

Jubblly 603

22nd May 2006

HUGE SUCCESS IN LEEDS FOR NORTHERN CROSS TEAM

**Elliott Hatherley – 1 gold, 1 silver, Emma Barrow – 1 silver
Jenny McDonald – 1 silver, Harry Glover – 1 bronze, Alex Newton – 1 bronze,
& top 6 finals places to Jack Glover, Aaron Walters, Charlie Cooke, Steve Glynn, Ros Le Grys,
Ashleigh Thatcher and Jess Taylor**

Well done everyone!

NORTHERN CROSS

A huge well done to the Northern Cross Team who competed in Leeds over the bank holiday weekend.

There were some excellent performances and some real break through's, particularly for Elliott Hatherley, who put in a superb performance to win the 14-15 boys 3m event.

Jack Glover finally began to show the promise we see so often in training and Jenny McDonald and Alex Newton kept up a long tradition of success for Plymouth in the Girls Platform event.

It was also really good to see Emma Barrow, Aaron Walters and Harry Glover beginning to return to

their competitive best after some challenging times.

Results can be found on the notice board, or on our website.

Many thanks to Lesley McDonald, Tim Olssen & Jayne Glynn who chaperoned the team.

MONDAYS

Divers who have been coming to the Intermediate and Advanced Groups on a Monday (since 1st April 2006), should cancel their standing order for 1 month and ensure they set it up to resume exactly one month later (please arrange that immediately, don't leave it – you might forget!). Those who pay by cash/cheque need not pay for June.

This is to take into account the 4 missed Mondays.

This does not apply to Squad divers.

TRAINING SCHEDULE

Please see dates list for changes to training during & in the build up to the Senior Nationals & Elite Junior Nationals.

GOOD LUCK

Good luck to all our divers this week as they travel up north for the Senior and Junior Nationals. These are the trials for the World Cup, European Championships, Junior European Championships & Junior World Championships – so there's a lot riding on their results!!

Regularly used terms: JOP - Lottery Funded Junior Olympic Programme at World Class Potential level – the UK's top Juniors. Intermediate Group - divers working towards Grade 4 & 5. Advanced Group - divers that have passed Grade 5. Squads competitive training groups. Novices - first rung of competitive ladder. Intermediate Age Groups - next rung of competitive ladder. National Age Groups - 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.

Child Protection – Plymouth Diving's independent Welfare Officer, Kathy Hancock, 07759266042, Plymouth City Sports Child Protection Officer, Sam Grevett 01752 607206, ASA Swimline 0800 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)

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Plymouth Diving are sponsored by:


Gerrard

IMPORTANT FORTHCOMING DATES

| | | |
|------------------------|---|---|
| 24-28 May | Senior Nationals & World Cup Trial – sorry for delay on information | Senior Team (+ Andy & Sam) |
| 28 th May | 9-10am – Age Group & Elite Juniors tramp 10-11.30 – Age Group & Elite Juniors pool 11.30-12.30pm – Age Group & Elite Juniors, gym with Dev Team 12.30-1.30 – Development Team pool | |
| 29 May ** | BANK HOLIDAY NO DIVING | |
| 30 May-2 June | Elite Junior Nationals – sorry for delay on information | Elite Junior Squad & some Seniors (+ Andy & Dan) |
| 30 May | Remaining seniors train 5.30-6.30 pool, 6.30-7.30pm gym Last Development Team Session – NO TRAMPOLINING Dive 4.30-6.15pm, gym 6.30-7.30pm | |
| 31 May | Remaining seniors train 5-6.30 pool, 6.30-7.30 gym Final Wednesday Age Group Team session | |
| 1 June | New Squad training programme kicks in – affects Age Group Squad & Development Team Remaining seniors train with Age Group Squad 4.30-5.30 tramp, 5.30-6.30 pool, 6.30-7.30 gym | |
| 2 June | No training for Seniors Intermediate Squad as normal, 5.45-6.45 | |
| 4 June | New Sunday schedule takes effect Elite Juniors 9-10.30am pool, 10.30-11.30 gym Age Group Squad 10.30-11.30am gym, 11.30-12.30 pool Seniors 9-10am gym, 10-11.30am pool | |
| 30 May–2 Jun | HALF TERM HOLIDAY COURSES private coaching available: 12.30-1pm Tues-Fri 4.15-5.30 Mon or Weds By arrangement only - £12 for half an hour, £24 for 1 hour (max 2 people per session) | |
| 1-5 th June | Rome FGP | Brooke |
| 2-11 June | Andy on holiday | Andy |
| 16-18 June | JOP/JTP National Camp | Selected JOP divers |
| 17 June | Western Regional Age Groups – PLYMOUTH Info out shortly | Divers from Intermediate & Age Grp Sqd, Dev Team, & Elite Juniors |
| 28 Jun to 6 Jul | Junior Europeans, Palma | Qualified divers & Sam |
| 9-25 July | FINA World Cup, Nanjing, China (including pre-camp) | Qualified divers & team staff |
| 14-17 July | National Skills Finals & National Age Group Championships, Leeds Info out 10 th May | Divers from Nov, Intermediate, Age Grp Sqd, Dev Team |
| 28 July-7 Aug | Senior European Championships, Budapest | Qualified divers & team staff |
| 31 Jul – 4 Aug | JTP & Group C JOP Camp, Leeds | JTP& Group C JOP divers |
| 16-29 Aug | Junior World Championships, Kuala Lumpur | Qualified divers & Sam |
| 13-15 Oct | White Rose Novices, Leeds – NOTE DATE CHANGE | Divers from Nov & Int Squads |
| 21-29 Oct | Training Camp, Beijing (selected JOP divers) | Qualified divers & team staff |
| 25-28 Oct | JTP Training Camp, Berlin (selected divers) | Qualified divers & team staff |
| 28 Oct | Halloween Flip n Fun competition & fancy dress party | ALL divers in Intermediate and Advanced Group and Novice Squad – ALL LEVEL DIVER/FAMILIES WELCOME TO PARTY |
| 21-23 Oct | Southampton Invitational | Divers from Intermediate Sqd, Dev Team, Age Group Sqd, Elite Juniors & Senior Team |
| 24-26 Nov | Luton Challenge | As Southampton |
| 9 December | PLYMOUTH DIVING CLUB CHAMPIONSHIPS & XMAS PARTY ALL LEVEL DIVERS/FAMILIES WELCOME TO PARTY | All divers in Novice Squad, Development Team, Intermediate Squad & Age Group Squad, plus display Elite Junior & Senior Teams. |
| 8-10 Dec | CAMO International, Canada | Selected JOP divers |
| 14 Dec - 2 Jan | Sam holiday | Sam |
| 15-17 Dec | GB Champs & World Champs Trials, Manchester | Senior Squad |
| 17-21 Jan | Australian Youth Olympic Festival, Sydney | tbc |
| 2-4 Feb | JOP & JTP training camp, Sheffield | JOP/JTP divers |
| 16-18 Feb | Armada Cup, Plymouth | tbc |
| 18-25 Mar | World Champs, Melbourne | Selected GB divers |