

Jubbly 621

23rd April 2007

ECSTASY AND AGONY FOR KYLE IN AACHEN, GERMANY

Kyle Prior put in a fabulous performance to qualify for the final of the 16-18 years 3m event in 5th place but then fate took hold and on his second dive in the final, he tore ligaments in his shoulder which could sideline him for some time.

This was a very unlucky turn of events as Kyle's performance in the prelim was the best he had ever dived internationally. Add this to the fact that he was competing in this age group for the first time ever and was one of only two 16 year olds in the final, things were looking extremely bright.

Kyle will still take a great deal of encouragement from this performance – to finish 5th out of 35 competitors at this level, in his first year in this age group is absolutely amazing. Unfortunately, the possibility of a 6-8 week healing time will take him past the Elite Junior Nationals, the only opportunity to qualify for the Junior European Championships. His fate therefore lies in the hands of the British Diving Managers who have the final say on selections.

STAR OF THE WEEK

EMILY COOPER - Advanced Group

Emily is progressing really well and is never afraid to try something new.

Well done Emily, keep it up!

DIVER SPOTLIGHT - KYLE PRIOR

Unlike most of our elite girls, who were fast tracked through the programme having come to us from gymnastics, Kyle Prior came through our Learn to Dive Scheme, progressing through the awards first, before being identified as having potential.

He has always been extremely energetic and prone to annoying the "sensible" older divers with his enthusiasm and hectic personality!

His extreme talent lies in his ability to jump and spin like no-one else and at the age of 13, he had performed a forward 3½ somersaults tucked from 5m!

Kyle is extremely strong for his age and particularly enjoys working with his strength and conditioning coach, Alan Pope who visits the programme

twice a week from Exeter to work on Olympic free-weights with the divers.

Now 16, GB's National Performance Director, often likens Kyle to Olympic medallist Robert Newberry from Australia - pure raw talent!

TECHNICAL CORNER

The hand grab.

The last thing a judge sees when observing a dive, is the entry. The aim - splashless and vertical. It is the hand grab (among other things) which eventually enables divers to make their entries splashless (or RIP - so called because it can sound like someone ripping a piece of paper!).

It is one of the first technical skills a diver is taught, during their first lesson as it's vital the correct hand grab becomes second nature.

The fingers of one hand, clasp the fingers of the other hand and the palms should be completely flat to the water. Straight arms, will ensure a less splashy entry and the diver should feel a "slap" on the palm of their leading hand.

Regardless of the direction of rotation, the diver should always aim to get their hands flat on the water and their arms perpendicular to the water.

SPANISH PHRASE

Very good - *Muy bien*

Very bad - *Muy malo*

No problem - *No hay problema*

I'm sorry - *Lo siento*

Please - *Por favor*

See you later - *Hasta luego*

Good morning - *Buenas dias*

Good afternoon - *Buenas tardes*

Good night - *Buenas noches*

Let's go to Lorenzo's - *Vamos a Lorenzos*

MAIN PROGRAMME DATES		
23-28 th 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 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
STAFF ABSENCES		
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, 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)