

EDINBURGH DIVING NEWSLETTER



March 2010

News & information for parents.

This is the last week of training before the Easter holidays, when we have two weeks off. We hope you all have a good break and are booked in for next term.

May we take this opportunity to apologise to anyone who turned up at Meadowbank on Sunday 28th March. There were two events taking place and our halls were not available. Unfortunately we were not informed of this until we arrived on the Sunday morning. We tried to phone as many people as possible but did not

have everyone's number. Thank you to those of you who helped to contact divers.

Newbattle staff have asked that all divers please put their bags and belongings in the lockers provided. There is no room left in the changing rooms for other swimmers to use the benches. I hope you will all adhere to this request

Thank you also to the parents who travelled to Dundee to support our divers in the Scottish Levels Competition.

Remember to check the website regularly for information: edinburghdivingclub.org.uk

Club Kit

The new club kit has been chosen and the order forms are now available from The website, Newbattle or the coaches

The kit is being subsidised by the club, thanks to all the hard work of the fund raising committee. There is £97 worth of merchandise for a total of £30 – a great bargain. We would appreciate if club members take this opportunity to purchase the kit as it will be essential wear at competitions & when travelling.

Completed order forms to be returned by 23 April



Bag Packing Weekend

10 April – Asda at Jewel

11 April – Sainsburys at Straiton

(Divers must be 12 years & over on Saturday)

Please return the bag packing form to Newbattle or your coach asap. Copies can be found in the letters section of the website. Profits will help subsidise the new club kit

Please support EDC

New Dives

This section will be updated monthly. Congratulations to the following divers who learned new dives last month:

Grace Reid	Reverse 1½ s/s 2 ½ twists from 3m)	tariff	2.9
Sam Lowe	Forward triple s/s with tuck from 1m		2.9
Anna Sless	Forward triple s/s with tuck from 1m		2.9
Courtney Ross	Inward 2 ½ s/s with tuck from 3m		2.7
James Heatly	Back 1½ s/s 1 ½ twists from 3m		2.4
Emily Martin	Reverse 1½ s/s with tuck from 3m		2.0
Ollie Martin	Back 1½ s/s with tuck from 1m		2.0
Dale Rodger	Reverse dive with tuck & forward 1½ s/s		1.6, 1.6
Archie Beetham	Reverse dive with tuck from 1m		1.6
Aaron Daly	Back dive with tuck from 1m		1.5

Edinburgh Diving Club News (and gossip)



Membership renewal This is the final reminder for Membership Forms. A diver is not allowed to compete in any competitions in 2010 unless they are a member of a club and all fees have been paid

EDC Medical forms We are still awaiting a couple forms. Divers must have a completed medical form for 2010

Scottish Swimming Medical Forms These will soon be sent to all divers and must be completed to allow you to enter National events. Please send *directly to Scottish Swimming* – do not return to your coaches or the club secretary.

ASA Skills Finals Edinburgh has decided not to take a team to this competition this year. The feeling of the coaches was that it was a long way to a very small pool, where Scottish divers have to compete as guests

Competition Letters If your child has not received a letter from the coaches regarding a forthcoming competition for any reason, copies of these letters are on the website under the *Information / Letters* section. Please check this information section at the start of every week, so that all deadlines can be met. Thank you

Race Night Thank you to everyone on the fundraising committee who helped to make the Race Night on Saturday 27th March a great success. Thanks also to everyone who came along to support the event. We hope you all enjoyed yourselves. £222 was raised for club funds, which will help to subsidise the new club kit.

Fund Raising There are plans for a sponsored fun run in June round the track at Meadowbank to raise money for club funds. Again we would love to see as many divers as possible taking part. More details to follow. Please remember to look on the website for more fund raising events throughout the year.

Training for G Star Sessions will be held on Monday 5th, Wednesday 7th, Friday 9th, Monday 12th and Wednesday 14th from 10 – 12noon, for those divers in the Scottish National Squad or competing in G Star Championships only.

