



EDINBURGH DIVING NEWSLETTER



November 2009

News & information for parents.

Welcome back to the start of the new term. We have now successfully completed our first term in our new home at Newbattle Pool. I would like to take this opportunity to thank all the staff at Newbattle. They have been extremely helpful to coaches, divers and parents, making us feel very welcome. I would also like to thank the parents, who have coped so well and with so little fuss throughout the changes this year. Everything is different - squads, training days, training times, coaches and venues, but I'm delighted to say, most divers have been able to keep diving. This is a great achievement and one we did not think possible at the start of the year. Somehow, we have managed to find new rat runs through previously undiscovered back waters, breaking speed limits to get to sessions on time. The divers seem unfazed when they arrive, it's the parents who seem to flop into

chairs with anguished looks on their faces and a large black coffee in their hand!

There will be no significant changes to the squads this term, but to get the best out of the time available, we will be moving divers around after Christmas. Details of changes will be explained before the holidays

It has been quite a challenge to keep channels of communication flowing smoothly. To that end, I will be compiling a newsletter every month. Any contributions will be gratefully received. We now have a notice board in the spectator area at Newbattle, which will display all current information. Also, the website will be constantly updated and any letter that does not make its way home from the pool can now be read or downloaded from the website.

Finally, if any parents need to talk to coaches about anything, we are always available after coaching.

Website www.edinburghdivingclub.org.uk

DIVING
SCOTTISH *swimming*

**Scottish National
Championships**

Newbattle Pool

**Saturday 7th November
Events start 1pm**

(Training from 12 noon)
Mens 1metre
Womens 3metre
Mens 3metre
Womens 1metre

Please come and support



Rebecca Graham in Barcelona

Term Dates

Autumn Term

**Monday 26 October
Sunday 20 December**

Re-booking
Portobello Swim Centre

0131 669 6888

Or email
vickitomlinson@edinburghleisure.co.uk

for further information

EDC End of Year Dance & Presentation of Prizes

Saturday 21st November

**Liberton Lodge
60 Mount Vernon Road,
EH16 6JQ**



Tickets on sale soon

EDC Annual General Meeting

**Wednesday 25th November 2009
7.45pm**

Meadowbank Sports Centre



Edinburgh Diving Club News (and gossip)



Dry Land testing As you are probably aware, all club divers have been tested over the past few weeks on a range of skills. It is very important for divers to have good basic strength, speed, jump and core stability. These tests give coaches an indication of a diver's strength and the areas which can be improved. GB and National Squad divers are continually tested, as a great deal of importance is placed on dry land skills at their level. We will be testing again after 6-9 months to monitor the diver's improvement.

The results will be on the notice board and also on the website this week. If you have any questions about the tests or results, I will be happy to answer these. I will include an explanation of each test and what we are looking for in next month's newsletter. There will also be several awards given for test results at the presentation of prizes.

Scottish National Squad testing took place in Leeds on 3-4 October. The divers were tested by GB Olympic coach, Adrian Hinchcliffe. Due to SASA funding restrictions, divers selected for testing must now have a full list of dives covering all 5 groups, from all three boards. Results of the new squads and the divers who have been selected will be published in the next newsletter

Away Competitions / Trips There are several changes to the organisation of these trips. A *non refundable* deposit of £50 will now be required. This and the balance of payment can now be sent directly to EDC using internet banking. Details will be on the trip letter. If divers have not returned their slip & deposit by the return date, they will not be allowed to attend. We appreciate that it is more difficult now that we are in Newbattle, but we need to know numbers by this date to allow us to book coaches or train travel. If your child has not received a letter about a forthcoming competition, there will be a copy on the website under the "letters" section. We appreciate your help, and this will keep costs down for everyone.

Kit coordinator. We are hoping to have someone in this position at the AGM, to help with the smooth distribution of existing kit and purchase of new kit. We will then issue forms to divers who may wish to purchase more items. Further details will follow in the next newsletter.

Scottish National Championships requirements are: Senior - 6 dives from 5 groups, no tariff limit. Junior - 3 dives from 3 groups, with a tariff limit of 5.4 on 1m and 5.7 on 3m. If you are diving both junior & senior, watch that your list keeps within the tariff but still has a twist. (Junior is dob.1994 or later)

Chaperones If anyone is interested in taking a turn at chaperoning for away trips, please contact Karen Foster, our Child Protection Officer, who will be happy to explain what is involved.

