

Jubbly 666

7th October 2009

WHAT A SUMMER!!!

Plymouth Diving Star, Tom Daley becomes World Champion in Rome at the tender age of 15!

Tonia Couch finishes 8th at the Rome World Championships to consolidate her position as a force in
World Diving

Brooke Graddon takes a bronze medal at the European Championships in Turin, narrowly missing the
silver and setting herself up psychologically for the coming year of World Cup and Commonwealth
Games trials.

Plymouth divers, Shanice Lobb, Kayleigh Sinclair, Matthew Dixon and Emma Barrow take 5 medals at the British
Elite Juniors in Sheffield

Charlie Wood becomes National Age Group Champion in Leeds in July and Connor Figg, Drew Cunningham, Eloise King, Abbey
Douglas and Jessica Lidstone also take medals.

and Fito Gutierrez (Plymouth & GB Coach) and Mike Burdon (Plymouth Diving Dad and GB Doctor) both became proud daddies to Dylan and James in July - well done to the mummies too!

★ STAR OF THE WEEK! ★

Jessica Lidstone Jess has recently learnt back one and a half with half twist from 3 metre and now has a great set of dives ready for her new
age group (10-11) next year! Well done Jess!

The Diving X FACTOR

Throughout June, Plymouth Diving coaches were out and about in Plymouth Schools looking for some new future diving champions – children with the Diving X FACTOR! Following this some 197 children attended the second round of testing and from this 24 divers started training over the summer.

There is now a new Talent Squad: Fito Gutierrez coaches Aimee Fishleigh, Blaise Fice, Britney Mason, Lacey Owen, Lucy Robinson, Megan Sidney and Sophie Dove on Tuesdays and Thursdays and the rest of the divers are training with different squads throughout the scheme. Well done to all the children and we hope you enjoy training with us.

New training Squads

There are now re-named squads for our Club Divers in line with the National structure. So after divers graduate from Skills they are placed within the NOVICE – INTERMEDIATE – AGE GROUP structure. The coaches here are trying to get these divers to one of the National competitions – National Skills or National Age Groups. These are, as they suggest, National level competition and learning the appropriate skills can sometimes be tough so in the meantime divers are working towards the Armada Cup Competition here in Plymouth in February. This will give them some experience before they jump to the next level.

Back Dive Clinic

As a new innovation we are trialing a **Back Dive Clinic** this October Half Term. This will be for any divers in Beginners or Improvers who want some extra practice on their back dives and will include a chance for an assessment which may or may not give them a pass on their current badge!!

If any divers in these groups would like to sign up, it will run on **Monday 26th October** from 12-1pm. More details in the office – first come first served!!

October Half Term Lessons

Places are filling up fast for Half Term Beginners, Improvers and Development Days so see Andy in the office to book your place!!

Calendar Information

OCTOBER HALF TERM LESSONS – 26-30 OCTOBER – BOOK NOW!	BACK DIVE CLINIC – MONDAY 26 OCTOBER – BOOK NOW!	ENGLISH SCHOOLS CHAMPIONSHIPS 21 ST NOVEMBER IN MANCHESTER – TEAM SELECTION MONDAY 12 TH OCTOBER. COACH: SALLY
LUTON KINGFISHER CHALLENGE – AGE GROUP. C & B SQUAD DIVERS – SELECTION LETTERS DUE OUT THIS WEEK! COACH: ANDY BANKS + 1	CAMO INVITATIONAL, MONTREAL, CANADA – TEAM SELECTED FLIGHTS BEING BOOKED THIS WEEK! COACH: FITO	CHRISTMAS DEVELOPMENT COMPETITION AND PARTY – SATURDAY 12TH DECEMBER – SEE NOTICEBOARD FOR COMPETITION DETAILS!