

Jubbly 623

21st May 2007

HALF TERM

**Some Development Day & private lessons slots still available
Book now!!**

STAR OF THE WEEK

FILIPPO BOMBIERI - Advanced Group

Filippo passed bronze some time ago, but was not in a position to move to week day Novice Squad and decided to continue in the Advanced Group on a Saturday morning.

Amazingly, he recently passed his silver award and is working really hard.

Well done Filippo - keep it up!

DIVER SPOTLIGHT

BROOKE GRADDON

Born 1987

Diving since 1995

- » Junior European Medalist
- » First Junior GB cap - 2001
- » First Senior GB cap - 2003

Brooke's Mum still reminds us of the day she phoned the office and spoke to Sam Grevett, to enquire about diving lessons and when telling Sam she did gymnastics and she thought she might be quite good at diving, was met with a less than enthusiastic tone (in Sam's defense lots of Mums say their kids could be quite good!).

Brooke is probably one of the unluckiest divers on the circuit with injury and illness and has not been able to train for a number of months now, due to a persistent back injury which at first, was thought to be a stress fracture. After tests, the experts are still unable to agree on the exact problem!

Despite the frustration, she always brings a smile to the pool and because of several set backs throughout her 12 year career, is very, very committed and a real hard worker!

Outside of the pool, Brooke travels the South West, acting as a speaker within the "Sporting Champions" network. It's a national initiative, where elite athletes give talks to various groups of people. She absolutely loves doing this - one of her goals has always been to be on TV, so feels quite at home standing up and chatting to a hall full of people.

TECHNICAL CORNER

Springboard dives are arranged in five groups:

Group 1: Forward group

(diver facing forward & rotating forward)

Group 2: Back group

(back to water, rotating backwards)

Group 3: Reverse group

(facing water & rotating backwards)

Group 4: Inward group

(back to water & rotating forward)

Group 5: Twist group

(diver performing a dive from any of the above groups, but at the same time, they twist their body about a longitudinal axis).

There is a sixth group added on platform:

Group 6: Armstand group

(diver on hands facing the board, with back to the water and rotating over to somersault forwards, or cutting through hands to rotate in a reverse direction. Alternatively a diver can be on their hands facing the water with

back to the board and rotating backwards. Twists can also be added (but fall within the armstand category, not the twist category).

Most dives in groups 1 to 4 and 6 can be performed in any one of three positions:

- Straight: Body and legs straight with no bending at hips or knees.
- Piked: Body bent at hips, legs straight without any bend at knees.
- Tucked: Body bunched up close to knees, bent at hips and knees, elbows in with hands clasping the shins.

FLIP N FUN COMPETITION

Information on the Flip N Fun competition is out this week.

All divers in the Intermediate Group, Advanced Group, Novice Squad & TID group should receive this information.

If you do not, please call into the office.

Although it's not compulsory to attend, we would like everyone to try and make it as we would really like to use this event as an opportunity for all our coaches to see all the divers in action, to ensure that everyone is in the right group for them.

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 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)

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 (£13 for half hour or £26 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.

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		
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)	

Gavin Brown

Although most of you will not know the name, we thought we should say who Gavin Brown was.

Formerly from Bradford, Andy started coaching Gavin at the age of 7 (when Andy was running the Bradford programme). He won numerous accolades, including Junior European and Junior World Championship medals. He spent most of his diving career training in Leeds diving with Adrian Hinchliffe and after retiring for a few years, he recently resumed training in Southampton and was taking his first steps on the road back to competitive success.

At the age of just 22, he was killed in a hit and run nearly 4 weeks ago, as he was crossing a road. His book of condolence on the Southampton Diving Club website reads like a who's who of British and World Diving and includes messages from Olympic Champions and the President of the World Governing Body, FINA. He was a larger than life character and this tragic accident has shocked everyone. Hundreds of mourners will attend his funeral in Bradford this week.

PLYMOUTH DIVING FLIP 'N' FUN COMPETITION SATURDAY 16TH JUNE 2007

Timetable

Will be confirmed once numbers are known, after 1st June. Please check your e-mails and/or the website after this date to see a confirmed timetable.

Checking in

Divers will need to check-in with an official, 15 minutes prior to the published start time of their event.

