

EDINBURGH DIVING CLUB NEWSLETTER



March 2009

Welcome to the March edition of the Edinburgh diving club newsletter. With the Royal commonwealth pool set to close its doors on the 28th June this year for a 2 year refurbishment we felt that it is important to keep you up to speed with the club news from the past couple of months and also where we are with the relocation process at the moment. Relocating a club of our size with very little diving facilities in the whole of Scotland was always going to be a challenge, however Edinburgh Leisure have been working very closely with the club and in particular the fundraising section of the committee to put an action plan in place for the next 2 years. Thank you to all the hard work put in from you the parents as without your commitment, help and ideas then this relocation process would not be possible. Over the next few weeks we should start to finalise some of the arrangements and hopefully be able to give you a little bit more information. Please take the time to fill out a 'keep in touch' leaflet which can be found at the reception of the RCP to ensure you are kept informed by Edinburgh Leisure of any plans. On the coaching front, Sonya Kerr has left us to take up an exciting new opportunity in Dublin and is currently in the process of setting up a club over there. I'm sure she will do a fantastic job and use her experience she gained in Edinburgh to set up a successful programme in Ireland. We hope to see her around at some upcoming competitions. Tom Chambers returned from his high diving show in Taiwan just before Christmas and has been coaching over the past couple of months. Tom has been an incredible support to us whilst we are short of coaching staff and with a new contract starting in China at the end of March we will be very sad to see him go again! We are just beginning a new competition season with both novice and age group divers travelling away to compete in various competitions around the country – I'm sure we shall have some great results to follow



Term Dates
Spring Term 2
Monday 20 April – Saturday 20 June
Easter Camps
Monday 13 April – Friday 17 April
10:00-12:00 beginners
14:00-16:00 Advanced



With the pool closing in June there may be the potential for some of our divers to stay involved in the Dryland side of diving by completing a Trampolining coaching course. Any diver aged 16 and over interested in completing a UKCC Trampoline level 1 coaching course please provide your contact details below and hand back to your coach

Divers Name E-mail address.....

Forthcoming Events

Apr 1	Edinburgh Primary schools Gala SASA East District 3m Champs	Edinburgh Edinburgh	Primary 4-7 Age Group, Senior
Apr 4-5	ASA National Skills Finals	Leeds	Novice
Apr 18-19	FINA Diving World Series, Leg 3	Sheffield	FINA Invitation
Apr 18	SASA Levels (AG 3m)	Edinburgh	Novice and AG
Apr 24-26	G Star Championships	Leeds	Age Group, Senior
May 9	Hydro Novices	Harrogate	Novice
May 20	SASA East District Platform Champs	Edinburgh	Age Group, Senior
May 26-29	British Elite Junior Championships	Sheffield	National Squad
Jun 6	EDC Club Championships	Edinburgh	Novice, AG, Senior

White Rose Invitational, Leeds October 2008

Congratulations to the team of 21 divers who travelled to Leeds last October and brought back with them the White Rose trophy! This is the first time Edinburgh Diving club have won this trophy and we fought off strong competition from Local teams Leeds, Sheffield, Harrogate and previous winners Plymouth diving. Edinburgh divers showed an exceptional standard of diving in what is considered to be the hardest Novice competition of the year. As this event uses the full novice list, many of our younger divers had to learn dives to be able to compete in this event. Well done to Murray Cheyne and Sam Brown who both learnt their back line ups on 3m just in time to compete in the event! Thank you to the chaperone team of Debs Heatly, Kath McCall and Karen Foster who coped brilliantly with the random middle of the night fire alarm and the slightly moody coach driver!

Congratulations to our finalists:

James Heatly	GOLD in Boys 10/11
Struan McCall	5 th in Boys 10/11
Finlay McCall	BRONZE in Boys 12/13
Sam Brown	GOLD in Girls 8/9
Erin MacInnes	SILVER in Girls 8/9
Amber Foster	4 th in Girls 8/9
Katie Talbot	BRONZE in Girls 10/11
Olivia Martin	BRONZE in Girls 12/13
Emily Martin	5 th in Girls 12/13
Sophie Stewart	6 th in Girls 12/13



White Rose Champions 2008!!!!