New club member We are pleased to welcome **Flora Mealyou** to the club. Flora will be training with Novice Squad on a Monday at Newbattle and on a Friday at Meadowbank.

Judging Well done Rebecca Graham and Anna Sless who judged at the levels competition in Dundee. They both did extremely well and it is good to have more judges in the club.

Platform Training Congratulations to Emily Martin, who was in excellent form on 5m on Saturday. Also very well done to the following divers who had to overcome several obstacles to get their list back up on platform in Dundee: **Rebecca Graham** who is allowed to dive on 5m again after 6 months off and redid her list with no problems. **Katie Talbot** who got all her dives back up on 5m. **Charlotte Briggs** who re-learnt her forward 2 ½ s/s tucked and **Amber Foster** who did her inward 1½ s/s tucked for the first time since the RCP closed

Grant Dickson for passing his driving test. Well done!

Rebecca Stevenson Well done for qualifying for the British National Trampoline Championships in Birmingham in July

Jenny Sless has been accepted unconditionally to Aberdeen University to study art & fashion. Congratulations, Jenny

Tom Chambers After a brief holiday in Edinburgh, Tom is back out in China working in aquashows as a stunt diver. It was good to see him again.

Grant Forrest one of Edinburgh's masters divers who is competing in the GBDF Spring Masters Championships. We wish him good luck from the club. If any diver over the age of 16 is interested in Masters diving, please contact Vicki, Mary or Sarah who will be able to give you information

Forthcoming Events

DATE	COMPETITION	LOCATION	LEVEL	INFORMATION
16-18 April	G Star	Leeds	Age Group	Letter on website. Travelling by mini bus on the Thursday
17-18 April	GBDF Spring Masters	Manchester	Masters	-
23 April	FINA World Series	Sheffield	Senior	Very exciting competition to watch. Well worth the trip. Thomas Daley & top world divers competing
12-16 May	Amsterdam Diving Cup & Dutch Open	Amsterdam	National Elite Squad	-
29-30 May	Hydro Novices	Harrogate	Novice	Note change of date from 1 st draft calendar. See below for conditions
31 May - 4 Jun	GB Elite Junior Championships	Leeds	National Elite Squad	Non chaperoned trip. Details to follow
19 June	SASA Levels League	tbc	Novice, Intermediate	To follow

Hydro Novices Conditions

Category	Board Height	Event Conditions	
Age Groups E, D & C	Section 1. Poolside	Fwd dive straight (101A)	1.0
		Armswing back jump tucked (200C)	1.0
		Forward dive tucked (101C)	1.0
		Armswing reverse pike sit (32B)	1.0
	Section 2. 1m	Hurdle step fwd straight jump (100A)	1.0
		Armswing back jump straight (200A)	1.0
		1 dive from list A 1 dive from list B	dd to count dd to count
	Section 3. 3m	Pike fall hands grabbed (10B)	1.0
		Sitting forward tuck roll (11C)	1.2
Standing back fall straight (20A)		1.4	
Crouched back tuck roll (21C)		1.3	

List A 101c, 101b, 103c, 103b, 401c, 401b

List B 201c, 201b, 301c, 301b

Category	Board Height	Event Conditions	
Age Group B+	Section 1. 1m	3 skills from list C 3 skills from list D (at least 2 groups must be covered from each list)	dd to count dd to count
	Section 2. 3m	4 skills from list E (at least 2 groups must be covered) 1 fwd line up from section 3 above. 1 back line up from section 3 above.	dd to count dd to count dd to count

List C (1m) 101c, 101b, 103c, 103b, 401c, 401b, 402c, 403c – repeats permitted (1.0) *

List D (1m) 201c, 201b, 301c, 301b, 5221d, 5122d, 202c, 203c – repeats permitted (1.0) *

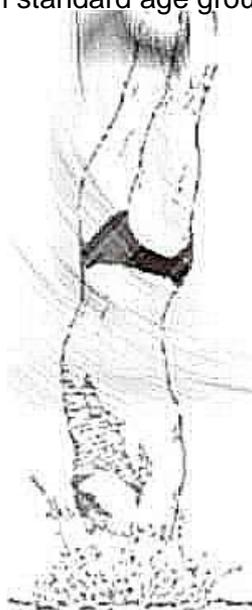
List E (3m))101c, 101b, 103c, 103b, 401c, 401b, 403c 201c, 201b, 301c, 301b repeats permitted (1.0)

Competition Teams

G Star Championships, Leeds.