If they are not checked-in by that time, we will assume they are not coming and they will be withdrawn from the event. Divers who subsequently turn up prior to the start of the event, will be fined £5 and allowed to dive. Divers who turn up after the start of the event, will not be able to take part.

How to enter

Complete the attached entry form and submit the form, with the £1 per diver entry fee (cheque to Plymouth Diving). *Please DO NOT submit these to teachers on the poolside, please drop them into the office/post only.*

DEADLINE – Friday 1st June If we do not receive an entry form for your child by this date, we will assume they are not taking part.

Why compete?

A new challenge - this type of event gives divers something else to work towards, other than just awards. It gives the coaches an excellent opportunity to take a close look at the progress all the divers are making, and it's also a great way to experience competition, without the stresses associated with a mainstream event.

Is it compulsory?

No it is not compulsory, but we'd like to encourage as many children as possible to take part.

I can't make it – what now?

You need do nothing. If we do not receive an entry form for your child, we will assume they are not taking part.

Awards

Everyone taking part will receive a certificate which will be presented to them after the event.

Test

See attached list for the dives required at each level. All the divers have been entered at an appropriate level for them, so there shouldn't be anyone who is too worried about the skills they are required to perform.

Level 1

Forward dive	poolside
Armswing straight jump	1m
Armswing tuck jump	1m
Pike fall	1m
Armswing back jump straight	1m
Back fall straight	1m (or repeat back jump, if unable to do back fall)

Level 2

Forward dive	poolside
Armswing pike jump	1m
Armswing back jump tucked	1m
Hurdle step jump	1m
Back fall straight	1m
Pike fall	3m

Level 3

Forward dive	poolside
Reverse pike sit	poolside
Armswing forward dive tucked	1m
Armswing inward dive tucked	1m
Armswing back dive tucked	1m
Pike fall	3m

Novice

Forward dive	poolside
Armswing reverse pike sit	poolside
Armswing back jump tucked	poolside
Forward dive tucked	poolside
Hurdle step jump straight	1m
Armswing back jump straight	1m
2 different dives	1m
Pike fall	3m
Tuck roll	3m
Back tuck roll	3m
Back fall straight	3m

