

THE NEWSLETTER IS BACK!!

News & information for parents.

It has been a very busy time for the diving programme. There have been lots changes to the programme over the last 5 months and I would like to thank everyone for being so understanding. The Edinburgh Leisure programme is no longer co-ordinated by Mary Sless, and as of March the 12th Sami Markham and I have taken over. The diving development team and service providers would like to thank Mary for all the work she has put in over the past few years. Mary will however still be around (we can't get rid of her that easily!). You will see her at the pool on a Monday, Wednesday and Friday.

Sami has come from Drumbrae Leisure Centre where she used to be the admin assistant and she has now taken over the post of Aquatics admin co-ordinator for Diving. I would like to welcome Sami into the post.

Yet again we have had coaches coming and going and what with John jet-setting off to the Bahamas and Tom going back to Italy it has been hectic couple of terms. I would like to thank the remaining coaches who have rallied round

once again to cover all the necessary classes at such short notice.

Thank you to all parents & family members who have not only supported the divers in the recent competitions, but have bought raffle tickets for the SASA draw. This is greatly appreciated as a percentage of the takings will go towards our club funds. We are still looking to raise money for the club to help the club and its divers train though the closure. If anybody has any fundraising ideas please let us know.

With summer holidays approaching fast please book into the summer diving camps as soon as possible to secure your space. This year we are teaming up with the Edinburgh Leisure gymnastics programme to provide a specialised gymnastics coach for the first hour of the camps. This is a new initiative and we hope it will prove to be a big success.

Attached at the back of the newsletter is a calendar of events, I hope this will help you plan your weekends or provide an insight into what your child is working towards.

Summer Camps

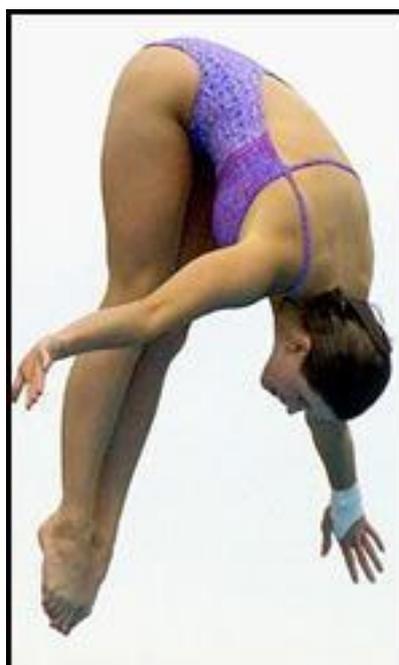
Week 1	02 – 05 July
Week 2	09 – 12 July
Week 3	16 – 19 July
Week 4	23 – 26 July
Week 5	30 – 02 August
Week 6	06 – 09 August

Monday - Thursday

Beginners 10 – 12 noon

Advanced 2 – 4 pm

Price £ 27.00



Term Dates

Autumn Term 1

**Monday 13 August –
Saturday 6 October**

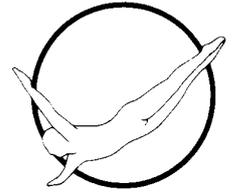
Re-booking for existing business
18th June – 23rd July

Re-booking for new business
Monday 25th June onwards

Autumn Term 2

**Monday 22 October –
Saturday 15 December**

Edinburgh Diving Club News



SASA Registration Forms - We still await the return of two letters to pay the extra £10 required as a result of the SASA membership changes. Please return these as soon as possible, as you will be unable to compete unless you are affiliated to SASA.

Summer Camps - We would ask squad divers to book into camps as soon as possible so that we are able to allocate the correct number & level of coaches.

Chaperoning – Julie Burns is Child Protection Officer for Edinburgh Diving Club. Please contact her if you are interested in finding out more about trips away or becoming a chaperone. Julie is also happy to talk with parents and divers about any aspect of the well being of children and young people within our club. Her phone number is 0131 667 3882.

Montrose Levels – We would like to apologise for the last minute cancellation of this event, this was due to a broken board at the venue.

Forthcoming Events

Junior Elite Nationals Tuesday 29th May – 1st June, Sheffield

Scottish Levels Competition Levels 1-3 Saturday 30th June, Ayr (TBC).

XV International Diving Meeting "Ciutat De Barcelona" 6-8th July, Montjuic Olympic Diving Pool, Barcelona

Reports and Results



Scottish Levels Competitions

Well done to the divers who competed in the levels so far this year

Full results are on our website: www.edinburghdivingclub.org.uk.



