

NEW NEWSLETTER

3rd March 2007

NEW NAME, NEW AIM FOR NEWSLETTER

We want to revive the WEEKLY newsletter as a useful platform for discussion between coaches, divers, parents and directors.

If you have any questions you want answered through the newsletter, or any articles/information which you feel would be of interest to Parents/divers, please call or e-mail to let us know.

NEW NEWSLETTER - NEW NAME?

We wanted our new era of newsletters to begin with a new name, but we couldn't come up with one, so in keeping with our desire to hear from you about what you want to see in the newsletter, we need ideas from you for a new name, then we'll pick the four best and have a vote in next week's newsletter.

We came up with:
Keep it the same (Jubbly)
Platform
(the notice) board
The Bubbler

WHAT DO YOU THINK? IT'S YOUR
NEWSLETTER, WE WANT YOU TO BE
INVOLVED.

E-mail us your ideas, or pop into the
office.

PARENT & DIVER CORNER

Although this newsletter will be weekly, we would like input from divers and parents once a month, giving advice to others, whether it be how to deal with failure, success, or nutrition for example.

TECHNICAL CORNER

We will also resurrect our Technical Tips, in which a coach will explain something technical about a certain skill or series of skills.

We hope to keep a separate page on the website for all these pieces of advice/information (not there yet, try in a week).

TEACHER/DIVER BIOS

We will also include more information on our teachers and some interesting facts/information on some of our divers, not necessarily those in the elite squads.

STAR OF THE WEEK

Teachers/coaches will be asked to nominate a star of the week. This is not about being the best diver, but could be for anyone who has been working particularly hard, or overcome adversity for example.

Every Star of the Week will receive a commemorative certificate to congratulate them.

KEY SKILLS

There will be a new page on the website (& a copy on the notice board) to illustrate what the key skills are at each level and what divers are likely to be working on during their lessons and what their next aim is (assessment, competition etc).

PARENT LIAISON

Jayne Glynn, whose son Steve is in the Intermediate Squad, has agreed to act as a Parent liaison for a trial period.

The idea is that she will be a "go between" for anyone who would like something brought to our attention, but who does not feel comfortable to come to the office. In a perfect world, we'd like to think we have an open door policy and anyone is welcome to come in and see us with any concerns/questions they have, but in reality, this is not the case and from recent comments, we know not everyone is prepared to come and see us.

Jayne's contact details can be found on the left.

Regularly used terms: Intermediate Group - divers working towards Grade 5 & BS1 & 2. Advanced Group - divers that have passed Grade 5 & Board Skills 2. Squads competitive training groups. Novices - first rung of competitive ladder. Intermediate/Age Groups - next rung of competitive ladder. Elite Juniors - highest level domestic event for divers aged 9-18. Junior - 18 & under. Senior - all ages (where you will find our elite Olympic divers).

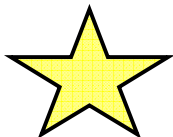
Diving balcony etiquette - Parents please do not coach your children or call them over during classes, Divers must be clothed and wearing shoes when on the balcony and if you are using still or video cameras, please sign the book at reception and ensure you only take footage of your own child.

Parent Liaison - Jayne Glynn, tripy@blueyonder.co.uk, 07944361424

Child Protection - Plymouth Diving's independent Welfare Officer, Kathy Hancock, 07759266041, Plymouth City Sports Child Protection Officer, Sam Grevett 01752 607206, ASA Swimline 0808 100 401

Useful references - www.plymouthdiving.com (everything you need to know about the programme, including newsletters and important documents/competition information etc), www.britishswimming.org (the governing body website)

STAR OF THE WEEK
LAURENCE COATH



Laurence has been diving for a few years. He is in the Novice Squad and his coach tells us he is a pleasure to have in the pool. He always gives 100%, even when he doesn't like the skills he has been asked to do, or when he finds them difficult.

Well done Laurence - keep it up!

Who will be our next star of the week? Find out next week!

THIS WEEK
COACH SPOTLIGHT - FITO

(full name Juan Adolfo Gutierrez-Munoz!)
 Born 1970, Guanajuato, Mexico
 Started diving 1979
 Senior International diver 1989-1996
 Retired from competitive diving 1996
 World high diving cup (25m) bronze, 2000
 1999-2006, Professional coach, Bradford
 2006-2007, Professional coach, Southampton
 Coach to 6 Elite Junior National medallists.
 Attended 6 Junior Internationals as GB coach.

Fito has a 1 year old daughter, Lucy with his partner Sally Freeman, herself a former Olympic diver and former Plymouth Diver.

DATES LIST

Please ensure you see a copy of the dates list regularly to check whether there are any changes which affect your child's session.

TECHNICAL TIPS

Level - Board Skills 3
Skill - BACK DIVE TUCKED

The back dive tucked proves difficult to learn for many divers because fear makes them forget all the processes they have previously learnt.

The back dive tucked is a combination of a number of different skills, the back pike sit on the poolside, armswing back jump tucked on 1m and back fall on 1m (or back tuck roll).

If divers think of the back dive tucked being all those skills added together and think of it as being a process of combining these skills and moving from A to B to C to D during the performance of the skill, they will be far more successful than if they try to get from A to D without any consideration of B & C! That is why so much time is spent working on the skill broken down into pieces, rather than always working on the whole skill.

