

Jubbly 665

1st June 2009

Elite Juniors win 5 medals!

Plymouth Diving sent a small team to Sheffield for the British Elite Junior Diving Championships.

Star of the Show was probably Matthew Dixon, who has only just turned 9 years old and was competing against 10 and 11 year olds in his three events. He put in two solid performances to get two 4th places but his best moment came on the 1 metre board. Despite the fact that you'd expect the older, bigger boys to dominate the 1 metre because you have to generate more power, Matthew showed them that real talent is where it's at – with three high scoring optional dives he almost took gold from Matty Lee from Leeds and stayed ahead of Lewys Oakley from Southampton who took gold on the 5 metre board.

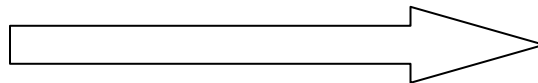
Shanice Lobb and Kayleigh Sinclair both diving in the 9-11 years age group both took home two bronze medals each. Shanice took bronze on the 3 metre board which was fully deserved considering her hard work in creating a hard list of dives. Kayleigh, who is not normally a fan of highboard, took her individual bronze on the 5 metre board with some excellent steady dives. Both girls then paired up for the 9-13 years synchronized 3 metre event which had proved difficult to train at our pool because of the distance between the two 3 metre springboards, but the girls were absolute stars and didn't score less than a 7 for their Synchro on any dive. They were also a whisker away from the silver medal.

Emma Barrow, who was competing in her final year of Junior competition was entered in the platform event and had a steady event only missing one dive and took the bronze medal behind two GB international divers – so she finished her season on a high note!

Other members of the team were Harry Glover who finished a whisker outside the medals in the boys 16-18 Platform in 4th place, Elliott Hatherley in the same event finished in 6th. For both divers this was their last Junior competition.

Ashley Hendrick had to withdraw from his event due to a thumb injury which was very disappointing for him following all the hard work he's put in this year. Jenny Bunsell competing in her first Elite Junior event finished 8th and 9th places in her 3m and Platform events which are a good experience for her as she works on improving her difficulty over the next year.

★ **STAR OF THE WEEK!** ★



Matthew Dixon – B Squad

Apart from being the youngest member of B squad, having only just turned 9 years old, Matthew proved that determination is the key when it comes to competition and that age is no factor to success! Going up against divers a full 2 years older than himself he won a British Silver Medal! Well Done to Matthew! It's also worth mentioning that Matthew has already had a successful attempt at back two and half somersaults from the 3 metre board – and he was only 8 years old at the time!



SUMMER HOLIDAYS

- **Summer Holiday lessons** will run for 5 weeks from 27th July – 28th August
- **Beginner diving** will be weekdays at 10.15am and **Improvers** at 11.15am – Private lessons will be available from 12-1 pm
- ALL **WEEKEND DIVING** (SAT & SUN) WILL BE CANCELLED IN AUGUST – Saturday Skills divers will be given the option of a session during the week
- **C & B Squad** divers will be given the option of a morning session during the week to make up for the weekends – will be confirmed nearer the time
- **Development Days** will run on Wednesday's: 29th July, 5th August, 12th August, 19th August & 26th August
- There is **Trampolining** available: 9-10 and 10-11am on weekdays

FACEBOOK!

AS MOST DIVERS AND PARENTS WILL BE AWARE THE FACEBOOK PHENOMENON IS VERY POPULAR AMONGST DIVERS!

THERE HAS BEEN A REQUEST FROM THE COACHES TO ASK ALL DIVERS TO **NOT REQUEST** THEIR FRIENDSHIP THROUGH FACEBOOK AS IT POTENTIALLY PUTS THEM IN A RISKY SITUATION IN TERMS OF CHILD PROTECTION! AND WHILST IT IS ONLY A BIT OF FUN, CHILD PROTECTION EXPERTS ALWAYS ADVISE COACHES TO AVOID CONTACT WITH ATHLETES THEY WORK WITH OUTSIDE OF WORK HOURS!

THANKS FOR YOUR CO-OPERATION!!!

Medalists from the British Elite Junior Championships 2009

Shanice and Kayleigh – Bronze 3m Synchro & Emma Barrow Bronze 16-18 Platform

