

News on 10

Official Diving Newsletter

Issue 3: September 2006

Aquatic Athletes enrol on New Apprentices Scheme

SkillsActive, together with a number of governing bodies of sport, industry experts and the Learning Skills Council (LSC), has launched the Athlete Apprenticeship in Sporting Excellence (AASE) framework.

AASE is a Government funded opportunity that has been designed to meet the needs of young people (aged 16-19) who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level as their main career goal, whilst continuing with their education. Notionally taking two years to complete, the AASE framework will provide for the first time a structured national training & development route, across all sports, for talented young athletes, many of who may go on to represent their country on the world stage.

This qualification offers the first opportunity for elite and potentially elite athletes to get the proper recognition of the skills, knowledge and understanding they are developing/gaining in their quest for excellence.

The Amateur Swimming Association is one of only four sports governing bodies and the only Olympic sport signed up to the scheme that is exclusively available to young people who have an excellent chance of making a career of competing in their chosen sport. Cricket, tennis and rugby union are the other three sports taking part.

The ASA has 170 16-year-olds from swimming, disability swimming, water polo, synchro and diving signed up to the first two-year course, which means their long hours in the pool will count towards a nationally recognised qualification. The course is made up of 3 components :

1. National Vocational Qualification (NVQ) Level 3 (sports specific)

The qualification recognises excellence in a specific sport. The NVQ is made up of 8 sport specific units.

2. Technical Certificate

Is made up of 780 guided learning hours in an academic qualification such as AS/A-levels, BTEC Awards, Coaching Qualifications etc.

3. Key Skills

Key skills in Application of Number & Communication. This will be built into the NVQ level 3 (N.B. If you achieve grade c or above in English & Maths you will be exempt from this component).



Speaking at the launch in June, Richard Caborne, Sports minister, said "Being a professional sports person in the 21st century is about more than just athletic prowess and sporting skill. You also need to know how to manage your life-

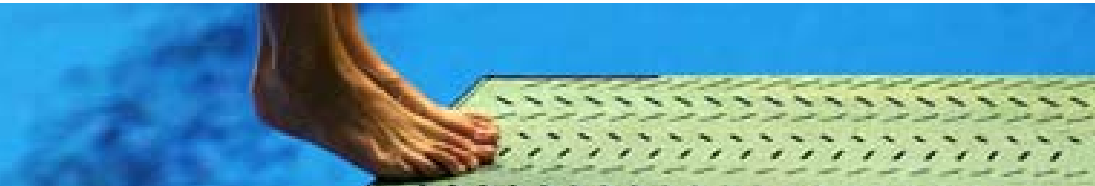
style and career off the sporting field. I am delighted that through the advanced apprenticeship in sporting excellence framework there is now a structure in place to support the professional development of our most hopeful young sporting prospects. This is especially important in the run-up to the London 2012 Olympics games and beyond".

Divers on the scheme are :

Ashley Franklin	Claire Blencowe
Faye Ratcliff	Richard Bradley
Jack Clewlow	Suzanne Collins
Dayne Mulford	Amy Dawson
Sarah Barrow	Lucy Gledhill
Jenny McDonald	Jodie McGroarty
Alex Newton	Adam Smallwood
Jessica Taylor	James Sylvester

Karen Smith has taken on the role of managing the AASE programme for Diving, and will be co-ordinating the national programme and guiding the athletes through the process.

'This is a real opportunity for divers on this programme to be supported and recognised for the time and effort they put into their sport. It is an exciting programme and currently fairly new in sport and we intend to utilize it in the best possible way for our developing athletes'.



Club News

Sport England Award to the Cambridge Diving Development Centre

Cambridge Diving Development Centre are delighted to have received a Sport England award of £39,474 which has been used for new equipment to help train Cambridge divers. These improved facilities will promote grass root development, increase capacity within the diving club and improve the quality of the top divers. The new facilities will attract athletes with diving, gymnastic and trampolining backgrounds.

