

# STILL NAMELESS!

19<sup>th</sup> March 2007

## THE BEST SUGGESTIONS:

### BOARD TALK, NEWSPLASH, DIVE-IN, JUBBLY

Vote for your favourite by phone or e-mail - 1 week left.



#### STAR OF THE WEEK

#### CHARLIE COOKE - INTERMEDIATE SQUAD

Charlie first started diving in 2003, when he was one of the first divers selected through the Talent ID testing pilot which was run here. He is one of only 2 divers left from the original 21 selected!

There are some things Charlie finds easy (like - entering the water, which he does extremely well!), but there are other things he finds difficult, like making technical changes which will enable him to learn the more difficult skills. He's our star of the week because he never lets that get to him and is even prepared to think outside the box and to give new ideas a try (like learning a forward 2½ from 5m, before he has learnt it from 3m - very, very unusual and not normally recommended!).

Charlie always gives 100% and always finds something to smile about.

Well done Charlie - keep it up!

#### COACH SPOTLIGHT

Sally Freeman - Sally started diving in Plymouth in 1985, having come from Swallows as a gymnast.

In 1994, she competed at the Commonwealth Games. In 1997, she moved to Leeds, where she made the 1998 Commonwealth Games Team and the 2000 Olympic Team.

She retired from diving after the 2000 Sydney Olympics.

Sally coached in Plymouth from 1992 to 1997, in Leeds from 1997 to 2003 and then ran the Bradford programme (which Andy established many moons ago!), from 2003 to 2006.

She has a baby daughter Lucy who was 1 in November, and lives with Fito Gutierrez, our new full time coach.

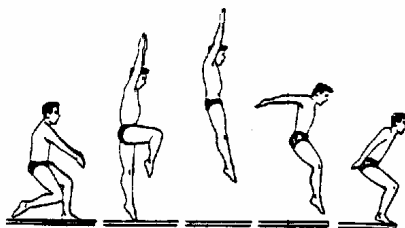
#### TECHNICAL CORNER

#### *The hurdle step - Board Skills 2*

The hurdle step is probably the most complicated skill a diver will learn. Within Board Skills 2, it is broken down into stages, which is the key to learning any diving skill.

The hurdle step requires balance, co-ordination, timing and poise.

The arms should be directly above the head, the hip should be bent at 90 degrees, the knee, slightly less than 90 degrees. After lifting to maximum height, the bent leg straightens to join the other in preparation for landing.



#### CHAPERONE MEETING

We recently held a meeting for all our chaperones to discuss ways of tightening up policies regarding trips away.

As a result of this discussion, we have decided to host a meeting for all parents and divers, before every trip away, for divers at Age Group level and below, to ensure everyone is aware of team policies AND the reasons behind all these policies.

It will also enable us to introduce you to the chaperoning staff prior to your child's trip away and this will provide a forum for questions and answers also.

The meeting for the forthcoming National Age Group Championships, will be on Thurs 22<sup>nd</sup> March at 7pm.

#### FLIP AND FUN EVENT

16<sup>th</sup> JUNE 2007, 12.30pm start

We are hosting a Flip and Fun event here for all divers in the Intermediate and Advanced Groups.

This is a National initiative, developed by Karen Smith, the National Development Manager for diving.

We would like to use this as an opportunity for Fito, Andy, Sally and Sam to take a look at some of the divers in these groups as they don't get to see them very often.

More details soon . . . . .

**TONIA COUCH**

**9<sup>th</sup> at World Champs**

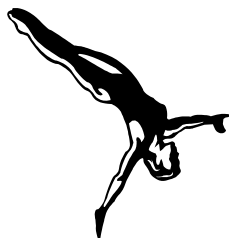
Tonia Couch (17) and Stacie Powell (from Southampton), were perfectly poised going into the Final of the Womens Synchronised Platform event at the World Championships in Melbourne.

They finished 5<sup>th</sup> in a very, very tight prelim, where just 2 points separated 3<sup>rd</sup> to 6<sup>th</sup> places.

Unfortunately, the pair couldn't sustain it going into the final and dropped 20 points, to 9<sup>th</sup> place, just 19 points off 3<sup>rd</sup> and a guaranteed berth in Beijing.

They will both have another shot in the individual event later this week but in a very complicated qualification process, the World Cup in Beijing at the beginning of 2008, will herald the second and last chance for Countries to earn spots for the Beijing Olympics.

You will find more results on [www.omegatiming.com](http://www.omegatiming.com)



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 <sup>th</sup> Apr	NEXT INTERMEDIATE & ADVANCED GROUP ASSESSMENTS	Intermediate & Advanced Group
7 May	Bank holiday – no diving	
28 May	Bank holiday – no diving	
29 May-1 Jun	Half Term courses	
16 June	Flip and Fun competition for Intermediate & Advanced Groups	
COMPETITIVE PROGRAMME DATES		
22 Mar	Meeting for National Age Group Team Divers & Parents	
30 Mar-1 Apr	National Age Group Championships	Selected divers
19-22 Apr	Aachen Junior International, Germany	Kyle Prior & Fito
27-29 <sup>th</sup> Apr	Northern Cross Intermediate/Age Group level competition	Selected divers
5-6 May	SW Regional Senior Championships, Southampton	Some Age Group Squad, Elite Junior & Seniors
29 May – 1 Jun	Elite Junior National Championships	Elite Juniors & some Seniors
9 Jun	SW Regional Skills Finals, Plymouth	Some Advanced Group, Novice Squad, Intermediate Squad
14-15 July	National Skills Finals, Plymouth	Selected divers from Advanced Group, Novice Squad, Intermediate Squad

**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, [jayne@plymouthdiving.com](mailto:jayne@plymouthdiving.com), 07944361424

Child Protection - Plymouth Diving's independent Welfare Officer, Kathy Hancock, [Kathy@plymouthdiving.com](mailto:Kathy@plymouthdiving.com), 07759266041, Plymouth City Sports Child Protection Officer, Sam Grevett 01752 607206, ASA Swimline 0808 100 401

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