

Jubbly 633

17th September 2007

CHINESE COACH WORKING IN PLYMOUTH

A Chinese coach has recently been appointed by British Diving to assist Andy with the Development of our leading divers and started working here 2 weeks ago.

He is employed by British Diving, not by us and his contract is for 4 years, although British Diving could choose for him to go elsewhere, he won't necessarily stay in Plymouth.

See over for a brief resume

STAR OF THE WEEK

JP DAVIE – novice squad

After many attempts, JP Davie passed his bronze during the summer break and moved to the Novice Squad.

Well done & keep up the good work JP!!

FLIP AND FUN COMPETITION

Following the 15th Sept deadline, the confirmed entry list and timings can be found on the website, or on the notice board on the balcony.

WHITE ROSE

Please remember, we need your White Rose consent forms in a.s.a.p, so that we can start planning this trip. Thanks.

SOUTHAMPTON

Please remember, we need your Southampton consent forms in a.s.a.p so that we can start planning this trip. Thanks.

TECHNICAL TIPS

What do judges look for in a competition?

With the Flip and Fun competition coming up, we thought you'd like to know what the judges are looking for.

Like dance, diving is an aesthetic sport so, particularly at the lower level, those divers with stretched legs and pointed toes will invariably score more (all other things being equal),

than those with nobbly knees and kipper feet, however the judges are also looking at technique (are the divers using the correct armswing or the correct movement into and out of the shape for example), how close the divers land to the poolside or board (divers can be too close or too far out), how close to vertical the divers enter the water (the more vertical the better). Also, how straight is the diver? Are they stream-lined going through the water, or are they lumpy and bumpy like a twiglet?

In a dive that involves rotation – a forward 1½ somersaults for example, the judges will also take into consideration, how early the dive is completed. A dive which is completed early will score more than one which is only just completed by the time the diver hits the water.

There are deductions which can be made, for example, if a dive is performed piked instead of tucked, the maximum award by any judge is 2, if a diver is too close to the board, the judge can deduct between ½ and 2 points, depending on the potential danger to the diver, if the diver goes in the water on a feet first entry with their hands above their head, the judge awards a maximum of 4½ points.

There are many other rules like this which the judges consider when scoring a dive, however it is generally the overall impression which is

marked, with deductions for the severest problems being made after the judge has considered their overall score.

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

IMPORTANT DATES

15/9 Flip and fun entry deadline
21/9 **Deadline for White Rose & Southampton forms**
29/9 Flip and fun competition
12-14/10 White Rose Competition

WHO IS LI PENG ?

(call him Pung – the Chinese Surname comes first and Peng, his Christian name, is pronounced Pung)

- Qualification:** University Diploma of Sports, Beijing Sports University
- Diving achievements:** 1977-1989
Member of Beijing Diving Team
Member of Chinese National Team
1985, Chinese National Mens Platform Champion
- Coaching Achievements:** 1990-2006
Coach of Beijing Diving Team
Coach of Chinese National Team
2006-2007
Coach of National Diving Team in Kuwait
- Under Peng's coaching:** 2000, Li Na won gold and silver at Olympics in Sydney
2001, Xu Mian won gold at World Championships
2002, Li Ting won gold and bronze at World Cup
2004, Li Ting won gold at Olympics in Athens