

Jubbly 626

25th June 2007

Information Central

ANOTHER SENIOR INTERNATIONAL, ANOTHER PLYMOUTH SEMI-FINALIST

All Plymouth Divers who have competed Internationally for GB on the Senior Circuit so far this year, have made at least a Semi-Final. That great record continued last weekend, when Tonia Couch made the semi final of the Rostock Grand Prix in Germany, finishing 10th overall. She also finished 5th in the synchronised Women's Platform with partner Stacie Powell from Southampton.

STAR OF THE WEEK

PETER ADLER – Novice Squad

When Peter moved to the Novice Squad, he was very nervous about some skills, particularly the forward somersault. His teacher Nicola tells us that recently he has overcome many of his fears, is working hard and learning lots of new dives.

Well done Peter – keep up the good work!

DIVER SPOTLIGHT

TONIA COUCH

Born 1989

Diving since September 1999

- » Youngest diver in the UK, currently funded on National Podium Programme
- » Member of 2005 & 2007 World Championship Team
- » Member of 2006 Commonwealth Games Team
- » FOURTH 2006 World Cup (Synchro Platform)
- » First GB Junior International Cap - 2003
- » First GB Senior International Cap - 2005

Tonia had been a fairly accomplished competitive gymnast and came to us for a "trial" in September of 1999, just 4 weeks later, she won her first competition, a novice event at Crystal Palace in London.

It was then that both she and her Parents realised she could probably be quite good at this sport!

In May 2000, just 8 months into her diving career, she won a silver medal in the 10-11 girls 1m and 5m events at the National Age Group Championships in Southampton.

In February 2002, she became the youngest girl ever to qualify for the lottery funded Junior Olympic Programme, when she took bronze in the Junior girls platform event at the British Championships.

It was at that point that her talent on the platform was really recognised.

Tonia is currently a full-time professional athlete.

Her days are filled with morning and evening training, plus daily visits to the Devonshire Health Club, where lottery funded athletes are given free membership!! Total weekly training ranges between 20 and 30 hours, depending on the time of year.

Tonia, describe yourself in one word

Bubbly

Favourite thing to do when not diving?

Shopping of course

Best dive

Reverse 2½

Most embarrassing moment?

It takes a lot to embarrass me!

FLIP 'N' FUN

The next date for a Flip 'n' Fun competition is 29th September. The entry deadline is 15th September.

FUELING YOUR BODY

Here are some snacks recommended by British Diving for active young athletes, containing 25g of carbohydrates.

Carbohydrates are the main energy source for the body and vital for active, growing youngsters.

Popcorn	2 cups
Pretzels	1 cup
Jaffa cakes	x 3
Yoghurt Smoothie	x 200ml
Dilute squash	x 500ml
Fresh fruit	2 pieces
Raisins	x 1 small box
Pasta or noodles	1½ cups cooked
Cereal bar (eg frueseli)	x 1
Crumpets/scones/muffins	x 1

. . . & don't forget breakfast, the most important meal of the day.

You wouldn't get very far in a car with no fuel. Don't run your body on empty – put good quality fuel in it to get the best performance out of it!

SO YOU WANT TO BE THE BEST?

Kim White – British Diving Manager:

This is what it takes to make a top diver.

1. Talent
2. Dedication
3. Determination
4. Self belief
5. Mental toughness
6. Passion
7. Be selfish
8. Commitment

What are the key areas to work on every day?

1. Flexibility/strength
2. Take off work
3. Entry work
4. Correct skill progressions
5. Spend more time on weaknesses than on your strengths
6. Concentrate on correct technique (attention to detail)
7. Be patient, take time to break down skills into their component parts
8. If you don't like something, get to like it by doing lots!

Date to be different:

1. Make every dive count!
2. Add variety to your diving, using poolside and other work stations
3. Divers be self-sufficient (take responsibility)

Wise words from Kim White who will be visiting the programme on Tuesday and Wednesday this week. Kim is responsible for Elite diving in the South of the Country and is coming down to check on the progress of our funded athletes.

If you see him around, say hi!

ASSESSMENTS

Assessments are coming up in the week beginning 16th July.

Here we highlight some of the traditional problem areas.

Grade 5:

The back dive remains a problem skill on this grade, as does the pike wedge (this time inwards).

The back pike sit and reverse pike sit also come in to the picture. Most importantly, the pike sits must hit the water with hands close to feet, legs straight and in a 'V'.

These skills may seem peculiar, but they form the foundation for progressing on to the skills required for the more advanced board grades, such as the inward dive and the back dive tucked.

Board skills 1:

Most skills are fairly simple on this grade, except for the back fall, which must be done without support and hit the water going in the correct direction.

Board skills 2:

The biggest problem here is co-ordinating the hurdle step and arm swings.

Board skills 3:

There is quite a big jump to this one, with the inward dive tucked and back dive tucked proving to be quite a sticking point for many divers. Please note – although divers may have been working towards this grade, if their progressions are not ready, they may not have begun to learn these two skills yet. They can take a lot of building up, ensuring the basic components are good enough to enable them to perform these dives, before the coach begins to encourage the diver to attempt them.

Advanced bronze:

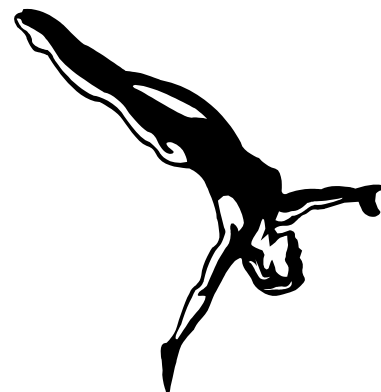
Very similar skills to board skills 3, but the forward and inward dive must be piked not tucked. Plus the added difficulty of a backward entry from the 3m, which can prove a problem skill, not because it is technically difficult, but purely because it is quite scary!

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



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