Armada Cup. 16th – 18th February, 2007. Plymouth.

Edinburgh sent a team of 10 divers all the way to Plymouth for the first age group competition of the year.

The team was as follows:	Group B	Toby Harris Hannah Burns Jennifer Currie Victoria Smart Laura Smith Catherine Webber	Group C	Gregor McMillan Fearghas Davidson Anna Sless
	Group D	Grace Reid		
	Coaches	Jenny Leeming Mary Sless		
	Chaperone	Julie Burns		

The competition was slightly harder this year, with a change of requirements meaning divers had to compete one extra dive in their list. Also, several of the divers have moved up an age group this year, meaning they had to perform a further dive on top of these new requirements. So, congratulations to those divers who learned the skills to enable them to compete.

There were some good performances from all the divers. Special mention must go to Grace, who won two gold medals in the 1m and 3m springboard events and a silver in the platform. Well done also to Jennifer Currie & Hannah Burns who both made it to the finals of their platform event, finishing in 5th & 6th place respectively.

Thanks to Lesley Smith for organising "Gog & Magog" so efficiently. Also a huge thank you to Julie Burns for the excellent way she looked after the divers and coaches during the five days away. Armada Cup is known to be the hardest trip to chaperone, but Julie never looked phased and calmly catered to our every whim – (we won't mention Jenny's ham wraps!) Although her spreading technique is not quite as inventive as her husband Tim's, she helped to create a very happy atmosphere throughout the weekend.

Finally, thank you to the divers for their excellent behaviour during the trip.

Full results can be found on the EDC website - www.edinburghdivingclub.org.uk.



Shipleigh Novices. 3rd – 4th March, 2007. Bradford.

Early on Saturday morning 35 divers, 4 coaches, 4 chaperones and a 'Coach' driver set off on the 'simple' journey to Shipleigh. About 2 hours later than estimated we arrived at the pool, missing training and the first two events, carrying the essential J pads! Well done to Struan, Amber and Emily for coping with missing their events and diving with the 10/11 girls.

There were some good performances from all the divers. Special mention must go to Mustafa Yavuz, Courtney Ross, Holly Tinkler for winning bronze medals and to Fraser Allardice for taking the Gold. Also to Amy Steele, Olivia Martin, Sophie Stewart, Sarah Jamieson, Rory Allardice, Struan McColl, and Milo Trainer Moss for being in the top six.

A huge thank you to Cath McColl, Fiona Yavuz, and the husband and wife team of Caroline and Richard Allardice, for being excellent Chaperones and coping with such a big team covering a variety of age groups. Caroline and Tim Burns will be creating a sub committee on best practices for carrying cash on diving trips. Should you be interested in joining them please contact Davey Bennet. One last thank you must go to Chris. Although he was there to watch and support Mustafa, he chipped in and helped the team on a variety of occasions.



National Age Groups. 30th March – 1st April, 2007. Southampton.

The team was as follows:	Group B	Toby Harris Hannah Burns Jennifer Currie Laura Smith Catherine Webber	Group C	Gregor McMillan Fearghas Davidson Anna Sless Holly Tinkler
	Coaches	Jenny Leeming Vicki Tomlinson	Group D	Jasmine Ryan
	Chaperone	Judith Webber		

Edinburgh diving club took a team of 10 divers down to the English National age group championships down in Southampton. The team showed some encouraging performances with many divers competing at a national level for the first time.

Well done to Anna Sless who picked up two silver medals on the one metre and three metre boards and Jennifer Currie who took a bronze medal in each springboard event and a silver medal in the group B girls platform event.

This year was the first year to include a synchronised diving event which was great fun for our divers and proved very successful with Laura Smith paring up with Catherine Webber to earn a silver medal in the girls 3 metre synchro event and Hannah Burns and Jennifer Currie put in a good performance to pick up the bronze medal in the same event. Toby Harris and Gregor McMillan were rewarded with a silver medal for their weeks of preparation and training.

Jasmine Ryan, Fearghas Davidson and Holly Tinkler all showed some promising performances and gained lots of valuable experience in their first ever national age group event.

Thank you to Judith Webber for being an excellent chaperone and Congratulations to all the divers for a very successful event!

Aachen Talent Cup

Edinburgh's top diver Grace Reid was selected to represent her country for the first time in March at the Aachen Talent Cup. In total, eight young British divers took on some of the world's best junior divers. Grace was competing on all three boards, 1metre, 3metre, and Platform in the girls' 10-11 event, diving against athletes from Germany, Sweden, France, Switzerland, Egypt and Poland.

