

# Jubbly 651

3<sup>rd</sup> May 2008

## EMMA BARROW WINS AT G STAR DIVING CHAMPIONSHIPS!

**Laura Grubb is the new Novice Diving Star at Plymouth Diving!!!** (see back page)

### SAM IS AWAY!

**Sam Grevett**, widely regarded as the 'font of all knowledge' as far as Plymouth Diving goes, has now officially left us! Sob Sob!

Sam and her family, husband Pete and daughter Lily actually fly on 9<sup>th</sup> May but will spend time with family before they go to Australia.

They'll fly straight to Perth where they will stay with family whilst they settle in and find their new 'Aussie Feet'!

But don't worry too much, Sam will be keeping an eye on things from afar and is keeping the website up to date for us as that was her 'baby' anyway!

I, Sally, will be taking on much of Sam's work and will be working closely with Andy Lewis in the office to make sure nothing many changes for all of you!

Good Luck the Grevett's!!

### STAR OF THE WEEK

Our star of the week is **Joe Rickards** in the Intermediate Group, who was nominated by his teachers because he has learnt inward dive tuck, back dive tuck and reverse dive tuck in the space of a week! All this and he is still working towards Grade 5! Now that's what I call a fast learner!

### TRAINING CHANGES

Don't forget Monday 5<sup>th</sup> May is BANK HOLIDAY – NO DIVING AT ALL!

### NEXT ASSESSMENTS

The next Intermediate & Advanced Group assessments will be just before the May half term, from 19-24 May.

### Headline Story.....

#### G Star Diving Championships 2008

A small team from our Elite Junior training squad made the epic journey to Leeds with their coach Fito, to attend this event, the final warm-up for the ASA National Elite Junior Competitions 27-30 May, also in Leeds.

Emma Barrow was the star of the team in a tense girls 16 + platform competition where she was up against two GB international divers, one, Helen Galashan, diving in her home pool.

After qualifying for the final Emma (17) dived in a knock-out competition where all six finalists start the event and one diver is knocked-out in each round by virtue of theirs being the lowest score until you are left with two who go head to head.

Emma had deliberately left her lowest tariff (2.0) until this point so she had the ammunition to get through each round. So she wasn't expecting to beat Helen Galashan's backward armstand at 3.4 tariff but Helen made a big error on take-off and Emma was crowned the champion.

Aaron Walters diving in the boys 14-15 years category was up against some very strong competition from some GB internationals and contenders for this years Junior European Championships in Minsk, Ukraine.

Aaron (14) was steady in all his preliminaries and made all three finals. His best final was the one metre where less than 2 points separated the top three divers. Aaron was unlucky not to take the gold medal and finished in third place but most importantly he knows he is capable of winning this competition at the ASA Elite Juniors. In his other two finals he needs to consolidate his high tariff dives in order to keep up with the best from the rest of the country and so on both occasions he finished in 6<sup>th</sup> place on lower tariff dives.

For the rest of the team there was a mix of fortunes.

The **Glover Brothers, Harry (16) and Jack (14)** were both agonisingly close to making their platform finals both finishing in 7<sup>th</sup> place. Again, with more difficulty in their lists they will start to keep up with the stronger divers.

Also just missing a final was **Ashley Hendricks** who also finished in 7<sup>th</sup> in his platform event. Ashley (13) is still carrying a back injury which prevents him from using his higher tariffs and when he is back to full fitness he will start to contend in the boys 12-13 years age group.

**Elliott Hatherley** was diving in the 16 + age group and had a tough job on his hands going up against Commonwealth games diver Callum Johnstone from Leeds, amongst others. Elliott (16) does have some of the higher tariff dives in his list and now needs to make sure he gets all the extra points available for things like body line and rip entries. Elliott was 10<sup>th</sup> and 12<sup>th</sup>.

**Jenny Bunsell (11)** was also unlucky in her events. She missed the one metre final by only ten points and this was after she had had a nasty accident on the five metre board in training, hitting the board in a bizarre error of judgement, completely uncharacteristically. She did well to recover her nerves for the rest of the weekend and now needs to work on her higher tariff dives to be able to make the jump to Elite Junior level.

**Steve Glynn (17)**, who trains with the novice squads, had a tough weekend all round and has pushed himself to train his harder dives, despite training in a group where the emphasis is more on fun! He finished 14<sup>th</sup> & 15<sup>th</sup> in his events and got some good experience.

## SHIPLEY NOVICES 2008

On the weekend of March 1<sup>st</sup> & 2<sup>nd</sup> a team of divers from our Level 1, 2 and transition groups travelled north despite the threat of snow and recorded a great set of results!