Southampton Invitational October 2008

Just a small team of 6 divers made the long 9 hour train journey to Southampton to compete in the 2008 Southampton Invitational. You would think a nice small team of 6 experienced divers would equal a nice stress free trip for chaperones/divers and coaches – Well as we found out these things never turn out quite as planned. Our divers were very patient having to stand up from Birmingham onwards having been kicked out of our reserved seat due to an exceptionally overcrowded train. Sonya kept everyone's spirits up though teaching us her entire brownie song repertoire. Once in Southampton our divers put in some excellent performances and showed some promising results at which was only the very beginning of the season for them. Jennifer Currie achieved a silver and two bronze medals in the girls group A competitions whilst Laura Smith dived well to earn two bronze medals in the B girls competitions. James Heatly was competing in his first age group event and made the final in his favourite event – the 3m springboard. Catherine Webber, Victoria Smart and Courtney Ross all put in some good performances in their events with a small mishap from Catherine in the girls A platform, but I'm sure you will have all heard that story by now or at least of had a go on the crutches! We finally made it home 5 hours later than planned – having been diverted through Glasgow after missing the last train, but everyone still happy after a very successful weekend and many medals brought home. Thank you to Lesley Smith and Debs Heatly who were great chaperones!

Irish Open Diving Championships, Dublin. 8 – 9 Nov 2008

Well, after a great deal of blood, sweat & tears, we made it. And what a great trip it was! Forty two divers from all sections of the club, three coaches, four chaperones and a president, kitted out in their brand new EDC shamrock tee shirts, all piled onto a plane bound for Dublin, complete with around twenty supporters! Amazingly the journey was straightforward, and all our under 8 year olds behaved beautifully, thanks to an unflappable Fiona Rourke, who was charged with their care. The crack up followed later in the trip, but we won't say too much about the "Stars in your Eyes" bathroom scene that finished her off!



Our chaperones were brilliant and worked very well together – Gillian Crandles, Morag Martin, Helen Talbot and Fiona Rourke - many thanks. Thanks also to Karen Foster and Kath McCall for their help on the journey and to all parents who pitched in throughout the five days. Poor Kath struggled on her crutches on the journey out, but had it sussed for the return flight – offload the kids on an unsuspecting Sonya and grab a wheelchair!

The coaches, Vicki, Sonya & Mary and our president, Davy, looked resplendent in the luminous light green tee-shirts they were given to wear while judging. Not a colour that suited our president, who tried every trick in the book to get out of wearing it!

Our Accommodation was excellent - we were even given a conference room for the duration of our stay, which we could use for meetings, breakfasts, or just letting the divers chill out with games provided by the hotel. Our hardworking president was again lording it in a wonderful corner suite with balcony. How does he manage it?

We had a great trip to the Guinness Factory and Sir Peter Heatly gave a lovely speech to the divers on our last night, so we all had a good time both in and out of the pool.



The standard of Edinburgh diving was very good, although we were not as successful as usual with our novice medal haul. The other results were excellent and for the first time at an away trip we were able to watch our masters in action. Unfortunately their men's platform event was still going on at 10.20pm with only Vicki & Mary still there, on a fourteen hour and twenty minute poolside coaching marathon!

Congratulations to the medallists below:

Novice Section

Struan McCall	Boys Group D	Bronze
Sam Lowe	Boys Group B	Bronze

Masters Section

Andrew Leiper	Mens 25+ 1m	Silver
	Mens 25+ 3m	Bronze
Sarah Bainbridge	Womens 25+ 1m	Silver
	Womens 25+ 3m	Silver
Jo Skinner	Womens 25+ 1m	Gold
	Womens 25+ 3m	Gold
Simon Jackson	Men's 25+ 3m	Gold
	Men's 25+ platform	Gold

Age Group / Senior Section

Charlotte Briggs	Girls Group C 1m	Bronze
Keir Stewart	Mens Senior 1m	Bronze
	Mens Senior 3m	Bronze
James Heatly	Boys Group D 1m	Bronze
	Boys Group C 3m	Bronze
Rebecca Graham	Girls Group C platform	Silver
Jennifer Currie	Girls Group A 1m	Silver
	Girls Group A 3m	Silver
Anna Sless	Girls Group C 1m	Gold
	Girls Group C 3m	Gold
	Girls Group C platform	Gold

Once again, thank you to everyone involved in making this trip such a success and to all the divers who behaved so well.



