

Plymouth City Sports

Competitive Diving

Scheme Booklet



2009

Introduction

In May 1992, Plymouth City Council agreed to the implementation of a professional diving programme at Central Park Pool.

In July of the same year, the programme began with a series of Summer Courses in diving, which throughout the following months, expanded into the comprehensive structure that you are involved with today.

This programme is designed to offer the sport of diving to anyone who is interested, through a series of beginners courses and associated activities (gym & trampolining), from which talented youngsters are afforded the opportunity of entering the more advanced training squads, where the emphasis is placed on personal achievement, excellence, competitive success and enjoyment.

As well as the comprehensive competitive programme, there is also space within the scheme for enthusiastic divers who wish to pursue the sport recreationally, without the pressure of competitive involvement. We aim to place each diver in a training group that is right for their current level of ability so they are kept stretched and motivated but not pressured into moving too quickly.

The gym and trampolining classes provide another avenue through which participants can improve their confidence, co-ordination, balance, spatial awareness, motor skills in a fun and recreational environment, without even having to swim!

There have been a number of reviews, the most recent of which was in November 2008 and was designed to offer as many different opportunities at all levels of the scheme, as possible. This included the inclusion of two new groups: Z Squad and Weeny Squad.

The Programme Principals

Andy Banks

(Director & Head Coach) has been coaching diving for 25 years. He is an experienced international coach and has been the designated GB Coach on a number of Junior and Senior International trips since 1990.

In 1994 he was the Team Manager for the World Championships and in 1995 he attended a pre-Olympic training camp in Georgia with Plymouth's top diver at the time. In 2002, Andy was the Head Coach to the England Commonwealth Games Team.

In 2008 Andy coached Tom Daley and Tonia Couch to the Beijing Olympic team and also a senior World bronze medal plus two junior World silver medals for Tom.

He has coached a whole host of National Age Group medallists and Champions.

Andy has a degree in Human Movement, specialising in Gymnastics, Biomechs & Psych.

Before setting up the programme in Plymouth, Andy set up one of the UK's first ever full time diving programmes in Bradford

Fito Gutierrez

(Assistant to the Head Coach)

Fito was an international level diver for Mexico. He has been an Elite National level coach for several years and worked as a professional coach in Bradford from 1999 to 2006 and then from 2006 to 2007 in Southampton, before moving to Plymouth.

Fito coaches all levels of the programme, from complete beginners up to the National Age Group Team and is involved in writing their training programmes.

Other coaches

We also use our older divers as coaches / teachers. We have found they make excellent coaches as they know exactly how each skill is progressed and learnt.

All are extensively trained in house for some considerable time and all undergo teacher training courses to obtain the Governing Body qualifications.

Andy Lewis

Programme Administrator

Involved in diving since 1980 at various levels and in various roles, including as a Father of 2 National level divers, a qualified teacher and events official, including the 2002 Commonwealth Games in Manchester.

Andy took over this role from former Director and international coach/judge Sam Grevett in March 2008.

Sam continues to update the website from her new home in Australia.

Sally Freeman

Project Co-ordinator

Formerly a diver here in Plymouth, Sally competed at the Olympic Games in 2000 and has since worked in the Bradford and Southampton Diving Programmes. Sally is charged with providing direction for the Programme Development as well as coaching up to Elite Junior National level.

DIVING INFORMATION:

The Club – Plymouth Diving

As it is a professional programme, the Plymouth City Sports, Diving Training Programme cannot register itself with the Governing Body. There is therefore a club, Plymouth Diving, which is the avenue through which divers register and compete.

Once divers reach the Skills Group level or above they must also be members of the club, to which an annual subscription is payable.

All members of the Club must also be registered with the Governing Body. The fee for this is included in the Club fee.

Keeping You Informed **Regular newsletters**

A newsletter is produced on a regular basis, called Jubbly, which is normally available by Monday or Tuesday.

These newsletters contain important information, so you need to ensure that you receive one each week.

There is always a copy on the notice board in the pool, or in the gym foyer and if you are going to be away, we can arrange to have one sent to you.

Let us know if you have e-mail, because they can be e-mailed too.

We cannot stress how important it is that you ensure you see a copy of the newsletter each week – most information regarding competitions and any changes to the training schedule will appear in Jubbly.

Keeping You Informed **The Plymouth Diving website**

We have a website at
www.plymouthdiving.com

This website contains everything you need to know about the entire Diving Programme including a list of forthcoming dates to remind you about changes to training and competitions that might be coming up.

