

EDINBURGH DIVING NEWSLETTER



November / December 2005

News & information for parents

Welcome to the November edition of the newsletter. Re-booking week for the spring diving term will take place on the week commencing 12th December. Next term will be 12 weeks, instead of the eight weeks this term. J squad will be changing their training times to 2 hours per session for the older divers and 1½ hours for the younger ones. Jenny will talk to all parents on Thursday 8th December to explain. The Development competition is being held on 3 December and is open to divers from Beg 2 & Diver 1 who have the necessary skills to compete. We have

already had a good response, and hope that even more divers will come along and have a go.

Thank you to all parents who helped on the journey to Ayr last weekend and many apologies for the delay in getting home. Not surprisingly, we are looking into coach hire for 2006. If anyone has any contacts or knows of a reliable company, please let us know.

Thank you to everyone who attended the EDC Dance & Prize Giving. We hope you all enjoyed the event. Finally, I would like to wish everyone a very good Christmas and New Year and look forward to seeing you all again in the week commencing 9th January

The Thistle Trophy

Scotland's National Novice
Championships

Display Practices

Friday 2 December 4 – 4.30pm

Friday 9 December 4 – 4.30pm

Display to open the event on
Saturday at 12.30pm

Divers to be at the pool from 12pm, unless
they are already training

Further details inside newsletter



Club Tracksuits

They have finally arrived!

They will be on sale from

Friday 2 December.

£22.50 - children's sizes

£27.50 - adult sizes

You will be able to try them for size.
Some 14 year olds may be an adult
size

Cheques payable to Edinburgh Diving Club

(Only half the order has arrived. The
remainder will be sent in January.)

Edinburgh Diving Club News

We are delighted to welcome more new members to the club –

N Squad – Holly Tinkler, Elspie Horne, Catriona Scott, Natalie Prosser, Isla Roden and Chris McKenzie from Westerhailes.

Scottish Novice League Thank you to all divers who travelled to Ayr last Saturday. There was some super diving from everyone. Well done to those divers who scored 10's. The final round is combined with the Thistle Trophy. The presentation for the league will take place at the end of the Thistle weekend (3pm on Sunday)

Scottish Age Group League The final round of the league was held at Ayr last Saturday, and the age group divers have a month off now. The presentation of the AG League will also take place at the end of the Thistle Trophy, so please don't go home even though you are not diving – Jenny, Glenn & Gregor!

Club Championships Thank you to all divers who participated. Special mention to all the synchro divers. There was some good stuff there! We hope you all enjoyed it. Congratulations to all the medal winners.

Thistle Trophy We are still awaiting entry fees from several divers. Please hand them in to your coach asap. There is extra training this Friday 9th December from 4.30pm, after the display practice until 6.30pm. Please let your coach know if you want to attend.

Display Thank you to all divers who came along to the practice on Friday - we did not expect so many of you. The format will be improved for next week.



Forthcoming Events

- The Thistle Trophy** Saturday 10th December 12.30 – 5pm. Training from 10 – 12pm
Sunday 11th December. 10.30 – 3pm. Training from 8.30 – 10.15am
There will be training on Friday from 4.45 approx till 6.30pm. Display practice 4pm
- Black & Blue Trophy** Friday 16th or Saturday 17th December, RCP. See, even the date may change! We will keep you posted though. Further information in this newsletter.
- Armada Cup** 17th – 19th February, 2006. Plymouth. Open to Age Group divers. Details to follow
- Scottish Novice / Age Group Leagues** The 2006 diving calendar will be issued shortly with all the dates and venues for the year

Reports and Results



Scottish Novice & Age Group League – Saturday 29 October 2005. Dundee

This was another excellent competition. It was good to see 17 divers from Dundee competing for the first time. Unfortunately all the results were misplaced after the event and, as we did not have Malcolm's computer with us, we had no back up. We now have the placings, but no scores. Apologies for this. Full list of placings at the back of the newsletter



Dive Lund, 3 – 6 November, 2005. Sweden

A very good trip and great experience for the younger divers. Full details through the EDC website. Special mention to Grace, who dived superbly in the 3m competition to finish 6th out of 45 divers. Grace was diving up two Age Groups, which makes the result even more special. Congratulations to Jenny Sless, who was "Star of the Trip."



