

EDINBURGH DIVING NEWSLETTER



May 2006

News & information for parents.

Welcome to the May edition of the newsletter. Already it is proving to be a busy term with new squads starting and divers participating in several competitions and away trips. Just to remind everyone that there are **no classes on Saturday 13 May** due to a Triathlon event at the pool.

It has been brought to my attention by the senior receptionist at RCP that several squad divers have not paid their coaches fees for this term. Please can I ask you to pay these as soon as possible.

For divers who are not in the Edinburgh Diving Club, the Development competition on Saturday 10 June at 12 noon. This event is open to Diver 1 & beginner 2's and we look forward to seeing as many of you as

possible. There is a change of venue for the June round of the National Skills Levels 1-2 competition. It is now to be held at RCP, which means that more Edinburgh divers, especially Diver 1's will be eligible to compete. Your coach will give you more information.

This term sees the introduction of the new Scottish Swimming Awards for Diving. Certificates and possibly badges will be awarded at the end of term to those who successfully pass the new grades. We hope the divers will benefit from this new format.

The next competition is the National Skills Levels 3-10 to be held at the pool on Saturday 17th May – time still to be confirmed by National Coach. We hope you will come along and support the Edinburgh team.

Diving Teachers courses

ASA Level 1 Diving Teachers Course

RCP 6 – 9 June

ASA Level 2 Diving Teachers Course

RCP 27 June - 3 July.

Anyone interested, please contact either Mary Sless or Shannon Roy at Scottish Swimming



EDC Merchandise

Club Tracksuits

£22.50 - children's sizes
£27.50 - adult sizes

Club polo-shirts

New polo shirts in turquoise or navy with club logo on the front & Edinburgh on back. Not yet available. We need a substantial number before we can order these.

Club Rucksacks

Now on sale. Price approx £20

**Please complete the order form
and return to your coach**

(Cheques payable to Edinburgh Diving Club)

Edinburgh Diving Club News

New Members We are delighted to welcome the following members to the club:

N squad - Grant Dickson. Also, welcome back to Louise Fleming & Mandie Arthur who have re-joined the club after a couple of years break. It is great to see them back.

J1 Squad - Adam Urquhart, Amelia Sommer, Katharine Marriott, Nicole Cannon and Robin Robeson have all joined since Easter

J2 Squad - Erin MacInnes and Sam Marchbank

T Squad There is one more addition to the newly formed T squad. Paula Wilson will now be training in this squad

National Skills Levels Competition – 1 & 2. Well done to all the divers who competed in Dundee and thank you to the parents who drove to the competition. We appreciate how late the event is and will continue to try to change the starting time for the event in the future. The next event will be levels 3 -10 on Saturday 20th May.

SASA Registration Forms Have you all paid your 2006 membership? If you have not and are an existing member, please contact Julia McMillan, the club secretary. All new members will be receiving a welcome pack shortly for completion. You will be unable to compete unless these forms have been returned.

Grades New SASA grades are to be introduced this term. Copies of the skills will be posted on the notice board soon and your coaches will be covering the skills over the rest of the term. Badges & certificates will be available at the end of term.



Forthcoming Events

Triathlon	Please remember, the pool will be closed for diving lessons on Saturday 13 May
Scottish Diving Levels Competition, Levels 3-10	Saturday 20 th May .RCP. Training from 12noon. Further details to follow on notice board
GB Elite Nationals	29 May – 2 June 2006. Sheffield Grace Reid will be competing in the 1m, 3m & platform events Gregor McMillan will be competing in the platform event We wish them both good luck
Development Competition	Saturday 10 th June. RCP. Open to divers in Beginner 2 and Diver 1 lessons and new squad divers who have never competed in National levels events.
East District Championships	3 metre competition. Friday 16 June, 5pm RCP Senior: 6 dives from 4 groups Junior: 4 dives from 2 groups
Scottish Diving Levels Competition, Levels 1-2	Saturday 17 June. RCP. *CHANGE OF VENUE*. Training from 12noon. Non SASA affiliated divers may now compete in this event
GB Novice & Intermediate Championships	14 - 17th July, Leeds (now re-named GB National Skills & Age Groups) Edinburgh is hoping to take a large team to this event. Details to follow

Reports and Results



Edinburgh Primary Schools Gala . Wednesday 29 March, 2006, RCP


70 Primary school children – 44 girls & 26 boys, competed in the diving event at the schools gala. Due to the surprisingly large entry, the boys & girls competitions were run simultaneously. This proved very successful and speeded up the event. It was excellent to see so many new divers compete for the first time. Well done to everyone who took part and a special congratulations to the medal winners below. The full results are at the back of the newsletter.