Grace dominated the springboard events, coming away with two gold medals. She performed a back two and a half somersaults, a very difficult dive for a girl of her age, and scored 7's from the judges. And after a tough battle with her team mate from Luton she came second on platform. The two then joined forces to compete into the 3metre synchro event, where they performed an excellent list of dives and led throughout the competition to take the gold.

More top tips and practical advice from the Armchair Coach

The Armchair Coach is back!

Well it's been a while hasn't it since I wrote my last column in June 2006! Edinburgh Divers have been getting taller *and* smaller, jumping higher, spinning faster, learning new dives, amassing medals and improving PBs. Some people have even been off 10m for the first...and last time...and junior members are still trying to agree on a club swimming costume.



As most of you will know, Jenny has now taken over from Mary as Edinburgh Leisure Diving Development Officer. This involved a major clear out of 'The Office'. Many interesting things came to light including several swimming costumes with skirts, numerous back copies of 'Which Trailer Tent' and 'Caravanning Weekly', a signed Greg Louganis photograph, various boxes of furry pasta, the EDC draft accounts 1982 and a pair of black leggings. Under a heap of Jenny and Anna's wet training stuff was a post bag of Armchair Coach correspondence which had been reduced to papier mache so it was more or less illegible except for this one letter that we were able to salvage

Dear Armchair Coach

What on earth did Jenny mean after I'd done my dive and she said, "Come round to the Coaching Corral"? Have they started keeping horses at the RCP?

The Armchair Coach replies

This is a lovely example of Jenny's refreshing wit. It's a figure of speech similar to the idea of 'big boots' designed to be entertaining *and* instructional. A 'corral' is literally an enclosure for keeping animals safe but figuratively it means the area near her where she will give you an exercise to do while she can keep an eye on you but also watch the other divers. As for horses at the RCP... think about it...they'd never fit in the changing cubicles...



Other News

'Nikki's back'

A recent highlight was when Tom and Nikki reappeared after their show diving season in Rome...and gave a new meaning to 'Nikki's back'. Nikki asked Tom to call him out of a back arm stand double. While Tom was still getting his head around the dive on poolside Nikki kicked up, flicked and started spinning. No call came from Tom and Nikki thought he'd better come out...so he did and fell the last 10 feet flat onto his back. The whole event was captured on camera but rather than put it on 'You Tube' Nikki has expressly said he would like the clip to be used to raise money for club funds. Thanks Nikki.

'Technical Tips'

You may be wondering what I have been up to while I have not been writing my column. Well obviously I have been attending a lot of world class events and coaching clinics but as many of you will know I have a wide range of expertise in many other areas and you will not be surprised to find that this now extends to Wifi technology. In simple terms this means getting your laptop to connect to the Internet without any cables which if you have tried you will realise is not actually simple at all. 'Connect in 3 minutes' should read 'Connect in 3 months'. Anyway now I can play Diving Penguins on the EDC Kidz Website from the comfort of my armchair...no annoying wires... which means I can adopt optimum playing posture.

Should you be thinking of going wireless make sure you know if your broadband supplier requires DSL or ADSL, go for a router made by one of the big brands Netgear or Belkin as they have clear instructions and affordable help lines, check with your broadband provider what your username and password are before you start. You may think you wrote it down correctly but one wrong capital and you are scuppered. Press F5 for refresh and make sure the router you buy does actually say 'wireless' somewhere on the box. Good luck!



So, remember, if you wrote in last year and didn't get an answer, resubmit your question...in a waterproof package to your coach. And do let me know if Jenny starts distributing sugar lumps.

Special Mentions

- ❖ Get well soon to Courtney Ross who is recovering from a broken arm
- ❖ Congratulations to all those EDC members selected to attend the National testing Day
- ❖ Well done to all those divers learning new dives, more and more of the divers are attempting increasingly difficult dives off all boards.
- ❖ Congratulations to Sarah Bainbridge, this year's winner of the John and Margaret Bell Award for outstanding services to diving. The trophy was presented at the SASA Awards Dinner in February held at the prestigious Carnoustie Golf and Spa Hotel. The evening was made even more memorable by the fact Sarah had secured the Presidential Suite for her entourage. She looked radiant in her shimmering dress and silver sling backs, although most of you will recognise her as the figure in the spectators gallery approaching you selling raffle tickets or lucky programmes.