

# EDINBURGH DIVING NEWSLETTER



October 2004

We are now into Autumn Term 2 and our first attempt at the new computer booking system. We hope you found booking easy, but if there were any problems, please phone diving development office on 477 8438 and we will try to help. The only obvious change is that the computer will only accept the first 10 names, so if you left booking till the last minute, your place might have been taken. It is noticeable that a number of Beginner 2 divers have learnt the necessary skills to move to Diver 1, training two days a week. Congratulations to all of them.

It has been a busy time for competitions, with synchro events, East District Championships and Club Championships. The results of the Club

competitions are a closely guarded secret until the end of year presentation of prizes on the 20th November. Thank you to all parents for their support at all these events, especially the synchro competitions, which are such fun to watch.. It is great for the divers to compete in front of an enthusiastic audience.

Finally, we hope those of you who attended the Novice League on Saturday enjoyed the impromptu display by the divers. They will be performing again at Thistle Trophy, where we hope to have around 30 divers taking part. There will be display practises before the event, which we hope all divers will be able to attend - dates to follow in due course.

## Thistle Trophy

Scotland's National Novice  
Championships

**4 / 5 December 2004**

Even if you are not diving please come along and support our divers. There will be stalls, face painting, nail painting, dance mats, agility challenges, & more

If you are interested in helping in any way, please come along to a meeting on

**Wednesday 10 November**  
**7.30pm. Dry land area**  
Or contact Mary



## End of Year Dance and Prize Giving

**Saturday 20<sup>th</sup> November 2004**

The John McIntyre Building  
Pollock Halls of Residence

**7.30 – 11.30pm**

**Cost £6.00**

**Ceilidh till 9pm, Prize Giving then  
disco.**

Diver of the Year, Diver of the term, Club trophies & medals' will all be presented.

**We need your support to make  
this event a success.**

Tickets from coaches or Lesley Smith

## Edinburgh Diving Club News

**Novice League** Well done to the divers who competed in the October event. The results and the points table are on the notice board. Remember, the top three divers will be presented with plaques at the Thistle Trophy. Congratulations to Ross Marsh, who competed very well in his first competition.

**White Rose**. Congratulations! What a fantastic result for Edinburgh with some great performances especially from our medallists. Next year we will win the event!

**Training camp** Unfortunately this will have to be postponed until next year. We have run out of spare weekends before the end of the year. At least this will give you more time to work on your build ups for these new dives

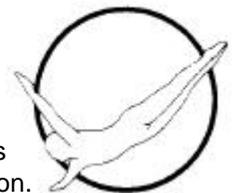
**Club Championships** Again, well done to everyone who competed and those who learnt new dives for the event. The second synchro competition last weekend was a great success with some really good pairings. We hope you all enjoyed it and will keep practising with your partner throughout the year.

**End of Year Dance** All trophies and prizes will be presented at this event. We would like to see all club members attend this event along with their parents, brothers and sisters and friends if you want. See your coach for tickets

**Thistle Trophy** . ★ **WE EXPECT ALL SQUAD DIVERS TO COMPETE IN THIS EVENT.** ★

\_Please let your coach know **IMMEDIATELY** if you are unavailable to compete, otherwise you will be entered in the programme. We need our biggest team ever to retain the trophy, so keep training hard and good luck!

There will be a display to open the event. Details of practise times will be given to you by your coach.



## Forthcoming Events

- Scottish Novice League** The next league will be held in Edinburgh on Saturday 27 November. 11.30am Training, 12.15 pm start (approx)
- Ogden Trophy and Lockerbie Shield RCP, Friday 12 November. Training from 4.30pm. Competition 5.30pm (approx)  
Requirements:  
**Highboard 4 dives from 2 groups**  
**3 metre 5 dives from 3 groups**  
**1 metre 5 dives from 3 groups**
- East District Highboard Championships** RCP, Friday 12 November. Training from 4.30pm. Competition 5.30pm (approx)  
Requirements:  
**Senior 6 dives from 4 groups**  
**Junior 4 dives from 2 groups**
- Thistle Trophy** RCP Saturday and Sunday 4/5 December. **Provisional** timetable as follows:  
Times are subject to change depending on numbers
- | Saturday |       |       | Sunday |       |       |
|----------|-------|-------|--------|-------|-------|
| 1230     | Boys  | 7&U   | 1030   | Girls | 7&U   |
| 1300     | Girls | 8 / 9 | 1100   | Boys  | 8 / 9 |
| 1400     | Girls | 12/13 | 1200   | Boys  | 12/13 |
| 1500     | Boys  | 14/16 | 1300   | Girls | 14/16 |
| 1600     | Girls | 10/11 | 1400   | Boys  | 10/11 |
- Black and Blue Cup** RCP Saturday 11 December. Time still to be confirmed  
See article further on in newsletter
- Armada Cup** Plymouth, 18-20 February 2005. Details to follow.  
This competition is for A, B, C and D squad members only.
- Training Camp** It is hoped to rearrange the training camp to Sheffield for early next year. Invitation only. Further details to follow.

