

Jubbly 622

15th May 2007

PLYMOUTH DIVERS MIX IT WITH WORLDS BEST

Over the past 2 weeks, Tonia Couch, Thomas Daley and Sarah Barrow have been competing on the FINA Grand Prix circuit, against Olympic Champions, World Medalists and the very best that the World of Diving has to offer.

It was an excellent experience and saw ALL THREE Plymouth Divers, achieving semi-final spots and out of the 12 British divers who attended, only 3 other divers achieved this.

Last week, Tonia was in Fort Lauderdale where she made the semi-final in the Womens 10m event, eventually finishing in 10th place. This was her first ever individual Grand Prix performance. She finished 6th in the synchronised womens platform with Stacie Powell from Southampton. Making his debut on the Senior Circuit, Thomas Daley also qualified for the semi final in the Mens 10m event, where he too finished 10th and after setting a PB recently in China, Sarah Barrow secured a 9th place in the Womens 10m event, with a 6th place in the synchronised platform with Monique McCarroll from Southampton.

STAR OF THE WEEK

MILLY WOOD - Intermediate Squad

Milly Wood has recently been promoted to the Intermediate Squad and by all accounts is dealing with the move up, very well and is working very hard.

COACH SPOTLIGHT - SAM GREVETT

Although Sam officially retired from coaching in January of 2004, she continues to be involved in diving at a National level and covers coach absences.

For 70 years, 3 generations of Sam's family have dived, officiated and coached at National level and Sam's involvement has spanned over 25 year years.

Sam is the Chairman of the Diving Committee within the National Governing Body (the ASA), is a qualified Tutor and International Judge.

Her vocational training came in business administration but she also has qualifications in diving, trampolining coaching and tutoring.

TECHNICAL CORNER

Entry practices/line ups.

The last thing a judge sees when observing a dive, is the entry. The aim - splashless and vertical.

Last time we discussed the hand grab which is instrumental to a good entry but in order to practice the hand grab and combine it with good entry technique, the divers must practice high numbers of line ups.

The pike fall (bending over in a pike shape and falling into the water), is the first head first skill a diver is taught and it is something they continue to practice throughout their careers. Even Olympic medallists practice their line ups!!

Good entry technique is also:

Elbows locked completely straight.

Body completely flat and vertical.

Head in between arms, eyes looking at entry point.

No gap between arms and ears.

Body and arms in straight line.

Technique for forward and backward entries is similar however, forward entries can have a slight hollow (or dish) and back entries will have a slight arch due to the direction of rotation. Back entries will also have slightly more head tilt as the eyes look back for the entry point.

SPANISH WORDS/PHRASES

Bubbles - Burbujas

Without bubbles - Sin burbujas

Spotters - Burbujitas

Do you want bubbles? Quieres burbujas?

Can I have a call please - Me abres por favor

Poolside - Orilla de la piscine

Forward line ups - Entradas al frente

Back line ups - Entradas atras (back line ups)

ASSESSMENTS

Congratulations to the following divers, who passed their bronze award at the recent assessments:

Max Tipping, Ryan Wills, Madeline Treby, Kyle Mudge, Nick Fennell, Harriet Slater. All those divers now qualify to move into the Novice Squad.

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

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 Grevelt 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)

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		
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		
18-21 May	Sally & Fito away (holiday) – training will change, you will be notified of changes	
18-20 May	Andy away (holiday) – training will change “ “	
23 May	Gavin Brown funeral, Andy, Fito & Sally away	
28 May–1 Jun	Fito away (Elite Juniors)	
5-8 July	Andy, Sally & Sam away (Senior Nationals)	

HALF TERM

There is a great opportunity over the half term to do some intensive diving training either through private lessons, or through our development days which incorporate trampolining and dry land work too. Private lessons are available for anyone at all 10am-1pm on Tues & Thurs (£12 for half hour or £24 for one hour slots) and the Development Days are on Weds & Friday, £25 for 10am-5.30pm.

There are just a few slots available – call the office to book a place.

SOUTH WEST REGIONAL SKILLS COMPETITION – 9th June, Plymouth

This will concern ALL Novice Squad divers, some Intermediate Squad divers and divers in the Advanced Group who have PASSED Board Skills 3 and who CAN perform a back tuck roll from 3m and a back fall straight from 3m – separate information will be out shortly.

PLYMOUTH DIVING FLIP ‘N’ FUN COMPETITION – 16th June

This will concern ALL divers in the Intermediate Group (Grade 4/5), ALL divers in the Advanced Group and ALL Novice Squad divers – separate information will be out shortly.