If you have access to the internet, this is a great way to keep yourselves up to date with what's happening within the programme.

Development Competitions

Calendar permitting, we try to run Flip 'n' Fun, Development Competitions every 4-6 months. These are low key, low stress, fun events that are designed to introduce children to the competitive environment, without the anxieties associated with a mainstream competition. This means that when they are selected to compete at their first big event, they understand the competition process and are not overwhelmed by the whole scenario.

These events are not compulsory but we do try to encourage all the divers to take part as they provide invaluable experience.

There are a number of different event categories, with a selection of trophies, medals or certificates awarded. The trophies are kept until the next development competition, when they must be returned.

Valuables

Please discourage divers from bringing anything of value to the pool, such as phones or lots of money. If they must bring such items, please lock them away in a locker.

Entry to the Pool

Please ensure all divers report to the swimming pool receptionist prior to entering the changing rooms.

Diving Pool Etiquette

Anyone on the diving pool balcony should be dressed appropriately. No-one is allowed on the balcony in swimwear or bare feet.

Please also note – divers should not venture onto the balcony whilst wet. This is dangerous for them and for other pool users. If they need something from the balcony, please pass it down to them over the railing.

Forms kept on file

On joining the club, you are asked to complete an enrolment form and to sign a NSPCC guided statement. These forms are renewed annually to ensure all our information is up to date. You are also required to complete a Governing Body registration form, a copy of which is also kept by us.

It is your responsibility to let us know any changes in your personal details (eg address/phone number), or in your child's health and ability to take part in lessons. Your details are for our use only and will never be given to any third party.

Consent forms

When your child attends a competition, you must complete a "loco parentis" & consent form which is held on file just for the duration of that event.

Photography & Video

Parents are welcome to video diving sessions, or take photographic stills, but due to child protection issues, anyone who wishes to do so, must sign a register at the swimming pool reception. Please also be advised that you can only take footage of your own child unless you gain permission from the other Parents.

From time to time, we may use photographs of the divers for publicity material, newspaper articles, posters and the like. There is a section to sign on their enrolment form to confirm whether or not you are happy for appropriate photos to be used.

Video can also be used as a coaching aid for high level competitive divers. This footage is not shown/given to anyone other than the divers and their coach and all tapes/dvd's are kept in the office.

From the end of 2005, there will also be an instant video playback facility on the poolside, where divers can listen to feedback from their coach and then watch the dive the coach was referring to.

Child Protection Statement

The Amateur Swimming Association - ASA (diving's Governing Body) has an extensive Child Protection Policy, which has been adopted by us and a copy kept in the office and is also available on our website.

We strive to keep children safe from abuse AND staff safe from accusation, with policies and procedures which are laid down for Chaperones and Coaches.

All our staff, permanent, part-time, paid and voluntary and are on the ASA's Child Protection Register and any involved in looking after the children (chaperoning, coaching, driving mini buses etc) are police checked through the CRB's Disclosure service.

Details of Swim Line (a national help line for Child Protection in the Aquatic Sports) are available on both Gym and Diving Pool noticeboards. Swim Line calls are free and do not appear on itemised bills.

We also have an NSPCC guided statement on the back of all our enrolment forms, for all activities, explaining about the necessity and use of "hands on" teaching techniques and asking Parents to sign to consent to this method of teaching.

We also have an independent Child Protection Officer, Kathy Hancock. Her contact details can be found on the diving pool balcony notice board, or gym foyer notice board.



POLICY STATEMENTS - DIVING

We started this programme in 1992 and have had to deal with a whole host of problems and queries that have led to the writing of several policy statements so that everyone is clear on how things happen here, from how to contact us and deal with problems, to strict policies on press releases and fund raising.

Dealing with Problems or Queries

In any organisation, problems will arise, particularly when the organisation has a child centred function. However, more often than not, consultation can resolve what at first appears to be an insurmountable problem. Divers and parents should feel free to discuss any problems with the Coaching Staff, who are generally available for most of the day (***but not during training sessions please***).

Making up missed sessions

There is no facility to make up missed sessions as the programme is simply too busy. (This may be reconsidered in exceptional circumstances).

Press releases

Information must not be released to the press by anyone other than through the Plymouth Diving Office.

They are the only people that have ALL the relevant information and the only ones that can give an unbiased and informed opinion on a diver's performance and potential.