Edinburgh Diving Club Championships, 12 November 2005. RCP

This was the first year the Club Championships have been held on a Saturday, and the format seemed to be a success. Well done to all the divers who learned new dives off all boards to compete. Congratulations to all the medal winners. Full results at the back of the newsletter

Mens Synchro

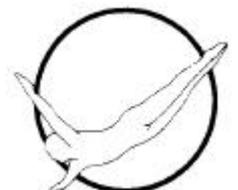
Gold
Silver
Bronze

Gregor McMillan + Glenn Robison
Niki Bennet + Tom Chambers
Toby Harris + Michael Weir

Womens Synchro

Gold
Silver
Bronze

Jennifer Currie + Jenny Sless
Grace Reid + Anna Sless
Hannah Burns + Laura Smith





Age Group

Boys (14&U)

Gold
Silver
Bronze

Gregor McMillan
Glenn Robison
Michael Weir

Girls

Gold
Silver
Bronze

Jenny Sless
Grace Reid
Anna Sless

Junior

Boys (16&U)

Gold
Silver
Bronze

Gregor McMillan
Glenn Robison
Michael Weir

Girls

Gold
Silver
Bronze

Grace Reid
Jenny Sless
Anna Sless

Senior

Men

Gold
Silver
Bronze

Niki Bennet
Gregor McMillan
Glenn Robison

Women

Gold
Silver
Bronze

Grace Reid
Jenny Sless
Anna Sless



East District Platform Championships, 12 November 2005. RCP

Men

1. Niki Bennet
2. Gregor McMillan
3. Glenn Robison

Women

1. Grace Reid
2. Jenny Sless
3. Anna Sless

Junior Men

1. Gregor McMillan
2. Liam Greig
3. Michael Weir

Junior Women

1. Grace Reid
2. Jenny Sless
3. Anna Sless



The Ogden Trophy & The Lockerbie Shield, 18 November 2005. RCP

We had the biggest entry to date for these competitions, which was very encouraging. It was also good to see D Squad taking part this year. It was quite an interesting competition (not sure if that is the right way to describe it!) with 3 divers hitting the board at various stages throughout the competition. Remind me never to hold an event on a Friday! Full results at back of newsletter.

The Ogden Trophy

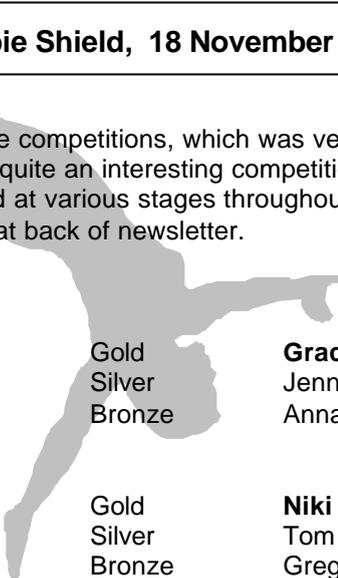
Gold
Silver
Bronze

Grace Reid
Jenny Sless
Anna Sless

The Lockerbie Shield

Gold
Silver
Bronze

Niki Bennet
Tom Chambers
Gregor McMillan





Scottish Novice & Age Group League – Saturday 26 November 2005. Ayr

This competition had the highest standard of diving this year, with some great results. Congratulations to Neil Wilkinson & Michelle Weir for scoring 10's on their line-ups. Very well done to Coralie Turner who dived excellently to win the Girls 14-16 event. Full results at the back of the newsletter.



