

EDINBURGH DIVING NEWSLETTER



September 2004

We are now well into the Autumn 1 term and it is great to see the programme so busy. There are a number of new Diver 1's, who are all doing very well at this next level. Well done. We have now assessed all the divers in the programme and although some children have already changed classes, the majority will move next term. Coaches will try to speak to parents during next week, but if this is not possible, then the divers will be given a slip with the details of their new class. Any problems, please contact Mary Sless at the Diving Development office on 477 8438.

We have just completed a busy weekend, with the Scottish Novice League and the East District 3 metre championships. Thank you to everyone that came along to support the divers.

Club Championships are being held throughout this week (27th September). Monday saw the 1 metre competitions, with 26 divers in the Senior, Junior and Age Group events. The 3m competitions will take place on Wednesday, with the Platform and synchro on Friday. Please feel free to come along and cheer on the divers even if you are not competing.

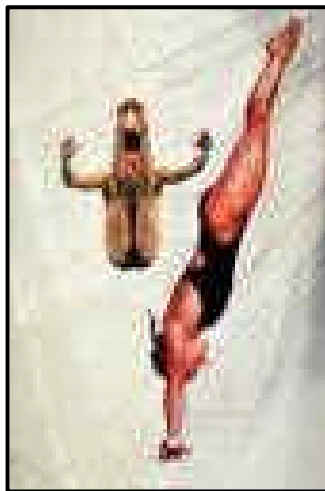
Programme Dates

Term ends on Saturday 16 October

New term (Autumn 2) dates

**.Monday 25 October –
Saturday 18 December .**

Re-booking for existing business
Week commencing 11 October
Re-booking for new business
Week commencing 18 October

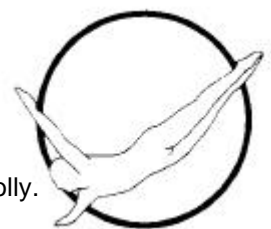


Programme Prices

Beginner 1	£20.00
Beginner 2	£20.00
Recreational	£24.00
Diver 1	£48.00
J squad	£50.00
N squad	£52.00
S squad	£56.00
D squad	£56.00
C squad	£72.00
B squad	See SASA
A squad	See SASA

Edinburgh Diving Club News

Novice League Well done to the divers who competed in the September event. The results are on the Notice Board and the points table will be updated this week. Remember, the top three divers will be presented with plaques at the Thistle Trophy. Congratulations to Holly McDowall, who competed in her first competition and won a silver medal! Well done Holly.



White Rose . By now, everyone should have the information letter. We are just awaiting payment and the return of consent forms. Anyone who has not yet received this letter, please see Mary immediately. We now have confirmation of the return train times.

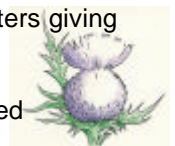
We will be arriving back in **Edinburgh, Waverly at 9.20 pm on the Sunday evening.**

Training camp We are still trying to rearrange it for a weekend in October/November

Club Championships 27.9.04, 29.9.04 & 1.10.04. The synchro competition was scheduled for the Friday but unfortunately may have to be postponed due to a lack of judges and officials. We will keep you posted. We will certainly run the event before the end of the year. So don't worry – this may give you longer to practise!

End of Year Dance All trophies and prizes will be presented at this event. Please try to support it and encourage your parents as well. If there is not a good response then the dance will not go ahead. Letters giving details are on the table on poolside. If you have not received one from your coach, please take one

Thistle Trophy . We would like our biggest team ever, so keep training hard! The team will be selected in November



Forthcoming Events

Scottish Novice League The next league will be held in Edinburgh on Saturday 30th October.

Club Championships

1 metre:	Monday 27 th September,	6.00 – 7.30
3 metre:	Wednesday 29 th September	6.00 – 7.30
Platform & Synchro:	Friday 1 st October.	5.00 – 7.30

See notice board for further details and requirements

White Rose Invitational 8 – 10 October, Leeds. The following divers have been selected to compete in this event. **GOOD LUCK DIVERS!**

Gillian Fleming
Louise Fleming
Stacey Henderson
Megan Hughes
Catherine Webber
Hannah Watson

Ellen Hood
Laura Smith
Fionnuala Kerr
Hannah Burns
Anna Sless
Grace Reid

Alana Greig
Marcus Shaw
Glenn Robison
Michael Weir
Gregor McMillan
Liam Greig

Team Manager

Davy Bennet

Coaches

Mary Sless
Jenny Leeming

Chaperones

Carol Robinson
Sheila Murray
Susan Greig

Southampton Invitational 23 – 25 October, Southampton. The team is as follows:

Grace Reid
Gregor McMillan
Coach Jenny Leeming

Chaperone Julia McMillan

Training Camp

It is hoped to rearrange the training camp to Sheffield for late October / early November. Invitation only. Further details to follow.