It is also not fair for one diver to be recognised for his or her achievements when there are other divers who might have had equal or greater success.

We make a conscious effort throughout the year to mention as many different divers as possible, highlighting good novice, masters, age group or senior performances, good results from newcomers and of course from our established stars.

Please note however, we can't dictate to the press, how they use an article or photos for their reporting. They may choose to

emphasise one diver over another, or use a photo of one diver instead of a team. All our reporting is however unbiased and factually accurate.

If a school, or other body approaches you and asks for information for a press article, please direct them to us before doing anything else.

ALL PRESS RELEASES FOR THE NEWSPAPERS, RADIO AND TV ARE WRITTEN IN THE OFFICE AND DISTRIBUTED TO THE APPROPRIATE PEOPLE FROM THERE.

IF IN DOUBT – PLEASE CONTACT US FIRST.

Fundraising

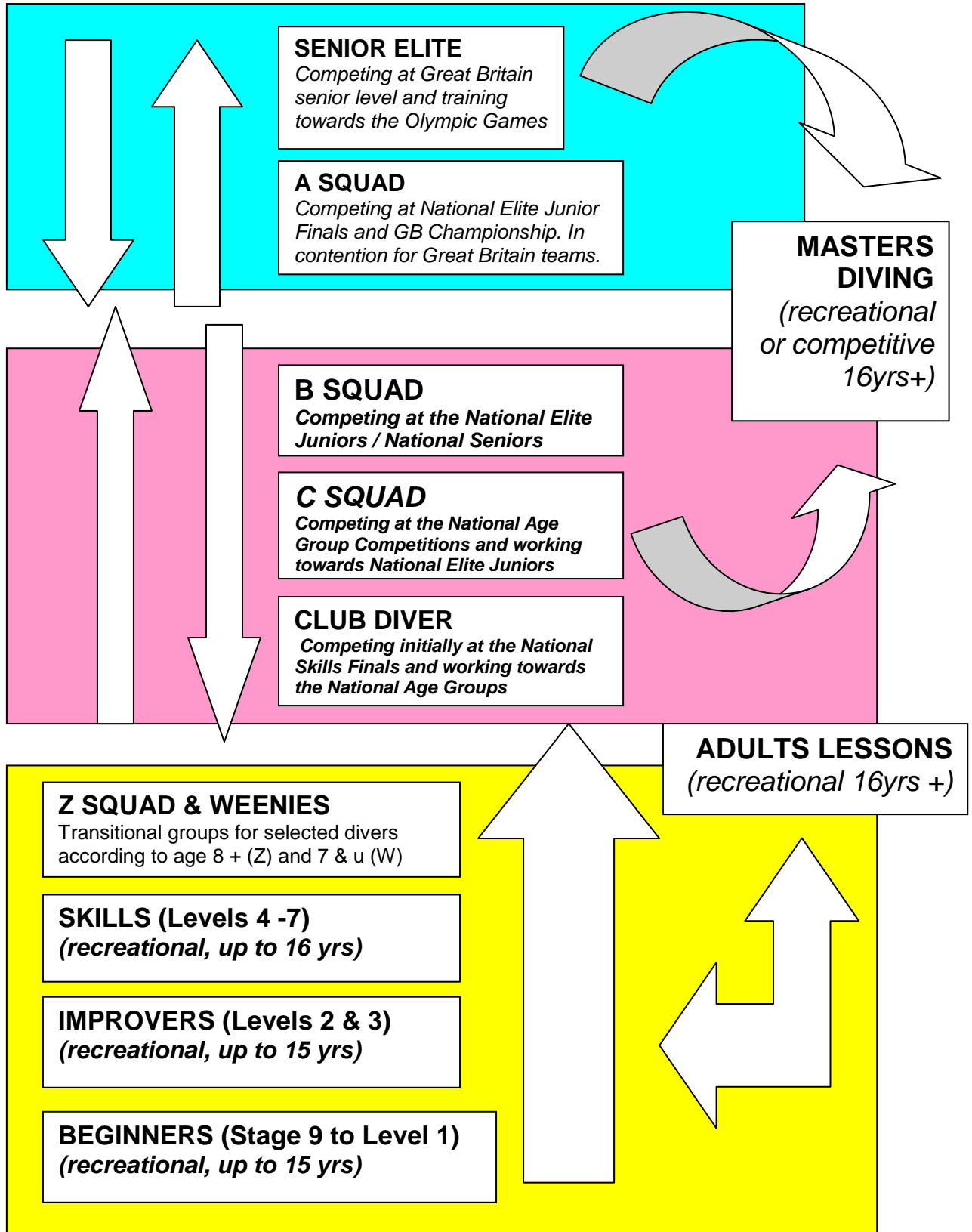
The club undertakes various fundraising activities, the money from which is used to assist with the following:

- Capital projects (new equipment for example, or part payment of a grant project)
- Staff expenses to competitions (depending on the size of the team and the event, staff costs can be paid from funds raised, rather than dividing the staff costs amongst the divers attending the event).
- Funding a coach/diver attending a GB trip for example, which is not covered by governing body funding.
- Some staff education, including volunteers
- Anything else which is considered to be in line with the Constitution.

Diving Groups

In the following pages, we have tried to give you a good idea of the class structures within the Plymouth City Sports programme and how divers can progress through the various levels.

This may change from time to time and this is only a guideline. Movement between groups is at the Coaches discretion



GETTING STARTED

Beginners (Stage 9, Stage 10 & Level 1)

The Beginner lessons offer an opportunity for children between the ages of 5 and 14, to try out this exciting sport. These lessons form a broad “grass roots” base from which children may be invited to join one of our training squads.

During their course, all children are shown the basic rudiments of Diving, including body alignment, spatial awareness, co-ordination and various skills, ranging from jumps to back dives.



Improvers (Levels 2 & 3)

The improver group is for children that achieve a Level 1 pass during their beginner course. Improvers work on achieving a good level of forward and backward dives and starting to learn inward and reverse skills.

Improver lessons take place for $\frac{3}{4}$'s of an hour each week and courses run during school term time.

The Skills Group (Level 4 +)

The first rung of our training squad ladder and introduction to the social and competitive environment comes in the form of the Skills groups.

These groups are for children who have passed their Level 3 during improver classes.

These sessions last for 60 minutes and are run on an ongoing basis, rather than termly like the earlier levels.

The monthly fees can now be paid by standing order and there is an option to take up two sessions per week.

Adult Lessons

There is also a lesson programme for novice adult divers from the age of 16 upwards, which aims to afford any adult the opportunity to come and learn the basic skills in an informal and social environment.

Adult Masters

This group caters for mainstream competitive divers and novice divers who become too old to continue competing at novice level and those adults who reach improver status.

Divers are offered the opportunity for more advanced lessons and masters competitions if required.

Transition Groups

Z Squad

This group is made up of specially selected children who have impressed their Improver lessons teachers and the ethos of the group is to offer them a taste of diving at the next level.

Once a trial has been completed (normally 2 months) the diver will be advised as to the next step which will be one of the following:

1. Continued Z squad training
2. Transference to Skills or Club Diver group
3. Transference to a C squad

These divers will work on all the basic dives with tuck, line-ups from the 3 metre board and more specialised diving skills like dry-land practices and hurdle steps.

Weeny Squad

More of a fun group rather than a training squad and it's aim is to offer an extra session for Beginner divers aged under 8 years! Children are invited to join after referral from their Beginners teacher.

The emphasis here is FUN.....FUN.....FUN! Divers have no real formal goals in this group other than to enjoy themselves, learn some of the fundamental skills and enjoy their diving!

Skills B & A Groups

Divers are promoted to here from the Improvers Lessons.

Skills B divers work towards Level 4 & Level 5 passes.

Skills A divers work towards Level 6 & Level 7 passes.

If a diver decides they only want to dive recreationally (non-competitive) then they can stay in Skills A until they finish all the levels. If they decide they want to compete they can move to Club B group where they start to train at a more serious level.

COMPETITIVE SQUADS

The following information acts solely as a guide. Movement between squads and competition selections rest with the coaches and programme management.

Club B Diver

8-17 yrs

Select 2 sessions plus optional gym

Tuesday	6.30-7.30
Thursday	6.30-7.30
Friday	5.45-6.45
Fri optional gym	6.45-7.45
Saturday	11.15-12.15
Saturday	12.15-13.15

GROUP	GRADE LEVEL	WHAT THEY WORK ON	HOW WORK IS SPLIT
Club B 2 x 60 min lessons per week, plus optional dive gym session x 1 hour	Transition to National Level competition	Minimum: Pass at Level 6 <ul style="list-style-type: none"> ✓ 401c & b ✓ 201 & 301 c ✓ Basic line-ups on 3 metre ✓ Basic dives on 3metre ✓ Handstand skills on dryland and poolside ✓ Basic somersaults on 1metre 	At this level, poolside and board work are split approximately 40/60 (this will change depending on what competitions are coming up).

