

Jubbly 662

13th March 2009

Regional Skills Results

Plymouth was host to a recent Regional Skills competition designed to find our South West Champions but also as a practice for the upcoming National Skills in Leeds. Some of our young divers were in action and all divers made the relevant qualifying standards for the National Skills Finals! In the 8/9 years event we fielded Jessica Lidstone and Abbey Douglas who were involved in a great battle and eventually after both diving fantastically, there was less than a point separating them.

Jessica was the eventual winner with 311.90 points and Abbey runner-up with 311.25 points! This would have placed both girls in the medals at last year's National Skills Finals!!

In the girls 10/11 event we fielded three divers – Shana Vallance, Charlotte Boyle and new diver, Alice Avens. Shana has made massive improvements recently, evident from her Armada Cup results and scored a whopping 324.70 points, a score that would have won the National Skills finals last year!!! Charlotte was second with 298.90 points and several 9's scored throughout her list – a massive improvement. And Alice who has been diving only since November in Z squad, dived brilliantly scoring 8's on her final line-up and also made the qualifying standard for National Skills comfortably scoring 262.75 points – not bad for a few months work! In the boys 10/11 years two of our lads battled it out, Ollie Piper and Thomas Dixon. Ollie won with 309.60 points and Thomas was runner-up with 259.85 points. Ollie's score would have won him the Skills finals last year and Thomas' would have made 10th place and was a good 36 points more than he did score back then.

In the girls 12/13 years event we had lots of good competitors. Summer Herbert eventually won with 289.70 points which would have claimed her 4th place at last year's Skills finals. Laura Grubb was very close behind with 286.95 points. Olivia Dixon was 4th with 273.75 points an improvement from 248 points that she scored last year, Lucy Allan was 5th with 273.35 points, far better than her 210 she scored last year with a foot injury, Abbie Braddon scored 268.80 a slight improvement from last year, Abbiy Donoghue scored 257.55 after diving in 10/11 age group last year and Katie Rollinson also diving up an age group this year scored 254.90 an improvement of 16 points from last year.

In the boys 12/13 we had one diver Max Tipping who was third with 290.45 points which was a massive 50 points better than last year's Skills Finals – well done Max!

In the boys 14-16 years Matt King stormed to victory with a huge 398.90, 35 points more than last year and would have placed him 2nd at last year's Skills Finals. Matt will now move up to Age Group level diving. In the girls event our four competitors were Joanne Cowen, Lauren Norfolk, Kate Uren Moseley and Jade Walker-Hall. Joanne won with ease scoring 383 points which would have placed her 2nd at last year's Skills Finals. Lauren, who has improved massively recently couldn't use most of her newly learnt dives but scored 347.20 points which would have placed her 4th at last year's Skills finals. Kate who recently returned to diving started off nervously but soon got into her rhythm scoring 314.00 points and now heads off to the National Skills finals to try and improve again. Her score would have made 10th place last year. And Jade scored 287.30 points and improvement of 78 points from last year!!!!

Well done everyone!

★ STARS OF THE WEEK! ★

Charlie Wood – B Squad – Charlie has learnt so many dives recently it's hard to know where to start but he has made the jump from Club group to B Squad and hasn't refused to learn anything!

Owen Weymouth – C Squad – Owen epitomizes everything we need in a diver – hard working and brave and he has recently learnt reverse one and a half somersaults and a front 2 ½ somersaults from the 3 metre board!

CALENDAR - WHEN

WHERE

WHO

G Star – 24-26 April

Leeds – deposits due NOW!

B Squad

Hydro Novices – 8-10 May NEW!!!

Harrogate

Club B/A & C Squad

Elite Junior Nationals – 25-29 May

Sheffield

Selected divers from B Squad

National Age Group Champs – 3-5 July

Leeds

Selected divers from C & Club A Squads

Harrogate

With regards to the Harrogate competition, details will be out shortly. The coaches will check that the divers are happy with the skills they will need to perform.

Any diver that can do the test and has not yet dived at the National Age Groups can still dive in Harrogate. It's a nice competition that we, as a team, won last year and it would be nice to return and do well again!

Easter Holidays

There are Development Days available during the Easter holidays which are already being booked up so if you would like a place please come in and make a booking asap!

Plus, there is the usual array of beginner and improver lessons, so if you have friends that want to have a try, let them know!

Sally's maternity leave

Sally will be going on leave from mid June and will therefore not be in the office, although she will be in touch with Andy and the coaches. It is envisaged that she will be back coaching properly by September. Fito will cover all of Sally's coaching sessions and they will not change in terms of days and timings.

National Age Groups

As the dates for this competition clash with Sally's due date, the coaches for this event will be Claire and Fallon and possibly another assistant coach. I expect the team for this event to be somewhere in the region of 20 divers and it's likely we will travel by coach.

World Series 2009

Tom Daley and coach Andy Banks have just left for the first leg of the 2009 World Series, an event where the top 10 divers in the World compete. Both Tom and Tonia Couch qualified for this by virtue of their performances at the Beijing Olympics but Tonia is currently out with her knee injury.

Tom and Andy are on their way to Qatar first off then straight onto China. Both events feature the World's Top Ten and there is some nice prize money on offer!!

Then they return to the UK and train for 2 weeks before attending the Sheffield World Series event on 17/18 April. This looks set to be a noisy one on home ground – if you want to go up and watch tickets are available from the British Swimming Website.