

EDINBURGH DIVING NEWSLETTER



February 2004

Welcome to the February newsletter. We are delighted with the new structure of the programme and are seeing improvements within all the classes. The Spring term ends on Saturday 3 April and Diver of the Term will be announced during that week. Easter camps are running over the holidays and there will be extra training for divers competing in Northern Cross. The summer term will be 10 weeks from **Monday 19 April – Saturday 26 June**. Re-booking will take place in the last two weeks of this term. Although the normal programme will stop for the summer, there will be summer camps and a reduced programme for squads divers. Full details will be available nearer the time.

We welcome Tom Chambers to the coaching team. Tom is teaching beginner and Diver1 classes and coaching N squad with Carol. Tom will continue with his own diving in the Senior Scottish Squad. The February Novice League will be held on Saturday 28 February, 12.15 sharp at RCP. We hope as many of you as possible will come along and support the Edinburgh divers.

Swimfest is being held on Sunday 29 February. Edinburgh divers are putting on a display for the event. All divers taking part please be on poolside at **6pm with a blue swimsuit/trunks if possible**. Finally, we would ask everyone to watch the Notice Board outside dryland for any other information

Easter Camps

5 – 8 April 10-12 am
12 – 15 April 10-12 am

We are running two camps for beginners and Diver 1

Bookings can be taken from Monday 1st March at reception



Edinburgh Diving Merchandise

Tee-shirts and chamois are available to all divers Club tracksuits, swimsuits and tee-shirts all on sale

Please fill in the appropriate order form at the back of this newsletter and return to your coach

Edinburgh Diving Club News

Congratulations to all the divers who competed at Armada Cup last weekend. It was a very high standard of competition with all the top divers in attendance, so well done. The behaviour of the team both in and out of the pool was excellent all weekend. Thank you. I hope you have all come back inspired and ready to learn new dives. If a nine year old can do a forward 2½ s/s from 5m then we have a lot of catching up to do!

Next competition is ASA Novices in Sheffield. Everyone will need a back tuck roll from 3m, so start practising! The team will be picked in the next two weeks

Well done to everyone who has learnt new dives this term. There are too many of you to mention here, but your names are all up on the notice board with the dives you have learnt.

We would like to welcome another two new members to the club – Natalie and Lianne Kerr. Natalie is only just 6 years old and the youngest member of the club and Lianne is 7. Both girls will be training with Jenny Leeming in J squad.

Could I please remind divers who have not paid their annual subscriptions to the club to do so asap. You are not allowed to compete unless you are a member of a club. Anyone who has paid and not yet received an EDC squad booklet please contact Mary. This booklet explains all about the different squads and their requirements



Forthcoming Events

- Scottish Novice League** The next competition will be on Saturday 28 February at 12.15pm, Training from 11.30am
- Scottish Novice League** The following competition is on the 27 March in Aberdeen. (This has still to be confirmed.) The team will be travelling by train. Cost approx £10. Watch the notice board for more details.
- GBDF Spring Masters** 20/21 March, Sheffield. Sarah Bainbridge, Orla Gilmore and Staphen Walters are competing at this event. We wish them all Good Luck and look forward to another entertaining article after the trip.
- Primary Schools Gala** Wednesday 31 March. This event is open to Local Authority School children from Primary 4-7. Further details from your school or from Mary or Carol.
- ASA Novice Nationals** 2/4 April, Sheffield. This will be an excellent trip and a chance for divers to see the facilities at the GB Centre of Excellence. A letter will be sent to team members within the next two weeks. Anyone wanting to know more details now or interested in chaperoning please contact Mary. Tel. 07968275751.
- Northern Cross** 16/18 April, Leeds. A team of Age Group divers will be competing in this competition. Further details to follow

Reports and Results



Scottish National Novice Diving League. 31 January 2004, RCP

Results at back of newsletter. The scores for last month's competition were lower than usual. This is because we are judging the events more in line with the English Novice system.



