

# EDINBURGH DIVING NEWSLETTER



January 2004

Welcome back. We hope you all had a good Christmas and New Year. All the divers are now well into the new term and training hard. You will have probably noticed some changes since you returned. Some class times have altered and new classes have appeared. A copy of the revised timetable is on the parents notice board outside the dry land area . The programme has expanded due to the demand for places and the increase in competitive divers. These competitive divers are now training in eight different squads. This means that numbers in Diver 1 classes have reduced and the children in these classes can now concentrate more on the grade scheme. There are quite a few Beginner 2 divers ready to move to Diver 1 at the end of the term. Children promoted to Diver 1 must come twice a week. So parents, please start thinking what other day you can come to the pool ( in between football, brownies, gymnastics, etc! )

At the end of 2003 , Edinburgh Diving club hosted the Thistle Trophy, Scotland's National Novice Diving Championships. The event was a great success. Thank you to all the parents and helpers for your support – we would never have managed to put on such a good show without you. Best of all – Edinburgh Diving Club retained the trophy for the third year running! Also, thank you to everyone who helped in the Fun Day - especially Sheila Murray and Carol Robison who organised the event. It was a tremendous success and enjoyed by all the visiting teams as well as our own divers.

We would like to welcome Cheril Von Barsewisch to the coaching team. Cheril was a member of the US diving team from 1991-96 and took 4<sup>th</sup> place in the 1 metre event at the World Championships in 1994. We are very lucky to have Cheril on board and know that our Scottish Squad will benefit greatly from her expertise.

## Easter Camps

5<sup>th</sup> – 8<sup>th</sup> April 10-12 am  
12<sup>th</sup> – 15<sup>th</sup> April 10-12 am

We will be running two beginner camps during the school holidays. Advanced camps may run in the afternoons.

**Further details to follow**



## Edinburgh Diving Merchandise

Anyone requiring tee-shirts tracksuits swimsuits please ask your coach / teacher for an order form.

Orders will be processed once a month

## Edinburgh Diving Club News

Thank you to all the divers who helped us win Thistle Trophy again. We hope you all enjoyed the competition and the disco. Well done and thank you to Becky for organising the disco and to the DJs for all their hard work.

Four new members joined the club in January : Hannah Dodds, Laurie Doonan, Eilidh Walker (all J-squad) and Katie Hughes (N Squad).

Subscriptions for 2004 are due at the end of January. All club members will receive notification in the post by the end of the month. A squad booklet will be given to each member on payment of fees. This explains the new structure of the club - the eight different squads, **J, N, S, M, D, C, B** and **A** their requirements and training times.

We welcome back David Bennet as Club President. Davy was the President of the club from 2001-2002. He stood down in 2003 due to work commitments, but is now back with us. We would like to thank Sarah Bainbridge for all her work over the past year as president. Sarah has now decided to take up the challenge of organising Edinburgh's masters diving.

We also welcome Linda Lockerbie as an Honorary Vice President. Linda was a founder member of the club and has always followed and supported us over the years. How many "Black & Blues" will she offer to help at though?





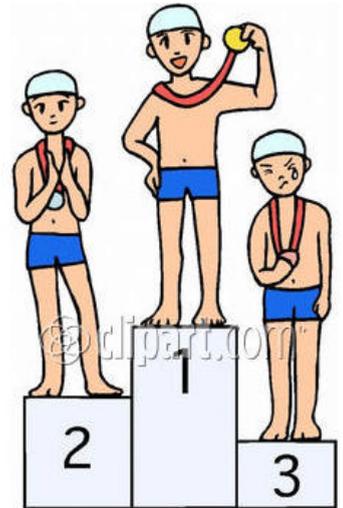
## Diver of the Term

Squad divers are now working towards this award and the winners from each squad will receive a certificate at the end of term. There will also be an award for the divers from the Beginner Lessons and from the Diver 1 classes.

The award is for:

- Attitude
- Attendance
- Dry improvement
- Wet improvement
- New dives learnt
- New land skills
- Competition results (squads only)

So keep working hard... you could win the first "Diver of the Term" in 2004.



## Forthcoming Events

**Scottish Novice League** The next competition will be held in Edinburgh on Saturday 31 January at 12.30pm  
Training from 11.30am.