Cambridge's successful bid provides new equipment housed at both Parkside Pools and Cherry Hinton Village Centre. Installed at Parkside Pools is a 3 metre platform, 5 new poolside decking stations, chin up bars, wall bars, mats, a somersaulting block, and data projector for video replay. Dry-land training facilities have been installed at Cherry Hinton Village Centre and include two 1 metre dry springboards plus a suspended rig with tumbling belts situated over the springboard, safety crash mats, somersaulting block, and twisting and somersaulting belts positioned above the trampolines. The divers are really enthusiastic about the new equipment and are enjoying the variety that the dry-land facilities offer.

since the formation of the Dive Centre and the appointment of James Etherington, our Diving Development Officer and Professional Coach, three years ago. The popularity of diving and the expansion of the centre have prompted the appointment of two assistant DDOs to help with our exciting plans for the future. The new training facilities bought with this award will be a major part of those development plans. Our Learn to Dive Programme caters for about 180 children and adults and we have more than 80 competitive divers in the Cambridge Dive Team ranging from novice to international standard. The new dry-land facilities will improve the divers work rate, develop confidence and allow them to train even when they have no access to the pool. Cambridge is now recognised nationally as one of the up and coming diving centres in the country - our new facilities will help us to offer diving opportunities to more people in the community whilst giving our talented athletes greater chances to fulfil their potential".

"The Community Club Development Programme represents a new way of working for Sport England whereby national governing bodies are involved in the initial selection of possible projects that should receive funding based on their own strategic plans. Cambridge Diving Development Centre was identified by the Amateur Swimming Association for investment and we are pleased to support this investment which will have a positive effect on the grass-roots development of the sport."



"The programme is an innovative way of helping to ensure that community clubs – the heart of grass roots sports development in the country - receive the capital investment they need. This is central to achieving our vision of England becoming the most active and successful sporting nation in the world".

"Cambridge Dive Centre are grateful to Karen Smith and the ASA for the advice and support for the grant application, and also to the Local Authority Sports Department and SLM for their help and co-operation".

Interim Chief Executive of Sport England Stephen Baddeley said:
"We are pleased to make this award to the Cambridge Diving Development Centre. The facility is key to the local development of diving and we are committed to making sure that the club continues to provide access for the community".



Sharyn Bord, treasurer, administrator and founder member of the Dive Centre, is delighted with the award. "This will really enhance our current facilities. Diving in Cambridge has become very popular

Officials News

Regulations for ASA Diving Judges Examination (updated and approved December 2005)

1. The lists of duly appointed Diving Officials appear in the ASA Handbook.
2. A candidate must attend a judges seminar then register as a Regional official
3. An application for a judge to be placed on the official list shall be made by a Region and reach the Hon. Committee administrator of the ASA Diving Committee ("the Committee") not later than 1st November in each year.
4. To qualify as an ASA National Diving Judge the applicant shall be a registered Regional official and will have acquired a minimum of 15 points according to the following scale:-

An ex International Diver will be given	5 points
An ex National Senior Diver will be given	3 points
A Judges clinic/seminar -	2 points
A Judges synchro clinic -	1 point
A National championship (for A & B judges)	2 points (and Elite Junior)
A National Age group and Skills final -	1 point
A Regional event -	1 point
A club 'Grand Prix' event -	1 point
A County event -	1 point
Written Exam – FINA passmark (85%) –	1 point
Level 1 Diving Teachers -	2 points
Level 2 Diving Teachers -	2 points

Judging experience – minimum 200 dives on 1m
Judging experience – minimum 200 dives on 3m
Judging experience – minimum 200 dives on Highboard – 5m or 10m
Judging experience – minimum 100 dives Synchro – as synchro judge

Each Diving official will be issued with a logbook to record the events attended – this will be signed by the Referee of the event to confirm their attendance and the points gained.

A National Judge on the A or B list will be expected to maintain a minimum of 6 points per year (eg 2 National Championships plus 1 Regional Championship), at least 2 of which must be gained from Judging non National events.

5. Successful applicants shall be included in List B of the lists of ASA Diving Officials.

Practical Examination

6. The practical examination shall consist of the candidate judging as many dives as possible at one of the two pairs of ASA 3m Springboard and Highboard championships immediately following receipt of the application for them to be placed on the official list,

7. The practical examination shall be administered by the Committee, who shall pass a candidate if they are satisfied of his/her suitability to judge any National championship.

Whenever practicable Judge evaluations will be made at National events

Evaluations shall be made by fellow judges and average 3.0 based on the following:-

Education	-	Shall have complete knowledge of the rules
Experience	-	Shall develop judging experience in competitions
Application	-	Shall demonstrate the practical application of the rules
Neutrality	-	Shall show no preference to any diver, nation or club
Consistency	-	Shall maintain a standard in their judging
Behaviour	-	Shall at all times conduct themselves in a professional manner



Olympic Medal Hopefuls Receive Welcome Boost

An elite young squad of British aquatic athletes has been given a boost thanks to a three-year sponsorship deal with Kellogg's.

The 10-strong team known as 'Team Kellogg's' will receive additional funding from the cereal giant to support their training and ensure they have every opportunity to gain medal success in the pool.

