

Jubbly 639

12th November 2007

APOLOGIES FOR THE LACK OF A NEWSLETTER

If you've been looking for one, we haven't had one for 2 weeks, so sorry for that.

STAR OF THE WEEK

Alice Heyward
Intermediate Group

Alice has been progressing really rapidly and is listening and working well with her teachers.

Well done Alice, keep it up.

ENGLISH SCHOOLS

We are hosting the English Schools Championships on 17th November and there have subsequently been some training changes. If your child dives on a Friday, or Saturday, they should have received notification of the changes that affect them.

If your child dives on a Friday (not gym) or Saturday and you haven't received any information, please call into the office.

Apologies for any inconvenience this has caused, but it's not often we get the chance to host an important event.

Plymouth Divers will make up the entire South West Division 5 team and they are:
Gregory Kennedy, Ashley Hendrick,
Thomas Daley, Kyle Prior
Jenny Bunsell, Charlotte Donoghue
Jo Cowen, Jess Taylor

Anyone is welcome to come and watch.

Good luck to all the divers.

(4.15 training on Friday and all Sunday training will be as normal).

ELITE COACH EDUCATION

Both Andy and Fito will be away this week at a World Class Coaches conference at the Belfry in the Midlands.

Andy is away from Monday to Wednesday and Fito from Wednesday to Thursday.

This is an excellent opportunity as world class coaches from all different sports are brought together by UK Sport. The main key note speaker will be former England Boss, Graham Taylor.

There will be no changes to training during this time.

SOUTHAMPTON REPORT

In our last newsletter we promised a report on Southampton the following week, but in the absence of any newsletter for 2 weeks, this has been a little delayed. Apologies to the divers.

We will submit a Herald report and organise a photo after Luton as we usually do a combined report from Southampton, Luton and the English Schools. We'll have more details on this later.

Although it does not have the same atmosphere of some of the better run events, Southampton provides our divers with an excellent competitive opportunity at the start of the new 2007/2008 season.

As one of the largest and most successful clubs in the UK, Southampton provides some fantastic opposition for the divers and there were some very tough, high quality events, which produced some great performances from our divers.

Top performer of the weekend was Jessica Taylor who put in a confident performance to win the prelim and the final on 1m. She took silver on 3m and bronze on platform.

Plymouth dominated the proceedings in the Group A (16-18) girls events, with Emma Barrow taking gold in the platform and silver behind Jessica on 1m and Jenny McDonald picking up a silver on platform and a bronze on 1m.

Out of the 9 medals available in this age category, Plymouth won 7.

Harry Glover and Elliott Hatherley have a long standing rivalry (albeit a very friendly one!!), in the Group A boys and on this occasion, Harry just pipped Elliott, with a silver medal in the 16-18 platform, a 4th on 3m and 5th on 1m. Elliott also picked up a bronze medal in the platform, 5th place on 3m and 4th place on 1m.

Steve Glynn also made the finals in each of the Group A (16-18) boys events.

There was also a bronze medal for Charlotte Donoghue in the 12-13 girls 1m and 2 finals places in the 3m and platform events where she finished 6th.

Jack Glover won an excellent bronze medal in the boys 12-13 platform and made the finals of the 12-13 boys 3m where he finished 5th.

In the same age group, Ashley Hendrick made the final in the 12-13 platform where he finished 5th.

The unluckiest diver of the weekend was also competing in this age group - Dan Olssen who finished 7th twice (top 6 make the final), missing the final in the 12-13 boys 1m by just 0.55 in 170 points and just 3.95 points on platform - these were excellent performance nevertheless.

Group B (14-15) boys was hotly contested with some big dives and some big performances. Aaron Walters did extremely well to make the final in all 3 disciplines. He was extremely consistent and picked up a bronze on 3m and 4th on 1m and platform.

There were also some very encouraging performances from other members of the team: Drew Cunningham, Jenny Bunsell, Abi Donoghue and Charlie Cooke.

Well done everyone and thanks to the chaperones for an excellent job in often difficult circumstances.

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

CITY DIVING QUARTET STAR FOR GREAT BRITAIN

HERALD 7-11-07

Plymouth Diving duo Tom Daley and Tonia Couch both enhanced their Olympic prospects at the prestigious KlingerCook Trophy in Sheffield. The international meet also saw fellow city divers Brooke Graddon, making a superb comeback from injury, and Sarah Barrow collect silver medals.

Schoolboy phenomenon Daley just missed winning gold in both the senior men's 10m individual platform and synchro events.

