

Jubbly 627

2nd July 2007

INTERMEDIATE & ADVANCED GROUP ASSESSMENTS

Week commencing 16th July. If your child can't make their normal session, please ask to do an alternative within the assessment week. There will be no other opportunity to be assessed outside of this time.

STAR OF THE WEEK

STEPHEN BAILEY – Novice Squad

For some considerable time now, Stephen has been unable to take part in certain competitions as a number of the required skills were missing from his repertoire. Recently however he has decided to learn the dives he's been stuck on for a while and Claire says he rarely says "no" now, when asked to try something he doesn't like, or when asked to try something new. This is a huge leap forward!

Well done Stephen – keep up the good work, we knew you could do it!

DIVER SPOTLIGHT

SARAH BARROW

Born 1988
Diving since April 2001

- » Currently funded on National Development Programme
- » Member of the 2006 Commonwealth Games Team
- » First GB Junior International Cap - 2003
- » First GB Senior International Cap – 2005

Sarah is one of Plymouth's three Senior International Platform specialists.

Yet another to come from a gymnastics background, Sarah initially found it difficult to get used to turning tricks to her head rather than her feet!

She certainly got there though. In 2003, she qualified for her first Junior International and in 2004, became the UK's first female diver to perform the complicated back armstand double somersaults with 1½ twists from the 10m board. It was a dive that led her to victory in the Senior Womens Platform title at both the English and British Championships in June 2004 and February 2005.

Renowned for her toughness, Sarah has endured a couple of nasty "wipe outs" from the 10m and 7m boards, that would have made lesser mortals throw in the towel, but that's what sets her apart from many others and why she is so suited to platform diving.

Her pet hate is anything to do with springboard diving and she even chooses to do some of her feet first progressions for her complicated 10m dives from 7m, rather than 3m!

Sarah, what are you working on?

Have just added 207c to my list (back 3½). Now working on getting my dives consistent.

What are you studying?

Media, PE, English and Social Care

Diving ambition?

To make an Olympics before I retire

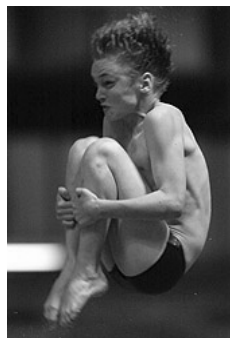
TECHNICAL CORNER

Shapes

This is a great **tuck** shape.

The aim is to make the smallest shape possible.

Hands on shins,
Chin close to
Knees.



The following picture is an amazing **pike** shape. The perfect position for a back or reverse pike sit, or a back or reverse dive piked!

It's not necessarily about being flexible although that does help!! It's about attention to detail, the correct technique, effort, stretch and control!



... and now for the science bit - divers rotate half as fast piked as they do tucked and half as fast again in the straight position, so if you want to spin fast, the tighter the tuck, the faster you go!

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 0800 100 401

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

WHY DO PEOPLE VOLUNTEER?

We run a number of competitions throughout the year and have a reputation for putting on the best events in the UK. That would not be possible without the help of some amazing volunteers and in an effort to try and get more of you involved, we thought you might like to hear why some of them got involved.

John Allan is married to Penny and has 2 children. They have been involved in the programme since the children were babies, coming to Gym Tots first and then moving into the diving. Jane has recently decided to quit diving to concentrate on trampolining and Lucy competes at Novice level.

John says: I help because:

1. It's great to feel part of something that is both rewarding in terms of helping a community organisation but also benefits my children as well.
2. It's a good way to get to know other parents and divers, and to feel part of such a good team.
3. We get good seats to watch some excellent diving.
4. I would hate to turn up and just watch when I can be part of the event and still watch anyway.
5. (Andy buys me a pint!! ☺)

I have been helping on the recording team for around 7 years. Originally it started because Kevin McDonald talked to me about finding a better way of inputting data to the Colorado Scoring System (that reminds me, must talk to Kevin about that – he's got a lot to answer for!!).

At that time the system was very slow and unmanageable and the recording team were spending all evening until the small hours entering dive sheets ready for each day at big events. Fortunately, that is history and now some 5 years on, we use the MazingTree Wireless Judging PAD System (JPADS), which I developed in conjunction with Malcolm Taylor (from Scotland), to be used with his Dive Recorder Software.

We are always in need of additional helpers to manually record dives (as a backup in case of electronic failure). Anyone that uses a PC for work or leisure can learn how to use the Dive Recorder Software. It's been written to be easy to "drive" by relatively inexperienced computer users, although we normally have one or two "techies" around in case of problems and to set up before the meets.

Kevin McDonald is married to Lesley (another of our volunteers). They have 3 children. The oldest Becky never dived, she swam. In the middle, Andrew dived to international level and youngest Jenny is still diving to National level.

Kevin and Lesley have been volunteering within the club in various capacities since Andrew first started diving around 1994.

Kevin says - whatever activities your child is involved in there comes a time when you will be approached to help. I have been involved as a volunteer in Plymouth Diving in various capacities for more years than I care to remember, but I have always enjoyed being part of the recording team, as it gives a great insight into how competitions are run, how tariffs for the various dives make a difference not only to the individual score but also the overall placings in the competition. Most importantly you work as a team and make good friends with your fellow recorders. Being a recorder gives you something to do whilst waiting for your child's competition and certainly for me provides satisfaction of a job well done when the competition runs smoothly to time with no stoppages due to mistakes or equipment failures.

Trish Walters – Trish is married to Keith and has two children. Natasha who no longer dives and Aaron, who is currently diving at Elite Junior Level. Amazingly, the family have been involved with the programme since our very first open day back in July 1992, when they brought Natasha to our babies classes in the gym!!

Trish says - I help out at diving events as I am then able to give something back to the club that has given so much pleasure to my children. They have both grown up with Plymouth Diving and have gained much being both part of a team and working for individual awards. I have been helping at events for about five years now and each one is different with its ups and downs and being around to support, encourage, congratulate and commiserate with the divers is a pleasure and I find myself being much happier 'doing' rather than just 'sitting', even if its only ticking names off a list!

I know anyone who wishes to come and help out will be made very welcome and if you are worried you may miss your child's competition don't be as the team leaders will make sure you are free to watch.

We have a big event coming up here on 14th & 15th July. It's the ASA National Skills Finals (the first rung of the competitive ladder).

We will need plenty of help, from poolside marshals who direct the divers, to people to sell programmes/t-shirts etc on the balcony.

There is also the National Schools Championships here on November 17th, and don't forget our own Flip 'n' Fun competition on September 29th.

Please consider whether you are free to help out at all during these times and if so, in what capacity.

Please e-mail or call and leave a message if you are available.

Many thanks.

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)	