Girls	Gold	Anna Sless	Davidson's Mains	140.35
	Silver	Rebecca Stevenson	Sciennes	123.20
	Bronze	Michelle Weir	Sciennes	109.80
Boys	Gold	Andreas Christodoulidis	St. Mary's	123.30
	Silver	Fraser Allardice	Bruntsfield	120.90
	Bronze	Chris MacKenzie	Balgreen	109.20



GBDF Spring Masters Championships. 1-2 April 2006, RCP

Please see the article by the Armchair further on in the newsletter



Scottish Diving Levels Competition - (Levels 1 & 2). 29 April 2006, Dundee

Edinburgh sent a team of 15 divers to the Level 1 & 2 event. Unfortunately, the results are not yet available, but will be published in the next letter and put on the website as soon as possible



Northern Cross Diving Championships. 28 – 30 May 2006, Leeds

13 Edinburgh divers competed in this Age Group competition. There were some very good results from the team, and the new Age Group divers performed very well.

Thank you to the chaperones, Julie & Fiona, who did an excellent job throughout the four days and looked after us all very well.

Unfortunately Vicki Tomlinson was admitted to hospital on the first day of the event, and spent a boring time on her own in Leeds. At least she had the live results of the events from Malcolm's programme to keep her occupied. We are glad to say that she is now out of hospital and back coaching with us.

Results

Name	AG	1m	Final	3metre Final	Plat	Final
Toby Harris	B	8 th		6 th 6 th	6 th	6 th
Jennifer Currie	B	9 th		13 th	7 th	
Jenny Sless	B	8 th		9 th	5 th	4 th
Hannah Watson	B	14 th			-	
Catherine Webber	B	14 th		7 th	6 th	6 th
Gregor McMillan	C	7 th		5 th 5 th	6 th	6 th
Calum Rourke	C	14 th		14 th	13 th	
Hannah Burns	C	9 th		12 th	10 th	
Ellen Hood	C	7 th		8 th	8 th	
Caragh Jenkins	C	10 th		11 th	11 th	
Laura Smith	C	6 th	6 th	3 rd	6 th	7 th
Grace Reid	D	4 th	4 th	4 th	2 nd	4 th
Anna Sless	D	9 th		6 th	6 th	7 th

Team Manager/ Judge

Davy Bennet

Coaches

Mary Sless

Jenny Leeming,

Vicki Tomlinson

Chaperones

Julie Burns

Fiona Rourke



East District 1metre Championships. 5th May 2006, RCP

Well done to all the divers who competed in this event. Full results and scores are at the back of the newsletter. The medallists are as follows:

Men

1. Gregor McMillan
2. Toby Harris
3. Euan Hunter

Junior Men

1. Gregor McMillan
2. Toby Harris
3. Euan Hunter

Women

1. Grace Reid
2. Jennifer Currie
3. Jenny Sless

Junior Women

1. Grace Reid
2. Hannah Burns
3. Jennifer Currie



The Armchair Coach is back from Melbourne...and just in time for GBDF Spring Masters.

It is indeed an exciting life travelling from one top diving competition to another and as usual the GBDF Spring Masters was one of the many highlights in my diving year. Edinburgh was well represented, although, there were the usual far fetched excuses from certain quarters. Simon, clearly reluctant to do his back 2 ½, claimed to be writing a novel set in Egypt and flew off to go and do some 'research', Orla managed to schedule some last minute knee surgery for the day before and Michael decided to pop back home to the other side of the world... booking his flight back for the day after the competition.



Sarah, isn't that keen on competing but explains that it's the only way she'll ever do her 'scary' dives and demonstrated what she meant by not training her scariest to minutes before the competition. Morag, who is gradually coming to terms with having spent 20 years in the wrong sport, moved up out of Novices and into the main competition. Mairi effortlessly got all her dives on all 3 boards for Novices. Sonya finally decided that her ears and knees would probably just hold out and Angela found herself caught up in the training frenzy and put in a last minute entry. New faces in the Edinburgh team were Tom from the Gift Shop and Jerome Ooo la la from the Adult Class. It was welcome back to Malaena from the West and Trampolining Scott Keep-Your-Arms-Down from Aberdeen.

