

EDINBURGH DIVING NEWSLETTER



October 2005

News & information for parents

Welcome to the October edition of the newsletter. Autumn term 2 is now in its first week and will run until the 17th December. Please could I ask all squad divers to book into the appropriate class by the end of the first week. We will be audited during the week commencing 31st October and all figures need to be accurate. Thank you. Apologies to all the Monday divers – an extra lesson (which you paid for) was added to the computer booking system (not by me I hasten to add!) Please ask for a refund at reception. Again we have a very busy term, culminating in the Thistle Trophy on the 10-11th December. We are

hoping to award Grade certificates at the end of this term, so this should keep the divers working hard.

The Development competition mentioned in last month's newsletter will be altering slightly. Unfortunately, the swimming pool is unavailable for the gala at 5pm. However, the diving pool is still free so we have decided to hold the diving event on the 3 December from 12–3pm. Hopefully, we can combine with Swimming Development next year. This competition is open to divers from Beg 2 & Diver 1 who have the necessary skills to compete. Thank you to all the parents who helped at Nationals and came along to support our divers.

The Thistle Trophy

Scotland's National Novice
Championships

10th – 11th December, RCP.

We expect all novice club divers to compete in this exciting competition

Full details on the website

www.edinburghdivingclub.org.uk

and see page 7 of the newsletter

Disco on Saturday evening

Anyone wishing to help please see Mary, Davy or Lesley Smith.



EDC Dance and Prize Giving

Saturday 19th November

The John McIntyre Building
Pollock Halls of Residence

7.30 – 11.30pm

£6 per adult . Children free

(Children must be accompanied by an adult)

Diver of the Year, Diver of the Term, Club Trophies & team awards will be presented.

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

Tickets from coaches or Lesley Smith

Edinburgh Diving Club News

We are delighted to welcome the following members to the club –

J Squad - Fraser Allardice, Rory Allardice, Fearghas Davidson, Emily Martin, Finlay McCall, Struan McCall, Taylor Ross, Courtney Ross, David Tully, Paula Wilson, Mustafa Yavuz

N Squad - Stephen Doohan, Toby Harris, Ewan Hunter, Sarah Jamieson, Lindsay Riddoch, Victoria Smart,

D Squad - Caragh Jenkins. **C Squad** – Jennifer Currie **S Squad** – Simon Jackson

A further 5 divers have been invited to join the club. Their names will be shown in the next newsletter

Scottish Novice League The next round is in Dundee on Saturday 29th October. Meeting at Waverly at 3.50pm, return 10.30pm. Apologies for the late notification and the time change. I know this has caught a few people out. However, please can as many of you as possible attend. Dundee now has 18 divers competing, so we want to show them what we can do and have a bigger team than them!!!

Club Championships The new dates are the 12-13 November. We would like to see all squads competing. Remember, there is a synchro event. Talk to your coach about partners

White Rose Thank you to all the team for your excellent behaviour over the weekend. We hope you all enjoyed it.

Thistle Trophy Remember, this is the one competition that we **expect** you to attend. If you are unavailable for any reason, please inform your coach immediately. Otherwise, keep training hard!



