

CHOOSE A NAME

12th March 2007

THE BEST SUGGESTIONS:

BOARD TALK, NEWSPLASH, DIVE-IN, JUBBLY

Vote for your favourite by phone or e-mail.

STAR OF THE WEEK

RYAN WILLS - ADVANCED GROUP

His teachers requested Ryan be this week's star because he is making huge improvements and is an absolute pleasure to have in the pool.



Well done Ryan!

COACH & DIVER SPOTLIGHT

This week, we can combine a coach and diver profile.

Jenny McDonald has been diving with us since she was 6 years old and coaching since she was 16.

She is 17 this year and did her first competition, the White Rose, when she was just 7 years of age (which she won!). She has been competing at Elite Junior level since 2000 and regularly makes finals (top 6) at this level.

Her brother Andrew was an international level diver and Mum Lesley and Dad Kevin are well known nationally for all the volunteering they do. (Among many other things, Lesley Chaperones and runs our parties and Kevin records and was our club chairman for several years). So it's been a real family affair!

TECHNICAL CORNER

Back and reverse pike sit - Grade 5.

These are 2 of the most common skills which divers struggle with in Grade 5.

The divers must land in the water, on their bottoms, with their feet pointing at the ceiling and their hands on their toes (in a 'V' shape).

Because this skill lands on a part of their body they don't normally land on, divers fear they may hurt themselves. However, when it's done correctly, these skills do not hurt at all.

These skills provide progression to the back dive tucked and the reverse dive tucked, so it's important they are performed correctly.

Key points:

Arms swing to above head

(where they stay)

Diver jumps high

Diver lifts legs up (straight), to meet hands above head

Probably the most common error is the diver moving the hands downwards to meet the toes, rather than the toes lifting to meet the hands, which leads to them landing on their legs, or going in the water feet first.

PARENTAL ADVICE

Movement within the programme

It is important that parents and divers are aware that movement through the programme is not a "given" just for taking part. Some divers may never progress past the novice squad, others may move through the programme at a rapid rate.

Some divers get stuck on one skill they simply may never get, for psychological, technical or physical reasons (or a combination of all of these). The coaches do their best to ensure divers are working towards the skills required for the next level, but they will not work solely on the problem skill as this is boring, there is still no guarantee they will get it and working on just one skill will be detrimental to all other areas of their diving.

SO WHAT IS IT?

For those of you wondering what that monstrosity is on 7m, it is a water harness. Just like on the trampoline, the water harness can be used to assist divers in the learning of a new skill. It also allows for very high repetition of difficult dives, with less risk of error or injury.

Sheffield and Southampton are the only other pools in the country to have one, but because of the width restrictions in our pool (it's very narrow), the engineers had to be very inventive, which is why it was 2 years in the making!!

Plymouth City Sports, Diving Programme Newsletter - RELAUNCHED, Mar 2007

Diving news & views for Parents and Divers involved in the Plymouth Diving Programme, Intermediate Group upwards

The enormous cost of the project has been met by UK Sport to whom we are exceedingly grateful.

The harness will only be used by the elite end of the programme as it is solely for use on the more complicated dives and must be operated by an experienced coach.

Using the harness, the coach can assist the diver to jump a bit higher, spin a bit fast and if it's all going wrong, hit the water a bit slower, although if everything's going right, the coach can allow the diver to enter the water with no assistance. Once they have completed the dive, the diver unclips the belt and swims to the side to climb back up and start again.

It is a marvellous tool!

COMING UP

We have Tonia Couch currently in Australia preparing for the World Championships. She is competing in the Womens Platform and the Synchronised Womens Platform.

The World Championships offer divers and Countries the first of only 2 opportunities to qualify spaces for the Beijing Olympics, so there is a huge amount of pressure!

At the end of the month, we are sending a team of 11 divers to the National Age Group Championships in Southampton.

We wish Tonia and the Age Group Team all the best of luck.

WEBSITE CHANGES

The website is currently being re-designed, although the old one is still being updated.

New last week - profile on Fito Gutierrez, our new coach, plus diver profiles on Jenny McDonald and Jessica Taylor.

We have also added a document outlining what skills are expected at each level and what the problem skills are at each level. You will find that on the home page.

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

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)