Kingfishers Challenge, Luton. 21 - 22 November 2008

Team: Laura Smith, Victoria Smart, Rebecca Graham, Holly Tinkler, Anna Sless, Charlotte Briggs, Courtney Ross, Emily Martin and James Heatly

Edinburgh took a small team to Luton, due to several other competitions taking place around the same time. The event itself had many less entries than in previous years, but was still a good meet to attend, especially for the pairs event, which always attracts the top GB divers. This year was no exception with three Olympians, Thomas Daley, Rebecca Gallantree and Blake Aldridge, all competing. The pairs competition has a minimum tariff limit and is made up of one senior and one junior diver, and must have one male & one female. Victoria Smart & James Heatly competed for Edinburgh and dived well in the preliminaries. Anna Sless teamed up with David Jenkins from City of Leeds, and made it through to the quarter finals where they took part in the dive off, being knocked out in the top eight. Divers only compete in two events in Luton. The top 6 divers went through to finals and received medals. Below is a summary of the finals results:

James Heatly	Silver in Group C platform 5 th in Group C 1m springboard
Charlotte Briggs	4 th in Group C platform 4 th in Group C 1m springboard
Anna Sless	5 th in Group B 1m
Courtney Ross	6 th in Group C platform

The divers all performed well over the weekend. Special mention must go to Emily Martin who was diving in her first age group event outside Edinburgh. Thanks to Debs Heatly for chaperoning the group on her own, to the coaches, Vicki and Mary and to Gary Ross who drove the team minibus.

Scottish National Championships and Thistle Trophy 5/6/7 December 2008

This was probably the biggest national event we have ever held here with over 200 divers competing in the event. Edinburgh divers once again won the Thistle trophy which we have only lost once to Leeds (back in 2005) since the competition began. Thanks to all parents and volunteers who helped out with the organisation of the event as we once again showed some of the English clubs just how well we run things up here!! Too many Edinburgh divers competed to mention in the newsletter but we saw some incredible diving in both the Novice and the National events! Detailed results can be found on the Edinburgh diving club website

GB and ASA Senior Nationals, Sheffield 5/6/7 February 2009

Grace Reid, the only Edinburgh diving club competitor competing in this event showed some fantastic performances in which were only her second ever senior nationals. Grace was competing against girls twice her age with lots of experience including Hayley Sage and Rebecca Gallantree, both of who competed in the 2008 Olympic Games. Grace showed a steady performance on the 1m springboard to finish in 10th position, however stepped up a notch in her favourite event the 3m springboard to qualify in 4th place for the final. Grace finished 6th in the final after completing a very consistent and high tariff list managing to beat an Olympian in both of her events – what an achievement. Well done Grace!!

Armada Cup, Plymouth 18-22nd February 2009

Edinburgh Diving club took a team of 14 divers down to Plymouth to compete in the Armada cup. This event is well known as one of the hardest age group events of the year and attracts elite divers from all clubs around the UK. Anna Sless, Jennifer Currie and Rebecca Graham all picked up medals in their event with Toby Harris, Holly Tinkler and James Heatly all making the final in at least one of their events. Katie Talbot and Struan McCall were both competing in their first ever age group competition and both gained lots of experience. We had an extra night down in Plymouth so the divers got to do a bit of sightseeing and saw the outdoor diving boards (which stand 15 metres above the sea!) and also took part in a Edinburgh diving Club bowling competition – competing for a signed Tom Daley Calendar! Well done to Toby who showed off his talent to win this!

Thanks to Debs Heatly and Helen Talbot for their excellent chaperoning skills and also to Gary Ross for driving the mini bus and helping out whilst we were down in Plymouth.

Finals results are shown below:

Toby Harris	4 th in Boys A platform	Rebecca Graham	BRONZE in Girls B platform
James Heatly	7 th in Boys C platform	Holly Tinkler	6 th in Girls B platform
Jennifer Currie	SILVER in Girls A 1m SILVER in Girls A 3m 5 th in Girls A platform		
Catherine Webber	6 th in Girls A 1m		
Anna Sless	BRONZE in Girls B 1m BRONZE in Girls B 3m SILVER in Girls B platform		



ShIPLEY Novices 14/15 March 2009

32 divers, 3 coaches, 1 team manager and 4 chaperones travelled to Shipley to compete in the Shipley Novices event 2009. The last time Edinburgh diving club won this event was back in 2005 and with strong teams from local club Leeds and a very confident Crystal Palace team we were aiming to finish in the top 3. For a lot of our younger J squad divers this was their first diving trip away from home and they all dived extremely well in what was a difficult and high standard event. Special mention must go to Cameron Forrest who just missed out on a medal in the boys 8/9 years and to Sophie Stewart and Cara Rourke who came 5th and 6th in the very difficult girl's group C event. There were a few delays to the competition and we finished a lot later than expected on Sunday night with our divers and coaches left wondering where we had placed in the final team placing. Two days later on Tuesday Mary received an e-mail to say WE HAD WON!! Leeds diving placed second and Crystal palace came third over 30 points behind us! Congratulations to ALL divers, you all did fantastic and a big well done to all our medallists listed below.....

