

EDINBURGH DIVING NEWSLETTER



June 2006

News & information for parents

Welcome to the June edition of the newsletter.

It has been a very busy time for the diving programme. There are been several problems this term due to a lack of diving teachers. Three of our full teachers left at the end of last term, creating an enormous gap in the teaching cover required. I would like to thank everyone for being so understanding if teachers have changed several times during the term. This is certainly not an ideal situation and will be rectified by the start of the Autumn term. I must also thank the remaining coaches who have rallied round to cover all the necessary classes at such short notice.

Please note the dates for Summer Camps below. Already, the first week of beginner camps is full, so we would advise you to book early at reception to avoid disappointment.

As intimated in the last newsletter we are awaiting the new diving grade certificates from Scottish Swimming. Hopefully these will be with us in time for issue in the last week of term. (We were promised !)

Congratulations to all the beginner 2 and Diver 1 divers who competed in the development competition on the 10th June. There was some excellent diving – the standard has certainly risen since the last competition in December. Several of these divers, along with some competitors in the Levels competition on 17th June, will be invited to join the club in the Autumn. We would hope to see most of these divers at the advanced camps during the summer holidays, where they can improve quickly and learn many new skills.

Thank you to all parents & family members who have not only supported the divers in the recent competitions, but have bought raffle tickets for the SASA draw. This is greatly appreciated as a percentage of the takings will go towards our club funds.

We hope you all have a great time over the summer holidays and look forward to seeing you either at the dive camps or at the start of the Autumn Term all set for the White Rose and the Thistle Trophy events

Summer Camps

Week 1 03 – 06 July
Week 2 10 – 13 July
Week 3 17 – 20 July
Week 4 24 – 27 July
Week 5 31 July – 03 August
Week 6 07 – 10 August

Mondays - Thursdays

Beginners 10 – 12 noon

Advanced 2 – 4 pm
(Diver 1 & squads)

Price £ 25.00

Please book at reception



Term Dates

Autumn Term 1

**Monday 21 August –
Saturday 14 October**

Re-booking for existing business
Monday 12 June-Sunday 18 June

Re-booking for new business
Saturday 24 June onwards

Autumn Term 2

**Monday 23 October –
Saturday 16 December**

Edinburgh Diving Club News

New Members We are delighted to welcome Cara Rourke to the club. Cara is training in J squad

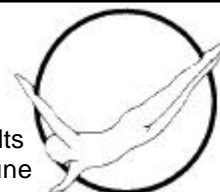
National Skills Levels Competition – 1& 2. Unfortunately we still do not have access to the results of the Dundee competition. Well done to all divers who competed in Edinburgh on Saturday 17th June

SASA Registration Forms We still await the return of three Welcome Packs from new members. Please return these as soon as possible, as you will be unable to compete unless you are affiliated to SASA.

Summer Camps We would ask squad divers to book into camps as soon as possible so that we are able to allocate the correct number & level of coaches.

White Rose Invitational-Leeds The dates have been confirmed as 13-15 October. Will all novice divers please try to attend this meet if possible, We would love to send a large team. We are hoping to travel by coach

Chaperoning Thank you to the parents who attended the meeting. Details will follow in next newsletter



Forthcoming Events

GB Age Group Championships

14 - 17th July, Leeds Edinburgh is taking a team of 5 divers to compete in this Age group event. The team are as follows:

Anna Sless	Group D	Coaches	Jenny Leeming
Hannah Burns	Group C		Vicki Tomlinson
Laura Smith	"		
Jennifer Currie	Group D	Chaperone	Lesley Smith
Victoria Smart	"		

We wish them all Good Luck

New term starts

MONDAY 21ST AUGUST (Please note change of date from RCP brochure)

Scottish Levels Competition Levels 1-3

Saturday 26th August. There may be a change of venue, but nothing has been confirmed. The event will be held in either Aberdeen or Ayr. Details will be given out on the first week of term. Please note level 3 divers will now be competing with Levels 1 & 2

Scottish Championships

10 – 11 September, RCP. Coaches will advise divers if they are to enter. For requirements please see Shannon Roy

East District 3metre Championships

Wednesday 27 September, 6pm RCP Apologies for the change of date
Senior: 6 dives from 4 groups
Junior: 4 dives from 2 groups

East District Platform Championships

Saturday 30 September, RCP
Senior: 6 dives from 4 groups
Junior: 4 dives from 2 groups

Scottish Levels Competition Levels 3-10

Saturday 30 September, RCP. Details of times to follow

White Rose Invitational

13-15 October, Leeds. Edinburgh are hoping to take a large team down to this event
Open to novice divers who have a back fall & a back tuck roll.
Anyone interested in chaperoning please contact either Mary Sless or Julie Burns.

Reports and Results



Scottish Levels Competition (Levels 3-10) Saturday 20 May, RCP

Well done to the divers who competed in the levels 3-10 competitions. It was very disappointing to see so few Level 3 girls competing from Edinburgh. We have 19 divers eligible and only 4 of our divers competed. However, it was great to see Holly Tinkler perform so well in the event with an excellent score, gaining second place behind Rebecca, a Scottish squad diver from Aberdeen. Well done also to Jennifer Currie, who dived superbly in the Level 5 event to take first place.

