

EDINBURGH DIVING NEWSLETTER



March 2003

Welcome to the March Newsletter .Thank you for all your positive comments about the Newsletter. We are glad you find the information helpful. We have also decided to update the Notice Board at the doors in the spectator area. Parents will find information about forthcoming events, results and copies of letters, booking forms etc. from Diving Development which sometimes don't seem to find their way home!

The diving pool is closing on MONDAY 14th APRIL for approximately 10 weeks. There has been a terrific response to the Dry Training Programme, and because of the interest, we are running 3 classes every day. The booking forms have nearly all been returned and some classes are now full. Please ensure that you return yours as soon as possible, as acknowledgement

slips will be given out this week with your class times. These slips can then be handed to reception with your payment. Anyone who will not be at the pool this week can collect their acknowledgement slip from reception when they pay. Carol, Peter and Mary have spent two long weekends on a Gymnastics Course and have come back armed with lots of new games and exercises (as Club are finding out to their cost!)

Thanks again to all the parents who supported the March Novice League. Photos of all the medal winners are now in an album. Please ask either Mary or Carol if you wish to have a look. When the pool re-opens we will be splitting the event into a boys competition and a girls competition as there are so many divers now competing.

Easter camps

We are running one week of camps in the first week of the holidays. The afternoon camps are open to Fast Track and Club divers if they wish. Already, the camps are filling up, so please book at reception as soon as possible to



TUESDAY 8TH - FRIDAY 11TH APRIL

MORNINGS	10.00 - 12.00
AFTERNOONS	15.00 - 17.00

Tee-shirt Competition

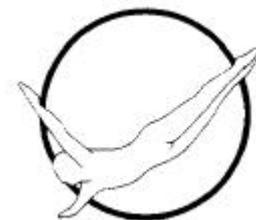
All entries should be handed in now. The winning design will be chosen by the Club Committee at their next meeting. The new tee-shirts will then be on sale when the pool re-opens in June

£££ Fund Raising £££

We are looking for good ideas for a fun night out that will help club funds. Please contact either Susan Arthur or Liz Reid. Susan will then report back to the committee

Edinburgh Diving Club News

We are delighted to welcome our new Novice members to the Club. We hope you found the Welcome Pack full of useful information. Anyone who has not completed the forms please do so as soon as possible. If anyone does not want to join the Club, please let their coach know so that we can complete the SASA club administration forms.



CLUB MERCHANDISE: Tracksuits, swimsuits and polo-shirts are available to order if any new member wants one. Also we are selling EDC badges. Please phone Susan Arthur (Tel 661 0530). Susan will also try to be at the pool on the last Wednesday of every month, between 17.30 –18.30, if anyone wants to see her then.

Dry land training - this starts on Tuesday 22nd April and we would hope that club members continue to attend on a Monday, Wednesday and Friday. However, we may introduce trampolining some evenings or travel to other pools. We will keep you informed of all alterations to the schedule. The payment structure has not yet been finalised but plea

Club divers going to Plymouth next weekend – please can you bring a plastic bowl, spoon and juice cup for breakfasts. We will also fill your juice bottle up for the day.

Thank you to Sheila Wardlaw, our Club Treasurer, who has suddenly been bombarded with Novice and Full memberships, SASA forms and the financial wizardry involved in the trip to Plymouth. You're doing a great job, Sheila, even with Davy's calculator!

Competitions

- **Scottish Novice League** - The April competition will probably be cancelled due to the pool closure. We will keep the divers posted. The competition on 31st May will hopefully go ahead in Aberdeen. The Diving Club will try to hire a minibus for the trip.
- **Edinburgh Primary School's Gala** - Wednesday 2nd April 09.30. Open to children from Primary 5 – Primary 7 in Local Authority schools. All our divers should have received a letter about this event. Please see Mary if you have not already entered. Parent are very welcome to come and support and watch a display from the National Squad.
- **ASA National Novice Championships**, Plymouth. 4th – 7th April. Divers to be at Waverley Station by 07.10. Sharp..... GOOD LUCK DIVERS
- **Arena Diving Champions Cup, Sweden** - Monique McCarroll will be representing GB at this event on 5-6 April. We wish Monique all the best.

Results and Reports

Armada Cup Plymouth. 1 – 2 March

The team of 8 divers travelled to Plymouth for this Age Group event. The team dived well and gained valuable experience (team members listed in February newsletter)
The most notable results were as follows:

- Vicki Tomlinson Gold on 3m, Bronze on 1m and made 5th on platform
- Niki Bennet 5th on platform and 1m
- Grace Reid 6th on 1m.(out of 17 entries) Grace was diving in the 10/11 Age Group and she is still only 6 years old!



