

News on 10

Official Diving Newsletter

Issue 4: December 2006



A Tribute to Wally Clark By Kim White

How I met Wally -

In 1979 I moved to the London Borough of Merton from Bermondsey (Old Kent Road) and started as a Swimming and Outdoor Pursuits Instructor. I very quickly went on a Diving Teachers Course and Wally was the tutor. After I passed, Wally invited me to be a coach at his club, which I did and coached there until 1987 when I moved over to Southend Diving Club with the other Clark – Bill. I continued coaching one night a week at Wally's club until January 1992, when I took up the position of Olympic Coach in Norway.

Wally was my mentor for many years and taught me so much about "teaching" and professional values. After club nights in Merton, we would spend many hours discussing diving in his local pub (I'm not sure who led who astray in those days!!)

I drink to you now Wally, a dear young man that will be remembered for a very long time! (Wally would have liked the young man bit very much!)

The following are a few extracts from one of Wally's many information booklets, this one dated 1985 and celebrating 30 years of diving in Merton! There is a picture of a very young Kim White, together with a very sprightly Wally Clark, either side of the team they took to Cologne for an International Club Meet in 1984. It is not meant to be the history of his life in coaching as this

MERTON SCHOOL OF DIVING AND TRAMPOLINING

1955



1985

30 YEARS OF DIVING IN MERTON



would look more like an encyclopaedia, just some extracts that I have copied from a much faded paper booklet.

W.G.Clark, founder and chief coach of the Merton School of Diving and Trampolining, started teaching swimming and diving in 1939, interrupted for six years because of the war and then continued as part of his duties as a schoolteacher.

Wally found himself having to learn how to teach trampolining because Gorrington Park Secondary Modern School at which he was teaching was given a trampoline in 1962 for the sole purpose of helping Andy Gill who was already showing promise as a diver. Wally then became more and more involved in trampolining, including running the English Schools Trampoline Association (Surrey Group) holding the office of Chairman of English

Schools Trampolining for two years 1974 and 1975. All the time protesting that he was a diving coach and not a trampoline coach.

His offices and rewards in the field of swimming and diving have been greater and more numerous – President of Surrey County Water Polo and Swimming Association in 1979 – for many years Surrey C.WP & S Assoc. diving secretary. Elected Southern Counties Diving Secretary in Jan 1982, in the same year he started serving on the ASA National Diving Committee and was made GB selector and on the LEN list of judges.

Wally Clark, whilst teaching in Mitcham in 1957, decided that he was dissatisfied with the way in which local swim clubs of the day ignored the needs of children who wished to improve their swimming (in those days there were no 'age group' approaches) and decided to start a new club based at Wimbledon called Gorrington Swordfish Swimming Club.

Wally continued as the chief coach of Swordfish for well over a decade until, in his absence, a meeting of the Committee decided to drop diving from the activities of the club. Wally then formed the present Merton School of Diving and Trampolining (MSDT) in 1967 with the divers who had been attending his diving sessions in previous years.

Among the earlier divers was Andrew Gill who dived with Wally until he was

nearly 18 years of age (7 years) when he asked Steve Still to coach him. He won a 3rd place Bronze medal in the Edinburgh Commonwealth Games on Highboard and went to the Munich Olympics as one of our Springboard divers. Steve Still was the GB Team Coach.

In the early 1960's, international events were very far and few between and in 1966 and 1967 Wally's diver Timothy Robinson from Southampton was one of the four boys invited by the ASA to take part in a trial for the only International in those two years open to juniors. He was 14 and 15 years of age respectively and in both years he came 3rd in contests in which the first two were chosen.

Tim was a great exponent of the 'reaction' method of twisting and a Forward dive half twist and is still remembered for the skill with which he performed that dive; in the National Men's 1m ASA Championships in 1967, Tim, then still only 14 years of age, beat all the men on that dive and earned his picture in the "Times" next day.

So, that was a few extracts from Wally's life, taken from one of his many diving information booklets. I will always remember the smile on Wally's face and the little chuckle he gave after opening a Christmas card from me many years ago, when I was finally brave enough to send it. On the front it said "Merry Christmas to a right Wally!"

An incredibly special man who had a huge influence on many peoples lives.