The team of 10 divers selected for this high standard age group event is as follows:

Group B	Charlotte Briggs Daisy Forbes Rebecca Graham Emily Martin Grace Reid Anna Sless	Coaches	Vicki Tomlinson Mary Sless
Group C	James Heatly Courtney Ross Katie Talbot	Chaperones	Karen Foster Sue Forbes
Group D	Amber Foster	Chauffeur!	Gary Ross



Good luck to all the divers

Reports and Results

Full results of all competitions are on our website: www.edinburghdivingclub.org.uk/results.



FINA Diving Grand Prix, Moscow. 3 – 6 March 2010

Grace Reid was chosen to attend a GB senior training camp in Russia. She was one of only four junior divers selected, which was an excellent achievement. However Grace surpassed this by being selected as one of only two divers to compete in the 3m springboard event at the FINA Diving Grand Prix in Moscow. She dived very well, making it to the semi-finals, which is a wonderful result in her first senior international.



East District m Championships, Newbattle. 8 March 2010

There was an entry of 25 divers for the second of the East District events, with 19 divers competing in the women's event, 18 in the junior girls, 4 in the senior men and 6 in the junior boys. There were some very good performances and it was encouraging to see the younger divers improving their competition scores. Very well done to Courtney on winning her first East District titles.

Senior Men

1	222.05	James Heatly
2	159.95	Sam Lowe
3	153.05	Ben Campbell

Junior

1	156.20	James Heatly
2	98.15	Cameron Forrest
3	97.95	Finlay McCall

Senior Women

1	221.85	Courtney Ross
2	198.65	Catherine Webber
3	197.15	Katie Talbot

Junior

1	146.70	Courtney Ross
2	138.45	Charlotte Briggs
3	130.60	Katie Talbot



Shipley Novices, Bradford. 13 – 15 March 2010
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12 clubs competed in this year's novice event and Edinburgh took a team of 25 divers down to Bradford in an attempt to retain the trophy we won last year. This year we travelled by train, with Davy sorting our seating arrangements, then quietly disappearing to first class, leaving our bemused chaperones and coaches to slum it in peasant class! We shared our hotel with Sonya and her team from Dublin, which was good fun, if somewhat noisy. As expected, Donald took charge of the rather natty zebra print shopping trolley (not cow print as incorrectly stated in the February newsletter), looking very much the part with fully coordinating black & white jacket! The sight of this vision sent Cath to her bed for a day, but apart from that and Mary's intense dislike of the night porter, everything went well. Jogging along the canal in the morning will now be introduced as our new warm up during trips. If you have a problem with this, divers, you know who to blame!

Thank you to our four chaperones, Davy Donald, Gill & Cath for looking after everyone so well and thanks also to the parents who came down for the weekend to support the team.

The team dived exceptionally well, winning 3 gold, 3 silver & 2 bronze medals. Special mention must go to Erin MacInnes who won the Girls 10/11 event with an excellent score, beating 41 divers on the way to smashing the record. Most importantly.....

EDINBURGH DIVING CLUB WON THE SHIPLEY TROPHY AGAIN, FOR THE THIRD TIME !!!

The medallists are as follows:

Ramsay McCall	Gold	Boys 8/9
Erin MacInnes	Gold	Girls 10/11
Fraser Allardice	Gold	Boys 14/16
Aaron Daly	Silver	Boys 8/9
Struan McCall	Silver	Boys 12/13
Rebecca Stevenson	Silver	Girls 14/16
Finlay McCall	Bronze	Boys 14/16
Amy Steele	Bronze	Girls 14/16



SASA Levels Competition, Dundee. 27 March 2010

Well done to all the divers who took part in the levels competition. There was some very good diving in the Novice section with Edinburgh divers winning 5 gold medals. Special mention to Aaron Daly, who won the boys novice 2 with a very good score. Congratulations also to Harris Hamilton who won the Age Group 1m event and Ollie Martin who won the Age Group 3 m event.

