

Jubbly 655

21st July 2008

NATIONAL SKILLS FINALS 2008

Plymouth Diving hosted the National Skills Finals 2008 at Central Park on July 5/6 and it was a great success.

This event encourages divers who are on the first rung of the ladder in terms of competition and incorporates twelve skills for them to use in competition that are the basis of good diving. Plymouth fielded a massive team of 38 divers and had some encouraging results:

Shanice Lobb aged 10 finished in second place in the girls 10/11 competition against very tough competition from Crystal palace Diving Club in particular. She was very neat on all her dives and probably just needed the courage to 'go for it' a little more in order to catch the winner. This was Shanice's last Skills event and she will now move to Age Group competition.

Charlie Cooke also made a second place, this time in the boys 14-16 years age group in his final Skills event as he will now move to Age Group level competition. Charlie was up against tough opposition and in particular from his own teammate **Charlie Wood**, who finished in third place. This is particularly pleasing for Charlie Wood as he missed out on a medal in the recent Harrogate competition. Charlie will now also move to Age Group level competition. It was decided that we would use this event to pick out members of the Skills team for the Irish National Championships in Dublin in November and with some excellent results from other Plymouth divers, they secured their places on the Plymouth Team:

Girls 8/9: **Abbey Douglas** made 7th place in this event and was Plymouth's highest finisher. Boys 8/9: **Ollie Piper** made 12th place in this event and was Plymouth's second highest finisher. **Matthew Dixon** finished in 5th place but will compete in the Junior events in Dublin with Ollie diving the Skills event.

Girls 10/11: **Summer Herbert** finished in 15th out of 36 entries and was Plymouth's second highest finisher behind Shanice. Summer will dive in the Skills event in Dublin and Shanice the Junior events. Boys 10/11: **Greg Kennedy** finished in 4th place and was Plymouth's highest finisher and will dive in Dublin in the Skills event.

Girls 12/13: **Laura Grubb** finished in 9th place out of 30 entries and was Plymouth's highest finisher and will dive the Skills event in Dublin. Boys 12/13: **Alfie Wills** finished in 5th place and was Plymouth's highest finisher and will dive the Skills event in Dublin.

Girls 14-16: **Millie Wood** finished in 4th place and was Plymouth's highest finisher and will dive the Skills event in Dublin. Boys 14-16: **Matthew King** finished in 4th place and will dive the Skills event in Dublin. **Charlie's Cooke** and **Wood** will dive the Junior events.

Other results:

Eloise King 13th (8/9), **Euan Cunningham** 14th (8/9), **Shana Vallance** 17th (10/11), **Abi Donoghue** 24th (10/11), **Katie Rollinson** 31st (10/11), **Rebecca Wardle** 34th (10/11), **Max Tipping** 16th (10/11), **Thomas Dixon** 21st (10/11), **Owen Weymouth** 22nd (10/11), **Abi Braddon** 15th (12/13), **Olivia Dixon** 23rd (12/13), **Tierney Figg** 24th (12/13), **Lucy Allan** (injured) 30th (12/13), **Ryan Wills** 8th (12/13), **Bern Holton** 11th (12/13), **James Maskill** 17th (12/13), **Filippo Bombieri** 18th (12/13), **Liam Chilcott** 19th (12/13), **Lauren Norfolk** 14th (14-16), **Laura Elver** 15th (14-16), **Jade Walker-Hall** 18th (14-16), **Harry Smith** 7th (14-16), **Connor Figg** 8th (14-16), **Mark Shute** 10th (14-16) and **Pete Adler** 15th (14-16).

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 20th & 21st 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 21st June. She started out in the preliminary really well scoring 291.10 just making the final in 12th place. Once in the semi's she upped her game and scored 340.55 beating World medalist Melissa Wu from Australia and finishing in 2nd 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 13th place in the platform preliminary scoring 285 points which was well below her best.

GOODBYE SARAH!!

And Plymouth Diving bids a sad farewell to Sarah as she now heads off to university in Leeds starting this autumn.

Sarah joined the club in 2001 following a career in gymnastics and very quickly came through the ranks to become a platform specialist and a Great Britain international in 2003. She became British Champion in 2005 and hasn't stopped improving since!

Some of Sarah's highlights whilst at Plymouth Diving were the 2006 Commonwealth Games and the 2008 World Cup where she qualified Great Britain for the Olympics.



Sadly Sarah did not make the Olympic Games team at the recent trials but is recognised for having the most difficult women's platform list in the country including forward, inward and back three and a half somersaults! And there is even talk now of becoming the first woman to learn the reverse three and a half somersaults of which we all think she is capable! So all at Plymouth Diving will be wishing her good luck in the future and will be keeping an eye on her progress as she eyes a

place on the 2012 team!

Flip n Festival 26th 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. Teachers have some on poolside as well.

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 travelled 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 has given him some ideas when it comes to planning for the coming diving season and his team of Elite Junior divers.

Olympic Assemblies

Tonia Couch and Tom Daley were recently on a tour of Plymouth attending school assemblies to promote diving and also answer any questions about the Olympics and their diving. They visited the following schools: **Goosewell, Lipson Vale, Hyde Park Juniors, West Park, Widewell, Glen Park, Highfield, St. Peter's CE and Eggbuckland Vale.**

The reception from the schools was absolutely brilliant and what were supposed to be quick hello and question/answer sessions sometimes turned into hour long visits including photos, tours of the school and autographs!

There were lots of different questions about all sorts of things – not surprisingly since some of the children were only 4 or 5 years old! Mostly the children wanted to know how many hours they train, is it scary and were they excited!!!! Tom and Tonia had a fab time and got the chance to practice some public speaking which is a bit intimidating when your audience is 300 inquisitive children!!

Accompanying them was Sally Freeman who led the sessions and even had to answer all the questions on one of the occasions that Tom and Tonia were unable to attend – at **Keyham Barton.** However the children at the school were not bothered at all that they only had some 'old' Olympian and Sally had to remember how to sign autographs as well!!!! Ha Ha