**Armada Cup, Plymouth** 20-22 February. Fourteen divers from Edinburgh are travelling to Plymouth for this Age Group competition. We wish them all good luck The team is:

Niki Bennet	Group A	Jenny Sless	Group C
Tom Chambers	Group A	Laura Smith	Group D
Gillian Fleming	Group A	Ellen Hood	"
Judy Wardlaw	Group A	Beth Dodds	"
Vicki Tomlinson	Senior	Anna Sless	"
Stuart Robison	Group B	Grace Reid	"
Glenn Robison	Group C	Gregor McMillan	"
Team Manager	Davy Bennet		
Coaches	Mary Sless	Jenny Leeming	
Chaperones	Liz Reid	Elsbeth Hood	

**ASA Novice Championships** Sheffield. 2-4 April We will be taking a team down for Nationals. Any diver wishing to be considered must have a **BACK TUCK ROLL from 3 METRE**

## Reports and Results



### Luton Challenge - 28 / 29 November 2003

The Scottish Squad attended this important high level club event and all gained valuable experience. Tom Chambers, Vicki Tomlinson, Jenny Sless & Grace Reid all made it through to the finals of their events, finishing in the top 6, which is a great result for the club in their first year of competing at this competition.



### Scottish National Novice Diving League 2003

64 divers from Scotland competed in the league last year. The top three positions were all Edinburgh divers – Glenn Robison, Anna Sless and Grace Reid. The bronze medal was decided on the highest judges scores. Full results at back



## The Thistle Trophy - 6 / 7 December 2003

Nearly 100 novice divers from all over Britain converged on the Royal Commonwealth Pool for this excellent event, which, in only its third year appears to be an important fixture on the British Novice diving calendar. Teams from as far a field as Plymouth returned again this year and it was notable that there were many more spectators than usual, especially from the visiting teams. It must be our wonderful hospitality! All the teams commented on the excellent organisation and friendly atmosphere throughout the event. Everything ran very smoothly, thanks mainly to the coaches, parents and volunteers, who worked tirelessly to make the weekend a huge success. Thank you again to all concerned. Malcolm Taylor created a projection screen for the benefit of the audience, which was superb, although we will have to stop some of the divers spending so much time looking at it that they forget to dive!

Edinburgh Diving Club organised a "Fun Day" on the Saturday with quizzes, stalls, face painting and activity challenges, which proved a great success with all the visiting divers and helped to raise a lot of money for the club. The disco on the Saturday was really well attended with over 150 divers, coaches and parents enjoying the evening. We hope that next year more of our own divers will be persuaded to come along...(or was it having to do "the dance" that scared them off? )

### The Team

Louise Fleming  
Jane Kennedy  
John-Mark Vinten  
Nicola Henderson  
Coralie Turner  
Andrew Marko  
Laura Smith  
Glenn Robison  
Michelle Weir  
Grace Reid

Gillian Fleming  
Sarah Kelly  
Ellen Crofts  
Megan Hughes  
Charlie Eyoma-Murray  
Ellen Hood  
Catherine Webber  
Michael Weir  
Liam Greig  
Alana Greig

Stacey Henderson  
Stuart Robison  
Megan Fraser  
Laura McKay  
Brandon Lamb  
Fionnuala Kerr  
Tommy Farrell  
Anna Sless  
Gregor McMillan  
Alex Williamson

It is excellent to see so many new up and coming divers competing for Edinburgh, especially as quite a few of the usual divers have now reached Age Group level and are therefore ineligible to compete as novice

### The EDC medallists

Grace Reid  
Alana Greig  
Anna Sless  
Gillian Fleming  
Gregor McMillan  
Glenn Robison  
Charlie Murray  
Stuart Robison

Gold  
Silver  
Bronze  
Silver  
Bronze  
Bronze  
Bronze  
Gold

Girls7&U  
Girls7&U  
Girls 8/9  
Girls 14/16  
Boys 8/9  
Boys 10/11  
Boys 12/13  
Boys 14/16

and.....



**EDINBURGH DIVING CLUB WON THE THISTLE TROPHY AGAIN... WELL DONE DIVERS**

Full results on website – [www.edinburghdivingclub.org.uk/results](http://www.edinburghdivingclub.org.uk/results).

This month the Armchair Coach reflects on the Black and Blue Cup assessing the elements that make it such a distinctive experience in the diving calendar.

Although I have attended a considerable number of diving competitions around the world in my capacity as a former top diver, I have never experienced anything quite like EDC's Black and Blue Cup which I was privileged to witness this year. Devised, I am reliably informed, over Mallow Delight in the Elephant and Bagel, the original aim of the Black and Blue Cup was to provide parents of divers who wanted to give diving 'a go' an opportunity to dive in a fun competition with their children. After a second Marshmallow Delight it was decided the lesson programme adults should also be included. By the third, it was to include our top divers from the mainstream competition circuit past or present . . . and by the fourth it was agreed it would be open to anyone mad enough to dive.



