



# EDINBURGH DIVING NEWSLETTER



October 2010

## News & information for parents.

It is now nearing the end of our first term back after the summer break. It has been a very busy time for the coaches, culminating in Grace qualifying for the Commonwealth Games in Delhi. She attended the pre-camp with the England Diving Team in Leeds and jetted off to Delhi on Tuesday 5<sup>th</sup> October. We wish her all the very best and will be cheering for her. TV coverage of her event is on Wednesday 13 October. The preliminary is at 5am on BBC red button. The final will be at approx 11.30am, again on the red button.

Our website – [edinburghdivingclub.org.uk](http://edinburghdivingclub.org.uk) has all the information you require regarding training, competitions, events and fundraising. It is updated

every week, so there is no excuse to keep up to speed with all that is going on.

The Newbattle pool staff have asked us to remind parents & divers to refrain from using the door onto poolside. This is a health & safety risk for all divers & coaches. If you have to talk to a coach, please can you wait until the end of the lesson, when a member of staff will contact us if there is a suitable break. Divers, please remember to check in at reception when you arrive at the pool. Also, thank you for no longer leaving belongings in the cubicles. It is much appreciated.

Finally, remember Thistle Trophy in December. We expect all squad divers to compete for the Edinburgh team in this event. Full details on the info pack on the website and below.

## Scottish National Springboard Championships

Newbattle Pool

Saturday 16 October

12 – 5pm

(Training from 12pm start time tbc)

### Programme of Events

Boys 3m  
Girls 1m

Boys 1m  
Girls 3m



Grace winning  
GB Junior Championships.

## The Thistle Trophy

National Novice Championships

Dundee

4 - 5 December

Provisional Programme of Events  
(Training from 8am –start time tbc)

Saturday Boys 7 and under  
Girls 8/9 years  
Boys 14 – 18 *Lunch 12-2pm*  
Womens junior / senior platform  
Boys 10/11 years  
Girls 10/11 years

Sunday Girls 7 and under  
Boys 12/13 years  
Girls 14-18 *Lunch 12-2pm*  
Mens junior/senior platform  
Boys 8/9 years  
Girls 12/13 years

## New Dives

This section is updated monthly. Congratulations to the following divers who learned new dives last month:



Aaron Daly

Jenna Scott

Katie Steele

Zoe Galbraith

Keanna Macinnes

James Heatly

Grace Reid

Grace Reid

Reverse dive tuck from 1m

Inward dive, back dive from 1 & 3m

Reverse dive tuck from 1 & 3m

Back fall from 3m

Back dive tuck from 3m

Forward 2½ s/s from 1m

Forward 3½ s/s with tuck from 3m

Back 2½ s/s piked from 3m



tariff 2.6

tariff 3.0

tariff 3.0

# Edinburgh Diving Club News (and gossip)



**Grace Reid** There will be full page article on Grace in next month's newsletter, detailing all her successes over the last year

**Club Kit** Donald MacInnes will be putting in an order for more Club Kit around the middle of November for delivery mid-December. So if anyone would like any please fill in the [new form](#) and hand it back to Donald (could be Xmas presents).

**Scottish Swimming Medical Forms** If anyone has not completed this form please do so and send *directly to Scottish Swimming* as soon as possible or your child will not be able to compete at Thistle Trophy.

**Competition Letters** These will now be sent direct to you by e mail. Hopefully this will help us to have names & deposits submitted by the closing date. Copies will also be on the website under the *Information / Letters* section. Please ensure that you meet the deadlines given.

**White Rose** Results of this trip will be in next month's newsletter.

**New members** We are delighted to welcome four new members to the club. Jenna Scott, a gymnast, is training with Performance Squad, and is transferring her skills to diving with great ease. Zoe Galbraith, Nicky McCrath and Erin Dougherty have all joined Novice Squad and we hope to see them compete for the club at Thistle Trophy in December

**Catherine Webber** a member of National squad for many years and one of our performance squad divers has hung up her swimsuit and retired from diving. We will all miss her and wish her well.

**Chaperones** After the lack of chaperones for White Rose we are delighted that several parents have come forward to offer their services. Thank you. Please contact Karen Foster if you are interested in helping.

