

# EDINBURGH DIVING NEWSLETTER



September 2005

## News & information for parents

Welcome to the September edition of the newsletter. Please note that re-booking for Autumn term 2 will take place from next week – the 3<sup>rd</sup> October. Please book early to avoid disappointment. The term runs for 8 weeks. See below for details. Coaches will be talking to several divers throughout the week regarding class changes.

We are delighted to say that, we will be holding a Development gala and diving competition in conjunction with the "Learn to Swim" programme, on Saturday 3 December at 5pm. This event is for divers in the Diver 1 classes & possibly the Beginner 2 classes who are not members of Edinburgh Diving

Club. It should be great fun and will give these divers a chance to show off their skills. Further details of this will follow next term

Again, thank you to all the parents who travelled to Aberdeen to support the divers in the League. We had 41 competing divers from Edinburgh, and the journey would not have been possible without the help of these parents.

Finally, although Scottish Nationals will be a much smaller event than in previous years, we would love parents & divers to come along and support our divers. Tandi Indegaard, who competed in the Athens Olympics will be competing, along with Monique McCarroll, a member of the GB World Performance Squad who trained in Edinburgh for three years.

## Scottish National & Open Championships

1 – 2 October, RCP.

### Saturday:

12pm	Mens/Boys	1 metre
3pm	Womens/Girls	Platform
5pm	Mens/Boys	3 metre

### Sunday:

10am	Womens/Girls	1 metre
1pm	Mens/Boys	Platform
3pm	Womens/Girls	3 metre

*Timetable subject to changes  
depending on entries*



## Diving Programme

### Autumn Term 1

Finishes on 15 October

### Half term break

16 - 22 October

### Autumn Term 2

24 October – 17 December

*(re-booking from 3 October)*

## Edinburgh Diving Club News

**Club Trophies** This is a *third* reminder to return club trophies to either Davy Bennet or Mary as soon as possible please. If these are not returned, then they will not be presented at the Dance, which would be a shame for the winners.

**Scottish Novice League** Thank you to all the divers who travelled to Aberdeen for the September League. We hope you all enjoyed the trip. Remember, the next competition is in Dundee. Details to follow.

**Calendar of Events** We are still awaiting completed forms from several N squad divers. These forms help us to plan forthcoming events and trips

**EDC Dance & Presentation of Prizes** This will be held on Saturday 19 November. All club members & their families welcome. There will be more certificates & medals presented this year, especially if you have been part of an EDC team.

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

**White Rose** Remember your bowl, spoon & water bottle and a packed lunch for the train. If anyone is struggling to get a tracksuit or tee-shirt, please see Mary or Jenny. The club is in the process of buying new kit, therefore there are no tracksuits on sale at present. There will be a disco on Saturday evening. Remember, please do not bring too large a bag – you will have to carry it yourself !



## Forthcoming Events

**Scottish Novice League** The next league will be held in Dundee on Saturday 29 October. Details of travel arrangements will be issued shortly.

**Scottish Age Group League** As above

**Scottish National & Open Diving Championships** 1 - 2 October, RCP. Edinburgh divers competing are as follows:

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

Good Luck to all the divers

**White Rose Invitational** 7-9 October 2005, Leeds. The Edinburgh Team for this novice event is as follows:

Neil Wilkinson	Toby Harris	Caragh Jenkins
Jane Kennedy	Catherine Webber	Lindsay Riddoch
Sarah Kelly	Ellen Hood	Fearghas Davidson
Sarah Miller	Hannah Watson	Paula Wilson
Ross Marsh	Victoria Smart	Hannah Dodds
Michael Weir	Jennifer Currie	Eilidh Walker
Alana Greig	Kenneth Drummond	Coralie Turner

Team Manager David Bennet

Coaches Mary Sless  
Jenny Leeming  
Vicki Tomlinson

Chaperones Susan Greig  
Judith Webber  
Ann Wilson

Good Luck to all the divers

**East District Platform Championships** Wednesday 12 or Friday 14 October. (still to be confirmed)  
Senior - 6 dives Junior - 4 dives

**Southampton Invitational** 21 – 23 October, Southampton. Age Group / Senior divers

**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
Tom Chambers	Senior
Jenny Sless	Group C
Catherine Webber	Group C
Anna Sless	Group D
Grace Reid	Group D
Gregor McMillan	Group D

Team Manager David Bennet

Coaches Shannon Roy  
Jenny Leeming

Chaperone Mary Sless



**EDC Championships** 12 – 13 November, RCP. Full details will be put on notice board nearer the time.

## Reports and Results



**Scottish Novice & Age Group League. Saturday 24 September, Aberdeen**

Edinburgh sent a team of 30 novice divers & 10 age group divers to Aberdeen for the eighth round of the league. There were some excellent performances. Well done to Rory Allardice and Jennifer Currie for winning their first competitions.



### NATIONAL SQUADS

Shannon Roy, the National Coach & Development Officer has now selected the National Team and Squads. The Senior Team and the Junior B squad have to attain scores set by the National Coach.