Forthcoming Events

- Scottish Novice League** The next league will be held in Dundee on Saturday 29 October. Meeting at Waverly at 3.50pm, return 10.30pm.
- Scottish Age Group League** As above. This will be a 3m competition
- Scottish Novice League** The November competition is on Saturday 26th in Ayr. Details of travel arrangements to follow
- Scottish Age Group League** As above. The competition will be on 1m
- Dive Lund International** 31 October – 7 November, Sweden. Congratulations to the divers who achieved the qualifying points to attend this competition. The team is as follows:
- | | | | |
|------------------|---------|--------------|---------------|
| Niki Bennet | Senior | Team Manager | David Bennet |
| Tom Chambers | Senior | | |
| Jenny Sless | Group C | Coaches | Shannon Roy |
| Catherine Webber | Group C | | Jenny Leeming |
| Anna Sless | Group D | | |
| Grace Reid | Group D | Chaperone | Mary Sless |
| Gregor McMillan | Group D | | |
- EDC Championships** 12 – 13 November, RCP. Full details will be put on notice board nearer the time. We are hoping to run all the competitions on the Saturday instead of both days but will advise you further next week
- East District Platform Championships** These will be held in conjunction with Club Championships
- Luton Challenge** 25 – 27 November. It has been decided not to send a team to this event
- Development Competition** Saturday 3 December, RCP. 12 – 3pm. *Open to Beginner 2 & Diver 1 only*
- Thistle Trophy** Saturday 10th – Sunday 11th December. RCP
- Black & Blue Trophy** Saturday 17th December, RCP. Times will change on several occasions before we get it right. Further misinformed details will probably follow sometime!!!!

Reports and Results



Scottish National & Open Diving Championships. 1 – 2 October 2005, RCP

Niki Bennet, Tom Chambers, Simon Jackson, Sarah Bainbridge, Morag Shaw, Gillian Fleming, Laura Smith, Hannah Burns, Catherine Webber, Jenny Sless, Anna Sless, Grace Reid, Gregor McMillan & Glenn Robison all competed for Edinburgh. There were some excellent performances – Congratulations to all divers.

Thank you to all the parents who helped at the event. It is greatly appreciated. Again, a huge thank you to Lesley Smith for the catering at the technical meeting and throughout the weekend. These tomatoes get better & better!

Full National & Open results at the back of the newsletter



National Medallists

Men 1m Springboard	1. Niki Bennet 2. Tom Chambers	Women's 1m Springboard	1. Monique McCarroll 2. Gillian Fleming 3. Sarah Bainbridge
Junior Men's 1m	1. Gregor McMillan 2. Glenn Robison	Junior Women's 1m	1. Grace Reid 2. Jenny Sless 3. Laura Smith
Men 3m Springboard	1. Niki Bennet 2. Tom Chambers	Women's 3m Springboard	1. Monique McCarroll 2. Sarah Bainbridge
Junior Men's 3m	1. Gregor McMillan 2. Glenn Robison	Junior Women's 3m	1. Grace Reid 2. Anna Sless 3. Jenny Sless
Men Platform	1. Niki Bennet 2. Tom Chambers 3. Gregor McMillan	Women's Platform	1. Monique McCarroll 2. Grace Reid 3. Anna Sless
Junior Men Platform	1. Gregor McMillan	Junior Women's Platform	1. Grace Reid 2. Anna Sless 3. Jenny Sless



Southampton Invitational. 22 – 24 October 2005, The Quays, Southampton

Only 3 Edinburgh divers, Grace Reid, Gregor McMillan and Laura Smith travelled to this competition due to the holidays. Unfortunately, no results are available on the web as yet, but our divers all performed well.

With Grace Reid winning one gold & 2 silver medals in her Age group. Well done Grace! Gregor dived very well on platform, making the finals(top 6), where he finished 6th. Laura dived well and very consistently to achieve two 9th places. Position still to be confirmed on her third board Full details of results & scores will be posted when available,

Thanks to Julia McMillan for her excellent chaperoning, and to Jenny Leeming for giving up her weekend to coach, while her university work is piling up around her!



White Rose Novice Invitational. 7 – 9 October 2005, Leeds

Congratulations to all the divers who competed for Edinburgh. The team of 21 divers consisted of 16 new members and the results were excellent. The highlight of the weekend had to be the girls 12/13 competition. There were 28 competitors in the event, and Edinburgh finished with the Gold, Silver & Bronze medals. A very proud moment! Well done to Catherine, Jennifer & Ellen. Also, congratulations to our other medal winner, Neil, who improved his performance from the preliminaries to win a bronze medal in the finals. Well done to our other finalists – Toby, Jane, Alana & Fearghas.

