

# Jubbly 654

23rd June 2008

## *Olympics Special!*

### **Plymouth Diving has TWO members of the 2008 Olympic Diving Team!!!**



With Thomas Daley's pre-selection for this years Olympic Games guaranteed, all eyes were on the trio of women's platform divers from Plymouth: Sarah Barrow, Tonia Couch and Brooke Graddon.



It was completely possible for all three girls to qualify in their respective events if all went to plan! However, that's not to say it was going to be easy as there were another four World Class divers standing in their way.

Following the Rome Grand Prix, twins from Leeds, Helen and Carol Galashan made the qualifying standard in the synchronized platform event and were given last minute slots at the Olympic Trials in their home pool of Leeds.

In total there were 3 synchro teams and 5 individual divers competing for 1 and 2 places respectively. In both events there would be some desperately unlucky and distraught ladies! Tonia would dive with Stacie Powell from Southampton in the Synchro event and Sarah with her partner Monique also of Southampton. These four plus Brooke would dive in the individual trial. To make matters worse even those who had qualified Olympic places for Great Britain by virtue of their results at the World Cup (Sarah, Monique, Stacie and Brooke) had no pre-determined point's advantage, everyone had to start from zero points and dive until the successful divers were appointed as team members.

Having been there eight years ago I had every sympathy for the girls as they prepared but was actually a little relieved that my brother's wedding coincided with the trials as I'm not sure I wanted to go through all the nerves and tension as I had done myself in 2000. I just had to wait for the results to come in via text message. The weekend started with the Women's Synchronised Platform trial. This was to be one competition, one chance, winners take all!

## Diving news & views for Parents and Divers involved in the Plymouth Diving Programme

And it was a great battle. In the final round of dives Sarah and Monique nailed theirs and set a new British record of 321 points which set the standard for the other two pairs. The Galashan twins were also diving well and made a new personal best score of 304 points.

And so to Tonia and Stacie. Under immense pressure, they held their nerve and hit their last dive and to the agony of the other girls pipped them by three points scoring 324 points. Tonia had made the 2008 Beijing Olympic Diving team. So it was agony and ecstasy as Plymouth had one more diver on the team but agony for Sarah Barrow who had helped qualify the team back in February at the World Cup.

On the Saturday it was the individual competition and a second chance for all the divers. Following the preliminary Stacie led and Brooke had tucked into second ahead of Tonia in third. A short break and then the semi-final. In the semi-final Brooke could not hold her form and to everyone's surprise Monique McCarroll pulled off an impressive set of dives to take over in second with Tonia still in third. And so to the final. Stacie was unstoppable and went on to book herself a place in the individual event as well as the Synchro.

But who would take the second spot? Brooke had much to catch up on, Sarah had been steadily improving all the way through and Tonia had held third all day. .... It was Tonia!



Tonia with partner Stacie Powell

Despite the efforts of her team mates and best friends, Tonia held strong and took advantage of other mistakes to finally move up into second ahead of a devastated Monique, Sarah and Brooke! So Tonia would also compete in the individual event in Beijing. Many congratulations to Tonia and coach Andy, who as you can imagine had a mixture of emotions all weekend! Commiserations go to Sarah and Brooke who battled so hard in both events and in actual fact are the reason that Great Britain had places booked in Beijing as they had both made qualifications back in February! The consolation for both girls is that they can focus on London 2012!

FULL RESULTS CAN BE FOUND AT [WWW.DIVERECORDER.CO.UK](http://WWW.DIVERECORDER.CO.UK)

---

## Germany Grand Prix

### Sarah makes final of prestigious German event!!

Sarah Barrow recently travelled to Rostock, Germany as part of her final preparation for the Olympic Trials on 20<sup>th</sup> & 21<sup>st</sup> June. As she has spent most of her last few months concentrating on her synchronized event she needed to test her individual list in order to prepare for her individual trial on 21<sup>st</sup> June. She started out in the preliminary really well scoring 291.10 just making the final in 12<sup>th</sup> place. Once in the semi's she upped her game and scored 340.55 beating World medalist Melissa Wu from Australia and finishing in 2<sup>nd</sup> place behind Canadian diver Meghan Benfeito. These 3 girls made the final along with 3 from the other semi-final.

In the final she again flew over 300 points scoring 317 points but as everyone else had also gone up a gear she would have needed 380 points to claim a medal!! Well done Sarah! Also in action from Plymouth was Brooke Graddon who was the unfortunate diver who lost out to Sarah finishing in 13<sup>th</sup> place in the platform preliminary scoring 285 points which was well below her best.

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

By now all **Beginner/ Improver/ Intermediate/ Advanced** divers should have a copy of the entry form for the Flip n Fun event. This is a nice easy relaxed competition for new divers and everyone who attends get a medal and certificate for taking part. If you don't have your form yet – these can be found by the notice board on the balcony or from the office.

### Fito is in 'Great British' form

Fito Gutierrez has recently been noticeable by his absences but never fear it was all for some very good causes. Set to become Plymouth's next best diving coach Fito was out in Rome getting coaching experience by coaching the Great Britain team, one of whom was Plymouth born n bred Gareth Jones, now of Southampton. Following this he travels to Minsk, Belarus to judge at the European Junior Championships in order to see where the current levels are for junior divers in Europe. This should give him some ideas when it comes to planning for the coming diving season and his team of Elite Junior divers.