WHOLE - PART - WHOLE

This is the teaching technique predominantly used in diving teaching/coaching which basically means that once the progressions are in place and deemed competent, the diver learns the whole skill, then works on all the broken down parts of the skill, which are then put back together to work on the whole skill once more.

PARENTAL ADVICE

PROMOTION & SKILL DEVELOPMENT. Different divers move, develop and learn at different rates, which is why not everyone always works on the same thing in any given group and which is why divers are promoted at different times.

Coaches will always take the divers along a path which is appropriate for them personally.

Important - competition results have no bearing on squad or group selection.

Please remember in terms of developing the more advanced skills, the basic skills are even more important, than the end skill.

For example, the most important parts of a forward 2½, are the hurdle step and the entry. Therefore if there are technical problems, a diver will benefit more from working on hurdle step jumps and tuck rolls, than doing loads of front 2½'s.

The aim of the coach and the programme is to enable the diver to reach their full potential, regardless of their level. The methods/skills used by the coach are chosen in order to achieve that goal.

MAIN PROGRAMME DATES		
2-5 April	Easter Courses – private tuition available	
6-9 Apr	Good Friday to Easter Monday – programme closed	
10-13 April	Easter Courses – private tuition available	
23-28 th Apr	NEXT INTERMEDIATE & ADVANCED GROUP ASSESSMENTS	Intermediate & Advanced Group
30 Apr	Bank holiday – no diving	
28 May	Bank holiday – no diving	
COMPETITIVE PROGRAMME DATES		
18-25 Mar	World Champs, Melbourne	TONIA COUCH!
30 Mar-1 Apr	National Age Group Championships	Selected divers
19-22 Apr	Aachen Junior International, Germany	Kyle Prior & Fito
27-29 th Apr	Northern Cross Intermediate/Age Group level competition	Selected divers

THIS IS YOUR NEWSLETTER - WHAT DO YOU WANT TO KNOW?

PORTMAN ARMADA CUP REPORT

(AS FEATURED IN EVENING HERALD, 20-2-07)

PRIOR STARS AT TOP CITY EVENT

Young city diver Kyle Prior was the star performer at a sensational diving competition held at Central Park Pool at the weekend.

The Plymouth Diving 15-year-old won three gold medals in the 16 and over category at the now annual Portman Armada Cup.

The event, which took place over three days, saw the UK's rising young stars pull out all the stops for top individual and team honours.

Experienced divers, including internationals from all over the country, including Leeds, Sheffield, Bradford, Edinburgh, Aberdeen and Southampton, performed magnificently.

But it was Prior who stole the show, claiming victories in the individual one-metre, three-metre and platform events.

In the team competition Plymouth finished fourth overall on 287 points, with Southampton taking first place with 451 points.

City of Leeds and City of Sheffield teams came second and third, respectively.

Plymouth's Claire Wonnacott, who at just 18, coaches the city's up and coming young divers, enjoyed a successful competition.

She came second in the 16 and over girls' one-metre section, behind Commonwealth Games team member Rebecca Gallantree from Leeds.

This was a nice surprise for Wonnacott considering her focus was currently on coaching the club's youngsters, not on her own diving.

Others who shone for Plymouth were Harry Glover (16), winning a well-deserved bronze medal in the boys' 16 and over and Aaron Walters (14) who picked up a fourth, fifth and sixth place in his final.

Like Walters, Ashleigh Thatcher, 15, was in three finals, collecting two fourths and a fifth.

Plymouth's fourth-placed team position was partly due to losing several of their top stars to illness and injury.

These included superstar Thomas Daley, who has been unable to dive head first since suffering a thumb injury at the Youth Olympics in Australia last month.

However, the 13-year-old demonstrated just why he is considered the most natural diving talent in the UK by deciding to compete in the 12-13 boys' three-metre event despite his injury, opting to land feet first in the dive, which was a difficult thing for him to do as he is not used to diving that way.

And even though he could not dive head first, Daley still managed to make the final against all of the UK's 28 leading young divers and came fourth.

Fellow city international Tonia Couch, who came collected a fourth place at last year's Commonwealth Games, has also been troubled by a thumb injury.

That injury prevented her from competing in her preferred 10 metre board event.

However, she did take place in the girls' 16 and over one-metre event, where she finished sixth.

Plymouth Diving coach Sam Grevett was delighted with how the event went.

She said: "It was the best diving competition of the year. The organisation was phenomenal and our team performed exceptionally well, some above the level we expected.

"But Kyle Prior is our most experienced diver and performed convincingly under pressure.

All the team did brilliantly.

The fourth place in the team event was, although disappointing, a result of top divers sidelined through injury.

Nevertheless, the team's less experienced divers proved that they are ready to embrace the challenges provided when competing at this level.

Plymouth can undoubtedly congratulate themselves on holding such a sensational event, and the divers can be proud to have performed so well in such a prominent UK diving event."

The Armada Cup event was sponsored for the seventh successive year by the Portman Building Society.

We are indebted to our volunteers who help to make this event possible (before, during and after) and whilst remembering to say thanks to each and every one of them during the event is just not possible, so we'd like to take this opportunity to make sure they all know how much they are appreciated.

A great big thanks to one and all, we couldn't do it without you!

Merci

Gracias

Danken
Dank

Obrigado!

Grazie

Thanks