Wally Clark pictured with one of his divers, James Roose, November 1980.

Wally Clark A tribute from Merton School of Diving and Trampolining

Merton School of Diving and Trampolining's chief coach Wally Clark has died at the age of 86.

Wally was devoted to the sport of diving, and coached for an astonishing 69 years from the age of 17.

When he became ill recently, Wally was still living in the house he was born in, in South Wimbledon. Right up until the day he went into hospital, Wally was still actively coaching at Morden Park Pool, where Merton School of Diving and Trampolining is based, and judging at various competitions on the diving circuit.

Throughout his career, Wally coached to international level and was a judge and official at literally thousands of events over the years. He was familiar to hundreds of divers, officials and spectators; a diminutive, Father Christmas-like figure known for his forthrightness, his wonderful sense of humour and his generosity.

His current team of young divers dived at Crystal Palace in his honour just three days after his death, and, although visibly upset by the loss of their chief coach, scooped a string of gold, silver and bronze medals. Impressively, older MSDT divers helped the younger ones through a difficult day for all.

At the Crystal Palace event, South-East Region Diving Manager Ricky Smith praised Wally as a man of great honesty and commitment. During an emotional one-minute silence, colleagues, divers and their families contemplated the loss of this truly unusual, old-fashioned and remarkable man who had given so much. Ashton also competed at Southampton Invitational event, where there was also a minute silence held.

Wally's funeral was held at Martin Way Methodist Church in South London. The church was packed with his family, friends, divers and colleagues, and the atmosphere was one of sadness but also one of pride and celebration. Current and ex-divers gave personal tributes, as did Wally's colleagues and family. Everyone present realised that they were saying goodbye to a "one-off" and a greatly admired man who had lived life to the full.

Wally Clark gave children the gift of being able to participate in a sport, but he also gave them self-esteem, confidence and self-discipline.

He will be greatly missed.

Ashton Hockham, his talented young diver, paid this tribute to Wally, his coach

"I will miss Wally very much as he was another granddad to me. My Granddad died in June this year whilst I was competing at the Elite finals in June and Wally was a great support in every way possible. I will miss him being grumpy with me when I don't do what he wants me to do, I will miss his fast driving, which he got into trouble for when we went on holiday last year. He was a great inspiration to me in many ways not just his coaching. He spent a lot of his time with me, every weekday training and he would try and find somewhere to train on a weekend as well. It will be the little things that he use to say and do, and training on club nights is now very quiet without him shouting.

First AASE Diving Camp scores 10 !!!

The first Induction Camp for the Divers on AASE (Athlete Apprenticeship in Sport Excellence) programme took place in Sheffield with outstanding success. The ASA run programme offers the first opportunity for elite and potentially elite athletes to get a proper recognition of the skills, knowledge and understanding they are developing in their quest for excellence. The AASE programme takes two years to complete and is aimed at athletes between the ages of 16-18 years who are also continuing their education alongside diving. In order to achieve the NVQ level 3, athletes will be assessed on eight Mandatory Units which are as follows:

1. ES1 Plan, develop and apply your technical skills
2. ES2 Plan and develop your own physical conditioning
3. ES3 Plan, develop and apply your tactical skills
4. ES4 Develop the attitudes and mental skills necessary for excellent performance
5. ES5 Manage own lifestyle
6. ES6 Manage own career
7. ES7 Communicate and work effectively with others
8. ES8 Maintain the health and safety of self and others

The Diving induction camp was used to address unit 7 and the athletes received media training along with the chance to take part in a real life interview as their first assessment.

Steve Foley, NPD British Diving attended to show his support for the scheme "It's a fantastic opportunity for our young divers and I wish this type of support had been around when I was diving. The units look well thought out and involve a range of skills that the divers can use in all aspects of their lives. I wish them all the best on the scheme, and urge them to make the most of this exciting opportunity to further their educational and diving ca-

reers alongside each other".

The divers had great fun bonding throughout the camp and really enjoyed participating in a session of synchro, - with partners they haven't had the chance to dive with before. It enabled the coaches to highlight some pairings for the future and for the divers to show their natural communication skills; agreeing take offs, deciding responsibilities and making changes to reach set outcomes.