8 divers from Edinburgh have been selected for squads. We would like to congratulate these divers and wish them well with their training

National Senior Team	Niki Bennet Tom Chambers	Edinburgh Diving Club Edinburgh Diving Club
National Junior B Squad	Gregor McMillan Grace Reid Anna Sless	Edinburgh Diving Club Edinburgh Diving Club Edinburgh Diving Club
National Potential Squad	Jennifer Currie Alana Greig Rebecca Houston Jack Mitchell Ben McColl Catherine Webber	Edinburgh Diving Club Edinburgh Diving Club Aberdeen Diving Club Ayr Diving Academy Aberdeen Diving Club Edinburgh Diving Club

Full details of the selection criteria are on the Scottish Swimming website: [scottishswimming.com](http://scottishswimming.com) and our own website: [edinburghdivingclub.org.uk](http://edinburghdivingclub.org.uk)

From dimes to diet...more trivia and top tips from the armchair coach

### ***Dear Armchair Coach***

When I came back into the changing rooms after training the other night I noticed there was a crowd of people around one locker. On closer inspection it turned out to be Cheril on her way to Triathlon swim training demonstrating to the assembled company that despite the absence of any stripey tape the locker she had chosen was most definitely not working. Each time she put her coin in it fell straight through raising sympathetic sounds from the onlookers. Not wishing to be smug but merely helpful, I pointed out that she was using a pound coin instead of a 50p.



### ***The Armchair Coach replies***

Just as well you were there, observant diver! However, although it is easy to forget, we must remember that Cheril is not from these parts. She's more at home with Euros and Dimes than Pounds and Pence. But well done for being so helpful and not at all smug. Did you notice if she was wearing her glasses at the time? I know she needs them to dive.

### ***Dear Armchair Coach***

I have been told that top athletes have sports nutritionalists that advise them on what to eat to help them compete better. Is this serious or is it just a wind up?



### ***The Armchair Coach replies***

It's very serious indeed. Types of food and timing of intake are very important to meet energy demand and maintain body mass and body fat at appropriate levels. Carbohydrate is crucial for maintaining muscle glycogen stores during hard training. Protein ingestion may stimulate muscle protein synthesis in the post-exercise period, promoting the process of adaptation in the muscles. Restoration of fluid and electrolyte balance after exercise is essential. . Generally, it is important to ensure high pre-competition glycogen stores and to maintain fluid balance. Dietary supplements are not warranted unless a specific deficiency is identified

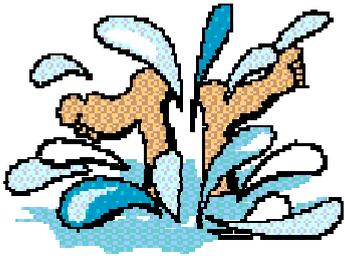
Or if you prefer it in simpler terms...Have a good bowlful of spaghetti bolognaise the night before the comp. Try cereal and toast for breakfast and then a banana and 4 Jaffa cakes 15 mins before diving.. Avoid fizzy drinks at all times ( with the exception of Jenny Sless before a platform competition,) but do drink plenty of water. And most importantly, treat yourself to a whopping meal in your favourite restaurant after the competition. You deserve it!

### ***The Armchair Coach apologises for not having had time to answer the following questions***

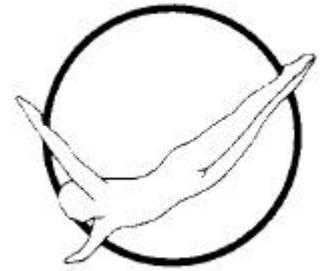
- Why does my diving get worse the harder I train?
- Does wearing Speedos decrease my chance of fathering children?
- I have a one year old guava plant. How soon can I expect it to bear fruit?



Although the Editorial staff at the newsletter have the highest regard for the Armchair Coach's advice they cannot be held responsible for any weight gain or drop in performance that results in it being followed.



## SPONSORED DROP



We are delighted to announce that Edinburgh Diving Club collected £1574.77 from the sponsored drop.

Two divers collected over £100, which was a brilliant effort. As a thank you, the club would like to give them both a prize. The two divers are Laura Smith from C squad and Milo Trainor Moss from Diver 1.

A huge thank you to everyone who participated.

### Edinburgh Diving Club Dance and Presentation of Prizes

We hope that all club divers and their families will be able to attend this year's event, to be held on

**Saturday 19<sup>th</sup> November**



Further details

to follow



### Club Merchandise



We apologise for the delay in obtaining new club tracksuits.

These will be with us shortly and order forms will be available.

If you have any problems with sizes, please see Mary

EDC Tee shirts are available for purchase



### GBDF MASTERS SUMMER CHAMPIONSHIPS

Manchester 10<sup>th</sup>-11<sup>th</sup> Sept 2005



Morag Shaw was the only Masters diver from Edinburgh to enter the Summer Championships in Manchester in September. The rest of the team offered a variety of unlikely excuses ranging from being a bridesmaid in Singapore, going on a residential Well Being Weekend in the Borders to competing in a Barrel Race in Yorkshire.

Brave, bold Morag got herself a highboard set of dives in record time and did Edinburgh proud with two bronze medals on springboard and a silver medal on platform in the Women's Novice 16-39. Morag, a former top Scottish synchro swimmer, trains with Vicki in S Squad, a quiet and unassuming squad whose members are making steady progress through a combination of determination and commitment. At this rate she must surely be a strong contender for S Squad Autumn Diver of the Term.



**congratulations!**

**To Gregor McMillan for his selection to the National Junior B Squad**

**To Grace Reid for her selection to the National Junior B Squad**

**To Anna Sless for her for his selection to the National Junior B Squad**

**To Jennifer Currie for her selection to the National Potential Squad**

**To Alana Greig for her selection to the National Potential Squad**

**Catherine Webber for her selection to the National Potential Squad**

**To Kenneth Drummond for learning the 12 skills required to compete at  
White Rose at the age of 7.**

**Good Luck to the Edinburgh Team competing in white Rose at the weekend**