

EDINBURGH DIVING NEWSLETTER



July 2004

We hope that you are all enjoying the summer break. This month's newsletter is going to be a bit shorter than usual due to the holidays.

The beginner diving camps have been a great success yet again with five out of the six camps fully booked, with 30 divers in each camp. The advanced camps in the afternoons have also proved to be great fun with all the divers mixing well together. Most of the younger divers seem to have been inspired by training with the more advanced divers and have

learnt a lot of new dives. Well done! Congratulations to Craig Kercheran, who found himself booked into the advanced camp when he has never dived before. He did a great job, kept up with all the diver 1's and was jumping from 10 metre by day 3!

Please can we remind everyone to book in for the Autumn term of the diving programme as soon as possible – spaces are going fast.

New term starts on **MONDAY 23rd AUGUST 2004** and and we hope to see you all then



DISCO



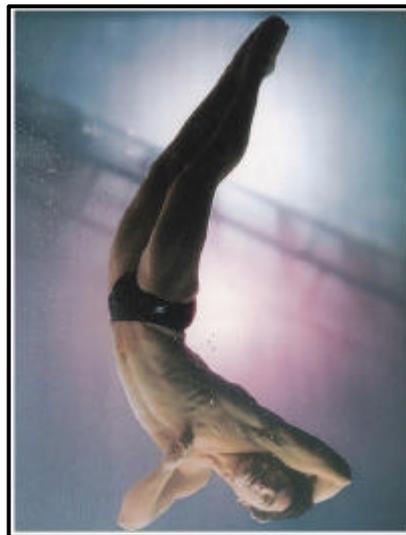
A disco is being held in conjunction with the Scottish Championships.

Date: Saturday 7th August

Place: Liberton Lodge

Time: 7pm

Price: £5



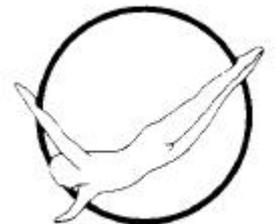
Scottish National & Open Diving Championships

7 – 8 August, 2004, RCP

Session Times: 10am & 1pm

Please come along and support our Age Group and Senior divers at this event.

Edinburgh Diving Club News



We are glad to see so many of you taking advantage of the summer training. Congratulations to all divers who have learnt new dives, especially to Laura Smith, who seems intent on learning everything as soon as possible.

REMEMBER to book in for the Autumn term. N squad is looking fairly full at the moment and there are a few diver 1's who have been invited to join the Club in N squad. (Their names will be printed in the next newsletter) We would hate anyone to lose their choice of day because they booked too late.

We will be announcing any moves within the squads at the start of the Autumn term. For those of you who have not moved this term, keep working hard – we are always watching. Don't think you are not being noticed.

The next novice league will be in Ayr on Saturday 28th August. Please tick your name off on the sheet in dry land as soon as possible, to enable us to purchase train tickets in plenty of time.

Finally, remember, we are hoping to take a squad of divers to Sheffield for a training weekend, hopefully on the 11/12 September. Further details to follow.

Forthcoming Events

Scottish National & Open Championships

7/8 August, RCP. The following Edinburgh divers have been selected to dive in this event, which is for Age group and senior divers only.

Tom Chambers
Vicki Tomlinson
Gillian Fleming
Sarah Bainbridge
Becky Shields
Louise Fleming
Jenny Sless

We wish them all good luck.

Scottish Novice League

The next competition will be held on Saturday 28th August in Ayr. We hope to take a large team. See EDC news.

East District Championships

The **3 metre event** will be held after the Novice League on Saturday 25th September. Senior: 6 dives from 4 groups. Junior : 4 dives from 2 groups

Training Camp

It is hoped to hold a training camp for approx 16 divers in Sheffield on either the 3/5 September or the 10/12 September. Invitation only. Further details to follow.

White Rose Invitational

7-9 October, Leeds. We are hoping to take our largest team yet to this novice competition. So let's see how many more divers can learn a back tuck roll during the summer in order to have a chance of being part of the team.

Reports and Results



Scottish Novice League. 29 May 2004, Aberdeen

Results still to be confirmed. Now just awaiting the scores from the Aberdeen divers. Thank you to all Edinburgh Divers for returning your dive sheets. The League table with the scores so far is now on display on the notice board



Scottish Novice League. 26 June 2004, RCP

Results at back of newsletter. Congratulations to Gillian Fleming who set a Scottish Record score in the Girls 14/16 event. This was the last novice league competition Gillian could compete in, as she has now progressed to Age Group level



East District 1 metre Championships. 26 June 2004, RCP

This competition was held directly after the Novice League, and gave both novice divers and their parents the chance to see some of our senior divers in action. It was great to see Niki Bennet back competing in Edinburgh, even if it was with a broken wrist! He will require an operation on his wrist at the end of August and we all wish him well with this and hope that he makes a speedy recovery.

Unfortunately, when Malcolm checked the results of the competition on his computer, a mistake was found on one of the dive sheets, which alters the results. In the Junior men's event, Charlie was incorrectly awarded an extra 10 points. John-Mark should in fact have won. Our apologies to both boys for this error.

Medallists listed below. Full results and scores at back of newsletter.

