

Jubbly 643

21 Jan 2008

3 MEDALS FOR BARROW & DALEY IN MADRID

See over for full report

STAR OF THE WEEK

Laurence Coath is the star of the week for the second time, after his promotion to the Level 2 Competitive Squad.

This has been a long time coming for Laurence and is down to his hard work and determination.

A huge well done Laurence – you deserve this.

FORTHCOMING EVENTS

ARMADA CUP

The Armada Cup Team will be announced this week. Selected divers will receive information shortly.

Please note – this is an age group level competition and involves competing several dives on 1m, 3m and platform. It's much more difficult than a novice competition and mirrors the conditions for the National Age Group Championships.

ARMADA CUP VOLUNTEERS

We will need:

Balcony staff (sell programmes, take drinks to officials, point people in the right direction)

Poolside marshals (to point the divers in the right direction and keep order on the poolside during events – CRB checked people only)

Recorders (anyone interested in getting to know the computerised recording system, or how to manually record).

We will put information out shortly.

CLUB FEES

By tomorrow (Tuesday), everyone in the Intermediate Group and upwards should have received information on 2008 club fees and the Friends of Plymouth diving group. If you have not, please call into the office and collect a copy.

Please adhere to the deadline and ensure your forms and fees are submitted by 1st February.

SAM WILL BE LEAVING

Twelve months after applying, Sam and her family have been granted a visa to live and work permanently in Australia.

Obviously this will have significant implications for the programme as, along with Andy, Sam has been at the helm for nearly 16 years.

She does not as yet have a date for leaving, but it will be at least a few months away.

We will let you know what's happening, once things are confirmed.

THOMAS THE MEDIA STAR

We are sure most of you will have seen or heard Thomas on the TV or radio recently.

After his win at the British Championships, he was featured on BBC Breakfast Time, Richard & Judy, Sky News and the Chris Evans Drive time show on Radio 2 to name a few!

Although in diving terms, Sarah and Brooke had been just as successful, the fact that he is not 14 yet and stands a very good chance of being the youngest member of the 2008 Olympic Team, seems to have captured the imagination of the National Press and although demanding at times, this is great exposure for diving (who rarely get any kind of national coverage) and a great opportunity for Thomas.

FRIENDS OF PLYMOUTH DIVING

You will see in your Club Fees information, that we are resurrecting the Friends of Plymouth Diving Group and we are in need of some volunteers to become a part of this social and communication forum, supporting the divers and their parents.

The first meeting is on 8th Feb – please let us know if you're coming along so that we can make sure we have the right size room!

We'd love for you to get involved – in any role!

DIVER SPOTLIGHT SARAH BARROW

Born 1988

Diving since April 2001

- » Currently funded on National Development Programme
- » Member of the 2006 Commonwealth Games Team
- » First GB Junior International Cap - 2003
- » First GB Senior International Cap – 2005

Sarah is one of Plymouth's three Senior International Platform specialists.

Coming from a gymnastics background, Sarah initially found it difficult to get used to turning tricks to her head rather than her feet!

She certainly got there though. In 2003, she qualified for her first Junior International and in 2004, became the UK's first female diver to perform the complicated back armstand double somersaults with 1½ twists from the 10m board. It was a dive that led her to victory in the Senior Womens Platform title at both the English and British Championships in June 2004 and February 2005.

The end of 2007 was particularly successful for Sarah and saw her selected to represent Great Britain at the 2008 World Cup in Beijing. She also became British Womens Synchronised Platform Champion with partner Monique McCarroll from Southampton and the pairing broke the British Synchronised Platform record on their way to a silver medal at the Madrid Grand Prix in January.

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



Renowned for her toughness, Sarah has endured a couple of nasty "wipe outs" from the 10m and 7m boards, that would have made lesser mortals throw in the towel, but that's what sets her apart from many others and why she is so suited to platform diving.

Her pet hate is anything to do with springboard diving and she even chooses to do some of her feet first progressions for her complicated 10m dives from 7m, rather than 3m!

