

# Jubbly 668

10<sup>th</sup> November 2009

## Tom and Tonia shortlisted for Heart FM award

Tom Daley and Tonia Couch have been shortlisted for the Heart FM Pride of Plymouth 'Young Sportsperson of the Year' awards. This annual awards ceremony is held in Plymouth and you can now vote for Tom or Tonia at the heart website - [www.Heartplymouth.co.uk](http://www.Heartplymouth.co.uk).

*You now have until 15<sup>th</sup> November to vote - so don't delay, do it today!!!!*

## ENGLISH SCHOOLS CHAMPIONSHIPS 2009

MATTHEW DIXON, KAYLEIGH SINCLAIR, SHANICE LOBB, MAX TIPPING, MAEVE DENNEHY, ASHLEY HENDRICK AND CHARLIE WOOD all qualified to represent Division 5 at the Championships on 21<sup>st</sup> November in Manchester. The team will be up against other strong divisions from across the country but we believe Division 5 has a strong team - good luck everyone.

## TOM, BROOKE, TONIA, ASHLEY AND SHANICE - 1M & 5M ASSESSMENT CAMP

The above divers from Plymouth will travel to Leeds the weekend of the 21/22 November to dive in the 1m & 5m competitions in front of Alexei Ugrymov, the new National Performance Director for Great Britain. Russian Alexei is a very well respected member of the World diving community and was recently appointed to oversee all diving in Great Britain. He has set up this camp to assess all the best divers in the country on the current World Class Programmes and has accepted a few extra divers that have been specially selected by the top clubs.

1 metre and 5 metre boards are not Olympic boards and therefore not many events concentrate on these but they are very important for the preparatory work in order to build Olympic diving lists - it is a subject close to Alexei's heart and he wants to see who is prepared to train the most difficult dives in the world!

## ★STAR OF THE WEEK!★

**Danny Bates** - Danny has recently come to us from Sports Acrobatics (he normally perches on top of three other gymnasts in a tower!). In the two weeks he has been diving he has learnt all basic skills up to forward two and a half and back one and a half somersaults. Obviously his gymnastic skills help but he is a really brave guy and his training ethic is brilliant which is why he has done so much in such a short time. Well done Danny!!

# FRIENDS OF PLYMOUTH DIVING

ASDA BAG PACKING - SATURDAY 31<sup>ST</sup> OCTOBER

£462 RAISED TOWARDS THE TRIP TO CAMO - WELL DONE EVERYONE!

## "CHRISTMAS PARTY"

SATURDAY 12<sup>TH</sup> DECEMBER - VENUE TBC

INCLUDES PLYMOUTH DIVING ANNUAL AWARDS

## Christmas Development Competition 2009      SAT 12<sup>TH</sup> DECEMBER 11.15AM-4.30PM

### FLIP N FUN NOVICE CHALLENGE: POOLSIDE, 1 METRE & 3 METRE:

**ELIGIBLE DIVERS**: OPEN TO ALL SKILLS B, SKILLS A, Z SQUAD, TID, WEENY SQUAD, NOVICE/INTERMEDIATE SQUAD DIVERS, & SOME ELIGIBLE C SQUAD (NATIONAL SKILLS DIVERS ONLY) *NB: DIVERS MUST BE ABLE TO DO THE REQUIREMENTS OF THE COMPETITION - ASK COACHES!*

#### ENTRY CATEGORIES:

- 1/ 8 & UNDER GIRLS      2/ 8 & UNDER BOYS      3/ 9-10 YEARS GIRLS      4/ 9-10 YEARS BOYS  
5/ 11-12 YEARS GIRLS      6/ 11-12 YEARS BOYS

**SPRINGBOARD COMPETITION**: 6 DIVES ON ANY SPRINGBOARD TO COVER 3 DIFFERENT GROUPS (Novice) AND 4 DIFFERENT GROUPS (12 & UNDER & 13+)

**ELIGIBLE DIVERS**: OPEN TO ALL AGE GROUP SQUAD, C SQUAD, B SQUAD, ELITE SQUAD DIVERS

#### ENTRY CATEGORIES:

- 7/ NOVICE GIRLS      8/ NOVICE BOYS      (*DIVERS AGED 13 + WHO HAVEN'T COMPETED AT NATIONAL AGE GROUPS/JUNIOR ELITES*)  
9/ 12 & UNDER GIRLS      10/ 12 & UNDER BOYS      (*NATIONAL AGE GROUPS & JUNIOR ELITE DIVERS*)  
11/ 13 + GIRLS      12/ 13 + BOYS      (*DIVERS MUST TWIST*) (*NATIONAL AGE GROUPS & JUNIOR ELITE DIVERS*)

**PLATFORM COMPETITION**: 6 DIVES ON 5M, 7.5M OR 10M PLATFORM TO COVER 4 GROUPS (SPRINGBOARD DIVERS CAN ALSO DIVE PLATFORM)

#### ENTRY CATEGORIES:

- 13/ WOMENS OPEN      14/ MENS OPEN      (*DIVERS MAY COMPETE SPRINGBOARD & PLATFORM*)

**TROPHIES AND MEDALS IN ALL CATEGORIES!**

**ALL EVENTS £3 ENTRY**

**(AGES AS 31/12/09)**



## ENTRY FORM FOR CHRISTMAS DEVELOPMENT COMPETITIONS 2009

Name of diver: \_\_\_\_\_ Event No/s. \_\_\_\_\_ Entry fee: £ \_\_\_\_\_

Signed parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_ closing date is: 10<sup>th</sup> December - Entry on day (£5)

Central Park Pool, Outland Rd, Millehouse, Plymouth PL2 3DG, Tel: 01752 607206 Fax: 01752 607207