

# Jubbly 630

23<sup>rd</sup> July 2007

## HOLIDAY COURSES START NEXT WEEK

**Development Days, Private Lessons, 4 day crash courses & 4 day trampolining courses  
All are suitable for divers from Grade 5 plus.**

### STAR OF THE WEEK

#### NICOLE SAGE – Novice Squad

Nicole hasn't been in the Novice Squad for very long, but she's been working hard, getting to grips with some of the more scary dives and is a pleasure to teach.

**Well done Nicole – keep it up!**

### SUMMER HOLIDAYS

Please remember – all weekday diving continues as normal for Intermediate, Advanced and Squad divers during the summer holidays & FULL FEES are due regardless of absences due to family holidays, day trips etc.

Summer courses can be booked in ADDITION to these sessions.

### VOLUNTEER SPOTLIGHT THE COACHES

Not many of you know this but the coaches give up their time at weekends for competitions, as volunteers. Just like the recorders, the judges, the balcony helpers etc. Coaches are not paid for the hours they spend on the poolside at events, whether it's away from home, or in Plymouth.

They are the unsung volunteer heroes as we always thank the "official" volunteers, but the coaches tend to get taken for granted as coaching is their job!

That goes for Andy, Sam, Fito, Claire, Sally and anyone else who coaches at competitions for the Club. All, give up their time at competitions on a completely voluntary basis.

So, this is to say a big thanks to all the coaches as events most certainly could not happen without them!

### PROGRAMME REVIEW - 2008

For a number of months now, we have been looking at ways of improving the programme. The last review was in September 2005 and

took effect in January 2006. Fito and Sally have been with us for several months now and we wanted to use some of the things they have learnt from all the programmes in which they have worked, in order to improve and move forwards.

Information will be out in the coming months and will fully take effect in January 2008, although some changes may happen earlier than that.

Whilst change can sometimes be inconvenient, we have to keep changing in order to keep improving, so we are going to review the programme on a regular basis and make changes where appropriate.

We used to be the UK's leading club at Novice level, but recently we have struggled with numbers at this level and this is one of the most important areas we will be addressing.

We'll have more on this for you over the coming weeks.

### ASSESSMENTS

A list of who passed what can be found on the diving pool balcony notice board.

Remember – if your child is in the Intermediate Group and has passed BOTH Grade 5 & Board skills 2, they should move to an advanced group. If they are in the Advanced group and pass bronze, they should move to a novice squad. Unsure? Please call into the office, telephone us, or e-mail.

Please check the list to ensure your child's details are correct and we haven't missed them off, or put them in the wrong grade.

Congratulations to Abbi Braddon, Liam Chilcott, James Maskill, Becky Wardle, Owen Weymouth & Alfie Wills who all passed bronze at move to the Novice Squad! Call the office to book your session.

### SPANISH REVISION

What is your name? - Como te llamas?  
My name is . . . . - Me llamo . . . . -  
Hello, how are you? - Hola, que tal?  
Very well thank you and you? - Muy bien gracias, y tu?  
Very good - *Muy bien*  
Very bad - *Muy malo*  
No problem - *No hay problema*  
I'm sorry - *Lo siento*  
Please - *Por favor*  
See you later - *Hasta luego*  
Good morning - *Buenas días*  
Good afternoon - *Buenas tardes*  
Good night - *Buenas noches*  
Let's go to Lorenzo's - *Vamos a Lorenzo's*  
Bubbles - *Burbujas*  
Without bubbles - *Sin burbujas*  
Spotters - *Burbujitas*  
Do you want bubbles? *Quieres burbujas?*  
Can I have a call please - *Me abres por favor*  
Poolside - *Orilla de la piscine*  
Forward line ups - *Entradas al frente*  
Back line ups - *Entradas atras (back line ups)*

### STAFF HOLIDAYS

Andy is away for a week from 4<sup>th</sup> August, then Sam from 11<sup>th</sup> August and Fito & Sally are visiting Fito's family in Mexico for 3 weeks from 12<sup>th</sup> September.

You will be notified if there are any changes to training as a result of these absences.

If you hear nothing, training is as normal.

MAIN PROGRAMME DATES		
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	
28 Sep	Next Flip 'n' Fun competition (& practice for White Rose novice event)	
1-2 Dec	15 <sup>th</sup> Anniversary Dive Show weekend (tbc)	
COMPETITIVE PROGRAMME DATES		
12-14 Oct	White Rose Novices, Leeds (CONFIRMED DATE)	Selected divers from Novices & Intermediates
STAFF ABSENCES		
4-11 Aug	Andy on holiday	
11-18 Aug	Sam on holiday	
12 Sep – 4 Oct	Sally & Fito on holiay	

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