Divers move to this group following recommendation by their Skills coach.

As this is part of the competitive programme, divers are expected to make a commitment to compete away from home at least once a year.

At this level, divers need to commit to 2 x 1hr sessions per week, plus optional dive gym sessions which help accelerate improvement.

Attendance

Attendance at this level is not strictly monitored, however it becomes more difficult to learn increasingly difficult skills without regularly attending both sessions. It is also difficult to prepare for the next competition if attendance is inconsistent.

Pool training

Pool workouts centre on correct entry and take off techniques as well as working towards learning and consolidating the skills required to move into the next group.

Land training

Dive gym is optional at this level.

Competitions

Club divers will have the opportunity to compete at Novice level, PROVIDING they are able to perform the skills required. It is not compulsory to attend all competitions but Club divers are expected to sign up for at least one competition each year.

Club A Diver

8-17 yrs

Select 3 sessions plus optional gym

Monday	6.30-7.30
Wednesday	6.30-7.30
Friday	5.45-6.45
Fri optional gym	6.45-7.45
Saturday	11.15-12.15
Sunday	10.30-11.30

GROUP	GRADE LEVEL	WHAT THEY WORK ON	HOW WORK IS SPLIT
Club A 3-4 x 60 min lessons per week, plus optional dive gym session x 1 hour	National Skills Finals	Minimum: Recommendation from Club B ✓ Basic dives from 3m & 5m ✓ 103 & 403 c from 1,3 & 5m ✓ Basic line-ups on 3 metre ✓ Twisting somersaults on 1m ✓ Handstand skills on 3m plat ✓ Somersaults all directions on 1m & 3m ✓ Attempts at 203c, 303c and 5231d on 3m	At this level, poolside and board work are split approximately 40/60 (this will change depending on what competitions are coming up). Divers are grouped according to skills level.

Divers move to this group on recommendation by their coach.

As this is part of the competitive programme, divers are expected to make a commitment to compete away from home at least once a year.

At this level, divers need to commit to 3 or 4 x 1hr sessions per week, plus optional dive gym sessions which help accelerate improvement.

Divers will be pushed to try skills which will enable them to compete at the National Age Group competitions – particularly those in the Age Group B events age 14-16 years.

Attendance

Attendance at this level is not strictly monitored, however it becomes harder to learn increasingly difficult skills without regularly attending the sessions. It is also difficult to prepare for the next competition if attendance is inconsistent. We are looking at attendance when potentially selecting C squad divers.

Coaches will be specifically planning for each session so regular attendance will mean you have the best preparation.

Pool training

Pool workouts centre on correct entry and take off techniques as well as working towards learning and consolidating the skills required to move into the next group. Divers will be attempting skills that will enable them to compete at a higher level and may give them the chance to move to a C squad.

Land training

Dive gym is required at this level to ensure dryland progressions for handstand and twisting skills are in place.

Competitions

Club divers will have the opportunity to compete at Novice level (National Skills), PROVIDING they are able to perform the skills required. It is not compulsory to attend all competitions but Club divers are expected to sign up for at least one competition each year. Examples of trips away are Harrogate, Shipley, Leeds and Dublin.

C Squad

Divers in this squad will be working towards competing at elite level within the sport. Whilst they may well initially compete at Skills and age group level, the aim will be to progress onto the elite circuit as soon as possible.

Divers will be usually be selected early and fast tracked through Z squad, however there is always the possibility of moving through the recreational side of the programme and being selected at a later date from club A.

This means there is a minimum attendance required depending on the age and ability of the diver with the minimum being three sessions (6 hrs) and maximum of 4 sessions (8 hrs).