Bill Law, our Honorary President is unwell at present. He is now out of hospital and we send our best wish to him and his wife, Marion.

Rebecca Graham pictured above, injured her neck while competing in Southampton. We wish her a speedy recovery and hope to see her back on the boards soon.

Jennifer Currie left school this summer and has moved to Leeds to train. She has been accepted into their High Performance Squad, coached by Adrian Hinchcliffe, a GB Olympic coach. We wish her every success with her diving career.

Grace Reid is off to the Camo Invitational international in Montreal, Canada, at the start of December with City of Leeds. We wish her good luck in her competitions.

Euan Hunter coach with EDC and now Westerhailes, left school in June and spent the first months of his holiday cycling *on his own* across Canada, raising money for charity. This is an amazing achievement - well done Euan. If you want to find out more about his adventures, go to his blog www.euanhunter.co.uk

Laura Smith has decided to stop diving after 9 years with us. Laura is in her higher year and was finding it very hard to travel to and from Newbattle by bus, three times a week and fit in her studies. We are sorry she is leaving but hope to see her at all our social events!

Toby Harris also stopped diving when the pool closed – however, we hear he may be making a comeback for Senior Nationals. It will be good to see him again. Gregor McMillan also appeared at Meadowbank on Sunday – maybe we will see him on the boards too?

Jenny Sless one of our coaches, has gone to Madrid for a few months. We hope she has a good time over there.

Sam Lowe leapt more than we have ever seen in the long jump test – over 3 metres from a standing start! This is more than Toby, who competes for Scotland in this event. Ever thought about taking it up professionally, Sam?

Forthcoming Competitions

DATE	COMPETITION	LOCATION	LEVEL
7 th November	Scottish National 1m & 3m Championships	Newbattle	Senior & age group divers
9 th November	Novice Club Championships	Newbattle	Novice divers
10 th -11 th November	Club Championships 1m & 3m (Details of programme to follow)	Newbattle	Senior & age group
16 th November	Ogden Trophy & Lockerbie Shield	Newbattle	Divers with 5 dives from 1m & 3 m
5 th – 6 th December	Thistle Trophy	Dundee	Novice
5 th December	Scottish National Platform Championships	Dundee	Senior & age group
18 th -21 th February	Armada Cup	Plymouth	Senior & age group
13 th -14 th March	Shipley Novices	Bradford	Novice
31 st May – 4 th June	GB Junior Elites	Leeds	Junior elite

The Scottish Levels competitions will be slotted into the calendar as soon as we have confirmation of pool availability from the other districts.

Fund Raising

Thank you to everyone who helped with the bag packing at Sainsburys on the 25 October. Special thanks to Sue Forbes, who organised the event. Your efforts raised **£824.00**.

EDC would like to thank Sam Thomas and all the members of staff at Stafford Street, Edinburgh for her continuing support. Over the course of 4 fashion shows, **£160.00** was raised for the club

There are many events planned for the coming months – the Dance & Prize Giving, Thistle Trophy fundraising events in Dundee, possibly an Ann Summers evening in January, & another race night, to name but a few!

Efforts to secure commercial sponsorship are on going. If anyone can help with this, please contact Debs Heatly

The committee are always open to any new ideas. Also if anyone is interested in becoming more active within the Fundraising scene, they are more than welcome to come forward and join the committee. Please see the fundraising section on the website and look under “letters” for more details or contact:

Donald MacInnes

Tel: 01314774442

Email: macinnesfamily@tiscali.co.uk

Reports and Results

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



East District 1m Championships, RCP. 1 April 2009

21 girls took part in the senior competition and 20 in the junior, the biggest entry ever in this event. Unfortunately there were only 4 divers in the senior men's and 2 in the junior boys. Well done to all divers who learnt a list of dives to compete in this competition for the first time.

Senior Women	Gold	Jennifer Currie	Junior Girls	Gold	Grace Reid
	Silver	Grace Reid		Silver	Anna Sless
	Bronze	Anna Sless		Bronze	Holly Tinkler
Senior Men	Gold	Toby Harris	Junior Boys	Gold	James Heatly
	Silver	Keir Stewart		Silver	Ben Campbell
	Bronze	James Heatly		Bronze	-



ASA National Skills Finals, Leeds. 4 – 5 April 2009

After a trial at the Scottish Levels competition, 12 divers were selected to represent Edinburgh at the ASA Skills Finals, the highest level Novice competition of the year. This is an individual event, with no team trophy. The standard of diving was extremely high this year, with Sam Brown the only diver to receive a medal, winning a silver in the girls 8/9 event. Special mention must go to Robin Robeson who bravely dived despite being very unwell just before the competition. Thank you to the excellent chaperones, Gillian & Morag. They did a brilliant job, catering for the divers and keeping the coaches entertained!

