

EDINBURGH DIVING NEWSLETTER



June 2004

It is now the last week of the Summer term with the lesson programme finishing on Saturday 26 June. Yet again re-booking is upon us. This will start in the week beginning Monday 21st June. Unless you have been advised differently, please book into the same class as last term. There may be a slight change to the programme but this will be the addition of classes, especially on a Friday. We would advise parents that places in lessons can only be guaranteed for this week. After that, bookings will be open to new business. As the programme is nearly at capacity we suggest you book this week. The summer camps are filling up fast. Please book soon to avoid disappointment. The advanced camps in the afternoon are for Diver 1 level and Squads.

Diver of the Term for Beginner, Diver 1 and Squads will be announced at the Novice League on Saturday 26 June. The East District 1 metre championships will be held directly after the Novice league and we would really appreciate if parents and divers in this competition would stay and support the next event. Margaret Somerville, President of the East District Swimming Association, and Tom Pate, Vice President will be in attendance.

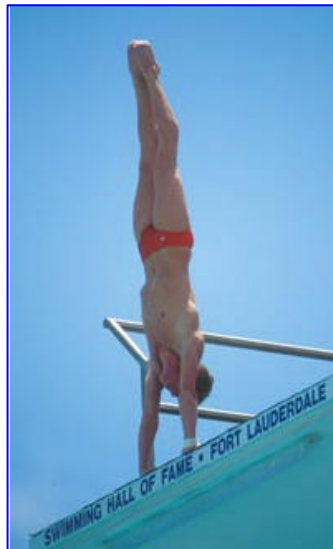
Finally we wish you all a very good summer holiday and hope most of you will continue your training in the camps. Please come along and watch the Scottish National and Open Diving Championships on 7th – 8th August and support our Age Group divers.

Summer Camps

Beginner Camps 10 – 12 am
Advanced Camps 2 – 4 pm

05 - 08 July,
12 - 15 July
19 - 22 July
26 - 29 July
02 - 05 August,
09 - 12 August

Booking at reception from Monday 7 June..... they are filling up fast!



Scottish National & Open Diving Championships

7 – 8 August, 2004

We are looking for volunteers to help. Anyone interested, please see Sarah Bainbridge or Steven Walters at the Novice League on Saturday 26 June

DISCO

This will be held on Sat. 7th August.
See coaches for details

Edinburgh Diving Club News

Remember everyone..... the Novice league is in Edinburgh this Saturday. It is the last competition before the summer holidays and performances will count towards the Sheffield training camp. Also, the East District champs are being held straight after the League. The requirements are :

Senior	6 dives from 4 groups
Junior	4 dives from 2 groups

Training will continue during the summer holidays for all club members in the Summer advanced camps. Please can you book in as soon as possible so that we have some idea of how many "squaddies" are coming. We will be moving divers around within squads after the summer, so keep working hard.

Diver of the term. the awards for N squad, D squad and C squad will be presented at the Novice League



Thank you to all the divers who supported the Ceilidh last week. It was a great night and we hope you all enjoyed yourselves.



VERY IMPORTANT - can those of you who have not yet returned your dive sheet from the Aberdeen Novice League please give it to your coach or let them know your score and placing as soon as possible

Forthcoming Events

- Scottish Novice League** The next competition will be held on Saturday 26 June in Edinburgh August in Ayr. There will be no event in July. The August event will be held in Ayr on the 28th
- East District Championships** The 1 metre event will be held along with the Novice League on Saturday 26 June.
- 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.
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Reports and Results



Scottish Novice League. 29 May 2004, Aberdeen

Results still to be confirmed. Awaiting the return of dive forms



British Age Group Championships. 5 - 6 June, Southampton.

Two divers from Edinburgh competed in the top Age Group event – Tom Chambers and Niki Bennet (although Niki was representing Sheffield on this occasion) Niki gained a medal on all three boards, which is a great achievement. A special mention to Tom, who had to attend this major competition without a coach, which must have been a fairly daunting prospect. He also performed very well on both boards.

Niki	1m	Silver	3m	Silver	Platform	Bronze
Tom	1m	5th	3m	5th	Platform	–



British Championships. 18 - 20 June, Southampton

Vicki Tomlinson and Tom Chambers competed in GB Nationals. Both divers performed well, making the semi-finals in their events

Vicki	1m	7th	Platform	7th
Tom	1m	10th	3m	12th

We would like to thank Cheril, who gave up her time to coach Vicki and Tom over the weekend. We hope you had a good time, Cheril.