Morag added a splash of colour to poolside in her pink, yellow and green costume, the most subtle of the 3 Ugliers in the new Swimshop catalogue. "Are they watermelons?" someone enquired. Sarah was an object of some curiosity in her lycra shorts. "New fashions for the older lady diver," she muttered and shimmy shammyed off down the board. Mairi relaxed in the spectators' gallery leafing through her trampolining catalogues working out what size would be best suited to obsessive adult divers and her parents' garden. Would a maximum weight of 25 stone be enough...and did Rotweiler puppies like to bounce?



The diving was impressive. The competitions took place amidst much cheering and a fair bit of strapping. Along with lots of top dives, it was also a wonderful opportunity to see some of the lesser performed dives. There was a back dive straight and a running forward dive half twist from 7.5...and that was just the 60+ class. The Edinburgh team did marvellously. They didn't come down in their armstands, they got to the end of the board, they kept their chins up...and their arms down on their feet first entries...almost.

"That won't have hurt much...you could hear the air come out."

"Can Sarah actually do a reverse 1 ½?"

"Arms down...arms down...arms down...oops."

"Hmm...I fear it's all downhill from here..."

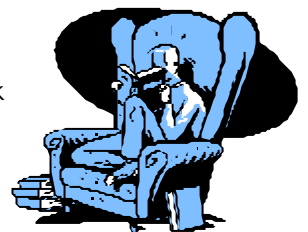
"Did Angela mean to put down a back dive with tuck?"

"Sonya's competition has just been announced...is she out of bed yet?"

"Ooo la la...Did you see the height of that?"

"I will not come down in my handstand...I will not come down in my handstand...DRAT...Next time I will *not* do a handspring...I will *not* do a handspring..."

It was an exciting and entertaining weekend and very slickly managed by GBDF...so slick in fact it was over by the time some of the EDC supporters arrived on the Sunday. Thank you those of you who came and cheered the Masters on... and thanks to those of you who really did try!



The Armchair Coach and Edinburgh Diving Club would like to wish Lesley Grist in Bradford a speedy return to health...and, all in good time, to the recording table!

Battling against jet lag but in response to popular demand, the armchair coach endeavours to put more young minds at rest.

Dear Armchair Coach

I saw the Masters in really bright costumes at training the other day. They looked GREAT! Can other squads wear them or will I have to wait until I'm old enough to join 'S' Squad?



The Armchair Coach replies

Dear Young Diver

Of course you can wear the bright costume. They can be ordered from the Swimshop. Look on the 'Uglies' page (which most people just skip over with a snigger). However, I feel I have to warn you that I'm not sure the Masters were wearing them as a sign of good taste. Anyway, I can reliably inform you they are extremely robust and never lose their shape...the costumes, not the Masters...and they are fantastically good value at £13.20 for the smaller sizes. Sadly there don't appear to be matching trunks...but if enough of us wrote in I'm sure we could change that.

Dear Armchair Coach

I would like to ask a question about platform diving. Is it only forward dives that can have running take offs?

The Armchair Coach replies

Dear Inquisitive Diver

Well, in the early days of diving, running reverses were regularly seen (ask Bill, Mary or Malcolm) but these are not used in mainstream competition now. Occasionally you'll see someone do a 'Twinkler' for fun. That's a running reverse somersault usually done from the 10m platform in which the diver continues to make a running motion with their legs throughout the dive for comic effect. As a rather serious former top diver it was never my speciality but Niki and Tom used to do it marvellously. Unfortunately, you'll now have to go to Rome to see them do it.

As for running back take offs, it wasn't that long ago that I was in discussion with another of the world's top coaches and he expressed the view that a round off leading into a back movement would probably eventually be accepted by FINA. Can you imagine a round off back 4 ½ or possibly a 5 ½?? However, as for a running inward...think about it!

...actually, as I do think about it, I now remember an entertaining sight one C Squad training session which I dropped into, while en route to an important committee meeting, when Jennifer Currie performed what is the nearest to a running inward 1 ½ I've ever seen...although there wasn't much 1 ½ ...just lots of inward running.

The editors of the newsletter continue to stress that the armchair coach's views and taste are not necessarily those of Edinburgh Diving and that they will not be held liable for or answerable to anything printed on these pages.



CONGRATULATIONS

To Grace Reid for her silver medal at Northern Cross

To all finalists at Northern Cross

To Anna Sless for winning the Girls Edinburgh Primary Schools Diving Competition

To Andreas Christodoulidis for winning the Boys Edinburgh Schools Diving Competition