GROUP	GRADE LEVEL	WHAT THEY WORK ON	KEY PROBLEM SKILLS	HOW WORK IS SPLIT
<u>C Squad</u> Minimum 3 x 2 hour sessions per week moving to 4 x 2 hour sessions	Solely a competitive squad	Skills required to be in this group ✓ 1m - forward dive tucked, inward dive tucked, back dive tucked, reverse dive tucked, forward 1½ somersaults tucked, inward somersault tucked, back and reverse somersaults tucked. ✓ Back or forward twisting somersaults ✓ 3m - all basic dives tucked plus 1 ½ somersaults in all directions Key skills to be developed ✓ 3m -back 1½ tucked and a 1 ½ somersaults with twist ✓ 5m - all 1m & 3m skills transferred to 5m Continue to work on ✓ Basic skill technique, including extensive work on take-offs and entries	There are no general problem skills. At this stage, divers all have areas in which they are strong and areas in which they are weak. Some divers may not already have twisting skills in the pool but will be expected to have these ready on the trampoline.	At this level, pool sessions are split between list development (learning new dives) and consolidating/improving previously learnt skills. The split ratio will depend on the season and when the next competition is. <u>Competition targets:</u> <i>National Skills Finals</i> <i>OR</i> <i>National Age Groups</i> <i>Armada Cup</i> <i>Northern Cross</i> <i>Southampton</i> <i>Irish Open</i>

To be promoted to this group, divers must be performing the required skills for their category at national Age Groups out of bubbles and on a regular basis.

In the pool, divers will be expected to consolidate and build on the skills they had to do to achieve promotion to this group.

Attendance

Divers should attend all sessions that are made available to them. If they cannot commit to all sessions offered on a regular basis, they are welcome to remain at Club Diver level.

Pool training

At this level, emphasis is on helping the divers to progress to the more difficult dives, developing twisting and somersaulting skills, with regular work on the platform and 3m boards to build confidence. Divers will also continue with extensive entry and take off practises.

Land training

Is incorporated into all sessions except Friday's which is pool only.

Competitions

Divers at C Squad are required to compete away from Plymouth at least twice a year.

C squad divers should be or have been competing at Skills level, moving through to begin competing at National Age group level with a view to moving onto elite juniors when practicable. They will also have the opportunity to travel to various invitational club meets which are held all over the Country, providing that they are able to perform the required skills.

Note – at this level, divers must be able to compete on at least 2 boards, in order to be selected for intermediate/age group competitions and beyond.

B Squad

Divers are expected to attend a minimum of 4 sessions and up to 6 sessions a week – this may not change much from their C squad sessions if they are under the age of 13 years.

Divers in this squad will be training towards and competing at the National Elite Junior Competitions. Divers should have a minimum of two competitive lists to compete at the Elite Juniors and be training basic skill chains throughout the dive groups.

Basically, divers need the following attributes:

- √ Performing between 5 & 10 of each dive per session (or 50 + dives an hour)
- √ Good competition results
- √ Excellent attendance
- √ "THE X FACTOR" – that special something!

GROUP	GRADE LEVEL	WHAT THEY WORK ON	KEY PROBLEM SKILLS	HOW WORK IS SPLIT
<u>B squad</u> Approx 10 hours per week, combination of dive gym and diving	Solely a competitive squad	Depending on their age, divers should have a minimum of three of the following in their programme (aged 13 +) to be considered: 3m: Forward 2 ½ somersaults, Inward 2 ½ somersaults, Back 2 ½ somersaults, reverse 2 ½ somersaults. Plus: 3m: Backward or reverse 1 ½ somersaults with 1 ½ twists 5m: All groups 1 ½ somersaults and double somersaults plus an armstand with a balance 7m & 10m: Basic dives piked plus a basic twisting dive, plus a minimum of three dives with 2 ½ somersaults. <i>Younger divers should be able to perform 1 ½ somersaults in all directions plus a twist dive and have started training 2 ½ somersaults in the bubbles.</i>	There are no general problem skills. At this stage, divers all have areas in which they are strong and areas in which they are weak.	At this level, pool sessions are split between list development (learning new dives) and consolidating/improving previously learnt skills. The split ratio will depend on the season and when the next competition is. <i><u>Competition targets:</u> Armada Cup, Plymouth Northern Cross, Leeds Southampton Invitational Luton Challenge National Elite Juniors GB Championships (if selected)</i>

To be promoted to this group, divers must be performing the skills appropriate to their age group at National Elite Junior level (on at least 2 boards), they will have been competing regularly on the National Age Group circuit.

The skills required vary vastly depending on the age of the diver. Rather than us listing all the different skills for all the different ages, Parents will be informed once their child is performing the necessary skills.

Additional training time is offered and divers in this group benefit from compulsory dry land training sessions which include trampolining.