Diver Sarah Barrow (City of Plymouth) one of the 10-strong team had this to say,



"Team Kellogg's is a great help for the future of my diving, I am currently trying to make the jump from Junior to Senior and between that Kellogg's are helping me out so my training can be improved. It is also great to be involved with other athletes from aquatic sports and I am enjoying being part of the Kellogg's Team"

Congratulations to All

To Balance Is To Rip?

By Julian Bellan

**Junior Talent Programme Manager for
British Diving**

Good performances in diving require a number of qualities from the diver, but there is one undeniable fact the ability to RIP will consistently add between 1.0 to 2.0 marks on every dive. The difference between divers who can rip their dives consistently and the diver who is just clean can range from 30 points in age group diving to 100+ points in senior diving. Notwithstanding the divers ability to perform the dive well but it seems that some have an inability to rip.

Not every diver will be able to rip, but with attention to detail, quality practice and a stubborn will to keep battling through the less stimulating activities of dive training will eventually result in progress.

A few years ago (1993 to be precise) I had a young age group diver who even though his body type suggested it and his posture looked good could not rip for love nor money. At the time much more of my training was pool based (40/60 split gym/pool) and so I devoted 60 minutes of every Monday night training session to line-ups. The poor diver must have dreaded Monday night, while the other kids were up and running with their dives the diver in question was stuck with entries, entries, entries.

After a good eight weeks or so of this regime, I began to question myself and if we would ever make the breakthrough, the undeniable fact was without a rip entry we were never going to have a shout. Then without a hint or word of warning it happened, not a soft entry a full on 100% rip, not a ripple. I had to double take and make sure it was who I thought it was. The rest of the team knew, and about a dozen other divers erupted with applause and wolf whistles.

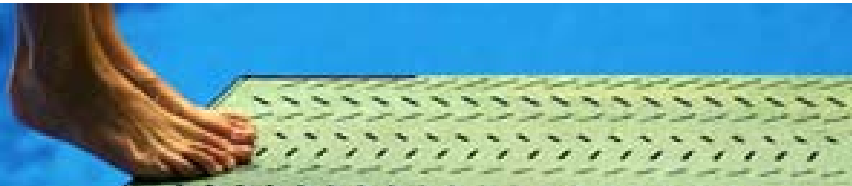
We had to wait another week for the next rip, I guess the poor kid hadn't realised what it was that he had done to make the rip and couldn't repeat it. Slowly but surely week by week the numbers came around. In those days I used to get 100 dives per session from the kids using 2 x 3m platforms and a couple of lower platforms and poolside. In an hour we would be trying to do a skill per minute, the good thing with this is your heart rate is elevated and you have to try to be composed and make changes whilst keeping the pace up. But after a couple of months it turned into a full on locomotive steam train of rip entries, it soon became easier to count the non-rips in a session.

The armstand is key to quality entries, more elite divers will perform exercises such as armstand press-ups with either a partner or against a wall, the key is to ensure the body form is maintained throughout the exercise, less control = lower reps. The next table is a simple extract of exercises and skill development. Even though our competition structure promotes certain line ups and skills it's the coaches task to ensure the physical preparation is in place to stabilise the body which in turn will lead to a consistent rip.

For more ideas on basic exercises review the training section of the ASA/BDCA coaching handbook.



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So how do we get there? How do you get consistent ripped entries?

The answer is there are no shortcuts;

My firm belief is that you have to match the skill acquisition with the physical preparation.

Physical Development

Postural work, hip, pelvic alignment, head in neutral, simple exercises to develop core and shoulders such as dish rocks, kneeling press-ups



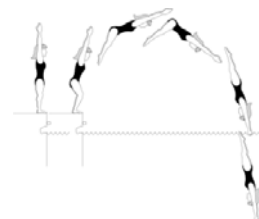
Start developing handstand, and associated skills, coach should be working with the diver to fix and correct body posture such as shoulder angle leg form head alignment.



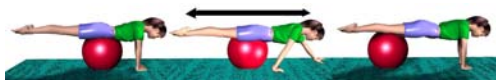
Skill Development

101a from poolside with deep entry maintain body tension, try to focus the divers energy on keeping shoulders elevated and the lower back slightly rounded

The same as before but basic line up dive from 1m and 3m doing the same – deep entry (why? Maintain the feel for the water and the limbs)



Introduce movement sequences – drills, moving arms into line-ups at first keep the repetitions low and the speed slow, when you have consistency you can increase both but always make corrections don't allow poor technique to creep in with increased repetitions. Develop independent armstands and link with both trunk strengthening and core stability exercises e.g. basic bridging work focus the attention on the small muscles not the large muscle this is the key!