**Rebecca Stevenson** has made a good recovery from injury and although not fully fit, is now back diving

**Judy Wardlaw** received a first in her law degree. Congratulations

**Tynemouth Trophy. Saturday 30 October** Ewan Hunter is considering taking some divers to this event. If anyone is potentially interested in attending, please contact Mary or Vicki, and we will see if it is possible to take a team

**Christmas Card competition** Entries have to be in by 10th October and handed to Carol MacInnes

## Forthcoming Events

DATE	COMPETITION	LOCATION	LEVEL	INFORMATION
8-10 October	White Rose	Leeds	Novice	See website for second information letter
16 October	Scottish Springboard Championships	Newbattle	Age Group	See front page.
21 – 25 October	Southampton Invitational	Southampton	Age Group	2 <sup>nd</sup> letter to follow. Training Mon, Tues & Wed mornings of holiday week. See Mary
30 October	Tynemouth Trophy	Tynemouth	Novice	See club news
5 – 7 November	Diving Lund	Sweden	National Squad	6 pm start
15 November	Ogden & Lockerbie trophies	Newbattle	Age Group / Intermediate	Arrive on 3 <sup>rd</sup> , depart on 8th

# Competition Teams

## White Rose Invitational – Leeds

The team of 17 novice divers selected for this competition are as follows:

Group B	Ailsa Trundle Olivia Martin Amy Steele Sophie Stewart Harris Hamilton Fraser Allardice	Group D	Cameron Forrest Madeleine Finlayson
Group C	Leona Scott Katie Steele Sarah Lowry Robin Robeson Struan McCall	Group E	Murray Cheyne Archie Beetham Aaron Daly Ramsay McCall
		Coaches	Vicki Tomlinson Mary Sless
		Chaperones	Kath McCall

## Southampton Invitational

At present 13 divers are in the team for this age group event

Group B	Charlotte Briggs Daisy Forbes Rebecca Graham Anna Sless Holly Tinkler Emily Martin	Group C	James Heatly Katie Talbot Courtney Ross Sammy Forbes
		Group D	Erin MacInnes Amber Foster Sean Flynn
Coaches	Mary Sless Vicki Tomlinson	Chaperones	Helen Graham Kay Greally

Good luck to these divers, especially Sean and Erin on their first Age Group competition

## Diving Lund International

Seven EDC divers have been selected to represent Scotland at the forthcoming International in Sweden, and we send them our best wishes

Anna Sless, Rebecca Graham, Charlotte Briggs, Emily Martin, Katie Talbot, Courtney Ross and James Heatly

# Reports and Results

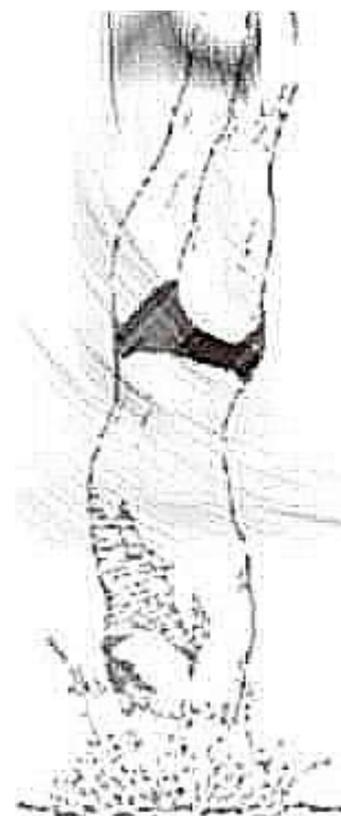
Full results of all competitions are on our website: [www.edinburghdivingclub.org.uk/results](http://www.edinburghdivingclub.org.uk/results).



**Hydro Novices, Harrogate. 29 - 30 May 2010**

A team of 13 novice divers travelled to this novice competition in Harrogate. Congratulations to the finalists (top 6) and the medal winners listed below. Thank you to Donald & Kay for their excellent chaperoning

Girls 14 – 18 years	Olivia Martin	Gold
Boys 10 – 11 years	Sean Flynn	Bronze
Boys 9 & under	Aaron Daly	Bronze
“ “	Archie Beetham	4th
Boys 14-18	Harris Hamilton	4th





**GB Junior Elite Championships, Leeds. 31 May – 4 June 2010**

4 divers from Edinburgh, Grace Reid, Anna Sless, Charlotte Briggs & James Heatly, qualified for this event – the top age group event in the country. Jennifer Currie, still a member of EDC but training in Leeds also qualified. All five divers performed well, reaching the final of their events ( top 6 ) and all the three group B girls all qualified for the 1m final – quite an achievement given the competition. The results are as follows:

Group B	Grace	1m	<b>Gold</b>
		3m	
	Anna	1m	5 <sup>th</sup>
		3m	7 <sup>th</sup>
	Charlotte	1m	6 <sup>th</sup>
Group C	James	1m	5 <sup>th</sup>
		3m	4 <sup>th</sup>
		Platform	9 <sup>th</sup>
		Synchro	<b>Silver</b>
Group A	Jennifer	1m	4th
		3m	4th



**Development Competition, Newbattle. 9 June 2010**

11 divers from the Newbattle lesson programme took part in this event. Congratulations to them all on their first diving competition and a special mention to the medallists:

Gold	Jane Banks	135.90
Silver	Angus Dun	132.00
Bronze	Erin Dougherty	131.80

Erin has now joined the club and is training in Novice squad



**SASA Levels Competition, Edinburgh. 19 June 2010**

33 divers competed at Newbattle in the third round of the league. National Squad divers are no longer eligible to compete, but the standard in both AG & Novice was very good. It was great to see Tom Cowan from Ayr diving club competing again. Full results are on the website



**GB Senior National Championships, Sheffield. 25 – 27 June 2010**

Congratulations to Grace on an outstanding performance at Senior Nationals. She came 5th in the 1m event, which was one of the toughest events we have seen in years. She qualified in 4<sup>th</sup> place for the 3m final, where she continued to improve to finish in silver medal position in the senior event and won gold as the top junior. She also won the gold medal in the synchro event with her partner, Hannah Starling from Leeds. These results qualified Grace for a place the team to represent GB at the European Championships in Budapest in July.

Jennifer Currie, now training in Leeds, represented Edinburgh in the 1m & 3m events, She dived very well, qualifying for both finals, finishing in 7<sup>th</sup> place on 1m and 8<sup>th</sup> place on 3m



**GB National Age Group Championships, Southampton. 1 – 4 July 2010**

Only 5 divers Courtney Ross, Katie Talbot, Daisy Forbes, Sammy Forbes and Amber Foster travelled to Southampton to this event, due to holidays. This competition is excellent experience for age group divers as none of the GB elite divers are allowed to compete. The dive list is slightly easier than other age group events. The standard is still high however, with many new faces, especially from the Crystal Palace club. Congratulations to our divers on their results and a special mention to both Courtney & Katie on their top 6 finishes. Courtney dived very well and was unfortunate to finish just outside the medals in 4<sup>th</sup> place on both springboards. Thank you very much to Helen Talbot for being such a good chaperone and making Mary's life very easy! Full results are as follows:

		1m	3m	Platform
Group B	Daisy	10 <sup>th</sup>	11 <sup>th</sup>	13 <sup>th</sup>
Group C	Courtney	4 <sup>th</sup>	4 <sup>th</sup>	8 <sup>th</sup>
	Katie	13 <sup>th</sup>	6 <sup>th</sup>	-
	Sammy	32 <sup>nd</sup>	22 <sup>nd</sup>	17 <sup>th</sup>
Group D	Amber	17 <sup>th</sup>	11 <sup>th</sup>	15 <sup>th</sup>



**SASA Levels Competition, Ayr. 28 August 2010**

Edinburgh took 20 divers to Ayr for the fourth round of the league. Well done to one of our new divers, Flora Mealyou, who won a gold medal in her first competition!



**Club Championships, Newbattle. 20, 27 & 28 September 2010**

There was a great turn out for club championships this year.

- 15 women competed in the senior competition and 17 in the junior category.
- 4 men and 6 juniors in their senior & junior events
- 9 girls and 7 boys competed in the novice section
- 8 girls in the intermediate section

The divers have to perform 6 dives from both springboards and these scores are added together to find the club overall winner. In the junior event it is four dives from both boards. However, this year there are some changes to the usual format. As there are no East District or EDC Platform Championships until RCP re opens, we have decided to present individual medals for the 1m junior & senior and 3m junior & senior club events in addition to the overall club championship trophies for the different categories.

The results will be revealed at The Presentation of prizes on Saturday 20 November

**A double page of top tips and advice from the Armchair Coach for this Bumper Beezer edition.**

**Dear Armchair coach**

A Bumper Beezer edition! Who would ever use an expression like this? It makes it sound like a comic from the 1970s .



**Dear Very Drole Diver**

How very Whizzer and Chips. You hang on to this edition. It might make you a fortune one day...especially if you can get me to sign it.

**Dear Armchair coach**

Is it possible to have novices and newer novices? Isn't that a tautology? I didn't like to correct my coach so I thought I would ask you instead.