Junior Women

1. Gillian Fleming
2. Anna Sless
3. Louise Fleming

Junior Men

1. John-Mark Vinten
2. Charlie Eyoma-Murray
3. Glenn Robison

Women

1. Gillian Fleming
2. Becky Shields
3. Sarah Bainbridge

Men

1. Niki Bennet
2. John-Mark Vinten
3. Glenn Robison

DIVER OF THE TERM

**YET AGAIN, IT WAS A DIFFICULT DECISION FOR SOME OF THE SQUADS.
CONGRATULATIONS TO ALL THE DIVERS WHO WON AN AWARD THIS TERM.
KEEP UP THE GOOD WORK.**

BEGINNER

MILO TRAINER MOSS

DIVER 1

CARAGH JENKINS

J SQUAD

LIANNE KERR

N SQUAD

CATHERINE WEBBER

D SQUAD

LAURA SMITH

C SQUAD

GILLIAN FLEMING

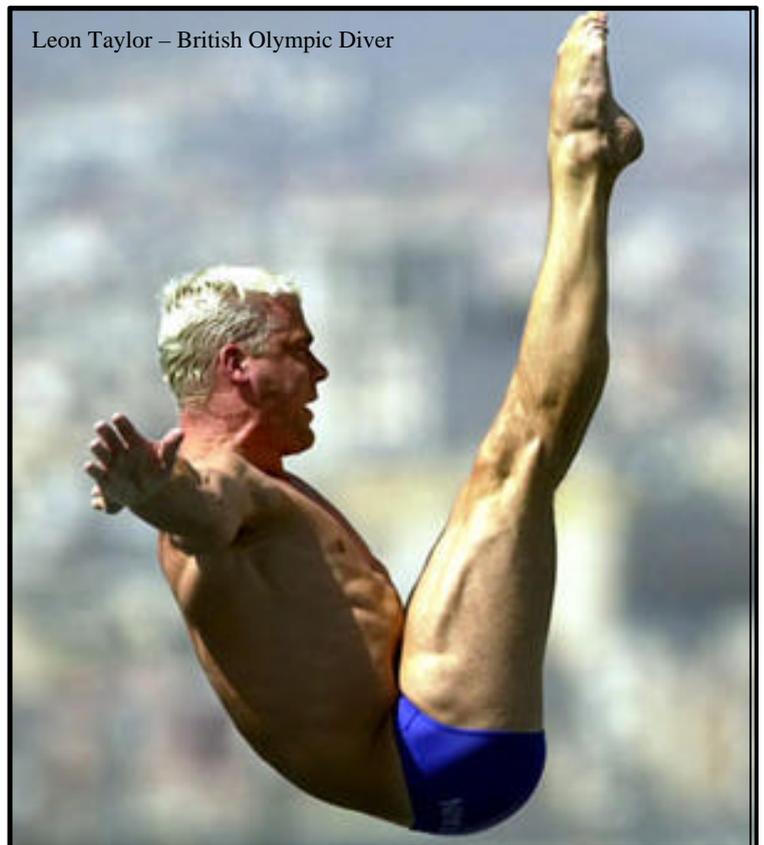
DIVING IN EDINBURGH - CONCLUSIONS PART XV

By Bill Law.

Since 1990, Scotland and particularly Edinburgh, have failed to produce divers who meet the criteria to compete in the Commonwealth Games Diving events. There have been many who have shown ability and potential. To make it to the top in any sport, there must be desire, commitment and dedication. The standard required to make it to the top is constantly rising and will continue to do so.

The City of Edinburgh and especially Edinburgh Leisure are now giving more support to Diving than ever before and is being rewarded by the numbers attending the diving programme provided by Edinburgh Leisure.

The future is looking good and this is where we must look if we are to fill the void of top level competitors. The top divers in Great Britain come from Sheffield, Leeds Plymouth and Southampton, centres with excellent facilities and served by coaches of the highest calibre.



What is now required in Scotland is a top National Coach who will show the commitment to our up and coming divers. The infrastructure is there and the base of the pyramid is laid. Let us all strive to see our talented performers rise to the pinnacle of our sport.

THE END..... surely not, this is a new beginning.

Thank you very much, Bill, for all the hard work and effort you put in to compiling this really interesting history of diving. I have thoroughly enjoyed reading every article and it has certainly brought back many memories for me. I have had lots of people tell me that it is the first thing they read when they get the newsletter. Therefore, the whole story will be featured on our websitewww.edinburghdivingclub.org.uk

More answers from the Armchair Coach as the summer diving season heats up.

Dear Armchair Coach

I'd like to attend one of the summer diving camps. Do I need to bring a tent and a sleeping bag?

The Armchair Coach replies

No...just your costume, shorts and a tee shirt and possibly insect repellent if you're old enough to go over to the beer garden at The Craggs afterwards.



Dear Armchair Coach

My parents would like to donate some raffle prizes for the Scottish Nationals. What do you recommend?

The Armchair Coach replies

Anything to do with diving...posters, diving kit eg. 1992 Commonwealth tartan trunks, shammies, t shirts...Also things like bottles of bubbly, bottles of anything in fact, boxes of chocolates, free passes to..., vouchers for..., cinema passes, tickets for the Olympics, mountain bikes, an all expenses paid holiday in the Bahamas... All profits all go directly into club funds. (And here's some inside information...Barry Sless always wins the toiletries.)



Dear Armchair Coach

I am writing on behalf of my friend who wishes to remain anonymous. How can she stop herself squealing on a back pike jump?

The Armchair Coach replies

Has she tried stuffing a 'shammy' in her mouth?

Dear Armchair Coach

I dropped my mobile phone in the pool and now it's not working.

The Armchair Coach replies

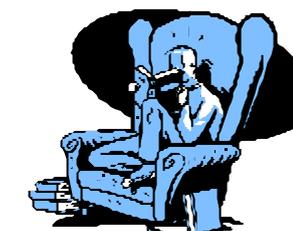
Talk to Peter. He should be able to help!

Dear Armchair Coach

Will doing the inflatable Aqua Run help my diving?

The Armchair Coach replies

No.



More sympathetic answers and advice from the Armchair Coach next month