Link the movement patterns you develop in the gym with exercises in the pool. Don't just think higher, the poolside is a great place to train volume with younger divers, give them instant feedback and get the changes you want to see.

Introduce the 3 bubble rip

The action of the swim from the hands and arms as the diver enters the water creates what's known as a 3 bubble rip; bubble 1 where the flat hands make initial contact and 2 bubbles to the side caused by the movement of air under the water as the hands and arms part.

Remember a rip comes from the following :

1. Large flat surface area – hands hitting the water
2. Air located behind the hands and between the arms and head creating the vacuum
3. The movement of the hands forces a displacement of the air and the pressure difference results in a sucking down effect.

Develop total body alignment and stability

The greater the volume of entries in the pool the greater the need to keep the joints fixed and aligned on impact. In addition to general body conditioning now is the time to really home in on more advanced armstand work such as lever armstands as well as introducing more advanced stability work on the ball.

Band work can be introduced to further help stabilise the shoulder.

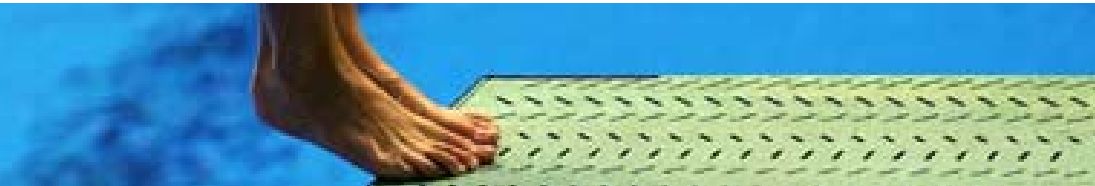
Stability Routine for maintenance -DAILY

A mix of line-ups with and without the swim / roll action. Timing is key and returning to a basic fix position will allow the diver to correct alignment issues.

Develop an extensive range of line ups from varying heights of board.

Remember every dive has an entry so every poor entry practised is a poor entry reinforced.

Line up routine for consistency -DAILY



Licensing

ASA Teacher/Coach Licensing Scheme

On 1st January 2006 the ASA introduced a Licensing Scheme for Teachers and Coaches of Swimming (Levels 1- 3), and all other major aquatic disciplines.

The long term aim is to encourage employers to use the licensing scheme as part of the appointment process and to move to a situation where we have a predominantly licensed profession.

The vital role which volunteers play in the delivery of swimming programmes is also recognised and specific exemptions are made for those who are willing to contribute a small number of hours each week.

Most people involved with swimming and it's associated disciplines recognise the need to have a well regulated 'professional' workforce and licensing can contribute towards this achievement.

Benefits of a Licence Scheme include :

- Helps to promote high standards for teaching/coaching
- Provides proof of competence: summary statement of qualifications and experience
- Provides some protection for children through the Criminal Records Bureau
- Assist employers and clubs in the selection of teachers/coaches
- Commits the holder to uphold the code of ethics in swimming
- Provides a framework for continuous improvement

Who Issues the Licence?

The licence will be issued by the Awarding Body section of the ASA.

For further details available from www.britishswimming.org, under Teachers/Coaches, Licensing
OR contact ASA Awarding Body on tel : 01509 618699

Development News

Diving Development New Position – familiar face

Jo Calvino, previously the ASA Regional Diving Development Officer for the South East, has been promoted to the position of **Diving Development Officer – South**. As well as the South East, she will now be assisting London, East and South West regions. Her role will be to maintain and deliver diving development opportunities for people of all ages and abilities throughout the region, and to ensure that national projects and strategies are linked and co-ordinated locally through the regions.

Jo will work closely with ASA regions and Community Sport networks to increase awareness of diving; lead and drive Swim21 (Diving) pathways, and promote and deliver diving in line with the LTAD Framework.

Jo will endeavour to meet with as many clubs as possible, in the new regions she will be responsible for, over the next couple of months, but please feel free to contact her should you need to do so.

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The position of Diving Development Officer - North, has been advertised. Interviews will be taking place soon, and we will have details on the successful applicant who takes up the position in the next issue.

Watch this space !!!!

Upcoming Dates

September

30 Peter Waterfield Invitational

October

14 SCWPSA Plain, Highboard & Novice Diving

21 East & London Region 1m & 5m Synchro Competitions

21-23 Southampton Invitational

November

6-12 FINA World Diving Congress

18 ESSA Diving Championships

24,25 Luton Challenge

December

15-17GB Championships & World Champ Trials

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