulations to the Edinburgh Divers
selected for the two National Squads

The Scottish National Elite Squad

Charlotte Briggs,
James Heatly,
Grace Reid
Anna Sless

White Rose

There once was a club that went diving
From their lessons in school they were skiving
They were going by train
To Leeds once again
When they won they all began jiving

They ran with their medals to the train
Their excitement they couldn't contain
They sat in their seats
Surprised by their feats
And they came home in happy refrain

The children all left with a wave
And said they had had quite a rave
They said it was fun
Though the team hadn't won
But it was clearly a memory they would save

By Amy Steele, Development Squad

The Armchair Coach deals with your most recent concerns and observations



Dear Armchair Coach

Am I the only diver who during training feels as if the roof is closing in on me, the pool is impossibly shallow and the stairs lead nowhere?

The Armchair Coach replies

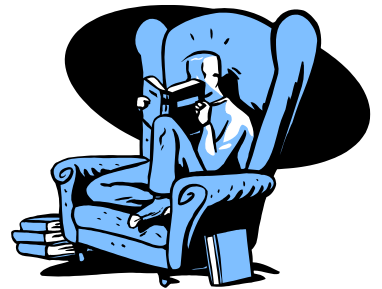
No. These are completely normal sensations to experience while training at Newbattle. You may find a study of Escher's sketches will help you acclimatise more quickly.

Dear Armchair Coach

Is it true the diving club is getting new kit? It's just I'd like to request some in my letter to Santa.

The Armchair Coach replies

Yes! The club is getting new kit but it is still in the design phase. I suggest you ask Santa for EDC Kit Vouchers. Be sure to check the logo on the voucher is the right way up; some forgeries are in circulation.



Dear Armchair Coach

I saw Anna taking the Sless puppy, Alfie, for a walk along the promenade at Silverknowes the other day. He was wearing a tartan waistcoat and she had a matching sash.

The Armchair Coach replies

Thank you, observant young diver. Time for a phonecall to the Kilt Police, I think.

Dear Armchair Coach

I notice there is to be an Ann Summers Evening as a Fund Raising event. Was she a famous diver?

The Armchair Coach replies

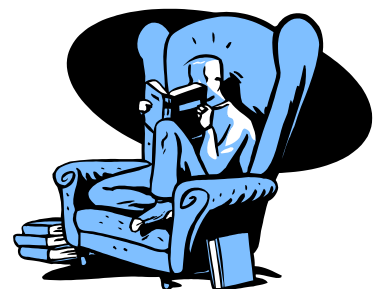
More of a designer. She does some very striking swim wear.

Dear Armchair Coach

My mum thought she saw Mary at the Lily Allen concert on Wed the 25th November. I told her this was impossible as Mary would have been at the diving club AGM at Meadowbank.

The Armchair Coach replies

I have to confess I was at a Sound of Music Singalong myself that night and cannot confirm either way.



As ever, Edinburgh Diving wish to make it clear they will not be liable for any loss of innocence or damage incurred as a result of following the Armchair Coach's advice.

Congratulations to

Sean Flynn for diving so well in his first Age Group Competition

James Heatly for winning "Most Improved Diver of the Year"

Grace Reid for winning National Senior & Junior springboard titles

James Heatly for winning National Senior & Junior springboard titles

Anna Sless for becoming the Women's Club Champion

James Heatly for becoming the Men's Club Champion

Katie Talbot for her selection to National Age Group Squad

Charlotte, James, Grace & Anna for achieving their GB Elite points

Catherine Webber for being awarded Diver of the Year 2009

