

# Jubbly 652

17<sup>th</sup> May 2008

## Flip n Fun Summer 2008

### The date has been set for the Summer 2008 Flip n Fun Festival

Put the following date in your diaries.....

### Saturday 26<sup>th</sup> July!

Following the success of last years events, we have set the date for the first one this year.

The idea of Flip n Fun is to give young divers the chance to experience the first level of diving competition in a fun and relaxed environment.

And to give this event an added bonus, we will be inviting some of our top divers to give out the awards and be available for autograph signing and photographs! So a great day out I'm sure you'll agree!

This year the categories have been extended to include beginner and improver divers so they can get a taste of what life is like at the 'Plymouth Diving Factory'!!!

Keep an eye out for **ENTRY FORMS** which will be out soon!

### Walkers 'Home Grown Talent' Award.

Tom Daley has recently been nominated for this award (see [www.thesun.co.uk](http://www.thesun.co.uk) under 'showbiz', for more details.

*I've just voted and the best way of doing it is to GOOGLE:*

'Walkers home grown talent award' and you should find a list of nominees and a button to vote! **GET VOTING NOW!!!!!!!**

### STAR OF THE WEEK

**EUAN CUNNINGHAM** - Euan recently travelled to Harrogate with us and has improved so much recently that he was able to pick up the silver medal in his age group – boys 8/9 years! However, he showed his STAR quality by seeing his team mate Matthew disappointed with his 5<sup>th</sup> place (after qualifying in 1<sup>st</sup>) and he promptly went up to him and hung his silver medal round his neck! Definitely a TOP SPORTSMAN as well!

### TRAINING CHANGES

Don't forget **Monday 26<sup>th</sup> May** is a BANK HOLIDAY – NO DIVING AT ALL!

**Sunday 25<sup>th</sup> May, Sunday 1<sup>st</sup> June and Sunday 8<sup>th</sup> June**

– All Fito's divers – 9-11am (dry first)

### NEXT ASSESSMENTS

The next Intermediate & Advanced Group assessments will be just before the May half term, from 19-24 May.

### FINA World Series 2008

Ponds Forge, Sheffield – 24-25 May

For anyone interested, the following is an event that invites the TOP 8 divers and Synchro diving teams in the World to take part in a prize-money meet! **Tom Daley, Sarah Barrow, Tonia Couch and Brooke Graddon** from Plymouth will be representing GB at the event and tickets are still available at [www.britishswimming.org](http://www.britishswimming.org), just click on the FINA World series icon.



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

# HYDRO NOVICES 2008

## Plymouth are Team Champions!!

There are only so many ways to describe how pleased we are with the Novice team - to have spent a few years re-building our Novice diving structure and to see it all pay off in Harrogate was absolutely brilliant!

First off were **Matthew Dixon, Euan Cunningham and Ollie Piper** in the boys 8/9 age group. Matthew got the crowd going straight away with a very strong performance in the preliminary resulting in 1<sup>st</sup> place and qualification for the final. Euan had his best performance to date finally putting together everything his coaches have been telling him and ended up in 5<sup>th</sup> and our second qualifier. Ollie Piper being the newest member of the Novice team had just one job to do and that was get experience. He very nearly upset the apple-cart as he was diving very well and he just missed out on the final in 10<sup>th</sup> place. In the final it was Euan who stole the glory from Matthew and finished in a fantastic second place with Matthew wondering what might have been in 5<sup>th</sup> place. Lessons learnt I think!

In the girls 10/11 age group we had **Shanice Lobb, Summer Herbert, Katie Rollinson and Shana Vallance**. All of these girls train with the transition squads and had been working very hard recently. Shanice stormed to victory in the preliminary ensuring us one finalist. Katie and Summer were very close together and in a field of over 37 divers finished very respectably in 16<sup>th</sup> and 17<sup>th</sup> places and only 20 points from the final. Shana Vallance was only 13 points behind them and has made many improvements since Shipley and finished in 24<sup>th</sup> place. In the final Shanice started well and led, then inexplicably made a mistake on her hurdle step reverse dive and dropped to second. It was all down to her line-up and she nailed it to win gold!

In the girls 12/13 age group Plymouth had **Olivia Dixon, Abi Braddon and Lucy Allan**. All had the chance to dive in Shipley and came here hoping to improve. Lucy and Abi were hard to separate in 16<sup>th</sup> and 18<sup>th</sup> with Olivia not far behind in terms of points but in such a large field ended up in 29<sup>th</sup> place. All three girls now need to improve their line-ups and confidence in competition in time for the National Skills Finals.

