

Jubbly 625

18th June 2007

Competition special

SUPERB FLIP 'N' FUN COMPETITION

All of Plymouth's top coaches were present on Saturday to witness one of the highest standard and best supported club competitions ever.

STAR OF THE WEEK

SHANA VALLANCE – Intermediate Group
Shana has been named star of the week after her outstanding performance on Saturday afternoon.

Her level of concentration was really impressive, as was her level of performance.

Well done Shana – keep it up!

COACH SPOTLIGHT

NICOLA TAYLOR

Nicola Taylor started her time with us as a diver approximately 7 years ago.

She competed to Novice level and still competes at Masters Level.

Until recently, she was also a competitive trampolinist and helped out with coaching at Phoenix trampolining club.

Nicola recently qualified as a pool lifeguard and is currently studying A Levels (maths, physics & ICT). Her aim is to do a degree in engineering, then join the Navy.

As well as the pool, Nicola also teaches in our Gym and runs parties for us too.

SW REGIONAL SKILLS EVENT

On 9th June, we hosted the South West Regional Skills event, a qualifier for the National Skills Finals (which we will also be hosting). Unfortunately, other than ourselves, there is very little diving in the South West Region, but there were a few divers from Wiltshire who made the journey down to Plymouth for the event.

Regardless of numbers, this was an excellent opportunity for those who we were considering entering for the National Skills Finals, to practice competing and make their standard score.

Everyone performed extremely well and ALL members of the team made the required standard to be eligible to compete at the National Skills Finals. That in itself was a major achievement.

Oliver Markwick took gold in the 9-11 boys (280.20) with Gregory Kennedy picking up a bronze (256.80)

Hannah Waters put in a superb performance in the 9-11 to take the win (296.55), with Lucy Allan in 2nd (289.60) and Abigail Donoghue in 3rd (277.70). Laura Grubb was unlucky to finish in 4th (275.70).

In the 12-13 boys, I'm told that Ben Holton won all their practice competitions, but on competition day, Laurence Coath put in a great performance to get his revenge and take the gold medal (255.10) with Ben in 2nd (248.30).

The 12-13 girls saw Abigail Herbert taking a very comfortable victory (310.25), Lauren Norfolk finished 3rd (271.30), whilst Laura Elver and Jade Walker-Hall finished 4th and 5th respectively (266.05 and 247.25).

There was a real battle in the Boys 14-16 event and in the end, Ben Kowalski took the win (308.90), ahead of Charlie Wood (298.80) and Harry Smith (295.35). Mark Shute and Connor Figg were 4th and 5th (273.85 and 272.00).

In the older girls event, Charlotte Herbert made it a double victory for the family after

sister Abi won the younger event. She took gold in the 14-16 Girls, with a comfortable win (344.50), ahead of Amy Ransome in 2nd (316.80). Milly Wood finished 4th with 280.70.

FLIP 'N' FUN COMPETITION

We wanted to re-brand our club competitions and decided on a name and format change for the competition, which seemed to catch everyone's imagination and led to quite a significant increase in participation which was fabulous.

Our only nag is that so many entries came in after the timings were put out, it led to us finishing half an hour late, which meant we had to beg the pool manager to stay half an hour later as there was due to be a training session after the event.

The next event will be on 27th September, so can you all make a note in your diaries, that entries will be due on 13th September! Thanks.

The competition itself however provided us with everything we hoped it would and was an excellent chance for the coaches to see how the divers were progressing.

The events had it all – some excellent diving, some surprise results and some closely fought contests.

The event tests are deliberately aimed at giving the divers an opportunity to experience competing, but without giving them too much to worry about in the skills department. So ALL of the divers were competing skills they had already passed on previous awards.

Diving news & views for Parents and Divers involved in the Plymouth Diving Programme, Intermediate Group upwards

The intention is to change the tests slightly on each Flip 'n' Fun occasion, just for a bit of variety, but it will always be pitched at the level the divers have already passed, so they can focus on the competition, rather than worrying about the skills.

In the Level 1 girls competition, there was a fantastic victory for Shana Vallance (152.40) who looked like an experienced competitor, showing great composure and concentration. She was closely followed by Alice Hayes (141.20), with Eloise King finishing 3rd (131.70). In this event, the 4th, 5th, 6th and 7th placed divers all scored 124 points and were within 0.60 of each other – amazing!

The boys event was even closer with just 0.10 separating the top 2 divers. Sam Hayes made it a family double celebration, but went one better than sister Alice, taking the win with 138.30 points, Euan Cunningham was 2nd with 138.20 and Jacob Duffy was 3rd with 134.60.

The Level 2 Girls event always promised to be a close AND high scoring affair. The first few rounds were superb and you could barely split the girls!

As the competition progressed however, Kayleigh Sinclair was the girl who continued to dive the most consistently of all the competitors which led to her taking the win (150.60), ahead of good friend Shanice Lobb (145.10) and Charlotte Boyle in 3rd (142.00).

In the Level 2 boys, Tom Rowland managed to split newcomers and brothers Matthew and Thomas Dixon. Younger brother Matthew took the win (140.60), with Tom Rowland in 2nd (134.60) and Thomas Dixon in 3rd (130.90).

The turn out for the Level 3 girls, was the only event with disappointing numbers competing. Nevertheless, the standard was excellent, with young Jessie Hawker leading the pack (133.30), Becky Wardle 2nd (129.40) and Cheyenne Jones 3rd (129.00).

The Level 3 boys provided another tight event, with Max Gratton picking up top spot, just 1.15 ahead of Peter Adler (154.70 & 153.55). Tom Yarnall finished 3rd on 151.85.

The Novice event was another chance to practice for the National Skills final which is coming up.

Amy Ransome took the win (310.95), ahead of the more experienced Matthew King in 2nd (295.05) and Lucy Allan in 3rd (287.95). Abigail Donoghue in 4th and Laura Grubb in 5th made significant improvements on their previous weekend's score, which just goes to show that practice makes perfect!!

A huge well done to all the divers for some great competitions. It was a pleasure to watch.

Thanks also to John Allan and Angela King who looked after the recording on both Saturdays and to Aaron Walters and Brooke Graddon for announcing.

Thanks to Trish Walters for supervising the signing in on the balcony and thanks also to Thomas Daley who seems to like nothing more on his days off from training, than coming up to the pool to present awards & give his congratulations to Plymouth's next generation of divers!

Thanks also to all the Parents and Divers who supported the event. We hope the next one in September will be even bigger!!!

16-21 July	Intermediate & Advanced Group assessment week	
28 July	Last Saturday diving until 1st Sept (separate info to those divers concerned)	
29 July	Last Sunday diving until 2nd Sept (separate info to those divers concerned)	
15 Sep	Flip 'n' Fun entry form deadline	
29 Sep	Next Flip 'n' Fun competition (& practice for White Rose novice event)	
COMPETITIVE PROGRAMME DATES		
5-8 July	Senior National Championships	Senior Team
14-15 July	National Skills Finals, Plymouth	Selected divers from Advanced Group, Novice Squad, Intermediate Squad
STAFF ABSENCES		
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