Back in the workshop session, Dr Paul Gastin, UK Sport Consultant explained how using training diaries would help the AASE divers achieve their goals and gain a greater understanding of themselves and their training. Paul highlighted how preparation and planning was vital for good performances and that reviewing what they were doing would ensure they made relevant changes to become better divers.



Leon Taylor, Olympic Silver medallist ended the camp on a high, giving an inspirational talk on the challenges he has faced over the years in the sport and how he has risen to them to become such a successful diver. He gave an insight into what it is like to compete at the Olympics, the excitement, the stress and nerves, and how he coped with it all. Everyone was captivated by his talk and the AASE divers made good use of the opportunity, asking a range of questions afterwards.

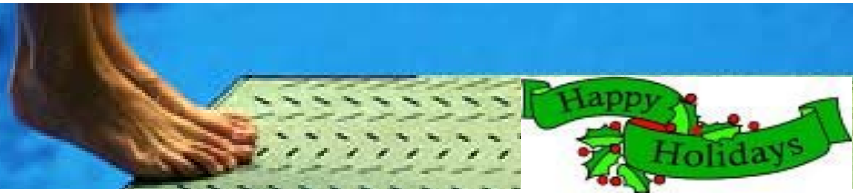
Karen Smith AASE programme manager

for Diving, said "This weekend has been a fantastic introduction to the AASE programme for the divers. They are a great group of kids with huge aspirations to compete at their best. This programme will ensure the skills that they are currently using in their training are not only developed to a high level, but also recognised and valued. It will teach them to be more aware of themselves and provide direction for their future careers. I'm really pleased with the start they have made and commitment they are giving to the AASE programme".

On successful completion of the programme the ASA will hold a National Graduation Ceremony where athletes will be presented with their Advanced Apprenticeship in Sporting Excellence. This achievement results in national recognition both with future employers and universities, providing a great start for any young person furthering their development in and out of sport.

Pictured we have Suzanne Collins one of the AASE divers on the cover of 'Taking the Lead', a sports magazine for the City of Leeds, where she lives and trains. Suzanne had this to say "I think the new sport Leeds Strategy will really help develop sport in Leeds and the picture should raise the profile of diving in Leeds, even if it's a tad embarrassing"





Development Day - Norwich

The East Region Synchronised Swimming Manager, Christine Cook, recently organized a Synchro Swimming Development Day that was held in a small, School pool in Norwich. Christine approached Bill Clark, the East Diving Manager, and discussed the possibility of including some basic diving training for their synchro swimmers. Although there were no diving boards available the water depth was sufficient to allow basic poolside dives and lead-ups to be safely carried out.

Bill reports 'I discussed with Christine the objectives of the Development day and found out that they were including Core stability training under the guidance of a Sports Physiotherapist and some basic trampoline sessions working on jumps and moves to develop controlled shapes and spatial awareness. The idea of including diving was to begin work on somersaults and skills that could potentially be used in their routines.'



The synchro girls were split into two groups, 11-13 yrs, and 14-17yrs, with 8-10 girls in each group. The sessions lasted approx 45mins each and I included basic entry techniques on simple line-ups and dives, forward rolls and basic somersault lead-ups. Back rolls, back dive lead-ups etc. For some of the younger swimmers I included very basic confidence movements such as surface dives, floating shapes, back push and glide, back circles etc.

I was impressed with their enthusiasm and keenness to try out the new moves. They very quickly got to grips with the new skills and had a lot of fun - particularly enjoying their 'synchro' diving off the swimming starting blocks at the end!



After the weekend, Christine reported back that the Diving sessions were particularly popular - and they can't wait to have another go!



Tunbridge Wells - Re-development

As many of you are aware the venue of Royal Tunbridge Wells Monson Diving Section has recently received a major refurbishment to its facilities. With the hard work & determination of the club they went through the long application process for a Community Club Development Project (CCDP) grant, which like many of our Diving clubs nationally were successful with.

With the new funding the club were able to install synchronised springboards, making it one of only a few venues in the South able to accommodate synchronised diving. The new equipment consists of 2x 1m Springboards, 1x 1m platform, 2x 3m Springboards and a 5m platform. The facility now also includes a dryboard training area, which will have a huge impact on the club in order to comply with

the demands that Diving training consists of.