In the pool, divers will be expected to consolidate and build on the skills they had to do to achieve promotion to this group. If a diver should stop performing any of these dives, it will be recommended that they return to C Squad until such times as they re-learn the missing skills.

Attendance

Divers are offered upwards of 4 sessions per week and should attend at least 4 of those. If they cannot commit to 4 sessions on a regular basis, they will remain at C Squad or Club level.

Land training

Land training is compulsory at this level and incorporates trampolining, gymnastics skills, dry board training, strength and conditioning and flexibility work.

Pool training

At this level, emphasis is on helping the divers to progress to the more difficult dives, developing twisting and somersaulting skills in all directions. Divers will also continue with extensive entry and take off practises.

Competitions

Divers in this group should be competing at intermediate & age group level, moving through to be considered to compete at Elite Junior level. They will also have the opportunity to travel to various invitational club meets which are held all over the Country and possibly abroad, providing that they are able to perform the required skills.

Note – divers must be able to compete on at least 2 boards, in order to be selected for intermediate/age group competitions.

A Squad level

Commitment required - 7 sessions per week

Monday	6.30-7.30pm gym	7.30-9pm pool
Tuesday	6.30-7.30 gym	7.30-8.30 pool
Wednesday	6.30-7.30 gym	7.30-8.30 pool
Thursday	6.30-7.30 gym	7.30-8.30 pool
Friday	7-8am pool	4.15-5.45pm pool
Sunday	11-12 pool	12-13.00 gym

GROUP	GRADE LEVEL	WHAT THEY WORK ON	KEY PROBLEM SKILLS	HOW WORK IS SPLIT
<u>Elite Programme</u> Attend at least 7 sessions	Solely a competitive squad	To reach this level, divers must be finishing in the medals at Elite Junior level as a minimum. Divers must be able to train their skill chains, e.g., 201c, 202c, 203c, 204c, 205c, 206c on appropriate boards. They will also be committed to developing their dive lists to maximize difficulty whilst maintaining form and technique.	Competing at Elite Junior level is not just about being able to perform the required skills, it is also about the quality of those skills also and the scoring potential. Standards are constantly rising for this level. Divers in this group will be talented enough to try for places on the Great Britain team - finishing in the Top 2 at Elite Juniors and the junior categories at Senior Nationals.	At this level, pool sessions are split between list development (learning new dives) and consolidating/improving previously learnt skills. The split ratio will depend on the season and when the next competition is.

At this stage, divers will be performing a senior list of dives with distinction on at least one board.

A commitment to succeed is essential, plus dedication to the training programme, both in and out of the pool. For selection to this level, attitude & work ethic are key, as is quality/aesthetics of movement.

It is no longer enough just to be able to perform the skills, they must be of an appropriately high quality.

Divers in this squad will be expected to attend the GB Championships to initially gain experience and compete for Junior GB Medals.

Attendance

Because divers in this group will usually be working towards a specific competition or list of dives, they will be expected to attend all their sessions regularly.

Land Training

At this stage, land training becomes more advanced with conditioning for cardiovascular fitness, speed and static strength with advanced flexibility.

Gymnastics skills and tumbling will also be practised in addition to trampolining.

Competitions

All divers in this group should be competing in the Elite Junior Nationals and or the GB Senior championships, plus any other event considered suitable by the coach.

Divers in this group have a comprehensive competition schedule with competitions throughout the year, designed to give them maximum benefit.

Senior Elite

Variable programme to suit athlete

GROUP	GRADE LEVEL	WHAT THEY WORK ON	KEY PROBLEM SKILLS	HOW WORK IS SPLIT
<u>Elite Programme Level 2</u> Between 15 & 25 hours per week depending on age/school commitments etc	Solely a competitive squad	Divers training at this level are funded on British Diving's World Class programmes.	Competing at Senior International level is not just about being able to perform the required skills, it is also about the quality AND consistency of those skills also.	At this level, pool sessions are split between list development (learning new dives) and consolidating/improving previously learnt skills. The split ratio will depend on the season and when the next competition is.

Divers of any age, who are recognised on the National squad and who are competing Nationally with a view to International selection.

Divers in this group will be extremely highly motivated. They will be competing on the National Junior & Senior circuit and should be working to improve their rankings on all boards and aiming to qualify for a place on the Junior Olympic Programme/World Class Performance plan (or equivalent), with a view to international selection.

The aim of this squad is to nurture and produce National & International Champions – the very elite of our diving programme.