Thank you very much to Kay Greally for chaperoning the trip. We don't tend to use our tracheotomy skills often, so please don't let this or other medical emergency procedures put you off chaperoning again!

Edinburgh Leisure News and Updates



Diving continues until 4th April, so there will be training on Friday and Sunday at Meadowbank.

Rebooking is now taking place for SPRING TERM 2 which is the final term before the summer break. Term dates are **19th April – 4th July**, however there will be **no dry land training on Friday 7th May**

due to the general elections taking place, and Meadowbank being used for voting. Can I ask that all divers make sure they have booked in to the relevant class before attending after Easter as we need to have an accurate uptake figure to show the Edinburgh Leisure management to avoid classes being cancelled.

We also have some Good News! – From June onwards you will be able to rebook for diving at Newbattle Pool. Hopefully this will make rebooking slightly easier for you all. More information about how to do this will be available once Newbattle have set this up for us.

Recreational squad on a Friday evening is still available for any diver wishing to participate in any extra training. Priority places will go to those divers diving once a week – and then places are available on a first come, first served basis. To book a place, just call up Portobello Swim centre on the usual number and ask for the water only session.

I've had a few requests from Newbattle staff to pass on to the divers, so if you could all take note that would be very much appreciated.

- **No bags to be left on poolside, please put them in a locker and not in the cubicles**
- **Please pick your litter up after you and put it in the bin (plastic water bottles, workout sheets etc)**
- **Please put the warm up mats away neatly after use and don't leave them lying on the poolside**
- **Please be aware and considerate of customers in the pool if you go for a swim before your class. (We have had some complaints about divers jumping in off the poolside in front of swimmers.)**

Finally, it is now time for me to start planning our programme for next year. This year has flown by and we are now almost half way through our relocation programme with just over a year until the big RCP reopening. Its very encouraging for me to see we are producing better results than ever before, even with our limited facilities. Winning medals at GB National Cup, Armada Cup and the novice divers retaining the Shipley Novices Trophy shows me and all the top people in Edinburgh Leisure that all the relocation work was worthwhile. I still have plenty of new ideas for the Autumn term and whilst the main structure will be the same, I plan to make a few adjustments to the training programme that I hope will be exciting and very beneficial to the divers – more information to follow next term!!!!

Victoria Tomlinson

Dive Coach
Edinburgh Leisure

Dive Numbers

To help parents who have no idea about dive numbers or how the system works, here is a very brief explanation

First number 1 = Forward
 2 = Back
 3 = Reverse
 4 = Inward
 5 = Twist

Middle number = ignore until twists come into play

Last number = number of half somersaults

Letters A = straight
 B = pike
 C = tuck

Examples 301a = reverse dive straight
 203c = back $1\frac{1}{2}$ somersault with tuck
 405b = inward $2\frac{1}{2}$ somersault piked
 104c = forward double somersault with tuck



Twists are slightly different:

1st number = 5 (to indicate a twist)
2nd number = direction ie. forward, back etc
3rd number = number of half somersaults
4th number = number of half twists

Letters = same as above plus d can be used meaning " in the free position" ie more than one shape within the dive

Examples 5335d = reverse $1\frac{1}{2}$ somersault, $2\frac{1}{2}$ twist, free position
 5241d = back double somersault, $\frac{1}{2}$ twist, free position
 5152b = forward $2\frac{1}{2}$ somersault, 1 twist, piked

Armstands are group 6 and follow the same rules as twist, but start with 6, rather than 5

Example 6241d - armstand back double somersault, half twist in the free position

Hope this helps!

The Armchair Coach is back ... poignant, poetic and pontificating.

