

# Jubbly 628

9<sup>th</sup> July 2007

## THOMAS SHINES IN SHEFFIELD, TAKING 3 ASA TROPHIES

**Thomas Daley finally achieved what he has threatened to do for so long at 13, he is the youngest ever National Mens' Platform Champion (& the Junior 3m Champion and the Mens' Synchronised Platform Champion!)**

### STAR OF THE WEEK

#### GEORGE BURDON – advanced group

George has been making great progress recently, having battled to learn his inward dive.

He is also working hard at his progressions.

Well done George!

### COACH SPOTLIGHT

#### CLAIRE WONNACOTT

Born 1988

Diving since April 2001

A former National Champion and Junior International diver herself, Claire can take a great empathy into her teaching.

Add to her diving experience, the fact that she is one of the most natural teachers around and you have a great combination.

Claire is almost working full time for us now, but still likes to get in the pool every now and then to keep up her skills.

Claire is also a former competitive level gymnast and a qualified trampolene teacher, so she's a great all rounder too, helping us out in all areas of the programme.

### THIS WEEKEND

There is a National Skills Finals being held in Plymouth this weekend (14/15 July), so there is no diving on Saturday and Sunday.

Good luck to all our Team members. Let's have a great competition!

### ASSESSMENTS

We are assessing divers in the Intermediate and Advanced Groups from 16<sup>th</sup> July (Mon to Saturday), if your child cannot attend their normal session, please try to come to an alternative. There will be no other opportunity to be assessed.

### WHAT DO WE LOOK FOR IN ASSESSMENTS?

When we assess divers for their awards, we are not looking for perfect skills. The main thing we look for, is the potential for the diver to progress that skill onto the next skill in the chain.

For example, with the reverse pike sit, we look for the potential for that to become a reverse dive tucked.

We are also looking for safe actions (dives not too close to the board/poolside) and actions which do not need any coach support in order to perform the skill.

There is also a degree of skill competency which is assessed (for example, we give the dive a score out of 10 and in order to pass, the diver must achieve at least a 4 on every skill).

If the diver is very borderline for a pass, we also consider the skills required at the next level and whether they would be comfortable working on those skills, or whether they need more consolidation at the lower level.

Occasionally, if we believe the diver is working well within themselves, we will assess a diver on more than one award in order to "fast track" them to the next level.

### SUMMER BREAK

All Intermediate/Advanced Groups and Squads continue throughout the summer EXCEPT those on Sat/Sun which stop during August.

FULL fees are due for all divers (unless you attend on a Sat/Sun). Those divers who normally come on a Sat/Sun will be written to separately.

### SENIOR NATIONAL CHAMPIONSHIPS

It was a new experience for Thomas Daley at the weekend. With no Peter Waterfield, everyone expected Thomas to take the title, but former World Junior Champion Blake Aldridge and Gareth Jones who placed 6<sup>th</sup> in the World Cup in 2006, were both on a mission to halt his phenomenal progress.

Both in their mid 20's, Gareth and Blake had significantly more experience than Thomas, but Thomas had the leading performance by any British diver in 2007, under his belt and the confidence that that brought saw him take victories in all 3 rounds of the competition, the prelim, semi final and final.

Out of his 18 dives, he scored 4 perfect 10's and in the prelim his lowest score was an 8 – bear in mind he's performing some of the hardest dives in the World!

Thomas's 3 scores of 465, 456 and 444, were not quite on a par with the 480 he scored in Madrid, but in total, the 3 performances together were far more consistent.

Thomas also won the Junior Boys (18 & under) 3m title for the 3<sup>rd</sup> year running and the Senior mens' synchronised platform title with partner Callum Johnstone from Leeds.

Sarah Barrow was the only other Plymouth Diver competing and she performed extremely well to finish second in the Womens' platform event, behind British record holder, Stacie Powell from Southampton. She also won the Womens' synchronised platform with partner Monique McCarroll from Southampton.

Tonia Couch suffered a knee injury which forced her out of the event and Brooke Graddon is still recuperating from a long term back injury.

MAIN PROGRAMME DATES		
16-21 July	Intermediate & Advanced Group assessment week	
28 July	Last Saturday diving until 1 <sup>st</sup> Sept (separate info to those divers concerned)	
29 July	Last Sunday diving until 2 <sup>nd</sup> 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
6-7 Oct	White Rose Novices, Leeds (date tbc)	Selected divers from Novices & Intermediates
20-22 Oct	Southampton Invitational	Selected divers from Intermediate Squad & up
23-25 Nov	Luton Invitational	Selected divers from Intermediate Squad & up
STAFF ABSENCES		
4-11 Aug	Andy on holiday	
11-18 Aug	Sam on holiday	
12 Sep-2 Oct	Sally & Fito on holiday	

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](mailto:jayne@plymouthdiving.com), 07944361424

Child Protection - Plymouth Diving's independent Welfare Officer, Kathy Hancock, [Kathy@plymouthdiving.com](mailto:Kathy@plymouthdiving.com), 07759266041, Plymouth City Sports Child Protection Officer, Sam Grevett 01752 607206, ASA Swimline 0808 100 401