Attendance

Divers are expected to make full use of the facilities offered and must attend all gym and pool sessions.

Pool training

Comprehensive training, still incorporating basic work, consolidating old skills and learning increasingly complex lists of dives.

Divers will also be continually assessed with regards to their performance and work rate. Anyone who does not meet the demands of this group will have their position reviewed.

Land training

As A Squad, but with work on Strength & Conditioning with a specialist coach.

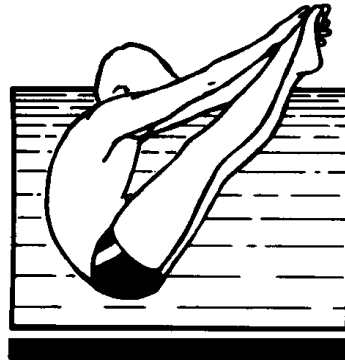
Competitions

Training for these divers will be structured to enable them to peak at the most important meet of the season (either National or International). Other competitions will be used as preparation for the main event of that particular year.

Because of the level that divers in this group are competing at, there are no restrictions governing their competition participation. Unlike earlier levels, there is no requirement for divers in this group to compete on more than one board if the Coach feels it would be more beneficial to them to compete in just one event.

DIVING LESSON RULES

- No horseplay
- No running on the poolside
- No shouting/screaming
- No goggles
- No non-swimmers
- No swimming aids to be worn
- No jewellery
- No locker keys worn on swimwear
- No pushing each other into the pool
- No ducking
- No fighting
- No bullying
- No foul language
- No food/eating during or immediately prior to lesson
- No chewing gum
- No spitting
- No eye glasses
- No Parents on poolside during lessons
- No glass bottles or anything else breakable (drink allowed in appropriate sports bottles to keep performers hydrated during competitive training)
- No valuables to be brought onto poolside
- No participant should comment on another participants performance or execution of a skill
- Don't lean on railings
- Don't swim to the bottom of the pool if the natural speed and direction of the dive didn't take you there without effort
- After diving, swim to the nearest poolside – do not swim across the path of other divers
- One at a time on the springboard
- No double dives from 1m, 3m or 7m (divers permitted to dive/jump together from 5m or 10m, after instruction on jumping apart from each corner of the board).
- Dive only from the front of the boards, not the side
- Climb backwards down the steps (facing the ladder)
- Don't pass each other on the steps
- Don't stand on the springboard, or on the end of the platform until told to do so by a teacher
- Wait until instructed to dive
- Don't experiment with new skills you haven't been taught
- No unsupervised back dives from the poolside (unless authorised by the teacher)
- Jump only from recognised stages (end of springboards, end of platforms)
- Use the main part of the poolside only – do not jump/dive from the steps
- No pushing in the queue
- Any bags not in lockers, to be stored on benches, not in fire exits.
- **ABSOLUTELY NO WET PARTICIPANTS ON THE BALCONY**



Diving – Conditions

1. Members of the Diving Training Programme, from the Skills group up, must be members of the club “Plymouth Diving”.
2. Competitive squad selection is dependent upon the achievement of the necessary standards. The criteria laid out in the previous pages of this booklet is only a guideline. The final decision as to movement between groups rests with the coaches.
3. After squad selection, divers must accept the challenge of belonging to that group, show a willingness to work towards their goals and commit themselves to the minimum attendance requirements. Failure to adhere to the expected standards of the group in terms of both performance and behaviour may lead to reallocation and in some extreme situations, removal from the scheme.
4. Selection for competitions will be strictly controlled by the Coaches. Divers and parents will be expected to abide by the decision.
5. Resignation from the scheme should be given in writing and addressed to the appropriate coach. In the event of any diver being removed from the scheme, a letter will be sent to the diver and parents of that diver.
6. In any organisation, problems will arise, however divers and parents should feel free to discuss any problems with the coaching staff who are generally available for most of the day, but not in the evenings during coaching time.
7. It is our intention to make the diving programme a place where highly motivated individuals pursue their ultimate goals and realise their potential in the sport of diving with everything being done in terms of advice and facility to aid these aims.

Through hard work, divers at any level will make the improvements they are hoping for and whilst much of this booklet is devoted to the training of competitive divers, those divers who do not wish to compete, should remember that there are plenty of avenues for them to pursue and plenty of opportunity for them to continue in the sport, or associated activities without the commitment that competitive training entails.