As I ponder in the comfort of my armchair, I can immediately identify two reasons for the success and distinctive charm of this competition: the good natured adults crazy enough to take part and the virtual absence of organisation. On that note, never be lulled into a false sense of security by the presence of a date for The Black and Blue on the annual diving calendar. This will have been randomly selected by Mary Sless and should be taken as an indication of the date on which it is least likely to take place. Should you wish to try and predict the date of the competition, remember that Black and Blue should follow close on the heels of a major Scottish event such as The Thistle (thus ensuring everyone is dived, merchandised, raffled or recorded out) and it should immediately proceed a prestigious away competition like British Nationals, preferably in Southampton or Plymouth thus ensuring a crack of dawn start the following day for many of the people involved.

Black and Blue has a category for everybody and these categories are imaginatively renamed each year. Whether you are a Cockle, Mussel, Jellyfish, Jolly Herring or Starfish there's a level for you. A handful of 'Come and Try' coaching sessions are provided for participating adults. As with many of the arrangements for the Black and Blue, the timing of these training sessions relies largely on telepathy . . . or attendance at the AGM . . . or an ability to retrieve soggy limited edition notes from the bottom of your child's diving bag. These sessions usually involve a quick run through the basics on dry land to ensure a good grab, an appreciation of the finer points of the tuck position and a sound understanding of advanced biomechanics. The keen adults are then released onto poolside, usually progressing quickly to the 1m board with a forward line up and a spring header possibly followed by a tuck or pike dive. Or if you come from one of the great Scottish diving families and your surname is Bennet or Sless you may graduate to an inward tuck or 'something' backwards.

Like last year's Porpoises and Pikes, this year's Jellyfish and Jolly Herrings excelled themselves. Initially, they trembled on poolside muttering, "I'm not sure I can do this . . . it seems so high." It wasn't long before they were asking "Can I take it up to 7?" Complete beginner, Alistair Dodds currently holds the record for poolside to 5m in 60 minutes. But do not be daunted by these achievements . . . I know of at least one top adult who after 5 years had never even been up to look at the boards above 5m. By half way through the first session, the Jellyfish were ripping left right and centre which is partly due to their good coaching but more likely due to their dedicated following of my very own Gentle Adult Stretching Programme (GASP) published in the November newsletter.

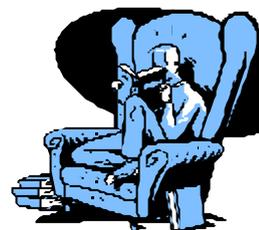
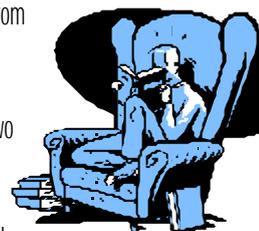
No dive sheets and a degree of haziness about the actual dive requirements are central to the nail biting sense of disorganisation. Thus it was that 20 minutes after the competition was scheduled to start, the recording table was surrounded by confused Cockles and gibbering Jellyfish muttering, 'So is it 10 dives from 1 or 1 dive from 10? Yet none of this was enough to confuse Honorary Vice Presidents Malcolm Taylor and Linda Lockerbie who waved their Edinburgh Diving pens, and out of the chaos brought forth order. At

moments they made it feel alarmingly like a real diving competition. The competition incidentally takes its name from the fact it consists of two teams battling against each other. Competitors are put into either the Blue or the Black team. This process is done randomly with no attempt to keep things fair or even to have the same number on each side. After all, it's not the winning that's important.

Surprise is a key ingredient of the Black and Blue. Divers are not informed of the dive order. Judges are not informed that they are judging until the very last minute. This ensures a freshness not often achieved at well-organised events. (Well-organised events can be identified by their technical meetings, official shirts, colour photocopied programmes and only one type of judging.)

The last ingredient to form the uniquely chaotic blend is high pitched, incomprehensible announcing by whoever happens to be holding the microphone when the divers start singing "Christmas is coming . . ." During the competition, those of you with particularly acute hearing like me may have caught such lines as, "All Cockles and Mussels to the announcing desk please . . . We hope to start soon . . . All Jolly Herrings to the announcing desk . . . We'll be starting soon . . . All divers to the announcing desk . . . we'll be starting soon" Or you may have caught announcements along the lines of, "And now Starfish Tom Chambers will do . . . er . . . um . . . something backwards with a twist from 3m."

