

# EDINBURGH DIVING NEWSLETTER



June 2003

We are now in the last week of dry land training, and all the children are being re-tested for their individual challenges. The results of these together with the team challenges will be in the next newsletter. We would like to thank everyone who has stayed with us throughout the pool closure. We know it has sometimes been difficult but the children have definitely benefited from the conditioning exercises, and hopefully their diving will improve due to this new found strength!

Information is being sent out this week for our summer programme – make sure you get a copy of all the letters and leaflets. Remember the European Junior Championships is being held at the pool from 30<sup>th</sup> July – 3<sup>rd</sup> August. Free Tickets are being given to divers in our summer programme, so book now to get these, before the camps are full.

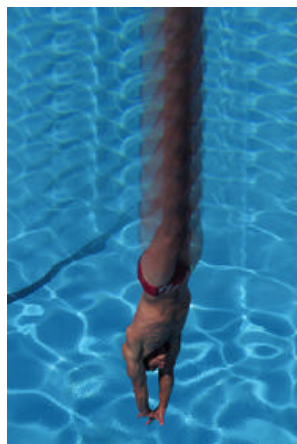
Information is now available on our website – please check it out. [www.edinburghdivingclub.org.uk](http://www.edinburghdivingclub.org.uk)

## Summer Camps

We are running five camps during the summer holidays open to beginners. Leaflets will be given to divers this week. Please book at reception

7<sup>th</sup> - 10<sup>th</sup> July  
14<sup>th</sup> - 17<sup>th</sup> July  
21<sup>st</sup> - 24<sup>th</sup> July  
4<sup>th</sup> - 7<sup>th</sup> August  
11<sup>th</sup> - 14<sup>th</sup> August

**Time: 10am - 12 noon**  
**Cost: £20.00 per week**



## Summer Classes

We are running classes throughout the summer on a weekly basis. Dates as for Summer camps. Maximum 10 places per class

**2pm - 3pm Diver 1 / Fast Track**

**3pm - 4pm Novice / Full Club**

**Cost: £12.50 per week**

Please book at reception. You can book for as many weeks as you wish.

## Edinburgh Diving Club News

We have now reached the end of dry land, and the improvement in strength, especially among the full Club members has been tremendous. Judy managed nearly 50 press-ups in 30 seconds, which more than doubled her record at the start of the term. Louise was pipped at the post by Stacey for the ping test, completing it in a record 6.9 seconds. Niki eat your heart out! The improvement in sit-ups has been enormous, but you will need to wait until the July newsletter to find out who has won that challenge.

We would like club divers to enrol for the summer classes, which will be coached by Peter. Please book as soon as possible, as there are only 10 spaces in each class.

**Scottish National & Open Championships, 9 – 10 August** Mary will be back from holidays from 21<sup>st</sup> July and will be able to give extra coaching to the divers competing at Nationals. The requirements for the competition are as follows:

**Senior 6 dives total**  
**6 dives to cover 5 different groups with no tariff limit**  
**Junior 6 dives total**  
**3 dives from 3 groups with a tariff limit of 5.4 on 1m and 5.7 on 3m and platform, plus 3 dives from 3 groups with no tariff limit.**

We hope as many Age group and senior divers as possible will be able to compete.



# Competitions

**Scottish Novice League** – the next competition will be held in Edinburgh on the 30<sup>th</sup> August, in conjunction with our Fun Day. We hope Aberdeen Aqua will be travelling down for the competition and staying overnight, so that they can come to the disco.

**ASA National Age Group Championships – Southampton, 28<sup>th</sup> June – 1<sup>st</sup> July.** Niki Bennet, Tom Chambers, Mandie Arthur and Jenny Sless are competing in this top Age Group competition. We wish them all Good Luck

**World Championships - Barcelona, 15<sup>th</sup> - 27<sup>th</sup> July** - Monique McCarroll has been selected for the GB team to compete at World Championships..... GOOD LUCK, MONIQUE

## Results



**ASA Summer National Championships, Manchester. 30<sup>th</sup> May – 1st June**



**Monique McCarroll** won the Platform Event with a fantastic score of 493.68. (This score would have put her in 6<sup>th</sup> place at the last Olympics! ). She dived superbly, beating her closest rival by 77 points. This result qualifies her for the GB Team for World Champs. Monique also won the Synchro Platform Event with her partner, Karen Smith.

**Niki Bennet** dived very well, making the semi-finals in the Platform event with a score of 353.10. He finished in 9<sup>th</sup> place in the senior event, but was one of the high placed juniors, which is encouraging for the European Junior Championships in July.