Reports and Results



Scottish Novice League. 25 September 2004, RCP

Results at back of newsletter.





East District 3m Championships. 25 September 2004, RCP

It was very encouraging to see so many of the younger divers learn the required dives to compete in this event for the first time. Well done to Laura, Ellen, Hannah, Liam and especially Catherine. Unfortunately, Niki Bennet was unable to dive due to his wrist injury and Tom Chambers decided to join him with a hairline fracture of his arm! Full results at back of newsletter. The medallists are as follows:

Senior Men

- 1 Gregor McMillan
- 2 Glenn Robison

Senior Women

- 1 Vicki Tomlinson
- 2 Gillian Fleming
- 3 Jenny Sless

Junior Men

- 1 Gregor McMillan
- 2 Liam Greig
- 3 Glenn Robison

Junior Women

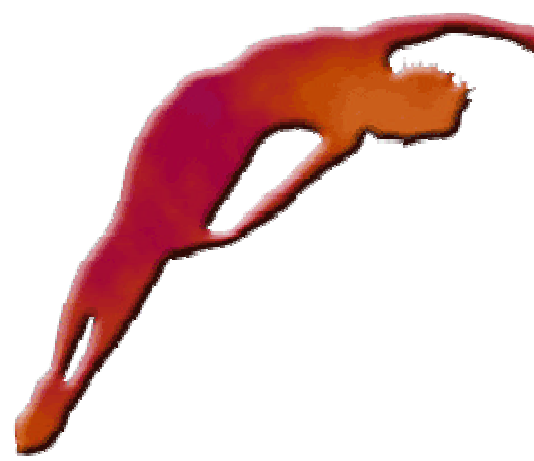
- 1 Jenny Sless
- 2 Gillian Fleming
- 3 Catherine Webber



GBDF Summer Masters Championships. 11-12 September, Dublin

Masters have 3 levels of competition: Novice, Group B and Masters. There are many different age groups. On this occasion all the Edinburgh Divers were competing in the top level of competition which involved an 8 or 9 dive list on springboard and a 6 or 7 dive list on Highboard for the women's and men's competitions respectively.

		1m	3m	Highboard
Sonya	Women's 16-24	3 rd	2 nd	3 rd
Orla	Women's 25-29	1 st	2 nd	1 st
Sarah	Women's 30-39	3 rd	3 rd	3 rd
Simon	Men's 30-39	3 rd	2 nd	3 rd
Allan	Men's 40-49	4 th	3 rd	-
Stephen	Men's 40-49	-	5 th	5 th



Excellent results from the Edinburgh Team. Congratulations!



JTP Zone Testing 4 September 2004, Sheffield

Congratulations to Grace Reid for her selection to the GB Junior Talent Programme Zone Squad for the second year. The five other Edinburgh divers who went down for the testing weekend, Marcus, Gregor, Liam, Laura and Anna all acquitted themselves very well and learnt a great deal from the experience. 48 children aged 8-12 years attended and only 6 new divers were selected, which shows how tough the testing was, and how well Grace has done to remain on the programme. There will be another testing day next year, so keep working hard everyone.

Full results of all competitions are on the Notice board & the website www.edinburghdivingclub.org.uk

This week the armchair coach is somewhat surprised in Dublin...

In my capacity as an expert on diving, I had been engaged to do some consultation work at the stunning new National Aquatics Centre in Dublin...well, *near* Dublin, when a rather noisy group burst through the main entrance to a chorus of,

“Who’s for a chewy sweetie?”

“Did it mean 9 dives on *each* board?”

“Anyone know how to get the elastic back in trunks?”

“Well, there was no way I was paying £25 for a Gameboy game...so I got two for £17 each.”

“No...I’ll probably stay in and read *Great Expectations*.”



Those accents? Those comments? That logo? It was the Edinburgh Masters en masse and by the sounds of it in fine form. Swiftly I purchased a turquoise swimming cap (caps are obligatory at this pool) and a pair of mirrored goggles. Thus I was able to ponder over the slogans on their T shirts and observe the proceedings discreetly as they agonised over a multigrain Bacon and Eggwich bagel...a smoked turkey and cranberry sesame bagel...Revels...Minstrels...or perhaps another bag of White Maltesers.

Training then commenced in earnest. The Edinburgh Masters were soon splatting from all boards and those who did not splat, straddled and squealed and huffed and puffed and then pleaded with the organisers to be allowed to change the dive sheets they had submitted months ago when it was sunny and the competition seemed ages away and the summer seemed the perfect time to learn two and a halves in all directions.

The Masters had made their base at Jacobs Inn Hostel in the heart of Dublin. The 8 bedded mixed dorm sounded as if it had been a great success. They had excitedly bagsied their bunks and made up their beds. Tom and Sarah were so thrilled by the idea of a communal kitchen and they rushed off to buy provisions, talking enthusiastically about being able to make up sandwiches to take to the pool and discussing the merits of ready sliced Mature Irish Cheddar over processed cheese. Sonya carefully set up her sound system and meticulously arranged her hair dressing studio and left everything else in a huge pile in the middle of the floor.