Thank you to the chaperones, Susan Greig, Judith Webber & Ann Wilson for doing such a great job over the weekend. Also, as ever, thanks to our brilliant TM, Davy.

Full results on the website www.edinburghdivingclub.org.uk

Event Preliminary Place Final Place

Girls 14-16 years

Jane Kennedy	3rd	4th
Sarah Kelly	8 th	-
Coralie Turner	11 th	-
Sarah Miller	12 th	-

Boys 14-16

Neil Wilkinson	4th	Bronze
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Girls 12/13 years

Catherine Webber	4th	Gold
Jennifer Currie	1st	Silver
Ellen Hood	2nd	Bronze

Hannah Watson	14 th	-
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Caragh Jenkins	18 th	-
Victoria Smart	21 st	-
Lindsay Riddoch	25 th	-

Boys 12/13 years)

Toby Harris	6th	4th
Ross Marsh	8 th	-
Michael Weir	10 th	-

Girls 10/11 years

Hannah Dodds	11 th	-
Eilidh Walker	15 th	-
Paula Wilson	31 st	-

Boys 10/11 years

Fearghas Davidson	3rd	6th
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Girls 8/9 years

Alana Greig	5th	4th
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WHITE ROSE TEAM



JENNIFER, CATHERINE AND ELLEN

EDINBURGH DIVING CLUB CAME THIRD IN THE TEAM TROPHY

This week the armchair coach explores the colourful world of bruising and other things Black and Blue.

Dear Armchair Coach

I've noticed some of the other divers often have bruising as a result of splatting (not me, I hasten to add, thanks to always ripping my entries). Firstly, is this bruising dangerous and secondly, in the unfortunate event of getting bruised how can you minimise the effect?



The Armchair Coach replies

Contusions...ecchymosis...whatever you want to call them, bruises are fascinating! Thankfully the bruising you get in diving is not dangerous...but diving bruises can look pretty spectacular, especially on the older divers who bruise more easily because of their age. This explains why the Masters divers frequently appear sporting the most impressive whorls of blues, purples, greens, yellows and browns. One adult even claimed recently they had bruised their chin on a 1m tuck dive gone wrong. I can only think they must have hit the bottom of the pool without noticing.

Should you take a splat, try some of the following

1. Apply Arnica ointment (available from all good chemists)
2. Apply an ice pack immediately to the bruised area for about 10mins. The lifeguards can usually supply one but wouldn't it be more fun to have an EDC fridge in club colours on poolside stocked with a variety of frozen vegetables? Peas or sweetcorn are ideal as they mould themselves to the shape of your body. Furthermore, you could get the club to buy in a job lot of hummus (which is rich in vitamin K, see below) and store it in the fridge to sell by the tub to raise money for club funds. Have a word with your Junior reps and see what they can do.
3. Or for the herbal types among you, crush some parsley leaves and spread the paste directly onto the bruise. Cover it with gauze and tape. (Wash off before diving.)



To avoid bruising in the first place

1. Eat a healthy wholefood diet and plenty of Vitamin C
2. Eat Special K or anything with vitamin K in it: broccoli, Brussel sprouts, cabbage, spinach, chick peas, hummus, asparagus, coffee, bacon and green tea
3. Wear a helmet and protective pads

Let me know what works best for you!

The Armchair Coach adds

Talking of things Black and Blue I have been asked to remind you that it's time to get in training for 'The Black and Blue Cup'. This great fun but supremely disorganised competition is now in its fourth year. It is aimed at the parents of club divers who fancy 'giving diving a go' and the adults in the weekly classes. All you need is a swimming costume and a sense of humour. Training will be available in the adult classes in the run up to the competition. Check with your child's coach for times and days. Following last year's back one and a half and his armstand somersault surely Davy Bennet will be twisting this year. On the synchro front, rumour has it that Barry Sless and Chris Robison are secretly hard at work sewing their sequined costumes. So...if you're a long suffering parent or adult diver...come and



'Chukka' dive
Sail past the steps
Wear your biggest boots and your lettuce leaf hat
Saturday 17th Dec, RCP
All other details to be decided as and when

(Squad divers are welcome to compete too but you must bring a participating adult.)
Start getting in trim now by checking out my Gentle Adult Starter Programme (GASP) in the November 2003 newsletter, available online at www.edinburghdivingclub.org.uk/ and click on newsletters.