**Scottish National Novice League - Dundee and Aberdeen**

Results of both the May and June competitions are on separate sheets at the back of the newsletter

## Forthcoming Events

**European Junior Championships -**  
30<sup>th</sup> July - 3<sup>rd</sup> August

**Scottish National & Open**  
**Championships -** 9<sup>th</sup> – 10<sup>th</sup> August

**Disco -** 9<sup>th</sup> August

**Fun Day -** 30<sup>th</sup> August

**Scottish Novice League –** 30<sup>th</sup> Aug.

**Disco -** 30<sup>th</sup> August



## £££ Fund Raising £££

We are looking for ideas for the Fun Day, especially from the divers, We are also looking for keen parents who would like to help, either during the day or at the disco in the evening. Further details will follow regarding who to contact. We hope all divers and their families will come along and join in the fun.

We are also looking for willing parents to help at our Nationals in August. Please contact either Steve or Mary

The armchair coach has been inundated with requests for coaching tips. Please send any questions to Diving Development at the RCP, and our coach will endeavour to help you. A reply will be printed in the following month's newsletter.

### 1. Dear Armchair Coach

I've noticed that when we do our toe pointing exercises during dryland training some of my friends can touch the floor with their toes. It's as if they have rubber bones... like those ones you can buy for puppies. How can I improve my own toe point?

#### The Armchair Coach replies

I know just how infuriating people with naturally good toe points are from my own days as a top diver. To improve your toe point you have two options. One is to continue doing the excruciatingly painful exercises your coaches give you for the millimetre or two of difference this will make. Or, you could visit German surgeon, Doktor Snapper, at the Ankelkracken Klinik in Cologne. If you do go for this option perhaps you could take some before and after 'snaps' for the newsletter?



### 2. Dear Armchair Coach

Can you suggest a good diving party piece I can entertain my friends with?

#### The Armchair Coach replies

Speak to Carol, Mary or Peter... they have an extensive repertoire



### 3. Dear Armchair Coach

I've been working on a straddle lever to armstand for about 30 years now. I can almost lift my feet off the ground. Can you give me any useful advice?

#### The Armchair Coach replies

Ever thought about taking up board games?



.....Keep those questions coming!

Prior to 1970, all diving in Edinburgh was controlled by swimming clubs. As mentioned earlier, Warrender BC and Portobello ASC had the majority of divers, with Leith ASC and latterly, Inverleith ASC producing some young aspiring competitors. As far back as the fifties, those training in Rosyth had talked about the formation of a club which would deal solely with diving, and the first name for such a club would be Caledonia Diving Club. With the opening of the Royal Commonwealth Pool in January 1970, Bill Law, Linda and Alan Lockerbie started talking to the Edinburgh Baths Department about the formation of a diving club within the brand



new pool. It was evident from the start that we would never gain facilities within the pool with the name "Caledonia", so Edinburgh Diving Club it had to be. Even with the city's name, we were not allowed to form the club until the honeymoon period of the pool was over, hence the formation date of November 1971. Needless to say, all those diving in the previously mentioned clubs joined EDC as their second club. The newly formed club elected Bill Law as their President, with Linda Lockerbie as Secretary and Alan Lockerbie as Treasurer. Alan, though never a diver himself, fulfilled the role of treasurer with the skill of a banker. Malcolm Taylor took on the role of East District Convenor and sat on the Scottish Committee, which at that time was fully represented by all four districts. The strongest diving district at that time was the West, with star divers Ann McCarroll (no relation to Monique!) and Danny Downs. The North district too, had strong male divers in Brian and Alan Davidson and Maurice Campbell. It was Edinburgh and the East's challenge to topple these districts and win the Inter District Title at the earliest opportunity. This competition was a keenly contested event with junior and senior divers, male and female, competing over four months at four district venues and was directly responsible for much of the development of diving at that time,

to be continued.....

# CONGRATULATIONS

To Monique Mc Carroll for winning the ASA National Platform title and the Synchro Platform title

To Niki Bennet for learning back 2 ½ piked from 3 metre

To Mandie Arthur, Jenny Sless and Gregor McMillan for all learning so many new dives in Sheffield

To Louise Fleming for winning her last two Novice competitions with excellent scores

To Judy Wardlaw, Becky Shields and Ashleigh Laidlaw for passing their Bronze Medallion

FINALLY, WE HOPE YOU ALL HAVE A GREAT SUMMER HOLIDAY. NEXT TERM STARTS ON MONDAY 25<sup>th</sup> AUGUST - 19<sup>th</sup> OCTOBER