

EDINBURGH DIVING NEWSLETTER

September / October 2003

We have had a great start to the Autumn diving programme and rebooking for Autumn term 2 is now upon us. You will have been given a form to re-book into a stated class. Please take this form to reception with payment. The diving classes are almost full and coaches and teachers are now in charge of class allocation. If you wish to change your lesson day, please see your teacher before trying to change, as spaces in classes have already been allocated.

There is a slight change to the programme for the second term. Some of the beginner classes are now Beginner 1/2, enabling the divers to continue progressing within the same class. If you have any queries, please phone either Mary or Carol at the Diving Development office on 477 8438,

IMPORTANT NOTICE. Please will all divers keep off the equipment and crash mats in the dry area when a coach is not present. Anyone found on the equipment will be asked to leave. This is for safety reasons. Can we also ask all divers to keep this area tidy, removing all belongings and putting litter in the bins provided. The RCP have been kind enough to give us this area – we do not want to lose it!

Thank you to everyone who came to support the Scottish Novice League in Edinburgh in August. In September, a team of 29 divers travelled to Ayr for the next round of this competition. Thank you to all the parents who came with the team to help and support – it was greatly appreciated.

Merchandise

Order forms have been given out to divers for Edinburgh Diving tee-shirts, chamois, pens and stickers. If you have not received one, please ask your teacher. Orders will be processed on the 15th of each month

Order forms should have been issued to all club divers for tracksuits, swimsuits tee-shirts Any problems, please contact Sheila Murray (Tel. 229 3763) who will be happy to assist



Thistle Trophy

Edinburgh

We would like to

Tommy Farrell
Nicola Hender
Coralie Turner

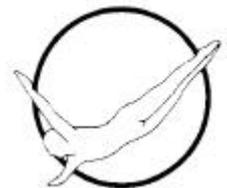
Congratulations
welcome Stuart
All of these new
extremely well,

Boys 10/11 event, Stuart, who won the Boys 14/16 event, and Fionnuala, who scored 8½ 's for her forward line-up! Well done to everyone.

Congratulations to all the divers in White Rose. Thank you all for the excellent way you conducted yourselves during the weekend. We hope you all enjoyed the trip. The coaches certainly did! The magnum of Champagne will be opened on Friday after training (for those old enough to enjoy it!)

The National Novice Championships will be held on the 6/7 December at the RCP. We are also holding our "Fun Day" during that weekend. As Steve Gladding has left, the competition is being organised by volunteers this year. There is a meeting on **Friday 10th October in the Wine Glass at 7pm**. We would be delighted to welcome anyone interested in helping at the event.

Megan Fraser
Stuart Robison



ved the standard set to join club. We are delighted to
om diving.

in the Scottish Novice League in Ayr and dived

. A special mention must go to Tommy, who won the

Forthcoming competitions

Scottish Novice League	The next competition will be held in Edinburgh on Saturday 25th October at 11.30am. Warm-up from 10am, training at 10.30am.
East District Championships	10th, 12th, 14th November. See notice board for requirements
Ogden Trophy / Lockerbie Shield	Friday 21st November. Competition starts 5.00pm. training from 4pm
Thistle Trophy	6 / 7th December. Open to all novice club members. We hope you will all be available to dive. We want to retain the trophy we won last year
Black and Blue Cup	Wednesday 10th December (provisional date). Further details of this fun competition will follow. Adults start your flexibility programme now and look out that swimsuit

Reports and Results



Edinburgh Diving Club Championships - RCP. 22, 24, 26th October.

Congratulations to all the divers who took part in club champs. The results have been calculated and the medals and trophies will be presented at the AGM on Wednesday 26th November. The synchro exhibition was so impressive that we will be holding a further competition (part of club championships) sometime in November, when we can fit it in! The details of this and the AGM to follow.



Scottish Novice League - Edinburgh. 30th August

Results of the competition are at the back of the newsletter



Scottish Novice League - Ayr. 27th September

Edinburgh took a team of 29 divers through to Ayr. Four divers dived as guests in preparation for White Rose. Seven new novice members dived for the first time in this competition and all competed very well. The star of the trip was Laura McKay. Laura dived beautifully and improved her PB by 16 points. Results at back of newsletter.



The White Rose Novice Diving Invitational - Leeds. 4/5th October

EDC took a team of 14 divers to this top English novice competition hosted by the City of Leeds Diving Club. The event was of the usual high standard, with all the top English clubs competing. The top six divers in each event dive in the finals, and all finalists receive a medal. We had 6 divers in the finals. The other clubs are now beginning to take notice of us. All the team dived well with some excellent performances and we finished 3rd in the team competition, which is our best result ever. The "Star of the Trip" was awarded to Ellen Hood who missed out on a place in the final by only 0.65. Ellen dived very well, producing a personal best performance and she was a credit to the team all weekend. Mary won the top coach award with the highest points. (A magnum of champagne to be shared out with whoever is nicest to her this week!)