Armada Cup. 20-22 February 2004

This competition was of a very high standard this year with all the top divers present. The younger divers gained valuable experience at their first event at this level and had a chance to see what dives the English Age Group divers are performing. Special mention must go to Gillian Fleming who dived very well on all boards throughout the weekend and was awarded "Star of the Trip" for her efforts. Also to Tom Chambers who gained 6th place in the Senior 3m event. Unfortunately, Niki Bennet was unable to dive due to an injury but it was good to see him back as part of the EDC team. Also Vicki was unable to dive platform.

DIVER	AGE GP.	1M	3M	PLATFORM
Tom Chambers	A	8 th	6 th	
Gillian Fleming	A	15 th	13 th	8 th
Vicki Tomlinson	A	8 th	8 th	
Stuart Robison	B	16 th	16 th	
Glenn Robison	C	19 th	21 st	
Jenny Sless	C	9 th	7 th	7 th
Gregor McMillan	D	8 th	10 th	9 th
Ellen Hood	D	20 th		
Beth Dodds	D	19 th		
Laura Smith	D	17 th		
Grace Reid	D	16 th		
Anna Sless	D	14 th		



Thank you to our chaperones, Liz Reid and Elspeth Hood who looked after us so well over the weekend.

The Bluffers' Guide to the Monthly National Novice Competition

This month the armchair coach explains to spectators how to bluff their way through the monthly novice competition

**Competitors start with a forward tuck dive from the poolside.
The judges' impression of the diver starts immediately the whistle blows.**

What the judges are saying/thinking at this point.

"He's SO sweet!"

"NICE costume!"

"TUCK YOUR LABEL IN!!"

"Did I switch the iron off?"

"Durham...Newcastle...Berwick...and back into Edinburgh at 7pm...just in time for the meeting"



What you should look out for

Although the starting stance is not 'judged' it determines how good the dive is. If a diver's weight is not correctly distributed they may find themselves taking off in the wrong direction *eg* backwards instead of inwards. During the poolside tuck dive, watch for a good push, steep take off, proper tuck shape with hands on lower shins, and a good snap out to vertical splash free entry. No mean feat for the diver to pack into the fraction of a second the dive takes! Judges talk a lot about 'form'. But I'll tell you more about that in a minute.

What the judges are saying/thinking after the dive.

"FFFFFF" (Sharp intake of breath meaning "slightly TOO steep")

"Was that tucked or piked?"

"NICE FORM!"

"I'd like to give that a 9...but she's my daughter."

Things to say to your neighbour

"GOOD JUMP!"

"OOOOH...I LIKED THAT!"



Competitors then proceed to the 1m board for 2 dives.

What to look out for

Divers do two dives of their own choice from any group (forwards, backwards, inward, reverse, twist). In addition to height, form and entry, judges will now also be looking at quality of the hurdle and the coordination of the arm swing where appropriate.

Now, unlike racehorses, 'form' does not apply to the divers' previous performance. In fact, despite my top diving background, its use has been puzzling me so I decided to seek clarification from a prestigious body who we'll just call the 'Academy of Scottish Diving'.

This is what the Academy of Scottish Diving had to say about 'form'

"Well...it's just the shape"

"Yes...good shape"

"It's to do with line, position and posture"

"Isn't it what you fill in to get a grant?"

"Well, it's sort of body tension throughout the dive"

"Look at that picture of Anna Lindberg on the front of the programme...now, she's in fantastic form"



I trust we now all understand form.

Luckily one thing is simple. A dive that goes in the water past the steps is never a good dive.

What the judges are saying/thinking after the dive.

“Get to the end of the board!”

“Shame about the boots.”

“Right...he’s doing doubles next week.”



Things to say to your neighbour

“I think he should move the fulcrum back a bit.”

“I didn’t know she’d got her reverse.”

“He needs to get his arms to his ears.”

“That would easily make a double!”

“Lovely RIP!

“NICE FORM!” (because now you know what it means)

And finally they must do two different line ups from the 3m board. These can be forwards or backwards and can be done from a tuck, pike or standing position.

What to watch for in a forward line up:

Good starting position, incredible body tension, incredible form in air, perfectly lined up, perfect rip.

What to watch for in a backward line up:

Looking at feet as they leave the board, body tension, ‘come out’ order of arm positions, head back last.

