

Jubbly 660

19th January 2009

Happy New Year!

Divers in preparation for the 2009 British Championships

Members of our Senior Elite Squad have been hard at work over the holiday period preparing for the forthcoming British Championships 5-7 February in Sheffield.

The Championships will be the first 'hit-out' of the season for Tom Daley, Tonia Couch and Brooke Graddon and also act as the trials for this year's World Championships in July in Italy.

Tom has not competed in an important event since the Junior World Championships in September of last year and will be anxious to once again stamp his authority on the men's platform event – a title he won for the first time in 2008. He will not be without tough competition from Southampton in the form of Peter Waterfield – Olympic medalist 2004, Blake Aldridge – Tom's Synchro partner and Max Brick – Junior and Senior GB international.

Tonia has not been in action since the 2008 Olympic Games and will be anxious to shake off her post Christmas flu bug and try and take the British title – a title held by her very own team mate Brooke Graddon.

Brooke who suffered highs and lows last season with the high point being 13th in the World at the World Cup and the low being non-selection for the Olympic Games. But as we all know there is nothing like a disappointment for spurring you on especially when it may seem you have nothing to lose. Brooke had a nice warm-up in Germany in November where she won the GB versus Germany women's platform event.

Regional Talent Squad

Five Plymouth divers were recently invited to try out for the Regional Talent Squad for diving – this squad actually covers the whole of southern England including the south coast so it actually represents a large area.

Aaron Walters, Ashley Hendrick, Shanice Lobb, Kayleigh Sinclair and Matthew Dixon travelled to Southampton last weekend and were put through a series of tests to see where their strengths and weaknesses lie and for the talent coaches to assess their natural ability.

They await the conclusions of this weekend but those invited to join the regional squad may also get the chance to qualify for the National Squad following consultation with the North and South squad co-coordinators. Coaches, Sally Freeman and Claire Wonnacott attended the weekend and were really pleased with the divers' efforts especially as they were all a little rusty after Christmas had interrupted their training.

Club Tracksuits

Andy Banks will be ordering the new club tracksuits this week. Don't worry if you haven't given us your sizes as you will be able to select a size once the tracksuits are here. However first priority on sizing will be given to those who have already requested theirs.

If you want to try on a tracksuit for size they are available in the office.

National Skills Finals

We have already reached the point where we are selecting divers for the first National event of the year and this time around the Skills finals have been placed in April, 4th and 5th and are being hosted by Sunderland.

This mainly affects divers in the Club groups and C squads and your coaches will be finalizing selections by the end of January to ensure everyone has full membership of the governing body.

We are looking for chaperones for this event and more than likely the coaches attending will be Chris and Millie. Please ask your coach if you are interested in this event and they will discuss with you whether you have the required number of skills.

February Half Term

We will be running beginner diving lessons over the first 4 days of half term and a Development Day on the Monday 16th. The beginner lessons are available to all beginner, improver and Weeny divers and the Development Day for all Skills, Club and C squad divers. More information is attached.

Armada Cup 2009

For all those divers who have been invited to the Armada Cup 19-22 Feb in Plymouth, please get your confirmations back to us ASAP as we have hundreds of other entries to deal with as you can imagine! If you think you might be diving but have not received an invite yet then speak to your coach. This is our annual club event and we'd like a big team to take part as it forms part of the important preparations for other National events later in the year! Details of the National events are below! Coaches are in the process of goal setting with the divers to see which event they will be assigned to.

<i>Calendar 2009</i>	<i>Who</i>	<i>Where</i>	<i>When</i>
<i>Armada Cup</i>	A/B/C/Club Squads	Plymouth	19-22 February
<i>National Skills Finals</i>	C & Club Squads	Sunderland	4/5 April
<i>Elite Junior Nationals</i>	B Squad	Sheffield	26-29 May
<i>National Age Group Finals</i>	C & Club Squads	Leeds	3-5 July