World Masters Diving Championships. Italy



Orla Gilmore dived in this event for the first time with fantastic results, She won a Bronze medal in her Age Group on 1 Metre, a Silver on 3 metre and a Gold medal on Platform. Everyone in Edinburgh is delighted for Orla. Well Done

DIVING IN EDINBURGH - PART X1V

By Bill Law.

During the 1989 season, the focus was on the 1990 Commonwealth Games to be staged in Auckland, New Zealand. The only real contenders were Steve Forrest and Peter Smith, who, due to the lack of facilities elsewhere, spent much of his time travelling to Edinburgh.

A concerted effort was being made with the club's junior divers, with Scott Traynor and David Marshall emerging as potential champions. Unusually, for the first time, the club was short of up and coming girls. The clubs at Dundee and East Kilbride were emerging under the watchful eye of Dave Phinn at Dundee and Andy Love at East Kilbride.

The Commonwealth team chosen for the Commonwealth Games was indeed Steve Forrest and Peter Smith, but no provision was made by Scottish Swimming for a coach for the divers. Thanks to the good offices of the Bank of Scotland, I was able to travel to New Zealand with the boys, but under my own initiative. Peter hit the headlines (and the 1 metre springboard) in the manner of Greg Louganis, but, luckily was not badly injured. Steve on the other hand, dived well in the platform event, finishing ahead of Tony Ali and Jason Statham (now a famous actor), who were England's leading lights.



To be continued.....

This month the armchair coach puts more troubled divers' minds at rest by answering questions that they are too embarrassed to ask anyone else.

Dear Armchair Coach

My coach is always getting us to practise our pipe shapes or push each other down in a pipe. Why is it called a 'pipe'?



The Armchair Coach replies

Well, Puzzled Diver...it's not actually a 'pipe' but a 'pike'. Mind you, I don't suppose that really makes anything any clearer as *even I* am not sure what the origin of this term is. There are four formal categories of dive shape: tuck, pike, straight or free. Now, don't be misled by the term 'free'. It simply means you can move through slight variations on these recognised shapes in twisting dives. It does NOT mean you can perform dives in a star, straddle, frog or pear-shaped position.

Dear Armchair Coach

Where can I purchase a brief case like the one Jenny had with her on the trip up to Aberdeen? It was so cool and would be perfect for keeping all my school books in.



The Armchair Coach replies

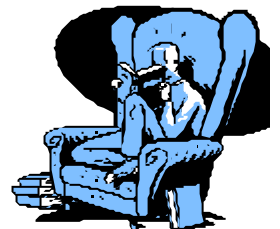
Try a junk shop.

Dear Armchair Coach

We had great fun on the way home from Aberdeen doing a magazine quiz to see how groovy we were. How would you advise me to become a groovier diver?

Armchair Coach replies

Very easily! Obviously you'll need a sparkly costume and lots and lots of body glitter. Paint each toe nail a different colour. Tie dye your shammy. Crop your tracksuit bottoms and sew some colourful braid round the hem. Sequins on your flip flops are a must. And for the girls I would recommend...

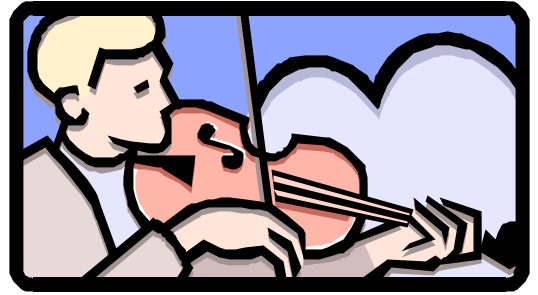


No question is too silly for the armchair coach.
Keep them coming!

THE Ceilidh

WHAT A GREAT NIGHT

Edinburgh Diving Club would like to say a big thank you to Liz and Allan Reid for all their hard work behind the scenes in organising the Ceilidh. It was a huge commitment and a huge success. Thanks also to Lesley Smith for her support.



Everyone who came along said they really enjoyed it and want to know when the next one is..... I would suggest it should be when all our aching muscles have recovered from last weeks battering - but then again, I am old and infirm!

All the proceeds from the night go straight to Edinburgh Diving Club and help to subsidise our away competition trips. So thank you to everyone who attended. We really hope that more parents and divers will come to the next event, not only to help the club, but to enjoy themselves, as the pictures below will show - and these are the censored ones!





Vicki has many more photos if you want to have a look



congratulations



- To Orla Gilmore for her three medals at World Masters
- To Gillian Fleming for learning a forward 2 ½ s/s piked
- To Gregor McMillan for learning a forward 2 ½ tucked

RESULTS OF DIVER OF THE TERM WILL BE PUBLISHED IN NEXT MONTH'S NEWSLETTER