Full results at the back of the newsletter



GB Elite Nationals. 30 May – 2 June, 2006. Ponds Forge, Sheffield

Gregor McMillan and Grace Reid both competed in these championships, and were diving against the best age group divers in the UK. Gregor only competed in the platform event due to school commitments, but managed an excellent 6th place

Grace is a member of the GB Junior Talent Programme and she knew her performances were going to be closely monitored during the week of competition. Grace rose to the challenge and stood up to the pressure really well. She finished with the best results of her career so far, in what is regarded as the toughest age group in GB at the moment, with group D girls beating the group C girls scores!

Grace achieved silver in 1m & 3m Springboard, bronze in the platform event and silver in the 1m synchro with Louise Moran from City of Leeds Diving Club.

On behalf of everyone in Edinburgh Diving Club, I would like to congratulate Grace on her excellent performances. We are all delighted for her and so pleased that all her hard work and training has paid off. Congratulations also go to Jenny Leeming for all her efforts, and also to Alan & Liz for hanging on in there!

Full results of GB Elite Nationals are on our website: www.edinburghdivingclub.org.uk



Edinburgh Development Competition. Saturday 10 June 2006, RCP

We were surprised & delighted to see so many divers participate in the competition. The standard has risen considerably since last year with some excellent diving. Congratulations to everyone who took part and medals will be presented to the winners soon. Full results at the back of the newsletter

Boys

Gold	Milo Trainor Moss
Silver	Grant Dickson
Bronze	Jack Hinks

Girls

Gold	Rebecca Graham
Silver	Charlotte Briggs
Bronze	Amy Steele



Scottish Levels Competition (Levels 1 & 2). Saturday 17 June, RCP

44 divers competed in the levels 1&2 competition with Edinburgh winning 9 out of the 12 medals. Unfortunately, Aberdeen were unable to compete this month due to their pool closure but hopefully they will be back competing again in August. There was some excellent diving from Edinburgh. Well done to the medal winners and the divers who moved up to the level 2 competition. Full results at back of newsletter

There is a proposed change to the structure of the competition made by the National Development Officer, with some alteration to the requirements. Also, Level 3 divers will now compete alongside the levels 1 & 2, in order for them to experience more competitions.

Further details will be issued once the proposals have been finalised.

More top tips and practical advice from the Armchair Coach

Dear Armchair Coach

I was very interested to see that 'C' squad are learning armstand 1½ somersault. Is this about to become a requirement for the Scottish Diving Levels competition?

The Armchair Coach replies

I think you'll find it's just Ellen who's learning this rarely performed dive...with its rather tricky feet first entry.



Dear Armchair Coach

How can I get my hair bobble to stay in when I dive?

The Armchair Coach replies

Well, young diver, this was not really a problem I ever had...but on your behalf I have undertaken some research and established that the Claire's Accessories 'No More Snags' clear elastic bands are by far the best. If you tie them tightly and 'york' your ponytail sensibly during training you'll find they don't come out...which is just as well, because with them being clear, you stand no chance of finding them. Perhaps there will come a day when, "Has anyone got a spare hair bobble?" and "Oh no, I've lost my bobble!" will become cries of the past.



Dear Armchair Coach

I was most intrigued by the Diving Penguins game that has appeared on the EDC children's website. Will playing it actually help my diving?

The Armchair Coach replies

Probably not...unless you have flippers.

Dear Armchair Coach

How can I improve my Diving Penguins high score?

The Armchair Coach replies

Don't even watch what you're doing with the arrow keys once the penguin has taken off. And for those of you who want to check out Diving Penguins and the other stuff on the website, go to www.edinburghdivingclub.org.uk/, click on links and then click on Edinburgh Diving Kidz...but you'll need to ask your coach for the password.



Dear Armchair Coach

This is not actually a question but I thought you and your readers might like this. I know Sonya has been having trouble with her ears and has been waiting very patiently for new ear plugs. It was great to see her back on the boards the other day and so I asked her,

"Sonya...have your new ear plugs arrived?"

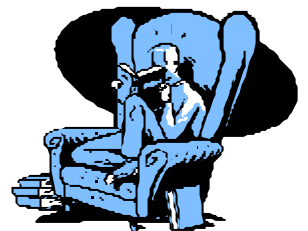
To which she replied

"Back dive piked"

I think that answered my question!

The armchair coach replies

Thank you for that 'soundbite' young diver!



The editors would like to make it clear that the Armchair Coach does not stand to make

any financial gain from promoting Claire's Accessories but you may like to donate all the money you save on hair ties as a result to Edinburgh Diving Club. The editors also refuse to be held liable if these 'No More Snags' bands block the RCP filtration system.



CONGRATULATIONS

To Grace Reid for her fantastic results at GB Elite Nationals

To Stuart Christie for winning the Scottish Level 2 Boys competition

To Olivia Martin for winning the Scottish Level 2 Girls competition

**To Kenneth Drummond for winning the Scottish Level 1 boys
competition**

To Amy Steele for winning the Scottish Level 1 Girls competition

To Milo Trainor Moss for winning the Boys Development Competition

To Rebecca Graham for winning the Girls Development Competition