Highlights from this competition included lots of *Big Bold* diving, notably Orla's inward two and a half from 10, Stephen's inward tuck also from 10, Davy's back one and a half and Double Dave's double. There were several contenders for the *Biggest Splash* award but trampolining back one and a halves from Orla and Gillian gave rise to shrieks from the judges as they tried to shield their hair, Bill being the most indignant having just blow dried his. *Furthest past the Steps Award* went to Chris Robison who sailed effortlessly past them, still in his tuck. The *Armstand Balance to Die For Award* went to Stuart Robison (any relation?). *Loudest, Longest Scream Award* goes to the Cockles and the *Great to See You Back on the Boards Award* goes to Mary Sless, Sonia Kerr and Kit Hughes. There were no contenders for the *Biggest Boots Award* which means Alan Reid retains his title. *All Round Good Sports Award* goes to the Mussels. Very well done to new comers Lesley, Caroline, Helen and Alistair who all



displayed good technique and great guts. Especially well done to Laurie Wardlaw who dived jet lagged and with no training. Well done also to veteran Black and Blue Boys Davy, Barry, Dave and Chris who overcame knee surgery and work commitments to participate. . . the competition just wouldn't be the same without you! And adults for whom diving is a passion, Sian, Jude, Craig, Peter, Angela, Stephen, Double Dave. . . impressive stuff. Never lose sight of those diving dreams.

The On-Off Experimental Synchro was on, then off, then on again. What a treat!

"Where did that come from??" uttered an astonished Mary, as John and Stuart performed stunning swallow dives from 5m.

"Do they actually know what the word synchro means?" exclaimed Bill, as a pair who will remain anonymous left the board in perfect whatever-the-word-for-the-opposite-of-synchronisation is.



And finally, some exciting news to finish on. . . rumour has it that Malcolm Taylor and Linda Lockerbie are considering putting a synchro entry in for Black and Blue 2004. Can anybody lend them a SwimShop catalogue? In fact, I may even dive myself. . .

If you are an adult and feel inspired to 'Learn to Dive' full details of the Edinburgh Leisure programme are available from the Reception. And if you don't believe in telepathy to keep you informed about future, informal adult opportunities to dive...keep an eye on the Newsletter!

## **DIVING IN EDINBURGH - PART VIII**

**by BILL LAW.**

**Gaining three places in Scotland's 1978 Commonwealth Games team in Edmonton, Canada was just the stimulus needed for the younger divers in the club.**

**In 1979, Fiona and Jane were studying at college in Edinburgh and Mary was at University in Aberdeen. New names appeared on the Scottish Senior medal lists - Yvonne O'Neill, Jimmy Dickson, Nigel Johnstone and Billy Ferguson. Jane established herself as number two to Fiona with Mary placed third. Fiona once again won all three boards as did Ronnie Hurst in the Mens events with the aforementioned boys placed second and third behind him**

**1981 saw things change with Mary and Jane battling for the gold medals, Mary winning her first National senior 3 metre springboard title and Jane taking her first Highboard title. A new name arrived in the ranks of the boys event. Gavin Brown (otherwise known as Chunky) taking silver in the 1 metre. Nigel took Gold in the highboard with Gordon Brown winning the 3 metre and Nigel second.**



**Ronnie and Fraser were beginning their wind down but still managed gold and silver respectively in the 1 metre, thus making way for the younger divers. 1982 was Commonwealth Games year and very tough qualifying standards had been set by the SASA. Only Fiona and Jane made the necessary points and earned themselves a trip to Brisbane, Australia. This was Fiona's third games, a record for a female diver and a wonderful achievement**

---

### NOTICE BOARDS

Please will all divers make sure they check the notice board.  
All competition information will be displayed there.

If anyone wants to put anything on the notice board please  
see Mary Sless, Becky Shields or Vicki Tomlinson.



### IMPORTANT NOTICE

**DIVERS MUST NOT USE  
THE EQUIPMENT OR  
CRASH MATS WHEN THERE  
IS NO COACH PRESENT.**

**PLEASE REMEMBER TO  
TAKE YOUR BELONGINGS  
HOME EACH NIGHT.  
LOST PROPERTY IS FULL**

# ★ CONGRATULATIONS ★

- **TO STUART ROBISON FOR WINNING THE BOYS 14-16 EVENT AT THISTLE TROPHY**
- **TO GRACE REID FOR WINNING THE GIRLS 7 & U EVENT AT THISTLE TROPHY**
  - **TO ALL THISTLE TROPHY MEDALLISTS**
- **TO GLENN ROBISON FOR WINNING THE SCOTTISH NOVICE LEAGUE**
  - **TO ANNA SLESS FOR TAKING THE SILVER IN SCOTTISH NOVICE LEAGUE**
  - **TO GRACE REID FOR TAKING BRONZE IN SCOTTISH NOVICE LEAGUE**
- **TO GILLIAN FLEMING FOR LEARNING A FORWARD 2 ½ S/S FROM 5 METRE**
- **TO LAURIE DOONAN, HANNAH DODDS, EILIDH WALKER AND KATIE HUGHES WHO HAVE JOINED THE CLUB**