

Jubbly 619

10th April 2007

DEVELOPMENT DAYS AT HALF TERM

For divers in the Intermediate Group, up to competitive level divers
2 diving sessions, 1 trampolining session, 1 dive gym session, 1 classroom session
10am-5.15pm - £25. See green leaflet and book early to avoid disappointment.

STAR OF THE WEEK

HANNAH WARDLE - Intermediate grp
Hannah has come on in leaps and bounds recently - she is one of the most improved divers at this level.

Well done Hannah - keep up the good work!

DIVER SPOTLIGHT - ALEX NEWTON

Alex did her first competition with us when she was just 7 years of age. She is 18 this year!!

Alex trains in the Elite Junior Squad and will compete in the 16-18 girls platform event at the Elite Junior Nationals over the May half term.

Courage and determination have seen Alex through some challenging times and there are not too many people in the last 11 years who will have seen Alex cry! She has an extremely high pain threshold which is why she took to the platform event so naturally. It's extremely unforgiving, even of the smallest of errors.

Alex is one of the cheeriest members of the team - always happy, always smiling, keeping everyone entertained! She is a real asset to the Team!

DIVER FOCUS

How to overcome the fear of learning new dives.

It's important that you always remember that coaches will never ask you to perform a dive you are not ready to do.

If you make that your starting point, it will help you to build confidence.

As well as trusting your coach, you also need to trust yourself! If you are being asked to perform a new dive, then it means all your earlier progressions are in place and are good enough to move on.

A new more complicated dive, is just several more simple dives added together and if you think of a new dive as a "process" of going through each of those easier skills one by one, it can make the new dive much less scary.

So our advice - think of the dive as a process, A to B to C to D to E, not as a whole skill.

For example, a back dive tucked is:
Armswing back jump tucked 1m
Armswing back pike sit poolside
Back tuck roll 1m/3m

. . . . all added together.

A back 1½ is:
Back somersault tucked
Back tuck roll (or back dive tucked)

. . . . all added together.

Every skill, is made up of a number of different easier skills, so your new skills aren't really new, or difficult!

COMING UP

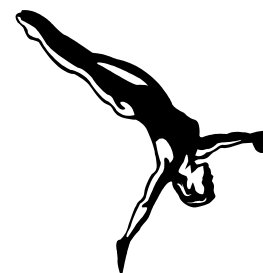
Don't forget - we have intermediate and advanced group assessments coming up at the end of this month from 23-28 Apr.

We also have a flip 'n' fun competition on 16th June which will be for the following divers:

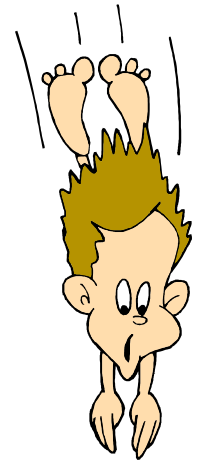
Intermediate Group
Advanced Group
TID divers
Novice Squad

Please make a note in your diary.

Competitions will run from 12pm-4.30pm and we'd like everyone to take part if possible as it's a perfect opportunity for all the coaches to take a look at the divers who are coming through the programme.



MAIN PROGRAMME DATES		
10-13 April	Easter Courses – private tuition available	
23-28 th 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		
27-29 th 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, 07944361424

Child Protection - Plymouth Diving's independent Welfare Officer, Kathy Hancock, Kathy@plymouthdiving.com, 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)