Development Competition – Saturday 3 December 2005, RCP

The first development competition was held at the pool, and proved to be a great success with some super diving from the Diver 1 and Beginner 2 classes. Well done to all those who took part. We hope you enjoyed it as much as we did. Full results at the back of the newsletter

Girls	Gold	Laurie Clarke
	Silver	Hannah Fraser
	Bronze	Abby Campbell
Boys	Gold	Milo Trainor-Moss
	Silver	Adam Urquhart
	Bronze	Jack Hinks



The Thistle Trophy Timetable of Events



Saturday

1230	Display by Edinburgh divers
1250	Boys 7 & U
1330	Girls 8/9
1420	Girls 12/13
1545	Boys 14 -18
1615	Girls 10/11

Sunday

1030	Girls 7 & U
1100	Boys 8/9
1150	Boys 12/13
1245	Girls 14 -18
1330	Boys 10/11

There will be stalls selling sweets & merchandise, quizzes, face painting, nail painting, dance mats & lots more!



There is a disco on Saturday evening.

Tickets will go on sale nearer the event. Price £6



This week the armchair coach expounds from the judge's chair

Even a world authority on judging like myself requires to keep up to speed and it was a great delight to be invited along to the Judging Seminar last weekend run by twice Olympic judge, Syd Boothroyd, who I remember well from my own days as a top diver. I was greatly surprised that the whole day went by without a single reference to 'form'...except for when Shannon asked if anyone else had brought their form and payment. The buzz words of the day were 'grace', 'beauty', 'aesthetically pleasing' and 'at the judge's discretion'.



However, rather than baffle you with FINA jargon I thought it might help if I put some of the most important points into diver friendly language.

DO

- Fill your dive sheet in correctly
- Get to the end of the board
- Be high and bold
- Do the right dive in the right position
- Show a perfect position
- Enter the water vertically
- Rip your entry

IF POSSIBLE

- Wear a nice costume
- Sport a sun tan
- Be clean shaven

TRY NOT TO

- Restart (lose 2 points)
- Rock excessively on the end of the board (1/2-2)
- Double bounce (max score 4 ½)
- Go squint (deduction at judge's discretion)
- Hit the board (deduction at judge's discretion)
- Land the wrong way up (failed dive)
- Have your arms above your head in a feet first entry (max score 4 ½)
- Have your arms below your head in a head first entry (max score 4 ½)
- Twist from the board (lose 1/2-2)
- Do the dive in what is clearly the wrong position (max score 2 points)
- Show a partial position (max score 4 1/2)
- Show a position that is not asthetically pleasing eg crimped leg pike, trampolining tuck, pear shaped, foetal, straddle, Superman, ... lose from ½-2 through to a failed dive depending on the absurdity of the position
- Splash the judges
- Take off from all fours (unless doing an armstand)

Now that you have been briefed in all the important points, try the Armchair Judge's Exam which qualifies you to shout loudly from the spectators' gallery during Novice Competitions: 'SHAME ON YOU JUDGES'. It also counts as 1 point towards the 5000 points you will require to judge at Black and Blue, unless you are a former International Diver, in which case you will require 6000 points.



ARMCHAIR JUDGING EXAM

(Time: 4 hours)

Feel free to consult your notes...your neighbour...or phone a friend



The Scenario

The dive is displayed on the electronic scoreboard as a **203b** from **1m**

A rough shaven diver clad in orange and green trunks finishes drying himself with his purple shammy and gets onto the board. He has a couple of final chews of his gum before removing it from his mouth and tucking it into the waistband of his trunks. He waves at his friends in the audience and then begins his hurdle along the 3m board. He has taken one and a half steps before remembering he is doing a back one and a half. At this point he freezes in mid step. He then takes two further steps, does a half twist jump onto the end of the board leading into his back one and a half which is bold and high, in an aesthetically pleasing tight pike with a graceful come out and the entry proves to be the best rip of the competition.

Question

What does he score?

Answer

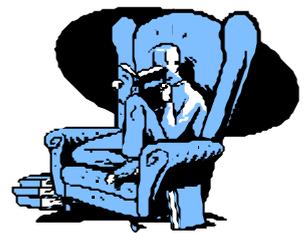
Well, on the one hand you could argue he stands to lose marks for not being generally aesthetically pleasing (-2), not having a smooth approach (-2) and you could try to argue a discretionary deduction of up to 2 points for the unconventional take off in which case the dive could still score 4!

