

# Jubbly 637

15th October 2007

## LAURENCE COATH LEADS THE WAY AS WHITE ROSE TEAM RETURN WITH 3 MEDALS AND 5 OTHER FINALS PLACES

Laurence Coath – Gold, 12-13 boys

Shanice Lobb – Silver, 8-9 girls

Milly Wood – Bronze, 14+ girls

Gregory Kennedy – finalist, Mark Shute – finalist, Charlie Wood – finalist, Harry Smith – finalist,  
Amy Ransome – finalist (See over for report)

### STAR OF THE WEEK

LAURENCE COATH, Novice

#### Squad

**What a performance Laurence!!  
First diver to be awarded star of  
the week twice!!**

**Well done Laurence – keep it up!**

### WHAT CONSTITUTES SUCCESS?

It's very difficult to measure success at competitions.

It's easy when a diver comes home with a medal, but the White Rose Team had many levels of success for the various divers competing. It's all about what's relative to that particular diver. Some were away from home for the first time, overcoming those hurdles and getting through an event could be classed as a successful weekend for them, even if they didn't necessarily dive their best.

Making a final for the first time could be a success. Scoring more than you scored the last time you competed this test could be a success. Performing your reverse dive much better than you have done in training could be success!

So, we don't always measure success by how many medals a diver wins and what colour. A diver who finished 10<sup>th</sup> with a personal best score in a field of 40 divers could be considered to have been as successful, or performed as well as a diver who won a silver medal in the final. So the purpose of this message, don't compare your success or otherwise with other divers on the team – it's all about you and performing to your best and ensuring you learnt something from your experience!

As we've said before, some divers find competing easy and for others, it's a learnt skill and the only way to learn is to get out there and keep doing it!

### ASSESSMENTS

Assessments are taking place this week. Apologies if there has been a confused message. We weren't going to assess the divers, then we changed our minds!!

If your child is in the Intermediate group and following the assessments, they have BOTH Grade 5 and Board Skills 2, please call into the office to change their scheduled class for November.

### DIVE SHOW CHANGE!

Due to international commitments of our elite divers and the pressures leading up to the British Championships and the World Cup Trial, we have decided to re-schedule the dive shows and dinner/dance to the end of January.

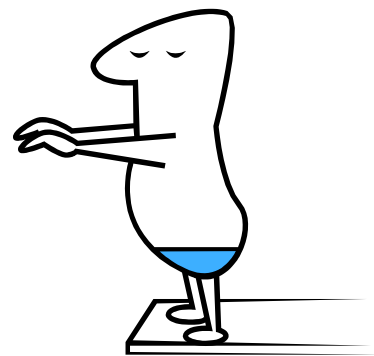
We'll have confirmed dates for you a.s.a.p.

Apologies for any inconvenience.

### APOLOGIES

I wanted to apologise to Ella Methven who was missed out of the Flip and Fun report.

Ella was joint 3<sup>rd</sup> with Alice Hayward in the Level 1 Girls event.



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

### WHITE ROSE

This was the largest team we had taken to the White Rose since 2004.

We have supported this event every year since it's inception in 1999 and although it's a bit of a hike up to Leeds, we like the event and the organisation – it provides an excellent competitive outing for the divers.

We had a real mix of experienced divers who have competed at this type of event before, some who have only been diving a short while and many that had never competed outside of Plymouth.

Laurence Coath provided the best story of the weekend. He has experienced this competition before but if any of you found yourselves disappointed with your results – take heart. Laurence was 12<sup>th</sup> last year and 17<sup>th</sup> the year before, so not only was this his first medal, it was his first final!! His gold medal then was even more amazing and left Laurence with a permanent grin for the rest of the weekend. Amazing stuff!

Shanice Lobb has only been diving for 10 months and although she has showed great promise, she struggled with the last Flip 'n' Fun competition, making some big mistakes which cost her a win. She certainly learnt from that though and there were no such problems for her in Leeds. She took second place in a hotly contested final.

Milly Wood is slightly more experienced than Shanice, although she hasn't competed in Leeds either. She remained steady throughout the tough 12 dive test (and 3

dive final) to pip team-mate Amy Ransome for the bronze medal.

There were other excellent finalists places for Gregory Kennedy, Charlie Wood, Mark Shute and Harry Smith with Lucy Allan and Lauren Norfolk both posting excellent scores, but just missing out on finals places in the largest two events of the weekend (the 10-11 girls and the 12-13 girls). Special mention to little Abbey Douglas who was the youngest member of the team by 2 years and probably the youngest competitor too – she's not actually 8 until next year and she did a great job in the 8-9 girls event, performing much, much better than she did in the recent Flip 'n' Fun event. She's still got another 2 years in this age group!!

Well done to every single member of the team. This is the best team performance for some time and with a little more experience over the next 12 months – we should be able to pinch that team title back off Leeds next year!

A huge thanks also to the Team staff, Kathy, Jayne, Caroline (our chaperones) and Claire & Fito the coaches. Thanks also to the Parents/Grandparents who made the long journey up and really supported the team and the staff. Well done and thanks to all of you too!!

Special well done also from the chaperones to the divers for such fabulous support of each other. Kathy said it sounded as if we had 40 divers on the balcony, not 20 and that makes a huge difference to performances and team harmony so well done guys –give yourselves a pat on the back!!

MAIN PROGRAMME DATES		
13-18 Oct	Intermediate & Advanced Group assessments	
22-26 Oct	Half term courses – trampolining, 3 development days!! Private lessons – book early to avoid disappointment	
3 Nov	New programme changes take effect	
30 Nov-1 Dec	15 <sup>th</sup> Anniversary Dive Show weekend (POSTPONED UNTIL END JAN TBC)	
COMPETITIVE PROGRAMME DATES		
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		
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](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