The Team :

Grace Reid
Laura Smith
Gillian Fleming
John Arthur

Gregor McMillan
Glenn Robison
Stacey Henderson
Stuart Robison

Liam Greig
Becky Shields
Ashleigh Laidlaw

Ellen Hood
Judy Wardlaw
Louise Fleming

The Medallists and Finallists:

Grace Reid	8 / 9 years	Gold	A fantastic result. Grace is still only 7 years old!
Gregor McMillan	8 / 9 years	Gold	Brilliant.
Becky Shields	14/16	Silver	An excellent result. Becky dived very well
Stuart Robison	14/16	Bronze	A great result for Stuart who has just returned to diving
Judy Wardlaw	14/16.	5th	
Gillian Fleming	14/16	6th	

The behaviour of every member of the team was superb. Thank you to the chaperones, Sheila Murray and Carol Robison who did a great job over the weekend, contributing to the excellent team spirit. Thanks also to Carol Farrell for all her photography. We look forward to seeing the photos soon. Finally, thanks to Susan Greig who managed to secure a great deal on Scotland towels for the team. Full results on Notice Board.

DIVING IN EDINBURGH - PART SIX

The success of Fiona Hotson in the early seventies was an inspiration to many divers in the club, male and female. Among those who took up the challenge were the Ogden sisters,



Lesley and Jane, Mary Hamilton (now Sless), Ronnie Hurst and Fraser McBlane. All the afforesaid made a marked impression in Scottish and ASA Championship events. Around that time, the diving committee set about arranging away matches for the first time outwith the UK. The first of these were with Norway in the town of Tonsberg. These matches were on a home and away basis and did much to help the cause of diving, In 1976, the first major diving event to be staged in the RCP (excluding the 1970 Commonwealth Games) was the European Diving Cup. This event put Edinburgh fairly and squarely on the International diving circuit. During that event, Bill took the opportunity to speak at length with the manager of the French team, M. Pouzet of the Isle de France club in Paris. The result being a biennial fixture with that club. This proved very popular and continued for many years.

The European Diving Cup did much in the way of contacts, resulting in invitations to Denmark and Czechoslovakia to the Scottish team, mainly filled by EDC members.

Dear Armchair Coach

At training when I surfaced from my dive, Peter said something had "ripped". I quickly checked my trunks for splits or tears but found none I'm puzzled. What did he mean?

The armchair Coach replies

Well, puzzled diver . . . Peter most likely said "You ripped". A "rip" is a splash free entry. It's a strange term but I guess it's the nearest we can get to the cross between the "crack" and the "blub" sound that marks the perfect entry. Really lock out your elbows and squeeze so there is no space between your shoulders and ears for lots more rips. The opposite of a rip is a "splat". Any explanation required?



Dear Armchair Coach

What three pieces of advice would you give someone who wanted to improve their springboard diving?

The armchair Coach replies

1. Get to the end of the board
2. Get to the end of the board
3. Get to the end of the board. Got it ??



Dear Armchair Coach

I often hear older divers talking about the "padded suit". What do they mean?

The armchair Coach replies

This ingenious and legendary creation was made by Mary Sless out of two pieces of flume mat and two Sless family pillow cases. The "suit" went over your head and had a section of foam mat at the front and one at the back. It was bound by Graham Sless' dressing gown cord. It was fantastic for your first reverse dive. However, it was dismissed when Steve Gladding appeared. He poo-pooed such a practical approach, saying if you were likely to hurt yourself doing a dive, then you weren't ready to do it. Apparently this logic does not apply to using bubbles. Perhaps if the padded suit cost £40 000 and had big buttons it *would* be acceptable



Next month our Armchair coach provides some tips for adults who want to get themselves in shape for the diving highpoint of the year, "The Black and Blue Cup"

GOOD LUCK NIKI

We are sorry to see Niki Bennet leave Edinburgh. Niki has gone to train in Sheffield with a new coach, Adam Sotheran. He will be training alongside other Junior Olympic divers and some of the senior GB squad. We wish Niki all the best for the future and hope that he will come back to Edinburgh as often as he can. He will always be welcome here.

WELL DONE GRACE

Congratulations to Grace Reid, a member of our Scottish Novice Squad. Grace has been selected for the World Start Programme. This is a tremendous honour for both Grace and Edinburgh Diving Club. Grace is the youngest member of the Squad which is made up of the best 8-11 year olds in Great Britain. (She is still only 7)

★ CONGRATULATIONS ★

- TO LAURA MCKAY FOR BEING "STAR OF THE TRIP" IN AYR
- TO ELLEN HOOD FOR BEING "STAR OF THE TRIP" AT WHITE ROSE
- TO GRACE REID FOR WINNING A GOLD MEDAL AT WHITE ROSE
- TO GREGOR MCMILLAN FOR HIS GOLD MEDAL AT WHITE ROSE
 - TO BECKY SHIELDS FOR HER SILVER MEDAL
 - TO STUART ROBISON FOR HIS BRONZE MEDAL
 - TO LIAM GREIG FOR JUMPING OFF 10 METRE
- TO MARY FOR WINNING TOP COACH AT WHITE ROSE.