**Dear Astute Diver**

You do have a point young diver. You may never score higher than a 5 in diving but you're probably ready to sit Higher English.

**Dear Armchair coach**

I was surfing the website the other day and found a page of coaches and committee members. Of course I could see immediately some of them weren't real...I mean, Cheril von Barsewich...



**The A/C replies**

Yes, I see your point. However, I think you'll find the website has already been updated.

**Dear Armchair coach**

I've heard that the club may be approaching Irn Bru for sponsorship. Will we be able to make a promotional video diving off the High Girrorders on the Forth Rail Bridge?

**The A/C replies**

You're more likely to get free samples of their new health drink and an orange costume.



**Dear A/C**

Could I make a suggestion that the coaches' T shirts be mayonnaise proof?

**Dear Diver**

Great idea. Or perhaps we could go for bibs with the EDC logo?



**Dear A/C**

I would like your opinion please on my idea for my entry for the EDC Christmas Card design competition. I wondered if dogs and divers crossing the Forth Road Bridge might be a good idea for a design. I know some of the coaches and the mums are very keen on dogs. I could paint Typex on the suspension cables for a more seasonal feel.

**Dear Diver**

Are you barking?



### Dear Armchair coach

I watched some of the Youth Olympic Games and loved the diving but was puzzled by the rather strange commentary. First of all the American sounding commentator all but drowned out the spectacular drumming displays and then he launched into an hour of announcing dives 'from the pike position' all of which invariably ended in a comment about 'the wake'.

*There she goes into her twists and turns...the turns were good but she couldn't get her legs up... flattening out there as she hit the water...and a big wake there, the judges won't like that...ooh...a late entry there and a large wake...and now another dive from the pike position...with 3 Degrees of Difficulty...a large wake but a pretty decent dive...and kind of a late entry there but he still scores 8s...and the big red machine rolls on...Mr Ice in his Bones...an inward 3 1/2 ...his worst dive of the day...Australia, not a nation known for its divers...but for its swimmers.*

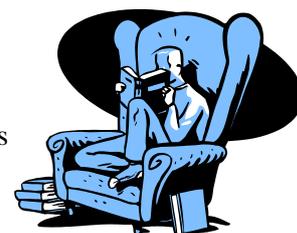


### Dear Diver

I think it's a clear case of Youth Olympic Games web channel...not known for its quality of commentary

### Dear Armchair coach

I know the club have recently purchased a cool box...but I distinctly heard the chaperones talking about a conveyor belt of sandwiches and a camper van. Will these be accompanying us to Southampton?



### Dear Puzzled Diver

You need to have a chat with the astute diver above...the one who understands tautology. Ask them to explain metaphor and hyperbole.

### Dear A/C

I've heard it rumoured there is to be a Black and Blue on 22<sup>nd</sup> Jan?

### Dear Curious Diver

You can be sure that rumour is complete nonsense. B+B is never that specific.

### Dear A/C

What exactly is the Black and Blue?

### Dear Diver

Black and Blue is the stuff of legend. I refer you to back issues Jan 2004, Nov 2004, Jan 2005, Nov/Dec 2005 and Feb 2008 as a start. They're all available on the website.



**The Armchair coach is right. EDC are currently revamping their website. If you are a small child out there who thinks they can help, let a member of the committee know.**

## The Over 50 Club

This section will show divers who have scored over 50 (or 60 points) on a dive in competition  
There are only 2 divers this month

**James Heatly 53.20 on 305c at GB Junior Elites**

## The Over 60 Club

**Grace Reid 61.60 on 305c at Senior Nationals**

# D I V I N G

SCOTTISH *swimming*

## Scottish National Squad

National Squad testing took place in Leeds on 18-19 September, with Olympic coach Adrian Hinchcliffe

The club would like to congratulate Erin MacInnes who has been selected to the squad for the first time and also the following divers who have been re-selected for the 2010 - 11 season

Charlotte Briggs  
Jennifer Currie  
Rebecca Graham  
James Heatly  
Erin MacInnes  
Emily Martin  
Grace Reid  
Courtney Ross  
Anna Sless  
Katie Talbot

## Fundraising News

August 22<sup>nd</sup> was the first fundraising meeting ahead of a very busy term for the Club. Before we tell you of all the information, we would like to congratulate Grace for all of this summers' success and of course to wish her well in Delhi. We are all really pleased for her

So.....on to our news and to bring you all up to date. Firstly, we have lost one of our members, Kellie has opted to step down due to work commitments and we wish her well. The team is now Donald, Kath, Sue and myself. The 'door' is always open for any parent who would like to come and join us. New blood and fresh ideas are always welcome.