The team	Cameron Forrest	Boys 8/9	Coaches	Vicki Tomlinson
	Ben Campbell	Boys 10/11		Mary Sless
	Sam Brown	Girls 8/9	Chaperones	Gillian Crandles
	Amber Foster	Girls 10/11		Morag Martin
	Robin Robeson	"		
	Olivia Martin	Girls 12/13		
	Sammy Forbes	"		
	Sophie Stewart	"		
	Rosy Crandles	"		
	Amy Steele	"		
	Daisy Forbes	Girls 14/16		
	Rebecca Stevenson	"		



Hydro Novices, Harrogate. 9 May 2009

A team of 23 novice divers descended on Harrogate in force, intent on winning this competition, to give Edinburgh the clean sweep of the novice competitions. And they did just that! Congratulations to the team, and to all novice team members who helped win White Rose, Thistle Trophy, Shipley Novices and Hydro Novice this season.

Thank you to the chaperones, who were excellent – Karen Foster, Morag Brown and Sue Forbes

The medallists were:	Ben Campbell	Boys 10/11	Gold
	Fraser Allardice	Boys 14/18	Gold
	Amber Foster	Girls 10/11	Gold
	Olivia Martin	Girls 12/13	Gold
	Daisy Forbes	Girls 14/16	Silver
	Cameron Forrest	Boys 8/9	Silver
	Sophie Stewart	Girls 12/13	Silver
	Finlay McCall	Boys 14/18	Bronze
	Sam Brown	Girls 8/9	Bronze
	Sammy Forbes	Girls 12/13	Bronze

THE EDINBURGH TEAM WON !!!



G Star Championships, Leeds. 24-26 April 2009

13 divers took part in this high level competition, the event divers use as practise for the GB Elites. The conditions are harder than for any other event on the circuit except elites, so congratulations to our new age group divers who managed to meet the conditions.

The team:	Keir Stewart	Holly Tinkler	Coaches	Vicki Tomlinson
	James Heatly	Rebecca Graham		Mary Sless
	Catherine Webber	Anna Sless		
	Laura Smith	Charlotte Briggs	Chaperones	Aileen Tinkler
	Jennifer Currie	Katie Talbot		Helen Graham
	Courtney Ross	Emily Martin		
	Grace Reid			

The medallists / finalists

Jennifer Currie	Girls Group A	1m	4th
		3m	Bronze
		Plat	6 th
Anna Sless	Girls Group B	1m	6th
		3m	5th
		Plat	Bronze
Grace Reid	Girls Group C	1m	Gold
		3m	Silver
		Plat	Silver
James Heatly	Boys Group C	1m	4th
		3m	5th
		Plat	6 th

Thank you to our chaperones, Aileen & Helen who once again did a wonderful job in their favourite pool



British Elite Junior Championships, Sheffield 26 – 29 May 2009

Grace Reid, Jennifer Currie & Anna Sless represented Edinburgh at Elites. The standard was particularly high this year with teams from USA, Canada, France, Norway and Bulgaria competing. All three divers performed well, with Grace again diving beautifully to win the 3m event, silver in the 1m and 4th in Platform

Jennifer Currie	Girls Group A	1m 3m	5th 4 th
Anna Sless	Girls Group B	1m 3m	8th 8th
Grace Reid	Girls Group C	1m 3m Plat	Silver Gold 4th



Edinburgh Diving Club Synchro Championships, RCP. 20 June 2009

The platform leg of the club championships, combined with East District Championships was held along with the synchro on our last weekend of competitions at RCP. The results of these are a closely guarded secret until the spring board events have been completed later this month.