Sarah, what are you working on?

Developing the consistency of my synchro optionals to minimise the risk of mistakes during a competition

What are you studying?

I am taking a year out to focus on diving full time.

Diving ambition?

To make an Olympics before I retire

MADRID REPORT

Plymouth Divers Sarah Barrow & Thomas Daley spent the weekend in Madrid, pushing hard towards Beijing.

In the FINA Diving Grand Prix in Spain, both divers put in superb performances and achieved personal best scores in an event being used by many of the World's top nations, to prepare for the forthcoming World Cup in Beijing.

Not only that, but the pair came away with two silvers and a bronze between them.

Unfortunately, recently crowned British Champion and team-mate Brooke Graddon who had been due to join them on the Team was ill and unable to take her place.

Last year's Madrid event (albeit slightly later in the year) was where a then 12-year old Thomas came of age, finishing 2nd in the prelim and fourth in the final. This year, now 13 and with a whole load more experience under his belt, he repeated his second place in the prelim and again, split the 2 Chinese who finished 1st and 3rd. There is a huge advantage to this for the semi-final because it means that Thomas does not have to dive against a Chinese diver to qualify through to the final. The Chinese are the World's dominant force in diving and could realistically take a clean sweep of the diving golds at the World Cup and Olympic Games, so this in itself is a huge achievement.

There are 2 semi finals, competitors finishing 2nd, 4th, 6th, 8th, 10th and 12th compete in one semi and those who finished 1st, 3rd, 5th, 7th, 9th and 11th compete in the other. The top 3 divers from each semi-final qualify through to the 6 diver final.

Which no Chinese to contend with, Thomas won his semi-final, 69 points ahead of Britain's former number 1, Olympic Silver medallist Peter Waterfield who also went through to the final.

Historically, his age and physical immaturity have meant Thomas has found it difficult to lift himself going to each subsequent round of the event, becoming more and more tired and he has tended to score more in the first round than in the semi and final rounds, however this was the area he was keen to work on and improve and improve he certainly did! For the first time, Thomas scored more in the semi than he did in the prelim and more in the final than he did in the semi – in fact, his score in the final of 495 was a personal best by 10 points and a score that would have seen him place 5th at the 2007 World Championships. It is also the best score by a British diver since May 2006. His bronze medal, behind the 2 Chinese divers, was just reward and a huge achievement.

There seems to be no stopping Thomas at the moment and with new partner Blake Aldridge from Southampton, he picked up a silver medal in the mens synchronised platform, ensuring that GB's Olympic silver medallists in that event, Waterfield and Taylor, remain the underdogs in the race for Beijing Olympic places.

Sarah Barrow is continuing her recent superb run of form and with partner Monique McCarroll from Southampton, picked up a well-deserve silver medal in the synchronised womens platform event. Their score of 314.70 was a personal best and a British record.

The pairing finished ahead of the much fancied Marie-Eve Marleau and Emilie Heymans from Canada – a huge scalp to take and a major confidence boost going into the World Cup. This Chinese pairing were comfortable winners and remain unbeaten in this event for several years.

The British Team picked up 4 medals at the weekend – 3 of them coming from Plymouth Divers. Yet another demonstration of Plymouth's dominance in the sport Nationally and as we head towards Beijing, Plymouth still have a very realistic chance of getting 4 divers on the Olympic Team.

For now though, the World Cup is the most important mile-stone in that journey, for without success here, the Olympic Dream will be over for everyone. After a disappointing World Championships in 2007, GB currently only has one place qualified for the Beijing Olympics in the mens Platform event. The World Cup is the last opportunity for the divers to qualify their Country places for the Olympics. The team go to their preparation camp on 3rd February, with a lot of responsibility on their shoulders!



4-9 Feb.

Intermediate & Advanced Group assess

11-15 Feb.

Half term courses & private lessons

11-13 Feb.

All diving sessions as normal

14-17 Feb.

No regular diving sessions due to Armada Cup