

Jubbly 641

10 Dec 2007

HAPPY CHRISTMAS

As this is the last newsletter before 2008, we wish you a Happy Christmas and a very, merry New Year

STAR OF THE YEAR

We wanted to do a Star of the Year in this section, however without choosing the obvious (& he's won enough awards recently!), we couldn't come to a consensus because there are so many divers who have shown determination and great improvement. Particularly since the changes we made in November, to name just one wouldn't be fair, so we wanted to say a huge well done to all the divers for working hard and really rising to the challenges they are being given on a daily basis.

We are so pleased with the improvements you guys have made recently – keep it up!

CHRISTMAS TRAINING

Unfortunately, the pool timetable during Xmas week, isn't quite what we thought it would be and doesn't allow the time we were hoping for to run Development Days, private lessons and coaching etc.

We apologise for any disappointment, but this is unfortunately out of our control.

Therefore, with the exception of those who have been told they are training (Elites & Level 3's), the last training day will be 23rd Dec and the first day back to normal training will be 2nd Jan.

BROOKE GOLD IN HOLLAND

In Holland during the last weekend in November, Brooke Graddon continued her dramatic return to form, with victory in the Women's platform event at an International meeting in Eindhoven. With another great score under her belt, Brooke will be feeling confident moving towards January's British Championships and World Cup Trials.

LUTON SUCCESS

Well done to the divers who competed in Luton recently.

We had some excellent results and brought home 4 medals and 1 finalist place (top 6):

Thomas Daley, 2 x gold 14-15 1m/3m
Jessica Taylor, silver Womens 1m
Jenny Bunsell, bronze 9-11 Platform
Ashley Hendrick, 5th 12-13 Platform

It was an extremely tough event, particularly for those who are moving up to an older age group next year, as you compete in next year's age group at the Luton event.

HERALD PHOTO

Could all the divers who made finals and won medals at the Southampton meeting, English Schools and Luton, please come to a Herald photo on Friday 15th Dec at 4.30pm.

Tracksuits & medals please.

NO NEWS

Apologies for the lack of a newsletter in the last couple of weeks.

This end of the year has been really hectic and as the newsletter is pretty time consuming, it tends to be the thing that gets set aside for higher priority jobs.

PROGRAMME REVIEW/REPORTS

We are planning on writing reports on the competitive level divers (including transition divers) in January to let you know how they are all doing.

However we are very pleased with the work by the majority of divers, the changes in November have worked extremely well and the coaches are very happy. The changes to dive gym for those below Level 3 has also made a huge difference to the atmosphere during those sessions and again, the coaches are very pleased with the results of the changes we made.

In the meantime, if you have any queries, please do not hesitate to get in touch.

SPECTACULAR END OF YEAR

In Canada on Sunday, Thomas Daley crowned a spectacular first year on the Senior Circuit, with a victory in the Men's Synchronised Platform, with a brand new partner with whom he had been diving for just 1 month.

Competing with former World Junior Champion Blake Aldridge from Southampton, the pairing took the highly experienced scalps of the USA's World Championship bronze medalists Boudia/Finchum (who finished 3rd) and Britain's own Olympic silver medalists Waterfield/Taylor (in second), who had not been beaten by a British pairing for over 10 years.

It was the end to an amazing evening for Thomas, which began with him being crowned the BBC's Young Sports Personality of the year in front of 8,000 people at the NEC in Birmingham. Unfortunately he couldn't be there, but they showed a recorded message from Thomas accepting his award – an accolade previously afforded to the likes of Wayne Rooney, Theo Walcott and Jenson Button!

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

Just prior to the synchronised event, Thomas also secured 6th place in the individual Men's Platform, having qualified in 3rd place. In the prelim, he scored five 10's on his back 3½ and in the final, he scored five 10's on his back armstand triple. Unfortunately, he just ran out of steam in the final and couldn't quite maintain his impressive consistency, however this is still a remarkable performance in an event littered with World Championship medalists and contenders.

Making it another fabulous weekend for Plymouth Divers, Sarah Barrow & partner Monique McCarroll from Southampton, became the first British Divers to guarantee their places on the World Cup Team, when they took a bronze medal in the Women's Synchronised Platform event. The pairing picked up a bronze medal with a personal best score which would have seen them finish 3rd at this year's World Championships. This was the second of a three leg trial for the World Cup, however they also won the first leg and therefore, secured their slots on the team ahead of the more experienced pairing of Tonia Couch and Stacie Powell.

Tonia Couch and long term partner Stacie Powell, also from Southampton, finished 5th in a contest which saw the top 6 pairings achieve a score which would have finished in the top four at the World Championships.

Both Sarah and team-mate Tonia Couch won through to the finals of the individual Women's Platform, but with the priority being on synchro and the synchronised event starting straight after the individual final, the decision was made to withdraw from the individual final. Sarah finished 10th and Tonia 11th in the prelim and were the top two British divers.

With Brooke Graddon having won recently in Holland, and Tonia's recent British record, this bodes well for Plymouth's divers at the British Championships and World Cup Trials which begin on 4th January.

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 0808 100 401

**WELL DONE TO ALL THE DIVERS FOR A FABULOUS YEAR OF DIVING.
THANKS TO ALL OUR VOLUNTEERS AND OUR COACHES FOR ALL THEIR HARD WORK AND EFFORTS, OFTEN ABOVE AND BEYOND THE CALL OF DUTY.**

HERE'S TO AN EVEN MORE SUCCESSFUL 2008

MAIN PROGRAMME DATES	
17-21 Dec	Pool closed – no intermediate/advanced group/beginners/improvers All competitive divers, dry land only (same day/time as normal training)
23 Dec	Last official diving before Xmas
2 Jan	Programme back to normal
COMPETITIVE PROGRAMME DATES	
4 Jan	No training for Competitive Level 3+ (all others normal)
5 Jan	No training for Competitive Level 3+ (all others normal)
6 Jan	No training for Competitive Level 3+ (all others normal)
STAFF ABSENCES	
17-21 Dec	Andy away – Leeds training camp
1-6 Jan	Andy away – British Champs
3-6 Jan	Fito/Jenny/Jess away – British Champs
4-6 Jan	Sam/Sally away – British Champs
5-6 Jan	Claire away – British Champs