

Jubbly 634

24th September 2007

PROGRAMME CHANGES

Information out now. If you have not received yours, please check the website or call into the office.

IMPORTANT CHANGE! Level 1 & 2 older group is 13-18, not 13-16.

STAR OF THE WEEK

LAUREN NORFOLK – novice squad

Lauren has been promoted to the new Level 2 competitive squad from 1st November. Well done Lauren, keep up the good work.

PROGRAMME CHANGES MADE SIMPLE

We have made some significant changes to the programme, but the changes are more about the philosophy and structure of the groups, rather than huge changes to training days/times, so hopefully there will not be too much disruption to your existing schedule.

Group Name changes. Please read through the information regarding the name changes. We felt the Intermediate Group and Intermediate Squad could get confusing and we didn't want people to confuse what group they will be in with what group they were in before because it's all different, so we changed the names!

Dive Gym

The last time we made wide changes to the programme, we removed compulsory dive gym for novice level divers. This time round we are removing the compulsory dive gym for Intermediate level divers.

It has always been very difficult to make this part of the programme work when the divers do not see the relevance or importance of dive gym sessions. The benefit comes from high repetition of mundane skills and extreme hard work which can be very boring, and lead to mischievousness,

particularly given the fun environment they are working in! That said, there are divers who are happy to work in these sessions and we want to give them an opportunity to get the benefit from this activity, hence the optional dive gym session offered.

Why?

In order to develop and maintain success both as a business and as a Diving Team, we need to constantly self evaluate and change what is not working. With new input from fresh faces and minds, we felt the time was right to put in place some great ideas.

We hope that what we've come up with will help re-develop and re-invigorate our early competitive programme at Novice and Intermediate level and will encourage divers who do not wish to compete, to stay in the sport for longer, with an opportunity for them to advance through further awards.

The top end of the programme is looking after itself and as the saying goes, if it ain't broke, don't fix it, so there is very little change there!!

Apologies

We apologise if the changes are not convenient for you, however please understand, we have to do what works best for the programme and we are thinking about 250 divers, several coaches and the next 10 years of the programme, not individual divers and not the short term, so we hope you will continue to support us and the divers in the way you have been.

If there is anything about the changes which is unclear, please call or e-mail.

We tried to avoid confusing you by sending out information which was only relevant to your child, however if you wish to see the whole picture, please download the whole document from the website. (More pages will be added later, with diagrams to illustrate the pathway).

FLIP 'N' FUN COMPETITION

If you have not yet seen a timetable for Saturday's competition, please check the diving pool balcony (entrance/exit doors), or the website.

If there is anything which is unclear, or your child's name is not down and you think it should be please call or e-mail.

TROPHIES

If you have a trophy from the last Flip 'n' Fun competition, please return it to the office this week.

Thanks.

TEAM KIT

Team kit (polo shirts, shorts, tracksuits) will be available to buy on the balcony during the Flip 'n' Fun competition).

E-MAILS

If you are not receiving competition information and/or newsletters by e-mail, it means we don't have your e-mail address, or we have it spelt wrong! If you would like to receive information this way, please e-mail us (with your child's name) and we will save the correct e-mail address for you.

MAIN PROGRAMME DATES		
15 Sep	Flip 'n' Fun entry form deadline	
21 Sep	White Rose and Southampton consent form deadline	
29 Sep	Next Flip 'n' Fun competition – see notice board and website for timings	
22-26 Oct	Half term courses – trampolining, 3 development days!! Private lessons – book early to avoid disappointment	
1-2 Dec	15 th Anniversary Dive Show weekend (tbc)	
COMPETITIVE PROGRAMME DATES		
12-14 Oct	White Rose Novices, Leeds (CONFIRMED DATE)	Selected divers from Novices & Intermediate Squad
19-22 Oct	Southampton Age Group Meet	Selected divers from Intermediate Squad and up.
23-25 Nov	Luton Age Group Meet	Selected divers from Intermediate Squad and up.
STAFF ABSENCES		
12 Sep – 4 Oct	Sally & Fito on holiday	
27 Oct – 4 Nov	Claire 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, 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