

Jubbly 618

2nd April 2007

AARON WALTERS SHINES AS TEAM BRING HOME 5 GOLDS AND 2 BRONZE FROM NATIONAL AGE GROUPS

3 gold and 1 silver for Aaron Walters
1 gold and 1 bronze for Emma Barrow
1 gold for Harry Glover
1 bronze for Jane Allan

Everyone re-qualified & made the score they had to make to
attend the event on at least 1 board - which is superb



STAR OF THE WEEK

HANNAH WATERS - NOVICE SQUAD

Hannah has recently made some really good technical changes to her diving, which have led to significant improvements.

She has an excellent attitude and is a pleasure to have in the pool.

Well done Hannah - keep up the good work!

COACH SPOTLIGHT - CHRIS HILL

Chris started diving with us several years ago. He moved through the lesson programme, onto the Novice Squad and then onto Junior Masters.

He still enjoys competing at Masters competitions.

Chris is kept very busy as, he is also an apprentice at Marine Projects.

NEW WEBSITE

Sam has spent the last few weeks updating the old website. Hopefully you will find the new one a little friendlier on the eye and clearer to use.

It is now live, although there are still a few things to be added. We hope you like it!!

IMPORTANT DATES

Don't forget, we are closed from Friday to Monday this week for the bank holiday.

Don't forget, lots of coach absences coming up too, please check Jubbly 617 if you have not seen it.

PARENT INFORMATION

How do we decide what competitions the divers do?

It's all about providing the divers with a combination of opportunity for success and opportunity to be challenged.

It's important that we know what is expected at each level, in terms of the minimum skills which should be performed and the standard to which they should be performed.

Fortunately, to make this easier, our coaches all have a great deal of experience at all levels of competition, so they know whether a diver is ready for the next level or not. If we are not sure or we need a reminder, we often look back at previous years' results and dive lists.

It can occasionally be a tough call with divers that are border line - we want to give them a challenge, but we also want to provide them with an opportunity for success too, so getting the balance right can be tricky!

Depending on the type of competition, there may also be rules which exclude divers from competing in one level if they have moved up to compete at another level.

For example, divers who compete at National Age Groups cannot return to compete at the National Skills Finals, whilst they are in the same age group.

Divers who compete at Elite Juniors, cannot return to compete at National Age Groups whilst they are in the same age group - so we have to make sure we get the decision right, otherwise the diver cannot go back!

So, as you can see, there are a lot of things we have to consider when we select a team, but rest assured, any decisions we do make, are always based on what is best for the diver at that time.

Plymouth City Sports, Diving Programme Newsletter - RELAUNCHED, Mar 2007

Diving news & views for Parents and Divers involved in the Plymouth Diving Programme, Intermediate Group upwards

NATIONAL AGE GROUPS

What a fabulous weekend of diving!

There were a few ups and downs, but overall, many of the divers on the team, performed above all expectation, which is great and above all, every single member of the team, made their standard score on at least one of the boards on which they competed.

Which meant that everyone was competing at the right level.

Well done!!

Performer of the weekend was of course, Aaron Walters.

Aaron is about to make the step up to Elite Juniors and demonstrated just why we now feel the time is right for him to make this move, with some commanding performances, taking 2 individual gold medals (platform and 3m) and silver (1m).

He also paired up with Harry Glover for the synchronised 3m event, in a performance that was nothing short of phenomenal! (Remember, we don't have side by side springboards to train on!). They consistently scored between 7s and 9s for synchro on their entire list - wow!

Emma Barrow was our top girl, winning the 16-18 platform event and finishing 3rd in the 1m, after leading the contest for 6 out of the 7 rounds!

Jane Allan proved consistency is the key and for the third year running, picked up a medal at this level - a bronze in the 12-13 girls platform.

Jack Glover was probably the unluckiest member of the team. He stepped up for his last dive, leading the 12-13 boys 1m event but a costly and agonising error, saw him slip to 8th place. Add that to his 5th place in the 3m however and after only getting out of plaster 4 weeks ago, these were great performances.

In the same age group, Ashley Hendrick put in the performance of his life to finish 4th in his favourite platform event. His dive sheet was littered with 7's!

Charlotte Donoghue is another diver who has been off for some considerable time with illness, but she really worked hard to get her list back in time for the competition and was rewarded with a 4th place in the 12-13 girls platform event.

Despite a shaky 1m, Joanne Cowen picked up an excellent 5th place in the 14-15 years girls platform. Jenny Bunsell was not able to produce the amazing form she showed at the Armada Cup, but still achieved her qualifying standard on the 3m and platform which is something very positive she can still take away from the event.

Elliott Hatherley & Harry Glover both missed a medal in the Boys 16-18 platform (Elliott) & 1m (Harry) by the smallest of margins - just 1.30 in over 200 points. Absolutely agonising stuff!! Steve Glynn put in some of his best performances to date and comfortably achieved his qualifying standard on 1m and platform.

Well done divers - there was certainly a bit of everything this weekend! Agony & ecstasy!!

Many thanks to the chaperones. A great job as always and thanks to all those parents who made the trip up to support the divers.

Regularly used terms: Intermediate Group - divers working towards Grade 5 & BS1 & 2. Advanced Group - divers that have passed Grade 5 & Board Skills 2. Squads competitive training groups. Novices - first rung of competitive ladder. Intermediate/Age Groups - next rung of competitive ladder. Elite Juniors - highest level domestic event for divers aged 9-18. Junior - 18 & under. Senior - all ages (where you will find our elite Olympic divers).

Diving balcony etiquette - Parents please do not coach your children or call them over during classes, Divers must be clothed and wearing shoes when on the balcony and if you are using still or video cameras, please sign the book at reception and ensure you only take footage of your own child.

Parent Liaison - Jayne Glynn, jayne@plymouthdiving.com, 07944361424

Child Protection - Plymouth Diving's independent Welfare Officer, Kathy Hancock, Kathy@plymouthdiving.com, 07759266041, Plymouth City Sports Child Protection Officer, Sam Grevett 01752 607206, ASA Swimline 0808 100 401

Useful references - www.plymouthdiving.com (everything you need to know about the programme, including newsletters and important documents/competition information etc), www.britishswimming.org (the governing body website)

MAIN PROGRAMME DATES		
6-9 Apr	Good Friday to Easter Monday – programme closed	
10-13 April	Easter Courses – private tuition available	
23-28 th Apr	NEXT INTERMEDIATE & ADVANCED GROUP ASSESSMENTS	Intermediate & Advanced Group
7 May	Bank holiday – no diving	
28 May	Bank holiday – no diving	
29 May-1 Jun	Half Term courses	
16 June	Flip and Fun competition for Intermediate & Advanced Groups	
COMPETITIVE PROGRAMME DATES		
27-29 th Apr	Northern Cross Intermediate/Age Group level competition	Selected divers
5-6 May	SW Regional Senior Championships, Southampton	Some Age Group Squad, Elite Junior & Seniors
29 May – 1 Jun	Elite Junior National Championships	Elite Juniors & some Seniors
9 Jun	SW Regional Skills Finals, Plymouth	Some Advanced Group, Novice Squad, Intermediate Squad
14-15 July	National Skills Finals, Plymouth	Selected divers from Advanced Group, Novice Squad, Intermediate Squad