Overall the club and facility management are very excited with the developments of the facility and the potential to increase the awareness of Diving in Kent. There are plans for a community based open day for the initial opening due in January, which will include taster sessions for local school children and a diving display from local divers. They are hoping to make it a regular competition venue for the County and Region, including squad training for local divers and possibly National Synchro camps.

With all these developments in place the club coaches, who are all volunteers felt it necessary that with these exceptional facilities should come a full time coach to deliver a professional programme and make full use of the new facilities. Funding was the main issue here, and the Community Sports Coach funding seemed to be the way forward. With support & guidance from facility management, Kent County Sports Development and the ASA Diving Development Officer an application was submitted, and after a long anticipated response the club were successful in being awarded a three year funded coaching post.

Jo Calvino Regional Diving Development Officer—South who helped with the bid said "This has been a hugely time consuming process that the coaches have worked very hard to achieve, but has been worth every minute. I think it has been a very overwhelming process for them but the opportunities they have created for the future of Diving at Tunbridge Wells are very exciting".

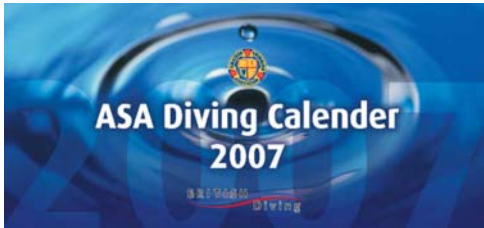


Development News

2007 Diving Calendars now available.

The Diving Development Office has produced a desk top, diving calendar for 2007 which will be an asset to any office., and will make a great Xmas present !!!!

The calendars will be available to purchase at the British Nationals (Manchester 15-17 Dec) for only £3.00 OR you can order a copy from the diving development office for £4.00. Cheques should be made payable to the ASA.



Club News

The Foundation for Sport and the Arts in association with CCPR – One voice for sport and recreation

The Sports Club of the Year Awards 2007

**First Prize - £6,000
Two x Second Prize - £3,000
Three x Third Prizes - £1,000**

Does your club encourage more people to take part in sport or recreation and sets standards to which other clubs aspire?

Does your club have a proven track record in working with schools, local authorities and other community organisations?

Does your club have high standards of good practice, safety and governance?

In short...could your club win CCPR's prestigious Sports Club of the Year Award?

In association with The Foundation for Sport and the Arts, CCPR is pleased to announce its search for the 14th Sports Club of the Year Award (SCOTY), 2007. CCPR is encouraging its members, the national governing bodies and representative bodies of sport and recreation, to endorse up to 3 clubs to be considered as Sports Club of the Year 2007.

First prize for this prestigious award is £6,000 and two second prizes of £3,000 and three third prizes of £1,000 are also up for grabs.

Application forms are available from www.ccpr.org.uk Once completed please send to the ASA (address below) to be considered for endorsement by the ASA.

Applications should only be made from Clubs that are either Swim 21 Accredited, OR are actively working towards accreditation.

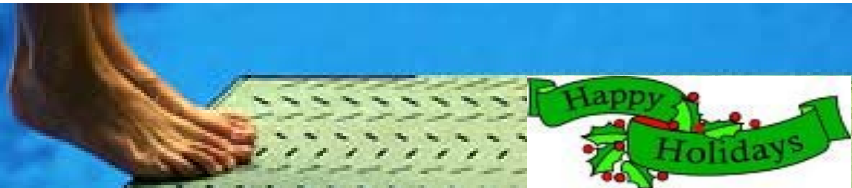
Clubs need to be aware that the ASA can only endorse THREE in total, out of all the applications received, so by submitting an application for endorsement will not automatically mean they will be endorsed.

All completed application forms need to be returned to **Helen Showderly, ASA English Programmes Office, PO Box 2405, Cardiff, CF23 8YS, by the Friday 2nd February 2007.**

Please note that this is the ASA deadline date.

28th February is when the ASA have to send the endorsed applications on to CCPR.

MERRY CHRISTMAS AND A HAPPY NEW YEAR



Qualification News

UK Coaching Certificate

About UKCC

The UK Coaching Certificate is a nationally recognised standard for coach and teacher education spearheaded by sports coach UK and centred on the needs of athletes.