Things to say to your neighbour

“Hmmm...she’s still chucking her head back.”

“OOOH...what a shame about the slight pike/ arch on entry.”

“Hmmm...just a touch short/ over.”

“That has to be a ten/ nine/ eight/ seven!”

And of course... “NICE FORM!”



Judging the Judges

2004 heralds a new era in judging. No more will you hear a whispered “Mark it up...it’s his first competition” or “Be generous...it’s her birthday”. Now there is only ‘one type of judging’. Be it England, Scotland, Europe, Novice Comp or Olympiad that forward tuck dive will always score the same. Well...that’s the theory. Consequently we should see regular shows of

6 6 6 6 6

Announcer (*squealing with delight*): “Six from all the judges! WELL DONE judges!”

And no more of

3 3 3 3 8

Announcer: Is there an optician in the house?

Judges (*all looking in polite surprise at Judge 5*)

Judge 1: It had a twist on the end.

Judge 2: Tut tut, trampolining tuck.

Judge 3: He dropped his legs in the kick out.

Judge 4: It was clearly dangerous.

Judge 5: Yes, yes...but didn’t you see *the form*?



And finally, two things to remember as you confidently bluff your way through the next Novice Comp:

1. Your neighbour may have read this too
2. It may be their child diving.

See you on the 27th March!

Questions for the Armchair Coach can be handed to any of the poolside coaches.

DIVING IN EDINBURGH - PART XI

By BILL LAW

After a year of intense activity in 1982, there is often a flat spot and retirements. Fiona Hotson and Gordon Brown decided to hang up their swimsuits/trunks for good. This resulted in Mary and Jane continuing their battle for top honours, Mary taking the National 3 metre title and Jane the National highboard title in the years 1983, 1984 and 1985. In the men's events, in 1983 Nigel Johnstone took Gold in the 3m and highboard with Gavin Young "Chunky" the silver and Jimmy Dickson the bronze. A youngster called Steve Forrest appeared on the scene with a 6th place in the junior and senior events.

Come 1984, Gavin Young took all three senior titles, Nigel dropping to silver and a rapidly improving Steve Forrest winning the junior title on 1 metre, silver in the senior 1m, bronze on 3m and a creditable 4th place on highboard.

Another name, although not from Edinburgh but readily recognisable, started to appear on the

results sheets. In 1983 in the senior ranks, medalling in 3rd place in senior and junior 1m was one Peter Smith from Ayr Diving Club. With the Commonwealth Games returning to Edinburgh in 1986, the year of 1985 saw a concerted effort in learning the big dives so necessary to achieve a place in the Games team. The ladies results were reported above but the men's title race was transformed by Steve, who won Gold on Highboard and 1m, missing out on the treble to Gavin on the 3m, with Peter Smith taking bronze on all three boards.



To be continued.....

★ CEILIDH ★

Edinburgh Diving Club are holding a ceilidh on

SATURDAY 12 JUNE

We hope that all parents and divers will come along for a great night out
For further details contact Liz Reid. More info in next newsletter



CAROL



We are really sorry to have to say goodbye to Carol Farrell at the end of this term. Carol is moving with her family to the Isle of Man.

Carol has been a tremendous asset to the diving programme with her coaching skills, patience and organisation. I don't quite know how I will cope without her but we wish her all the luck in the world.

Thank you to.....

Sarah Bainbridge and David Bennet for managing to obtain free transport to Plymouth for the Armada Cup. Thanks also to Virgin Trains for their generosity.

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☆ CONGRATULATIONS ☆

- TO GILLIAN FLEMING FOR "STAR OF THE TRIP" AT ARMADA CUP
- TO TOM CHAMBERS FOR WINNING A PLATE AT ARMADA CUP
- TO STUART ROBISON FOR LEARNING A FORWARD 2 ½ S/S FROM 5 M
- TO ALL THE DIVERS WHO HAVE LEARNT NEW DIVES THIS MONTH
- TO NATALIE AND LIANNE KERR ON JOINING THE CLUB
- TO NIKI BENNET FOR PASSING HIS DRIVING TEST FIRST TIME