### Sponsored Event

We have always tried for an event each year. In previous years we have held the 'sponsored drop'. Newbattle's facilities make this a little difficult, so we opted for the Sponsored Walk over the Forth Road Bridge. The event was held on Saturday 11<sup>th</sup> Sept and we would like to thank all the divers, their families and pets who showed up and took part. Not all the divers came along and whilst we know that we will never be able to get everyone, we were disappointed that less than half of the 60 divers were there. To date we have been able to bank £666 and anticipate we will head towards £1,000 when the additional monies are handed in. Well done and thank you for all who turned up and enjoyed a very pleasant walk over the bridge.

### Prize Giving

Prize giving this year is booked for November 20<sup>th</sup> at Baberton Golf Club. At the moment there are no further details as Kath is currently working on these! Once they are confirmed, we will let you all know. We are looking into hot meals and DJ's for a good evening out. Thank you to Kath for taking this on, it is always a good night and one of few chances for the diving families to get together.

## **Black and Blue**

Towards the end of January (hopefully 22<sup>nd</sup>) and hopefully with the sponsorship from Edinburgh City Council's 'Activity' programme, we are going to bring back the ever famous, popular and down right funny 'black and blue' competition!!!!!!!!!!!!!! This is the one chance where parents get to show the kids how to dive proper !!!!!, however the kids will be the judges !!!!! More details will follow towards the end of the year for this hilarious event. We are going to approach the 'Dean Tavern' and the 'Sun Inn' to see what options there are for a hot meal following the event. So keep an eye on the Noticeboard.

## **Commercial Sponsorship for the Club**

An information pack and proposal for company sponsorship is just about ready now and we do have a fairly healthy list of companies to approach. However, if you can think of any, in particular Edinburgh based, companies then please let me know. We are preparing the packs to go out whilst the Games are on in Delhi. We will be emphasising that the diving event of the Glasgow games in 2014, will be in Edinburgh and that puts our Club in a unique position. Fingers crossed, the companies will see that they would be in line for a tax break and whatever amounts we get, then we can then apply to 'Sports Match' for an equal amount (that is the idea anyway)

## **Easy Funding**

Please remember to use the 'Easy Funding' link on the website should you be contemplating any purchases from the high street retailers who are linked up to this programme. Instructions and directions are there and it's a useful thing to have money coming in from other sources is always the best!!!!!!

Thank you too to all the families, who at short notice, showed up at the Club Championships the other week, with generous offerings for the raffle and home baking. Special mention here to Jim and Rosie, who are Emily and Ollie's grandparents, who regularly offer homemade jams for us to sell - we very much appreciate their support. In total over those couple of hours, we were able to raise £150, which was fab and we add it to the 'Bridge Walk', will take our total to hopefully over £1,000

## **Divers Credit System**

We are in the process of organising a 'credit system' for the divers. In essence, the idea is that for every event or occasion that a diver comes along and helps to raise funds for the Club, depending on the amount raised, a portion will go straight to the Club, whilst some money is kept back and held 'in credit' for future expenses. We are hoping to start this for the new year where the 'credits' can be set against money for competition trips for example. We are working on this and as soon as we have it all finalised, information will come out.

## **Bag Packin**

Lastly, talking of 'pennies' - £602.00 was collected at the last bag packing session at Tesco's. Thank you very much to all who attended. It is one of those great opportunities to get funds from other people's pockets!!!!!! Thank you to Sue Forbes who had organised this and previous sessions. Here is a provisional date for your diaries. Wed 22nd December. Kath McColl has secured us a bag packing evening at Marks & Spencer at the Gyle. 5-9pm. We thought the younger ones could perhaps do 5 - 7pm

Hope that everyone is enjoying designing the Club Christmas cards and, as always, thank you for the continued support for the Diving Club from everyone on the Fund Raising Team, Donald, Kath, Sue and Debs



## CONGRATULATIONS TO

Grace for everything she has achieved so far this year!

Erin MacInnes for her selection to National Squad

James Heatly for winning silver in synchro at GB Junior Elites

James, Anna & Charlotte for making finals at GB Junior Elites

Olivia Martin for winning Gold at Hydro Novices

Sean Flynn for winning bronze at Hydro Novices

Aaron Daly for winning bronze at Hydro Novices

Flora Mealyou for winning her first gold medal at National levels