Star of the show was **Laura Grubb** in the girls 12/13 diving against much older divers due to the fact her 12<sup>th</sup> birthday isn't until November. Laura was an absolute star and was diving immaculately, particularly her tariffed skills on the 1 metre board and her line-ups!

She scored three scores of 9 and beat her nearest rival by ten points in a huge field of 37 divers!

Also in this event were **Lucy Allan** who finished 17<sup>th</sup>, **Olivia Dixon** 24<sup>th</sup> and **Abbie Braddon** 25<sup>th</sup>. All the girls dived very well with the places not reflecting how close they all could have been to the medals!

In the boys 14 + event we were hoping for great things and the divers didn't disappoint!

**Matthew King** who is the current National Skills Champion in the 12/13 age group has moved up and moved on and was diving well nailing his inward one and a half somersaults on the one metre to put him into contention.

He was however pushed all the way by one of Plymouth diving's newest stars, **Connor Figg**, who finished only three points behind Matthew but agonisingly missed a place on the rostrum by less than a point!

Also chasing them was **Ben Kowalski** who ended up only 8 points behind Connor and one place down in 5<sup>th</sup>. Ben is a talented diver who, with a bit more belief in himself could get into the medals in the future.

Also diving in their first major competition were **Tom Yarnall** and **Pete Adler** who finished in 15<sup>th</sup> and 17<sup>th</sup> places in a tough field of far more experienced divers. They both enjoyed the experience and now at least they know what dives to learn to build on this in the future.

All the boys dived very well against the winner, a diver from Leeds who competed at the National Age Group Competitions less than three weeks later!

The youngest member of the team, **Eloise King**, was diving in the girls 8/9 age group and dived very well.

Elly was less than five points from a medal and a top six finish and showed some very nice skills. Now she needs to work on her leg line and making good tuck shapes and her scores will start to improve.

Two of the newest divers to the competition circuit, only having done Flip n Fun previously, were **Katie Rollinson** and **Shana Vallance** who train in the Transition squads.

In their 10/11 age group there were a whopping 44 competitors and the girls dived steadily, if a little nervously and finished in 25<sup>th</sup> and 34<sup>th</sup> respectively and now know what to do to improve for their next event. They have the skills they just need that competitive edge!

**Laura Elver** was diving in the 14 + age group and had a great day making sixth place and taking a medal.

She was consistently making scores of 6 ½ and 7 throughout the event but she moved up into that medal spot with her last dive, a brilliant back tuck roll that scored from 8 up to 10! In the same event **Nicola Sage** was diving very consistently and just needed that extra bit of sparkle to catch up the 20 points that she was behind the medals. Nicola finished in a respectable 16<sup>th</sup> out of 26 divers.

In the boy's 10-11 age group Plymouth had only **Greg Kennedy** and he dived very well in a tough competition.

Greg was consistently between 5 ½ and 7 ½ on his scores and finished in 10<sup>th</sup>, an agonising six points from a medal in a field of 21 divers.

One of our more experienced novices and White Rose winner **Lawrence Coath** was in action in the 12/13 age group and was diving well, if just below his winning performance from last year. He finished just outside the medals in 9<sup>th</sup> and realistically just needed some higher judge scores of 7's plus and he would have easily moved up the rankings.

Also in this event and not far behind was **Ben Holton** in 12<sup>th</sup> who could also have got to the medals with a little more consistency.

**Alfie Wills** was 17<sup>th</sup> and only his 1 metre dives let him down as the rest of his skills were great. And finally **Max Gratton** was 27<sup>th</sup> and needs to work on his neatness to get those higher scores.

MAIN PROGRAMME DATES		
5 May	BANK HOLIDAY MONDAY – WE ARE CLOSED!	
19-24 May	Next Intermediate/Advanced Group assessments	
26 May	BANK HOLIDAY MONDAY – WE ARE CLOSED!	
27-30 May	Half term courses	
COMPETITIVE PROGRAMME DATES		
5 May	Bank holiday – no diving	
10-11 May	Hydro Novices, Harrogate (confirmed date – apologies for the confusion)	Selected Level 1 & 2 divers
23-25 May	WORLD SERIES – Sheffield	Andy, Sally and Fito away
26 May	Bank holiday – no diving	
26-30 May	National Elite Juniors	Selected divers
23-30 June	Junior European Championships	Selected divers & Fito
5-6 July	National Skills Finals – Plymouth	Selected Level 1 & 2 Divers