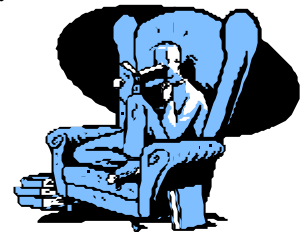


The early starts were no problem with 6 mobile phone alarms going off at 2 minute intervals. Only one person snored.

Competitions bring out the best and worst in people. Allan Patterson proved himself to be one who thrived in competitions. Largely self taught he looked sharp in both his springboard competitions and the judges loved his version of the twisting dives...with the twist when they least expected it. It was just the Glenrothes pike that didn’t score so well in his back and reverse. He gained bronze on 3m.

After a couple of years out of competitive diving Sonya Kerr has reappeared and although she hasn’t got all her big dives back yet she is diving technically better than ever. She put in great performances on all boards with not even a hint of a Step Stamp Squeal on the dreaded reverse. She got two bronze medals and silver on 3m.

Orla of the slogan unrepeatable -in-a-respectable-family-newsletter did not have a good 3m competition but scored 10s for entertainment value on her slow motion reverse 1½ piked. Having announced her immediate and unconditional retiral from competitive diving she then went on to win gold on high board with a spectacular set of dives including her new reverse 1½ somersault half twist from 10m. With retirement clearly suiting her, she put in another spectacular performance on Sunday and won gold on 1m.



Sarah competed her big bold dives complete with their big bold but slightly mistimed come outs. “But those are the perils of big bold diving,” she said with a stoic smile on her face and third degree bruising on her thighs. She bronzed in her 3 competitions.

Stephen Pancake Walters did very little pancaking and a lot of good diving. He got his 9 dives on 3m and 7 on platform which is a triumph in itself. He performed a good inward 1½ somersault from 7m and then performed it even more expertly on 3m. When not diving he spent a lot of time knotted in strange pretzel-like shapes on poolside and was voted adult most likely to lever. He also entertained the group with tales of life in a submarine...which the group agreed must have been very claustrophobic.

Simon, to his delight, found himself in the cliff diving class with the Mexican Gutierrez brothers. Utterly unfazed he spun, twisted, flicked, ripped and most definitely saw his toes. “Head steady... plenty of time to set up the twist,” he could be seen saying to himself as he dipped his chin and flung his arms around wildly. Meanwhile on poolside the other Masters concentrated on screaming his marks up, as coached by Tom. Simon got bronze on platform and 1m...and then in his last competition pipped Ricardo to the silver medal on 3m.

Despite their fabulous performance at the pool, nothing beat their final performance at the airport where a certain person kept denying she had scissors in her bag. Back and forth it went through the x-ray machine until the official extricated a pair of scissors the size of garden shears from a side pocket of her rucksack.

“Oh, you mean my school scissors,” she said sheepishly.

Next, as the group gathered by the desk at the gate so numerous were they that the rest of the lounge decided to queue too. Tom was teasing the boarding pass machine with his ticket. With a sudden whirr the machine came to life and sucked the ticket out of his hand.

“I can’t believe he just did that,” guffawed Simon, halfway across the tarmac before realising he had left his bag in the Departure Lounge.



At last we were all aboard and airborne.

“Minstrel anyone?”

“So I’d been given the job of navigating...”

“This game is so frustrating...”

“It turned out the secret was to use a safety pin...”

“I can’t believe I’ve still got 40 chapters to go...”

Everyone seemed happy, so with a contented sigh I settled back in my seat, readjusted my cap and goggles and waited for the stewardess’s trolley to arrive.





The Thistle Trophy

**Scotland's National Novice
Championships**

4 / 5 December 2004

**If you are not diving in this event,
please come along and support**

**There will be a Fun Day with Face
Painting, nail painting, Dance mats
agility challenges, and much more!**

Disco on the Saturday evening
(Details to follow)



★ End of Year Dance and Prize Giving ★

Saturday 20th November 2004

**The John McIntyre Building
Pollock Halls of Residence**

**7.30 – 11.30pm
Cost £6.00**

Diver of the year, Divers of the term, club
championships trophies and East District
Championships medals will all be presented.

Coaches have been giving out letters with reply
slips attached. If you have not received this
please pick one up from the table on poolside

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



CONGRATULATIONS

To Vicki Tomlinson for winning Senior East district 3m championships

To Gregor McMillan for winning Senior & Junior East district 3m champs

To Jenny Sless for winning Junior East district 3m champs

To Holly McDowall for winning a silver medal in her first Novice League

To Laura, Liam, Hannah, Ellen & Catherine for learning a 3m list

To all our Masters medallists

To Grace Reid for her JTP Zone selection