

# Jubbly 653

2<sup>nd</sup> June 2008

## FINA World Series 2008

### THOMAS DALEY REIGNS SUPREME



Thomas Daley showed his continuing progress as he looks forwards to the Olympics by beating off World Class opposition to take the Synchronised 10 metre mens title with his partner Blake Aldridge. This pair are now confirmed as the team for the Olympics in August. The pair were in emphatic form and it was a relief after a slightly lack-lustre performance in Mexico on the first leg of the World Series a few weeks ago.

To add to his tally he fought off tough opposition in the men's individual, in particular from his team mate Peter Waterfield from Southampton, to take the silver medal less than a point in front of Pete who was third.

Also competing in Sheffield was Sarah Barrow who was also in the synchronized 10 metre event with her partner Monique McCarroll also from Southampton. The girls were in great form having made big improvements from the European Championships in March and beat Mexico into third place just not being able to catch Canada who are the World Cup silver medalists. The pair will next compete in Germany as a final preparation for their Olympic trial in June where they go up against Tonia Couch and Stacie Powell for Olympic team places.

Thomas has now travelled to China with Tonia for the third and final leg with his coach Andy Banks and faced the Chinese team on home territory – surely the hardest test of all for a diver! Tom was fantastic and heading for a personal best score but dropped one dive and finished in 4<sup>th</sup> place with 474.55 points. Tonia was diving in the 10 metre Synchro with partner Stacie Powell and they dived really well to score 312.54 points which was not enough for the podium but looks encouraging before the Olympic trials in June.

### OLYMPIC TRIALS

Just to let you know Sarah, Tonia and Brooke are all involved in the Olympic Diving Trials in Leeds on 21/22 June.

I know it's a long journey but if anyone is interested in going up to support the divers I'm sure they would really appreciate it!

### Stars of the Week!

3 actually – we'd like to congratulate our three Elite Junior Medallists who proved they are amongst the best in Great Britain for their age group in Diving:

**Aaron Walters:    Jenny MacDonald:    Kyle Prior**

### FREE DIVING TASTERS

The recent FREE tasters were a great success and the beginner lesson programme is positively bursting at the seams!

If anyone has friends or family that have not tried diving before but would like to, we plan to run them again in the October Half term.

### Summer Activities Programme

Starting 28<sup>th</sup> July we are running a comprehensive 5 week programme of diving and trampolining activities in the week day mornings, with activities staggered so children can do a diving followed by a trampolining session or vice-versa.



These are available to all with the later diving session open to all levels including grade 4 + in the diving. Max age 15 years. Booking forms are in the office.

### Flip n Fun Festival 26<sup>th</sup> July 2008

Keep an eye out for the final confirmed timings for the Flip n Fun festival in July. This event caters for all beginner up to level 1 divers and is a fantastic way for children to get a taste for diving competition. Entry forms will be out soon!

### Work Experience

Charlie Cooke, one of our Level 2 divers is currently on work experience with us so you may see him on the poolside or in the office!

## ASA National Elite Junior Diving Competitions 2008

Fito's divers were recently in action in Leeds at this event which was a resounding success for all involved. Aaron Walters picked up a terrific silver medal against the odds and beating opposition from a member of Great Britain's Junior National Squad. Aaron in his less strong 3 metre event has the advantage of being taller and stronger than some of his competitors and this showed as he cruised to a place in the final and then beat James Milton from Sheffield to take second place with a personal best by 60 points.

In his 1 metre event he didn't quite keep up the consistency and only managed 4<sup>th</sup> place but has none-the-less established himself in the minds of Great Britain team selectors and now needs to improve his strength in training and work on getting some even higher tariff dives.

Jenny MacDonald diving in her last ever Age Group event was only competing in the 10 metre platform event and started well by winning the preliminary competition. Jenny made a personal best score by over 40 points.

Unfortunately her competitors just edged ahead in the final stages of the final and she had to settle for a bronze medal. However, it's worth mentioning that Jenny is one of the clubs longest standing members and has continually worked hard her whole career culminating in two excellent performances at the British Championships this year where she was awarded the silver medal in the GB Junior Championship and finally this bronze medal at Elite Junior level.

Kyle Prior was competing in the boys 16-18 years 3 metre springboard event and has worked hard recently to recover from losing all of his dives which is a common occurrence in high level divers using difficult and complicated dives who just need time to stop their training temporarily and then re-start with a new approach. Kyle has done well listening to the advice of his new coach Fito to regain all his dives and learn a new one, the incredibly difficult back two and a half somersaults with one and a half twists. Kyle made a personal best score by 45 points.

Going up against Junior World bronze medallist and European medalists from Leeds was always going to be difficult but Kyle came out of it with a bronze medal and a new personal best score.

Emma Barrow, another diver who has overcome her fears recently has successfully achieved the goals set for her by Fito and learnt some new dives on the platform and should be very pleased with her 5<sup>th</sup> place. Sister Sarah will be pleased to see Emma following in her footsteps!

Harry Glover, our newest recruit on the coaching scene was in action in his favourite event the platform. Having just recently learnt a whole new set of dives up on the 10 metre platform, Harry was also up against the Junior World bronze medallist Callum Johnstone but showed no fear and achieved a personal best score and 7<sup>th</sup> place.

### Dates for your diary:

5/6 July	National Skills Finals	Plymouth	Level1/2/Transition divers
26 July	Flip n Fun Festival	Plymouth	Beginner/Improver/Intermediate/Advanced