Boys 14 + age group always looked promising for us with medalist from Shipley, **Matthew King, Charlie Wood** and new kid on the block, **Connor Figg**. All boys were excellent in the preliminary and led the way qualifying for the final. Also in this group **Pete Adler**, who has made massive improvements in his dives recently, also dived well and finished just outside the final. In the final it became an intense battle between Connor and Matthew for the gold medal. Connor just out tarified Matthew which made the difference and he edged ahead by less than two points, but first and second places were all important in the team trophy!

So after day 1 Plymouth had an 8 point lead in the team event ahead of Crystal Palace. Day 2 dawned and we started with another cracking performance. **Abbey Douglas** qualified for the girls 8/9 final with some impressive dives and ensured us some more team points. **Eloise King** was incredibly unlucky and finished only 6 points outside the final, however this is still an improvement from Shipley so if she can keep this up we may still see

further improvements in July. Poor old **Jess Lidstone** was a little nervous having been drawn first in her group and this led to some nery dives and a jump made in the wrong position but she wasn't down for long and knows to relax a little for next time. In the final Abbey turned on the style and did one of her best back dives tucked ever! She was duly rewarded with the silver medal - well done Abbey!

In the boys 12/13 group Plymouth fielded a very strong team including current White Rose Champion **Laurence Coath and Ben Holton, Alfie Wills, Liam Chilcott and Filippo Bombieri**. Laurence dived steadily and qualified for the final in 4<sup>th</sup> however, Ben upstaged him in the morning diving superbly finishing in 2<sup>nd</sup> almost qualifying first! Our third finalist came in the form of Alfie Wills who also had a great morning after being tipped for the final by his coach. He qualified in 5<sup>th</sup> place. Fantastic! Filippo and Liam fought well in a big and strong field of experienced divers and should be pleased with their 11<sup>th</sup> and 12<sup>th</sup> places out of 23. In the final Laurence showed his experience and took the lead and held it with a great back line-up - gold medal no. 3! And it's worth noting that he fought off strong opposition from Dublin who finished 2<sup>nd</sup> and 3<sup>rd</sup>, coached by Ricardo Gutierrez - Fito's brother! Ben and Alfie were not far behind over three dives and need some of Laurence's confidence in order to get up into the medals - they finished 4<sup>th</sup> and 5<sup>th</sup>!

Next up were **Owen Weymouth and Thomas Dixon** in the boys 10/11. In their first major event both boys dived well with a few mistakes due to nerves by Thomas meaning he drifted away from the top of the field. However Owen stayed very steady and was not far off the final. Experience will help these two young talents improve in the future!

And so it came down to an exciting finish. Crystal Palace were still pushing us and we needed good performances from our 14 + girls. We needn't have worried, **Joanne Cowen** was excellent and qualified in 2<sup>nd</sup> splitting the two Crystal Palace girls. Also diving brilliantly was **Milly Wood** who was not far behind and qualified for the final in 4<sup>th</sup> meaning we matched Palace for finalists! **Laura Elver** was desperately close to the final only 9 points off in an excellent 9<sup>th</sup> place, **Lauren Norfolk** also had a good event scoring over 300 points in 12<sup>th</sup> and was only 20 points from the finals herself - some more tariff in her list will help to move her up the rankings. And **Jade Walker-Hall** was consistent and now needs some more tarified dives to improve, Jad finished in 21st. In the final Joanne took full advantage with her higher tarified first dive and took the lead and the Palace girls could only chase her then. Joanne held on and took gold medal no. 4! Milly fought hard and finished in 5<sup>th</sup> place just ten points from a medal!

Overall fantastic medal winning performances and great team support meant that everyone rose to the occasion and Plymouth came away with a very justified TOP TEAM trophy! Well done to all concerned!!!

A big thank you goes to **Carolyn Norfolk, Becky Lidstone, Nicky Herbert and Angela King** for chaperoning a big team and special thanks to Angela for driving all the SAT's divers up on Friday night!

*The bus driver and hotel staff all complemented the divers on their good behavior!* All these divers and more will be invited to take part in the **ASA National Skills Finals in Plymouth on 5/6 July - watch this space!**