

ABOUT DIVING

THE AMATEUR SWIMMING ASSOCIATION (England)

The Amateur Swimming Association is the English national governing body for swimming, diving, water polo, open water and synchronised swimming.

It organises competition throughout England, establishes the laws of the sport and operates comprehensive certification and education programmes for teachers, coaches and officials as well as its renowned Learn To Swim Awards scheme.

The ASA supports 1,600 affiliated swimming clubs through a National/Regional/County structure.

The ASA mission statement

- To ensure that everyone has an opportunity to learn to swim.
- To ensure everyone can achieve his or her personal goals.
- To ensure everyone has the opportunity to enjoy swimming as part of a healthy lifestyle.
- To ensure that we achieve gold medal success.

THE ASFGB (Great Britain)

British Swimming is the National Governing Body for Swimming, Diving, Synchronised Swimming, Water Polo and Open Water in Great Britain. It is responsible internationally for the high performance representation of the sport.

The members of British Swimming are the three Home Countries national governing bodies of England (Amateur Swimming Association), Scotland (Scottish Amateur Swimming Association) and Wales (Welsh Amateur Swimming Association).

British Swimming seeks to enable its athletes to achieve gold medal success at the Olympics, Paralympics, World Championships and Commonwealth Games.

LOTTERY FUNDED PROGRAMMES

World Class Performance

Elite Senior International performers. The minimum requirement to achieve World Class Performance status is to finish in the top 10 at the European Championships. Selection is based solely on competition performance.

World Class Potential (Junior Olympic Programme – JOP)

Elite Junior International performers. To achieve JOP status divers must achieve a very high qualification points standard set by the Programme Manager and based on 8th place at the Junior European Championships. Selection is based solely on competition performance. The points vary from year to year.

World Class Start (Junior Talent Programme – JTP)

Youngsters between the age of 8 and 13, who are selected through an extensive talent identification processes, including physical testing and pool-based observations and who have been identified through these tests, as having the characteristics of a World Class Performer in diving.

Divers are selected on a scoring system over the whole series of tests. Competitions are used solely for monitoring progress.

This is just an insight into each programme, all three areas have their own full-time Managers and their own, extensive and in-depth criteria for selection and de-selection.

Diving Contacts:

Development Officer

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The ASA Head Office

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Registration

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Diving Websites:

www.BritishSwimming.org - National Governing Body (Amateur Swimming Association)

www.plymouthdiving.com - club site providing the most comprehensive results listing and links to other interesting diving sites on the net

www.fina.org - world Governing Body (Federation Internationale de Natation)

www.lenweb.org - European Governing Body (Ligue Europeen de Natation)

Recommended Reading

Diving Complete (G Rackham)

UK £ 11.45, Code Ref 4012 (£9.95 + £1.50 p&p)

Although an older publication, this book was written to assist the growing number of diving enthusiasts. It contains sections on teaching progressions covering the introduction to diving and continuing on to basic dives from the springboard. It is still used today by Diving Tutors.

Fina Diving Officials Manual

UK £ 18.25, Code Ref 4004 (£15.75 + £2.50 p&p) This manual provides guidelines for diving officials, administrators and organisers of international diving competitions. It is a highly technical book useful to anyone involved in the sport of diving.

So Dive In (Anne Green Jessel)

UK £ 5.99, Code Ref 4007 (£4.99 + £1.00 p&p) This is a light hearted look at diving. It is a basic book aimed at persuading swimmers to consider taking up the sport, written in a very easy to read format with amusing graphics.

Springboard and Platform Diving (Ron O'Brien)

UK £ 20.00, Code Ref 4013 (£17.50 + £2.50 p&p) This hard to put down educational book is designed for all levels of coaches and in particular the beginner to intermediate level coach. It also has more technical information than the previous version.

Ron O'Brien was the coach to Greg Louganis, quadruple Olympic Champion in 1984 and 1988.