Sam Brown	GOLD in Girls 8/9
Sam Lowe	SILVER in Boys 14-18
Sean Flynn	SILVER in Boys 8/9
Anna Flynn	GOLD in Girls 7 & under
Murray Campbell	SILVER in Boys 7 & under

GOOD LUCK....

To Edinburgh divers competing in the National skills finals on the 4th and 5th of April. The team travelling to Leeds to compete is



Cameron Forrest
Ben Campbell
Sam Brown
Amber Foster
Robin Robeson
Olivia Martin
Sammy Forbes
Sophie Stewart
Rosy Crandles
Amy Steele
Daisy Forbes
Rebecca Stevenson

Full results from all competitions are on the website www.edinburghdivingclub.org.uk

Fundraising and Development News

Never one to miss an opportunity (and a 10 hour train journey to Plymouth does it for me!), we felt that it was time for a newsletter to let everyone know of the developments affecting the Club with the pool closure, now scheduled for 28th June.

We are sure that many of the Club parents and members will be aware that Newbattle swimming pool has, at the moment, a favoured position in that there is a 1m and 3m springboard for us to use. There has, however, been a great deal of work done behind the scenes by Vicki in particular to try to get other facilities for the divers to meet the 'wet' training programme required by all the squads. So here it is.....

On the development side, a meeting was held on Thursday February 5th which was attended by representatives of Edinburgh Leisure, EDC, and the manager of Newbattle. For the first time we actually felt that big, big steps were being taken and we were starting to move forward. The meeting is to be one of many with everyone trying to get the issue of the relocation resolved and to prepare for the 2 years of pool closure time.

The meeting followed a visit to Newbattle and discussions focussed on utilisation of that venue. Subsequently, further visits were made to the swimming pools at Dreghorn (Edinburgh), Rosyth, Kirkcaldy (last time we will mention that pool!) and Glenrothes. So, here is a summary for each location with its good and bad points, just to keep you all up to date.

Newbattle



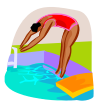
Already mentioned and has a favoured position. There are existing 1m and 3m springboards although they are tired and will need to be replaced by 2 of the 4 boards at RCP. Aside from the small problem of actual 'pool time', there is a more serious problem in that the railings and ladder up to the platform are rusty and poorly maintained. The cost of repairs is currently estimated at about £7,000 and where this is to come from is not decided. EDC is not in any position to meet these costs, nor indeed the additional costs of relocating hanging ceiling lights above the 3m board that have been identified as a requirement!

The pool is run by Midlothian Council which has little appetite to fund additional maintenance costs incurred as a result of a requirement of EDC. It is hoped that they may be more inclined to fund some of the improvements when they have examined the potential income that could be generated were they to start a dive programme for beginners on the lines of that run by Edinburgh Leisure at the RCP. It's currently a case of "let's wait and see", but the potential for mutual benefit is there. An additional benefit is that, beyond RCP closure time, a new diving club could be established here. This could potentially remain as a development club with the divers possibly moving to join our club when they get to that point when they feel there is no point of living beyond diving !!!!!



Dreghorn

Dreghorn Barracks is the home of the 1st Battalion, Royal Regiment of Scotland. The pool has a 1 m springboard already installed, albeit with some maintenance required. A recent visit here suggested the possibility of us using the under-used springboard - which is just waiting for us. The pool was clean and tidy and, as there is already a civilian swimming club using the facility (Dunedin), rules are already in place for us to utilise the base. However, there is an issue over pool availability - other swimming clubs have recently had their pool time withdrawn (temporarily they hope) as a result of staff shortages. Negotiations for us to take up some regular pool time need to be undertaken and this will start very soon. Note that here is also a 3m platform here but the pool's depth (3.4m) precludes our divers from utilising this.