In the synchro event, the conditions were tougher this year, and the standard much improved. The event still managed to attract 13 couples. Results:

Gold	Catherine Webber & Anna Sless
Silver	Charlotte Briggs & Rebecca Graham
Bronze	Amber Foster & Sammy Forbes

Congratulations to these divers



ASA National Age Group Championships, Leeds. 3 – 5 July 2009

9 divers competed in this AG competition. Elite divers are not allowed in this event, but the standard was much higher than usual due to an enormous team from the fast improving Crystal Palace team. Thanks to Debs Heatly for doing such an excellent job, single-handedly chaperoning the trip. There were some very good performances. Excellent medal performances from:

Catherine Webber	Group A	1m 3m Plat Synchro	Bronze Gold Silver Silver (with Holly)
James Heatly	Group C	1m 3m Plat	Silver Silver Gold
Laura Smith	Group A	3m Plat	Bronze Bronze
Holly Tinkler	Group B	Synchro	Silver (with Catherine)



SASA Levels Competition, Dundee. 29 August 2009

Well done to all the divers who travelled to Dundee to take part in this competition. They came back with a fantastic collection of medals:

Gold to: Aaron Daly, Robin Robison, Ollie Martin and Anna Flynn

Silver: Joe Crandles, Keanna MacInnes, Cameron Forrest, Erin MacInnes and Amy Steele

Bronze: Madeleine Finlayson, Sean Flynn, Sarah Lowry and Rosy Crandles

It has been very difficult to run the SASA levels competitions this year. Aberdeen pool closed permanently, without warning, Ayr pool was not available to host, Dundee were able to host one event, but availability only in evenings, RCP could not give us time at weekend before the closure, and it was not possible to use Newbattle. Sadly, only two events were held in 2009, compared to the six scheduled. All in all, it was a problem. We are trying our very best to hold more events in 2010 and will advise you of dates as soon as possible, to allow you to plan ahead, which I realise has not been easy this year.



16e Trofeu Internacional Cuitat de Barcelona , Montjuic Olympic Pool. 23 - 26 July 2009,

The Scottish National Squad divers plus three selected Edinburgh divers made up the team that travelled to probably the best pool in Europe for this international competition. The weather was superb throughout the eight days and everyone had a wonderful experience. There was enough time for a bit of sightseeing, a trip to the beach and a visit to the spectacular fountains. It was great to have such a large travelling support – who all seemed to have a very good time!!

The divers were excellent throughout the trip, both in and out of the water. They coped with diving in an outdoor pool, spotting moving clouds and pigeons while dealing with competing at 9pm at night. Davy was outstanding as the fruit man – no diver will ever deign to peel an orange again! As far as schemes go, the kids behaved well!

The team	1m	3m	plat
Keir Stewart	4 th	4 th	4 th
Toby Harris	3 rd	3 rd	3 rd
James Heatly	9 th	13 th	6 th
Catherine Webber	9 th	8 th	10 th
Jennifer Currie	4 th	4 th	7 th
Laura Smith	10 th	9 th	8 th
Holly Tinkler	10 th	9 th	9 th
Rebecca Graham	13 th	10 th	8 th
Anna Sless	5 th	7 th	6 th
Charlotte Briggs	9 th	10 th	7 th
Courtney Ross	13 th	12 th	12 th
Emily Martin	15 th	13 th	11 th
Katie Talbot	12 th	14 th	9 th
Catherine Webber / Anna Sless			4 th
Courtney Ross / Emily Martin			10 th
Rebecca Graham / Charlotte Briggs			12 th
Jennifer Currie / Holly Tinkler			13 th
Laura Smith / Katie Talbot			14 th
Coaches	Mary Sless		
	Vicki Tomlinson		
Chaperones	Davy Bennet		
	Lesley Smith		



White Rose, Leeds. 17-18 October 2009

24 novice divers went by train to Leeds to see if they could retain the Trophy they won last year. Despite diving very well, they were pipped at the post by Leeds. Never mind – we'll be back next year! One outstanding achievement though – 5 out of six finalists in the girls 12/13 were from Edinburgh! – Amy Steele, Rosy Crandles, Sophie Stewart, Olivia Martin and Sammy Forbes (out of 20 entrants)

Thank you to the chaperones – Davy Bennet, Gillian Crandles, Sue Forbes and Cath McCall for an excellent job yet again

Medal performances :	Daisy Forbes	girls 14/16	Gold
	Cameron Forrest	boys 8/9	Silver
	Finlay Macall	boys 14/16	Silver
	Olivia Martin	girls 12/13	Silver
	Sean Flynn	boys 8/9	Bronze
	Ben Campbell	boys 10/11	Bronze
	Struan McCall	boys 12/13	Bronze
	Sammy Forbes	girls 12/13	Bronze



Southampton Invitational, The Quays, Southampton. 24 – 26 October 2009

The team was as follows: Laura Smith, Victoria Smart, Holly Tinkler, Rebecca Graham, Anna Sless Charlotte Briggs, Courtney Ross, Katie Talbot, Emily Martin, Amber Foster, James Heatly plus two members of Leinster Diving Academy, Sean McCormack and Jack Ffrench, coached by Sonya, who stayed with us on the trip.