## Reports and Results



**Scottish Novice League. 30 October 2004, RCP**

Results at back of newsletter.



**Edinburgh Diving Club Championships. 27& 29 September, 1 October 2004, RCP**



It was again very encouraging to see so many of the younger divers producing a set of dives to take part in the competitions. Well done to those divers who managed to compete on all three boards. There were a total of 57 entries in the individual competitions and 13 teams took part in the synchro event which proved a great success and seemed to be enjoyed by the audience. It was disappointing that our three top senior divers, Niki Bennet, Tom Chambers and Vicki Tomlinson were all injured for the individual events, but it is good to have some new names on the trophies. You will find out who they are at the end of year dance and full results will be printed in the next newsletter.



**White Rose Invitational Novice Competition. 8-10 October, Leeds**



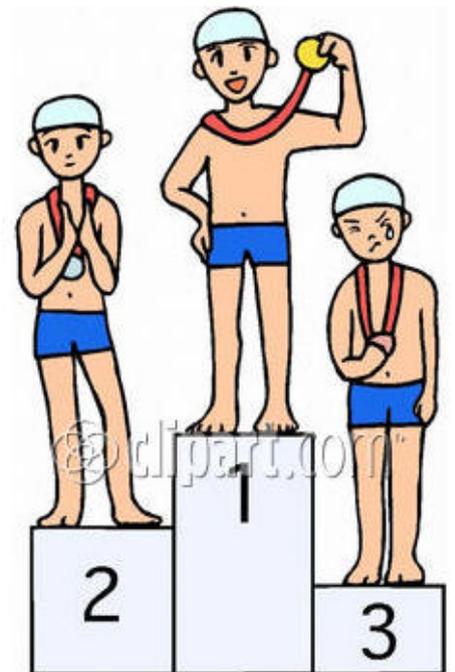
Edinburgh Diving Club took a team of 18 divers to Leeds for the top novice club competition in GB. Edinburgh produced their best result ever – second in the team trophy. Two years ago we were 16<sup>th</sup>. Each competition had an average of 28 competitors. We had 12 divers in the top ten, 7 divers made finals (top 6) and 6 divers won medals. The winning team, Plymouth had 44 divers, which shows the quality of our team.

Jenny was third placed coach and Mary was second equal. Shame, if we had thought about it, we could have juggled it to win the magnum of champagne. What a nice train journey home that would have been!

Thank you to the chaperones, Sheila Carol and Susan for all their work over the weekend – the coach’s job was made very easy because of them. As ever, Davy did a great job keeping us all right and getting everyone seated on the train! Thanks also to Liz for her taxi service. It not only saved the club a great deal of money, but made the journey much simpler.

This was a great result for Edinburgh and well done to all the divers, not only for their performances in the pool, but for their excellent behaviour over the weekend. The support the divers show to each other is a real credit to them. Thank you. Results as follows:

Girls 8/9	Grace Reid Anna Sless Alana Greig	<b>Silver</b> <b>Bronze</b> 13th	Finallist Finallist
Boys 10/11	Gregor McMillan Liam Greig	<b>Silver</b> 14th	Finallist
Girls 10/11	Ellen Hood Laura Smith Hannah Burns Fionnuala Kerr	<b>Silver</b> 9th 10th 28th	Finallist
Boys 12/13	Glenn Robison Michael Weir Marcus Shaw	<b>Silver</b> 5th 8th	Finallist Finallist
Girls 12/13	Megan Hughes Catherine Webber Hannah Watson	7th 11th 20th	
Girls 14-16	Gillian Fleming Stacey Henderson Louise Fleming	<b>Gold</b> 10th 13th	Finallist