Scottish Novice League

- Results of March competition on separate sheet at back of newsletter



The team selected to represent Scotland at the XXIII Vantaa Diving Cup in Finland from 18-20 April is as follows:

Monique McCarroll	Senior	Niki Bennet	Group A
Vicki Tomlinson	Senior	Tom Chambers	Group A
Jenny Leeming	Senior	Jenny Sless	Group D

WE WISH THEM ALL GOOD

LUCK

Information

Age Group Competitions Part 2

- There are 5 different dive groups : Forward, Back, Reverse, Inward and Twist
- Each dive has a tariff or degree of difficulty.(dd) In a competition there are usually 5 judges. These judges mark the dive without being influenced by the dd. The top and bottom judges mark are knocked off, the three remaining marks are added together then multiplied by the dd
- The lowest dd is 1.0 for a forward line-up, the highest is 3.8 .
- Competitions are divided into individual boards unlike novice competitions ie. 1 metre, 3m, and platform
- There are normally 4 age group

Group A	16,17 or 18	on Dec 31 of that year
Group B	14 or 15	"
Group C	12 or 13	"

- Age group divers have to compete a certain number of dives. This number increases as the diver gets older eg. Group B has to do 6 different dives; 3 dives from a different group, the total not exceeding 5.4, and 3 dives without limit of each selected from a different group.

I will put a copy of the Diving Rules and Fina Age Group Rules on the notice board for you to read if you wish, as I am beginning to confuse and bore myself here!



The EDC committee have asked Bill Law, to write a brief history of diving in Scotland. Bill was one of the founders of the Edinburgh Diving Club in 1971. He has served on every diving committee in Scotland and is now a life member of the Scottish Amateur Swimming Association. He was National Coach for many years and has been manager of the British Diving team at international events. Bill is still on the international panel of judges and was seen last year, judging at the Commonwealth Games

DIVING IN EDINBURGH - THE EARLY DAYS



To look at Warrender Baths today would give no indication that the sport of diving had ever been practised in the pool. When opened in 1888, the facilities for gymnastic activities compared favourably with those in many parts of the world.

There was a diving platform, 10 feet above the deep end with various steps from which beginners could dive. Also a springboard, two feet high, which was little more than a plank of wood, a chute, rings, and a trapeze over the pool. One might think that all those activities into a pool barely 6 ft deep would be dangerous, but at that time most indoor pools in the country were limited to that depth and divers developed a technique which made for safe entry into the water. Edinburgh at that time boasted another six pools with similar facilities, at Portobello, Glenogle Road, Leith Victoria, Infirmary Street, Dalry and Drumsheugh. All of these baths produced divers at club level who held district or Scottish titles.

It was not until the mid forties to early fifties that a real interest in competitive diving developed due to the emergence of Sir Peter Heatly, who became Scottish Champion, British champion, dived for GB in the 1948 and 1952 Olympic Games and won Gold in the 1950, 1954, and 1958 British Empire Games (now the Commonwealth Games). His achievements ignited a greater interest in the sport.

Around this time, a group of divers from most Edinburgh clubs met as a training group at the Naval pool at HMS Caledonia (Rosyth) on Sundays. This was part of the East District Development Plan. The pool far outshone any other at that time. It was not surprising that anyone interested gravitated to these 1 metre, 3 metre springboards and 5 metre platform with a water depth of 12ft 6 ins.

With the influence of Peter, a small group of divers formed. Val Marion and Bill Law from Warrender, Drew Kennedy, Elsie Melville and Geoff Berry from Portobello, arranged to meet regularly at either Portobello indoor or outdoor pool. This group formed the nucleus of Scottish Diving for many years to come. Despite the lack of a coach or any financial help, the group developed and three Scottish divers competed in the 1958 British Empire and Commonwealth Games in Cardiff. These divers were Val Marion - 3m, Peter Heatly - platform and Bill Law - 3m and platform. Peter won Gold in his event, and retired from diving after the Games.

To be continued.....



Congratulations



- ✦ To Vicki Tomlinson for winning Gold in the 3m event and Bronze in the 1m at Armada Cup
- ✦ To Stacey Henderson for winning Diver of the Month in Mary's squad
- ✦ To Laura Smith for winning Diver of the Month in Vicki's Squad
- ✦ To Ellen Hood for being selected to dive in Plymouth at ASA Novice Nationals in the 10/11 age group
 - ✦ To Nicola Henderson and George Farrell for moving up to Diver 1
- ✦ Thanks to Becky Shields for her help at the March Novice League
- ✦ Happy Birthday to Glenn Robison (11) and Katy Hill (7)

WE HOPE YOU ALL HAVE A GOOD EASTER HOLIDAY.