And Couch set a new British record and gained a personal best to win the women's platform before taking bronze in the synchro in the Great Britain and Germany meet.

Graddon, who has not competed for almost a year due to injury, blew away the cobwebs in sensational fashion, gaining a silver behind Couch and also a PB in the preliminary round.

And not to be outdone, Barrow, in tandem with Southampton's Monique McCarroll, won a silver in the final of the women's synchro, nudging Couch and Stacie Powell, also of Southampton, into the bronze-medal position.

It was the first time Barrow - who gained a PB - and McCarroll had beaten Couch and Powell.

But it is Daley, only 13, who once again set the international diving world alight, and gave the Olympic selectors another hefty reminder of his incredible diving talent.

In the individual platform event, Daley won the preliminary round, while Olympic medallist Pete Waterfield failed to make the final.

And in the closely-fought final, Daley was pipped to gold by Germany's Norman Becker by seven points, while in the synchro the Plymothian along with partner Callum Johnstone, of Leeds, finished just 11 points adrift of GB team-mates Leon Taylor and Waterfield.

The Central Park outfit's sports director Sam Grevett said the Sheffield meet had produced an 'amazing two days for Plymouth'.

"Tom keeps raising the bar higher for himself while Tonia, Sarah and,

unbelievably Brooke, came away with fantastic results and performances," she said.

More reaction in tomorrow's Herald

BANKS LAYS CLAIM TO TOP COACH TAG

HERALD 8-11-07

Andy banks can justly claim to be Britain's top diving coach following the excellent performances of Plymouth's leading divers at the prestigious KlingerCook Trophy event in Sheffield.

While many of Britain's more experienced divers failed to make the grade at the international meet with Germany, the Plymouth Diving Club maestro saw all four of his young charges secure new personal best points hauls and come away from South Yorkshire with a rich haul of medals.

Banks' fab four of Tom Daley, Tonia Couch, Brooke Graddon and Sarah Barrow collected five medals between them - the best tally of any club at the two-day tournament.

Couch secured one of only two gold medals Great Britain divers achieved, with the Olympic prospect twice setting new PBs and breaking the national record in the women's platform.

The 18-year-old Couch's team-mate Graddon made a spectacular comeback after almost 12 months out due to injury to take the silver and also set a new PB.

Couch, along with partner Stacie Powell of Southampton, also gained a bronze medal in the women's synchronised diving competition.

The duo were beaten to second place by another of Banks' and Plymouth Diving's products, Barrow, who with Southampton's Monique McCarroll, set a new PB in winning the silver medal.

Only Plymouth's schoolboy sensational Daley could claim to be 'disappointed' at claiming two silver medals in both the individual and synchronised events.

The 13-year-old fired a warning shot across the bows of GB's pair of Olympic silver medallists Peter Waterfield, of Southampton, and Leon Taylor, of Sheffield, who will now

know Daley is seriously challenging them for their places at next year's Beijing Olympics.

Daley won the preliminary of the men's platform event, with Waterfield missing the final in fifth position.

And he just missed gold in the final, finishing second behind German Norman Becker.

In the synchronised platform competition - the event in which Waterfield and Taylor claimed their Olympic silver medal in 2004 and fourth place in 2000 - Daley teamed up with partner and friend Callum Johnstone from Leeds.

Their outstanding performance almost caused the biggest upset of the entire event.

In 10 years, Waterfield and Taylor have never been beaten in this event by a British pair - Daley and Johnstone came within 11 points of doing just that, with a personal best score of 410.

So, we can justly boast that, in the sport of diving, Plymouth rules.

But this success is largely down to the superb training programme written by Banks, in conjunction with their extensive Sports Science and Medicine support network.

And, of course, the absolute dedication and personal sacrifice from coach and athlete, as the Central Park-based club's sports director Sam Grevett explained.

She said: "The team's day consists of two daily training sessions, six days a week, of between two and three hours per session.

"This incorporates free weights, gymnastics, trampolining, strength and conditioning and, of course, diving.

"So Andy can reflect on a highly successful campaign that highlighted him as Britain's top coach.

"As well as putting his four divers in the running for Beijing consideration, he will also have put himself in the frame for selection as the 2008 Olympic coach."

MAIN PROGRAMME DATES		
30 Nov-1 Dec	15 th Anniversary Dive Show weekend (POSTPONED UNTIL END JAN TBC)	
COMPETITIVE PROGRAMME DATES		
23-25 Nov	Luton Age Group Meet	Selected divers from Intermediate Squad and up.
STAFF ABSENCES		
12-14 Nov	Andy away	
14-15 Nov	Fito away	

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