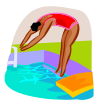
Rosyth

After WW2 and until the RCP opened, divers from an assortment of Edinburgh clubs met at this naval pool at HMS CALEDONIA at weekends - the pool far outshone any other at that time. It had 1m and 3m springboards and 5m platform with a water depth of 12ft 6ins. The boards have been removed but the water depth remains and the pool is extensively used by civilian swimming, water polo and synchronised swimming clubs. The Royal Navy have indicated that they would be content for a diving facility to be put in place although currently all available pool time is being utilised. The SASA Performance Director recently visited the venue and was of the opinion that there would be merit in installing a 1m board that could be utilised should pool time become available (or re-prioritised?). This remains a possible option for relocation of one of the boards from the RCP although the costs of relocation remain an issue.



Kirkcaldy

Around 40 years old, this pool was built with 1m and 3m springboards and a 5m platform. The boards are in a state of disrepair and are currently 'condemned'. Like we've said - let's not go there!



Glenrothes

This well established if a little tired pool was visited in mid February. Like Kirkcaldy, it has 1m and 3m springboards and a 5m platform. While the 1m and 3m boards would need some repair and maintenance (or replacement) for our divers to utilise them, the 5m platform presents opportunities for us to pursue. The pool manager was most cooperative and made several practical suggestions. Limited options could be available on an evening midweek but anyone who has tried to head north over the Forth Road Bridge at rush hour will know that this can be challenging. It also presents possibilities for utilisation at weekends although both scheduling and finance will be issues. Also about 40 years old, Glenrothes provides the nearest 5m platform to Edinburgh and, with the co-located sports centre providing dry land facilities, has potential to be included in a training programme - it is quite frankly a pretty good facility. Construction is due to start soon on a new pool adjacent to the existing one. This will have no diving boards but closure of the existing pool is unlikely for the next two years at least. With a little bit of organising, parents car-pooling, this pool presents a good option for periodic (as opposed to regular) use.



Meadowbank

This is now the most likely venue for the 'dry' land training location. It is hoped that one of the RCP boards will be relocated here, with plenty of heavy crash mats and potentially a harness so the divers will be able to train for summersaults and twists. The opportunity of two trampolines is also a possibility. Vicki and Mary are currently looking into training/coaching programmes to allow them to take this option forward.

So, with all the options being laid out, and with further confirmations of pool times being agreed, Vicki will shortly be putting together a weekly schedule that will hopefully meet the different squads requirements to fulfil their training targets. Once things are a little bit more settled, this will be available for us all to see and further travel details and expenses can be addressed.

In the meantime, the fundraising committee will continue to work on various events in the spring/summer terms. We are currently working on the 'big splash' which is aimed at our divers having fun, but also targets primary school-age pupils in the hope that some may join the Beginners 1, 2 and Diver 1 programmes. The event will be at the start of May, confirmed date will follow soon. This open day will allow for some more fundraising for the Club as the divers can do a 'buddy dive' (with a non-diving friend), the 'siblings splash' and the inevitable 'black and blue'. We will let you know when details are finalised.



Saturday 27th June is the final weekend of diving in the RCP so we will be organising a Ceilidh for a date around then. If anyone has any suggestions for venue or ideas to make the evening that little bit more enjoyable, please come forward and let us know.



Congratulations to Mark Foster who was the winner of our £500 February Lotto

The uptake of ticket sales is still unfortunately very slow, could you please let us know what could be done to encourage more people to sell tickets. Is it people don't want to sell tickets, don't have tickets to sell, don't understand how the lotto works or any other reason? If we are going to make this a good income stream we need to know the reasons for the slow uptake.



Edinburgh Diving Club is in need of a commercial sponsor in order to qualify for SPORTS MATCH funding. If anybody knows a sponsor who may be interested in helping the relocation of our club please contact any member of the diving committee or a coach.

Thank; for your on-going support

With the pool set to close on the 28th June for a 2 year refurbishment we would like to find out a better idea of what **you** would like to happen during the two year period. Please help us out by returning the cut off slip below and return to your coach



Diver's name..... **Is / is not** (please circle) planning on continuing diving coached sessions after the closure of the Royal commonwealth pool.

Parent's name

Parent's e-mail address

I am able to travel to the following locations for coached diving sessions (please tick)

Preferred times

- **Newbattle - Newtongrange, Midlothian**
- **Dreghorn - Redford Road, Edinburgh**
- **Westerhailes – Murrayburn drive, Edinburgh**
- **Meadowbank Stadium (Dryland only)**