Dear Armchair Coach

Can you explain the significance of the new Fina regulations on diving?

The Armchair Coach replies

Check the website www.edinburghdivingclub.org.uk/

Dear Armchair Coach

Where can I find out what I need to do to get into one of Shannon's new squads?

The Armchair Coach replies

Check the website www.edinburghdivingclub.org.uk/

Dear Armchair Coach

Where can I see a picture of the new tracksuit?

The Armchair Coach replies

Check the website www.edinburghdivingclub.org.uk/

Dear Armchair Coach

I would like to send my coach some flowers.

The Armchair Coach replies

Check the website www.edinburghdivingclub.org.uk/seriously!



Keep those questions coming!!

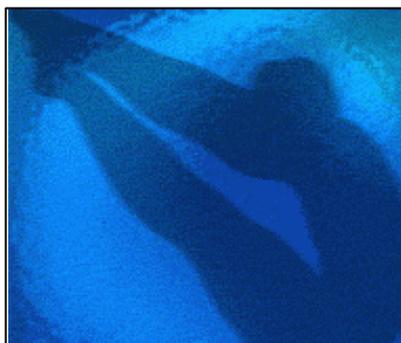
Judges Seminar

Sunday 20 November

9am – 5.30pm

Presenter – Syd Boothroyd

There are limited places available.
Please see either Shannon Roy or
Mary Sless for further information



Club Merchandise



Club tracksuits will be available
at the pool from 14 November.

£20 for children's sizes
£25 for adult sizes

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

Cheques payable to Edinburgh Diving Club

The Thistle Trophy



The provisional timetable of events is as follows:

Saturday

1230 Boys 7 & U
1300 Girls 8/9
1400 Girls 12/13
1500 Boys 14 -18
1600 Girls 10/11

Sunday

1030 Girls 7 & U
1100 Boys 8/9
1200 Boys 12/13
1300 Girls 14 -18
1400 Boys 10/11

Times are subject to change depending on entries.

Display by Edinburgh divers to open the event.

(Practise sessions for this to be advised.)

There will be stalls, face painting, nail painting, dance mats, agility challenges, & lots more!



There is a disco on Saturday evening.

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



Please come along and support

Dry Land Training Area

As you will have noticed, this area has been extended and new equipment purchased.

- Please can all divers enter the area by the door next to the Commonwealth Suite, *not* the first door.
- No bags are allowed in the area
- No food is to be consumed.
- Water bottles are allowed, but no juice please.
- Anyone found using the equipment or crash mats without a coach present will be asked to leave immediately and will not be allowed to take part in the session.
- A full set of rules will be put up in the area



congratulations!

- To Niki Bennet for winning National 1m, 3m & Platform Championships
- To Grace Reid for winning National Junior 1m, 3m & Platform Championships
- To Gregor McMillan for winning National Junior 1m, 3m & Platform Championships
 - To all National medallists -

**Tom Chambers,
Glenn Robinson,
Sarah Bainbridge,
Anna Sless,
Jenny Sless,
Laura Smith,
Gillian Fleming**

- To Catherine Webber for winning Girls 12/13 at White Rose
 - To all medallists at White Rose -

**Jennifer Currie,
Ellen Hood
Neil Wilkinson**

- To the divers selected for Sweden –

**Niki Bennet,
Tom Chambers,
Gregor McMillan,
Grace Reid,
Anna Sless,
Jenny Sless
Catherine Webber**