

# Jubbly 620

16th April 2007

## BRONZE FOR SARAH IN CHINA

Sarah Barrow has achieved her first Senior International success, with a fabulous bronze medal in the Womens Synchronised Platform event at the FINA Grand Prix in China. Diving with Partner Monique McCarroll from Southampton, they became only the second British Pair ever to break the World Class 300 points barrier.

*Sarah also achieved a PB in the individual event, making the semi final. She was unlucky not to make the final, after winding up in the tougher of the two semi's. Had she been in the other semi final, her score would have been enough to progress to the final (the top 12 divers from the prelim compete in 2 semi finals - 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> from the prelim in one, 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> in the other. The top 3 divers in each semi, progress to the 6 diver final). Sarah can take an enormous amount of encouragement from this performance - she has finally demonstrated just what we know she is capable of doing!*

### STAR OF THE WEEK

#### CONNOR FIGG - Novice Squad

Connor only joined the novice squad recently, but the rate at which he learns new dives is extremely rapid.

Well done Connor, keep up the good work!

### COACH SPOTLIGHT - ANDY BANKS

Andy has been coaching diving for over 20 years. He is an experienced international coach and has been the designated GB Coach on a number of Junior and Senior International trips since 1990.

In 2002, Andy was the Head Coach to the England Commonwealth Games Team - the most successful England Commonwealth Games Diving Team in history.

He has coached a whole host of National Age Group medallists and Champions.

Andy has a degree in Human Movement, specialising in Gymnastics & biomechanics.

Before setting up the programme in Plymouth, Andy set up the UK's first

ever full time diving programme, in Bradford.

He now coaches 5 elite athletes who are on British Diving funded programmes, 3 divers competing at Junior International level and 4 divers competing at Senior International level.

### PARENT ADVICE

#### *Dealing with injuries.*

For our funded athletes, this is an easy issue. They have medical support on tap. For other divers, this is a more difficult issue. Most people consider their first port of call to be the GP, however in the majority of cases, the GP will recommend rest and once activity is resumed, the problem re-occurs.

If you do not have medical insurance, physio or chiropractic treatment can be expensive, but it is definitely worth investing in. Not just for diving, but for any future activity the child may pursue.

There are a number of different treatment options, depending on the nature of the injury.

We recommend:

Nicky Rutherford, Physiotherapist. Special rate for divers (she is a former international level diver, so knows all about the stresses and strains put on the divers' bodies). Plympton Physiotherapy, Erme House, Station Rd, Plymouth O1752 344606.

Dr Mike Burdon

GP & Sports Injury/Exercise Physician  
York House Clinic, 5 Church St, Stoke Damerel, Plymouth O7791 446490.

If in doubt- seek advice!

### SPANISH PHRASE

To encourage the divers to chat with Fito in Spanish, we have decided to include a phrase of the week in Spanish. Here is a simple kick start.

Como te llamas?  
*What is your name?*

Me llamo . . . .  
*My name is . . . .*

Hola, que tal?  
*Hello, how are you?*

Muy bien gracias, y tu?  
*Very well thank you and you?*

MAIN PROGRAMME DATES		
23-28 <sup>th</sup> Apr	NEXT INTERMEDIATE & ADVANCED GROUP ASSESSMENTS	Intermediate & Advanced Group
29 Apr	End of TID 2 month trial – information on what happens next, out shortly	
7 May	Bank holiday – no diving	
28 May	Bank holiday – no diving	
29 May-1 Jun	Half Term courses – including development days	
16 June	Flip and Fun competition for Intermediate & Advanced Groups & Novice Squad	
COMPETITIVE PROGRAMME DATES		
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
STAFF ABSENCES		
17-23 Apr	Fito away (Aachen)	
26-29 Apr	Fito & Claire away (Northern Cross)	
29 Apr-14 May	Sam away (Canada/America Grands Prix)	
29 Apr-7 May	Andy away (Canada Grand Prix)	
6 May-14 May	Sally away (America Grand Prix)	
18-21 May	Sally & Fito away (holiday)	
18-20 May	Andy away (holiday)	
28 May-1 Jun	Andy, Sally & Fito away (Elite Juniors)	
5-8 July	Andy, Sally & Sam away (Senior Nationals)	

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)