Sadly, my busy schedule has meant this is my first column of the year. More sadly I must begin on a poignant note as I am lamenting the loss of two great elements of the diving world. The first is the death of EDC's founder member and Honorary President, Bill Law. He kept Scottish diving on the map for many years. He kept the club on the right track, ensured procedures were followed, started meetings on time, voiced concern as appropriate, supported events and always gave praise where praise was due. The club has lost a wise and utterly committed Honorary President.



The second loss is easier to come to terms with: the demolition of the platform structure at the RCP. I was privileged enough to witness the event. Where divers usually flicked each other with shammy's while queuing for the 1m board stood a tracked hydraulic mobile crane. With a flick of its outstretched neck it clamped its metal jaws around the board. With a shake of its head it snapped the 10m platform from its column. The jaws opened and the great slab fell 10m onto the surface of the rubble filled dive pool where it lay intact. The mechanical neck and jaws descended, picked it up, shook it and dropped it as if to make sure it could never be used again. The platform remained unbroken - like the spirit of diving in Edinburgh. I paused...and remembered my own days as a top diver up there... the fear...the exhilaration...the wobble. Memories flooded back...but I was filled with hope too...like the water that will soon fill our new diving pit.



Now, on a more trivial note...

I have discovered some people are not familiar with Escher. How shocking. That's even worse than not being able to spell shammy.

Dear Armchair Coach

I've just seen the striking designs for the new EDC kit and I wondered if it might be possible to have some items specifically for Masters. Cardies? Tanktops? Bed socks? Hot water bottle covers? The masters divers have a comp coming up in April. It would be great to have the new kit by then. Oh, and does the rucksack have a waist strap?



Dear Masters Diver

I will certainly forward your suggestions to the committee. I'm guessing you would also prefer a ski pant style tracksuit bottom. So much easier to cycle to training in.

Dear Armchair Coach

I'm very excited by the new kit. But why does the hoodie have CB and not EDC on it?

Dear Young Diver

Here's a clue. Mine would have AC on it, Vicki's would have VT, Anna Sless and the puppy Alfie could share theirs, Esmerelda Dorabella Chumley could have EDC on hers and these two lucky children IJGVB and CRVVB would never need to worry about confusion over their tops. Need I go further?



And finally...

Despite my heavy schedule I was delighted to make it to the SASA Awards Dinner in Carnoustie to join the prestigious diving table and see Gillian Jones presented with her well deserved trophy. We quickly forget all the hard work that went on behind the scenes to secure and set up Newbattle.



Now, I can't remember if Barry had borrowed Graham's shoes or Mary had borrowed Anna's shoes, or whether Barry had borrowed Mary's shoes...but I do remember by the end of the evening several people were demonstrating hurdle steps barefoot in the moonlit streets. Conversation flitted from topic to topic, memories were relived and grand plans were made. Kay reminisced about the learning of her first 10m list, Vicki made plans for her new flat, Barry sounded out ideas for Silver Wedding Anniversaries, Sarah talked of the finer points of front crawl kick and President Bennet did much checking of his 'sheet': holiday ... rest ... early ... spare. The evening finished with a Morecambe and Wise Bed Sketch...Yes, I'm still puzzling over that one too.

The Armchair Coach is happy to receive diving related correspondence or indeed any type of correspondence at all. Edinburgh Leisure, Edinburgh Diving Club and Newbattle Pool would like to remind you they take no responsibility for any embarrassment, injury or lifelong misconceptions arising from these pages.

Congratulations to

- Grace Reid for making semi finals at the FINA Grand Prix in Moscow
- James Heatly for winning East District 3m Junior & Senior titles
- Courtney Ross for winning East District 3m Junior & Senior titles
- Erin MacInnes for her gold medal in Girls 10/11 at Shipley Novices
- Ramsay McCall for his gold medal in Boys 8/9 at Shipley Novices
- Fraser Allardice for his gold medal in Boys 14/16 at Shipley Novices
 - Harris Hamilton for winning the 1m age group levels event
 - Olivia Martin for winning the 3m age group levels event