However, for all you observant armchair judges...you will have noticed he performed the dive from the wrong board and it is consequently a failed dive...

Or is it???

When the referee checked the dive sheet, he found the dive had been filled in as a 203b from 3m...and as you will well know according to FINA Regulation D 4.1 it is the dive recorded on the dive sheet that takes precedence over the scoreboard. So, our colour-clashing, rough-shaven, gum-chewing competitor might get those points after all!

The editors of the newsletter would like to point out that all these rules are being applied in the best judging tradition *at the armchair coach's discretion*. Divers might like to check out the exact wording for themselves which they can do by following Malcolm's link to the New Fina Rules 2005-9 on the EDC website General Information page.



Black and Blue FAQs

Q What does FAQ stand for?

A Frequently Asked Question

Q What is 'Black and Blue'?

A a fun diving competition to round off the year

Q When and where is it?

A *Friday 16th December 2005, 6.30pm, RCP.*

Q Who can enter?

A The competition is targeted mainly at adults who want to 'give it a go' which means parents of squad divers, adults in the lesson programme and other very keen relatives or adults by negotiation. Club divers can also compete as long as they bring a participating adult. Everyone is welcome to come and cheer the participants along.

Q How good do I have to be?

The worse the better.

A What will I be expected to do?

Enjoy yourself.

Q What dives could I do?

A a complete beginner might do a line up from 1m and a tuck dive in the 'serious' part of the competition. They might feel the buzz of the moment and do a line up from 3m in the Chukka Round. And having grabbed a Synchro partner at the last minute they do a back fall. An adult from the lesson programme might do an inward dive and a forward somersault. High on adrenaline they might decide to Chukka forward one and a half and in Synchro they do a forward and an inward tuck from 3m. If you're Davy Bennet you'll do a back one and a splat from 1m, a reverse bomb from 1m and an armstand quarter somersault from 5.

Q When can I train?

A Tuesdays and Thursdays as from Tues 6th Dec.

Pay for a swim at Reception and then report to Dry Land at 7pm with your costume under clothes suitable for a quick GASP (Gentle Adult Stretching Programme). Text/Phone Sarah beforehand to secure a place 07817824241

Additional training opportunities may be available on Wednesdays. Speak directly to Mary Sless.

Q Why's it called Black and Blue?

A Competitors are divided into two teams: a black team and a blue team. Nothing to do with bruising but it wouldn't hurt to buy in a tube of Arnica.

Q Will there be prizes?

A Yes...in fact, it's quite hard not to win a prize

Q Will I need a shammy?

A No...but they are a great help and can be purchased at Reception

Q What is a shammy?

A The colourful square of cloth divers dry themselves and whack each other with. (The ignorati spell it 'chamois'. Some people even refer to it as a 'Sammy'.)

Q Will there be an official T Shirt?

A We're working on it!

Q Will Gregor really be judging?

A Come along and see for yourself!



Oh...and could we have the prestigious trophy back please...whoever has it!



CONGRATULATIONS

- To Niki Bennet for becoming Senior Club Champion
- To Grace Reid for becoming Junior & Senior Club Champion
- To Jenny Sless for becoming Age Group Club Champion
- To Gregor McMillan for becoming Junior & Age Group Club Champion
- To Gregor McMillan & Glenn Robison for becoming Mens Synchro Club Champions
- To Jennifer Currie & Jenny Sless for becoming Womens Synchro Club Champions
 - To Niki for winning "Diver of the Year"
- To Caragh Jenkins for winning "Most Improved Diver of the Year"
 - To Jennifer Currie for winning C squad Diver of the Term
 - To Alana Greig for winning D squad Diver of the Term
 - To Kenneth Drummond for winning J squad Diver of the Term
 - To Toby Harris for winning N squad Diver of the Term
- To Laurie Clarke for winning the girls development competition
- To Milo Trainor-Moss for winning the boys development competition
 - To Niki for winning The Lockerbie Shield
 - To Grace for winning the Ogden Trophy
- To Niki again for selection to the GB Synchro Camp

