

Jubbly 638

22nd October 2007

FANTASTIC PERFORMANCES IN SOUTHAMPTON

Full report next week

STAR OF THE WEEK

OLIVIA DIXON

Intermediate Group

Olivia has been invited from the Intermediate Group, to join the Competitive Level 1.

She has come on in leaps and bounds recently. Keep it up Olivia!!

ASSESSMENTS

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

There is also a list of who has what grade and what grade they will be assessed on next.

Please check this list to ensure we have your child down for the right grade as we move into November and the programme changes.

Here we highlight some of the traditional problem areas.

Grade 5:

The back dive can pose a problem skill on this grade, as does the inward pike wedge (stand backwards & dive towards the side).

The back pike sit and reverse pike sit also come in to the picture. Most importantly, the pike sits must hit the water with hands close to feet, legs straight and in a 'V'.

These skills may seem peculiar, but they form the foundation for

progressing on to the skills required for the more advanced board grades, such as the inward dive and the back dive tucked.

Board skills 1:

Most skills are fairly simple on this grade, except for the back fall, which must be done without support and hit the water going in the correct direction.

Board skills 2:

The biggest problem here is co-ordinating the hurdle step and armswings.

Board skills 3:

There is quite a big jump to this one, with the inward dive tucked and back dive tucked proving to be quite a sticking point for many divers. Please note – although divers may have been working towards this grade, if their progressions are not ready, they may not have begun to learn these two skills yet. They can take a lot of building up, ensuring the basic components are good enough to enable them to perform these dives, before the coach begins to encourage the diver to attempt them.

Advanced bronze:

Very similar skills to board skills 3, but the forward and inward dive must be piked not tucked. Plus the added difficulty of a backward entry from the 3m, which can prove a problem skill, not because it is technically difficult, but purely because it is quite scary!

Remember – performing the skill once is not enough. It must be consistently of a passable standard and consistently without support.

Some divers may be able to perform a skill adequately after several practices, but this will not be passed because it should be passable on 9 out of 10 occasions, not on 1 out of 10 attempts!

AASE

We have had more divers added to the AASE programme (Advanced Apprenticeship in Sporting Excellence). Harry Glover, Emma Barrow and Kyle Prior have all been signed up for the scheme which is run by the National Governing Body.

They will undergo their induction day this coming Sunday.

Good luck with the programme!!

SAD LOSS

Diving sadly lost one of it's oldest and dearest supporters when Sam's Gran, Elizabeth Jackson died at the wonderful age of 91!

She was a diving champion herself and had it not been for her initial involvement in the sport in Plymouth, we would certainly not be here today.

Despite increasing frailty in recent years, she always came to the Armada Cup and dive shows and collected all the newspaper cuttings, very proud of what she helped create.

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

MAIN PROGRAMME DATES		
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 th 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, 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