**Congratulations**



**Star of the Trip**

Glenn Robison



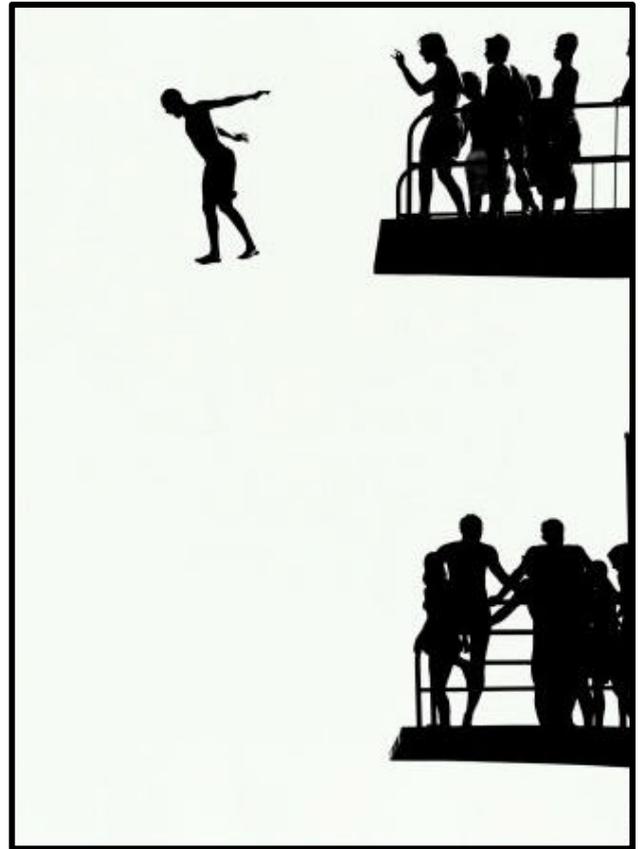
**Southampton Invitational. 23-25 October, Southampton**

Grace Reid and Gregor McMillan were the only two divers to compete at this age group event. Both dived well in this tough competition. Results will be published in next month’s newsletter  
Thank you to Julia McMillan for acting as chaperone for the trip and for coping with all the organisation. You always pick the difficult ones, Julia!

Full results of all competitions on our website [www.edinburghdivingclub.org.uk](http://www.edinburghdivingclub.org.uk)

## BLACK and BLUE CUP

It is upon us again. Every parent should start dusting down their swimsuits and trunks, do a little light stretching exercises (no, not for that wine glass!) and be ready for the practise sessions. Mary and Sarah (if she has fully recovered from last year) will put you through your paces ie. a little fall from the 1m board for the majority of game parents, a few somersaults on 3m from Davy and other assorted macho types, accompanied by much discussion about what dive was actually performed, then a trip to the pub to recover from the trauma. Sarah may have some other tactics up her sleeve though. The pool staff have enjoyed watching the event so much in the past that they have decided to have a go this year.



Sounds fun? Please come along and see what your child is going through! It will be a great laugh and as they say, the more the merrier. I may even pop on a swimsuit, if I can lose 2 stone by December.

We would love to see you. Other parents have done it and lived to tell the tale, although I've heard there have been a few sleepless nights prior to the big day.

**See Mary or Sarah for more information  
Further details to follow in next newsletter**



### EDINBURGH DIVING CLUB ANNUAL GENERAL MEETING



The 34th Annual General Meeting will be held in the Commonwealth Suite of the Royal Commonwealth Pool on Wednesday 17th November, 2004, commencing at 7.30pm

The minutes of the 33<sup>rd</sup> AGM, the Annual report and the treasurer's report will be sent to all club members prior to the meeting.

Anyone wishing to become more involved in the club is most welcome to come along. We look forward to seeing a good turn out at the meeting.

As ever, our Armchair coach is here to help with any problem, no matter how trivial.

### **Dear Armchair Coach**

I am a bit confused. In the monthly Novice Competitions Mary sometimes announces my last dive as a back tuck roll, a sitting back tuck roll, a back fall with tuck or a sitting back tuck roll with tuck and roll from a sitting position backwards...and sometimes I can't hear anything except what sounds like her chewing a tuna fish sandwich...is there any difference?



### **The Armchair Coach replies**

No...they are all the same dive but must not be confused with a back fall straight. My advice is to make sure you fill in the right thing on your dive sheet, then you can completely ignore what Mary says and just listen for the whistle.

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# **CONGRATULATIONS**

**To Glenn Robison for winning silver at White Rose & star of the trip**

**To Gillian Fleming for winning Gold at White Rose**

**To Gregor McMillan for winning Silver at White Rose**

**To Ellen Hood for winning Silver at White Rose**

**To Grace Reid for winning Silver at White Rose**

**To Anna Sless for winning Bronze at White Rose**

**To Ross Marsh for diving so well in his first competition**

**To David McKenna & Calum Rourke for their promotion to N squad**