PLYMOUTH DIVING FLIP 'N' FUN COMPETITION
SATURDAY 16TH JUNE 2007

<u>GRADE 1 UNDER 11 GIRLS</u>	<u>GRADE 1 11 & OVER</u>	<u>GRADE 2 UNDER 11 GIRLS</u>	<u>GRADE 2 11 & OVER</u>	<u>GRADE 3 UNDER 12</u>	<u>GRADE 3 12 & OVER</u>	<u>LEVEL 2 NOVICE</u>
BISHOP, CATHERINE	ANDREWS, TIFFANY	AMES, HARRIET	BENNETT, FIONA	BRADDON ABI	ADLER, PETER	ALLAN, LUCY
BOYLE, CHARLOTTE	BAIRD, HELEN	BOLWELL, RUBY	BOTTRELL ISAAC	DAVIE, JP	CHILCOTT, LIAM	BAILEY, STEPHEN
CHURCH, LAUREN	BARKER-PILSWORTH MONTY	BURDETT, CATHERINE	BRITTON, JAMES	DOUGLAS, ABBEY	CLARK, ZAC	BOMBIERI, FILIPPO
CROCKER, ANNIE	BINGHAM, ADAM	CARTER, AMY	CORK, DANIEL	FENNELL, NICK	CUNDELL, MATTHEW	COATH, LAURENCE
CUNDELL, ABIGAIL	CHAPMAN, SHELBY	COOPER, ABI	DERBYSHIRE, LUCINDA	HAWKER, JESSIE	FIGG, TIERNEY	DONOGHUE, ABIGAIL
DAVIE, NATALYA	CROCKER, JACK	COOPER, EMILY	GLYNN, AIDAN	HOLDER, LUCY	GRATTON, MAX	ELVER, LAURA
FLINN, ELLIE	GREEN, OLIVER	LIDSTONE, JESSICA	HORLOCK, TOM	JONES, CHEYENNE	METHVEN, TOM	FIGG, CONNOR
KING, ELOISE	HAYES, ALICE	LOBB, SHANICE	LAWRENCE, JONQUIL	MASKILL, JAMES	MUDGE, KYLE	GRUBB, LAURA
SOPER, EMILY	KNAPPER, HARRY	MACKAY, HANNAH	LONEY, CHARLOTTE	PLATT, MADDIE	PHILLIPS, DANIEL	HOLTON, BEN
VALLANCE, SHANA	LAMBERT, MATTHEW	McGOWAN, PHOEBE	MACKAY, JAMIE	ROSEVEAR, LAUREN	SADDLETON, JJ	KENNEDY, GREGORY
WARDLE, HANNAH	MANLEY, JAKE	PFEIL, AMY	PHILLIPS, BRYONY	TIPPING, MAX	SAGE, NICOLE	KOWALSKI, BEN
WEYMOUTH, MIAYA	PEARCE, ALEXZANDER	ROLLINSON, KATIE	PUTT, LYNDSEY	VARDY, TEGAN	SLATER, HARRIET	NORFOLK, LAUREN
WILLIAMS, EMILY	PIERCE, SOPHIE	SHEPHERD, SAVANNAH	STEWART, JAMIE	WALLER, ANDREW	TREBY, MADELINE	RANSOME, AMY
	SMITH, RHIANNON		WAUGH, EMMA	WARDLE, BECKY	VENN, RHEA	WALKER-HALL, JADE
<u>GRADE 1 UNDER 11 BOYS</u>	VINNICOMBE, DILLON	<u>GRADE 2 UNDER 11 BOYS</u>	WESTELL, SEAN	WEYMOUTH, OWEN	YARNALL, TOM	WALTERS, THOMAS
BEATON, MAX	WARDLE, MEGAN	BANKS, TRISTAN	WHITBY, JORDAN	WILLS, ALFIE		WATERS, HANNAH
BORN, SEB		BENNETT, THOMAS		WILLS, RYAN		
DALEY, BEN		BURDON, GEORGE				
DAVIES, JAMIE		CUNNINGHAM, EUAN				
DODIMEAD, LUKE		DIXON, MATTHEW				
DUFFY, JACOB		DIXON, THOMAS				
ELLIOTT, WILLIAM		GRAY, CONNOR				
HAYES, SAM		HARRIS, MARK				
MORTIMORE, FINLAY		HOLDER, DANIEL				
MURCHISON, RORY		LOWE, BEN				
PEAK, HARRY		MARSHALL, CAMERON				
PIERCE, BILLY		ROWLAND, TOM				
PIPER, OLLIE		STEELE, TYLER				
SOPER, GEORGE		WHITEAR, MATTHEW				
VIGGERS, MICHAEL						

Please check your child is in the correct event

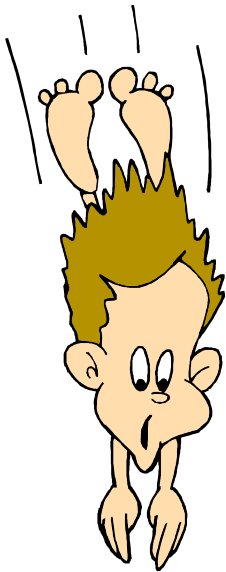
AGE - is the age your child will be on 31st December this year (NOT their current age)

Level 1 - is for all Intermediate Group Divers (plus some TID divers)

Level 2 - is for Advanced Group Divers who HAVE NOT passed Board Skills 3 (plus some TID divers)

Level 3 - is for Advanced Group Divers and NEW novice Squad divers who HAVE passed Board Skills 3

Novice - is for more experienced Novice Squad divers



FLIP 'N' FUN

**DIVING COMPETITION
16th JUNE 2007**

**ENTRY FORM
Deadline FRI 1st JUNE**

**PLYMOUTH DIVING COMPETITION
16th JUNE 2007**

Diver name(s):

D/O/B(s):

Tel no:

I confirm the above diver will be participating in the Plymouth Diving Competition. I have enclosed £1 per diver entry fee (non-refundable).

Signed: Date: .../.../...

Please do not submit forms without payment, or vice versa. All forms/fees to be submitted to the diving office, or by post (please do not hand to the teachers on poolside)

DEADLINE 1ST JUNE 2007
If we have not received your form by this date, we will assume your child is not taking part