Again, there was a high standard of diving. 3 divers made finals. Congratulations to them

Charlotte Briggs	Group C	1m	6 th
Anna Sless	Group B	1m	5 th
		3m	5 th
James Heatly	Group C	3m	4 th

Thank you to our excellent chaperone team – Scattercash & Co. for a great weekend!

Books, candles and reserved train seats may just get them to accompany us again – with perhaps a Hilton, instead of an E Tap!

.....



The last day of the old Royal Commonwealth Pool

Edinburgh divers having fun on the last day



By popular request, the Armchair Coach returns to answer more of your pressing questions

Dear Armchair Coach

You probably get asked this quite a lot but is there any way I can get hold of the pages you wrote for earlier newsletters? Your articles make me laugh so much and I want to safeguard against any colds this winter. I know that my 'Model Aeroplane News' has a back issue ordering service. Or failing that is there a 'Collected Armchair'? I've checked Amazon but could only find books diving books by Ron Davis. If one doesn't already exist I think it should! You've provided so much in the way of technical advice, tips and anecdotes over the years...and not just to do with diving. It's been amazing. You've become a household name. And by the way, our plants are flourishing.



The Armchair Coach replies

I'm afraid no collected edition exists but many back issues of the newsletter can be accessed on the EDC website. It's just the earliest ones that are missing before Mary had learned to save things on her computer and before Whizzy Wizard Malcolm Taylor was part of the production loop. Perhaps I could compile a complete set of all the articles ever written including some coffee stained first drafts and some of the letters that couldn't be published into a unique collection that could be auctioned off for fundraising purposes at a do like the prize giving. We could get Mary to put them all in polypockets and ask Jenny to do some illustrations. Given how much scribbled sets of lyrics on napkins sell for we might even be able to help finance the dive programme for the next two years.

Dear Armchair Coach

Who are you? Are you really only one person? How can one person know so much and be so funny.

The Armchair Coach replies

Who am I? What a philosophical question. I suppose I am all of the people who made me. I do hope that helps, young diver.



Dear Armchair Coach

Advice please. You will know that Swimshop recently had a grab bag sale. You don't get to choose the colour or anything but you pay £9.50 and they send you a costume made by a leading brand from their recent stock. I'm a soft summer and look best in mid strength colours with cool undertones so I was hoping I wouldn't get an orange costume. Imagine my face when the package arrived and out came a stripy orange and yellow costume. Should I send it back and explain I can't possibly wear it as it is not on my colour chart?

The Armchair Coach replies

No! Of course not. Get some black opaque tights and a set of wings and you'll have the best bumble bee outfit for your next fancy dress party. Even better...wear the outfit for Black and Blue...although you might want to remove the wings for the faster spinning dives.



As ever, Edinburgh Leisure wish to make it clear they will not be liable for any loss or damage incurred as a result of following the Armchair Coach's advice

Congratulations to

Amber Foster for making the big jump from Novice to Age Group, competing for the first time at
Southampton Invitational

Grace Reid for being selected for the East of Scotland Institute of Sport Programme

Archie Beetham for learning both back line ups for White Rose

Amy Steele & Daisy Forbes for getting seven perfect 10's between them at White Rose. Quite an
achievement!

Catherine Webber, Anna Sless & James Heatly for learning a back 2½ somersault tucked from
3 metre (tariff 2.8)

Holly Tinkler for learning a Back 1½ somersault 1½ twists from 3 metre (tariff 2.4)

Anna Sless for learning a forward 2½ somersault piked from 1 metre (tariff 2.6)

Catherine Webber for winning 1 gold, 2 silvers and a bronze medal at ASA National Age Group
Championships

James Heatly for winning 1 gold and 2 silvers at ASA National Age Group Championships

Bill Law who was awarded the prestigious LEN Silver Pin for outstanding service to diving