A world-leader in teacher and coach education, British Swimming is one of six sports to be involved in the first stage of the UKCC and its first qualifications are planned to be available from January 2007.

UKCC qualifications will ultimately be offered from levels one to four in teaching and coaching across all four aquatic disciplines. A flexible framework allows teachers and coaches to transfer between disciplines, be assessed within their own environment and even learn online.

A further distinction between teachers and coaches means individuals have the opportunity to pursue excellence within their chosen age group rather than having to progress to senior athletes in order to further their careers.

More information on UKCC, is available on the British swimming website OR log onto www.ukcoachingcertificate.org.

Below are some of the most frequently asked questions and the answers.

Q.1 What are the main differences between the current ASA qualifications and those being developed in line with UKCC standards?

A. There are four major differences:

- Swimming Coaching and Teaching are now split into separate strands and sit alongside the other strands are Water Polo, Synchronised Swimming and Diving
- The qualifications are athlete centred, working along the principles of Long Term Athlete Development (LTAD); it allows teachers and coaches to progress through levels 1-5* of qualification whilst working within the same area of LTAD. Coaches are being encouraged to excel at working with athletes at particular stages of their LTAD
- At levels 1 and 2 there is a greater emphasis on the "how to coach" rather than the "what to coach".
- The Teaching strand will have a greater emphasis on a multi-disciplined approach -Swimming / Diving / Water Polo / Synchronised Swimming. Teachers will be assessed on their ability to deliver skills and drills associated with all of the four Aquatic Disciplines.

Q.2 When will the new educational process be launched?

A. From the 1st January 2007 Level 1, Level 2 and Level 3 will be available in Swimming Coaching, Diving and Water Polo. Synchronised Swimming level 1 will be available then, but their Level 2 and Level 3 will be ready early in 2007.

Swimming Teaching Levels 1, 2 and 3 will be available from September 2007 onwards

Q.3 What do I have to do to stay qualified?

A. Nothing, all current and past qualifications will remain valid.

Q.4 What is the length of the coaching courses?

- A. Level 1 – will be approximately 30 hours
- B. Level 2 – will be approximately 90 hours
- C. Level 3 – will be approximately 180 hours

All these timings include pool time delivery, theory aspects and assessment.

Q.5 How much will the new courses cost?

All course costs vary depending on the cost of hosting the course in a swimming pool, hiring a room for theory delivery, tutor costs, resources and assessment costs. Therefore we can not give a definitive cost. However all registration and assessment costs will stay at the current level.

We suggest you contact your Regional Education Officer to find out course costs in your region.

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Q.6 How will I be assessed?

Level 1 – Multi choice exam, practical delivery and written assessments
Level 2 - There will be assessment through written exams, practical delivery and written assessments
Level 3 - There will be assessment through written exams, practical delivery and written assessments

Q.7 Can I move across to another discipline?

Yes is the easy answer. The process has been put in place that you only need to take the Sport Specific Units in the new sport to gain a qualification.

For example: If I were qualified as a UKCC Level 2 Diving Coach and then decided I wish to gain an equivalent qualification level in Water Polo then all I would have to do is pass a Unit 2 Water Polo at Level 1 and then pass Units 4,5 and 6 in Water Polo at Level 2.

Level 1 – Unit 1 is a core unit
Unit 2 is sport specific

Level 2 - Unit 1/2/3 are core units
Unit 4/5/6 are sports specific

Level 3 - Unit 1/2/3/4/5 are core units
Unit 6/7/8/9/10/11/12 are sport specific units

Q.8 When will levels 4 and 5 be available?

These levels are being discussed at a European level. Once a decision has been made recommendations will be made to all National Governing Bodies (NGB) in Britain and a decision taken as to the probable content of these two levels. It is envisaged that Level 4 will be available as a course from January 2008. Level 5 will possibly be available from January 2009.

Upcoming Dates

December

- 7-10 CAMO Invitational
- 15-17 GB Champs & World Champ Trials
- 16 Southampton 'LOVE TO DIVE'

January 2007

- 13 JTP Tracking day (South)
- 14 JTP Tracking day (North)

February 2007

- 16-18 Armada Cup



*Wishing everyone a very
Happy Christmas
and all the
Best for the New Year
Happy Diving !!*

*The ASA Diving Development
Team*

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