

News on 10

Official Diving Newsletter

Issue 5: April 2007

WELCOME TO FLIP N FUN

It gives me great pleasure to introduce the ASA's brand new FUNdamental initiative developed to introduce children's first steps into diving.

Flip N Fun has been designed to provide the first layer of the Athlete Pathway in Diving. It teaches basic skills through a five-stage approach. Sessions take place both on dry land and from the poolside, guiding and developing children's confidence and ability to try new skills in a safe and rewarding environment.

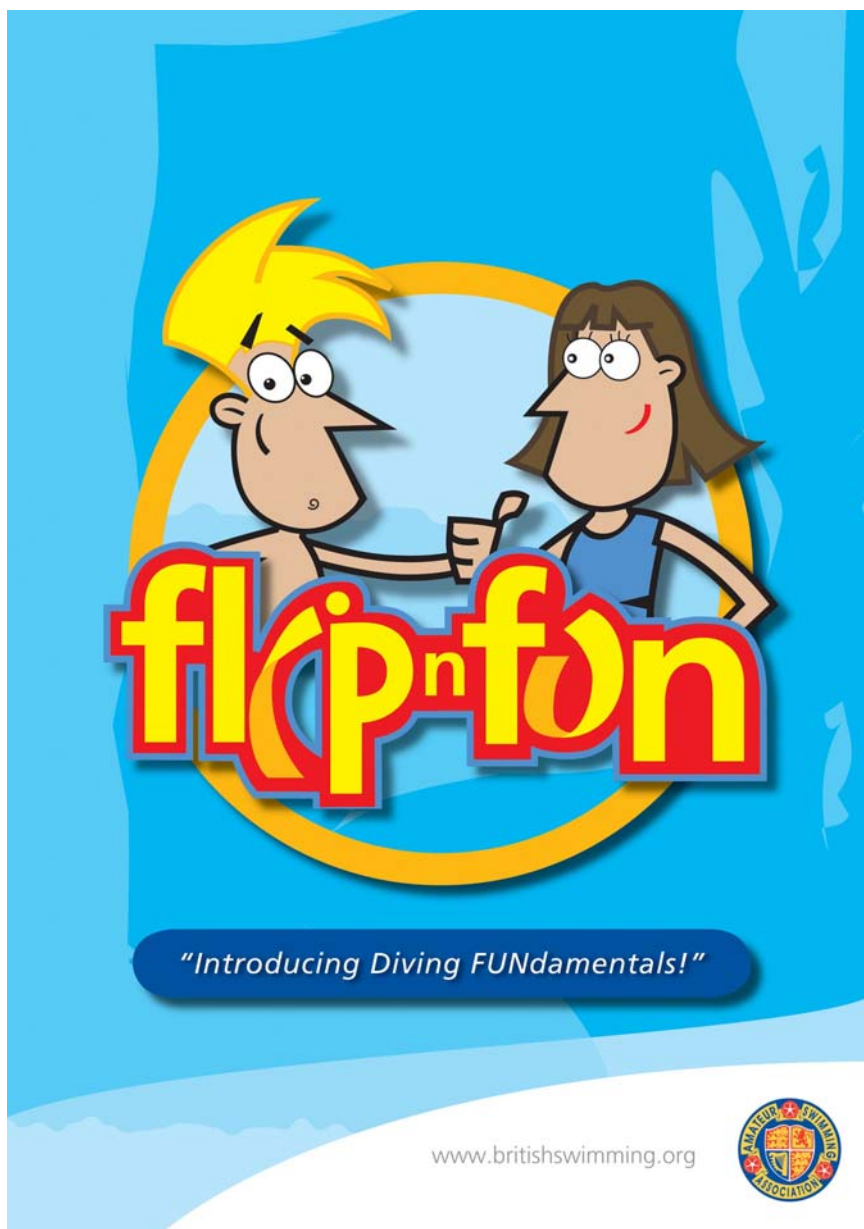
The skill chain has been developed with the help of leading people in British Diving, providing a progressive and entertaining start to a young person's first sessions in the sport. I hope that you embrace this new programme with as much enthusiasm as was put into pulling this together and look forward to seeing many more Flip n Fun enthusiasts in the future.

Look out for Harry and Sally who will take you through Flip n Fun and explain the steps to organising a Flip n Fun festival of your own.

Have fun and Happy Diving!

Karen Smith
ASA National Development Manager for Diving

Flip n Fun packs will be available from May onwards, please contact your Regional Office or the Regional Diving Development Officers for more details.



www.britishswimming.org





Club News - CPD Rigging Courses January 2007

Rigging Course Tunbridge Wells & Cambridge By Shannon Roy

With new dry diving facilities surfacing across the south of England, English coaches realised the need to up-skill in specific dry training equipment, specifically overhead dry rigging.

I was honoured to be asked to deliver two rigging courses in the south of England. These courses took place in Tunbridge Wells and Cambridge, both with good rigging facilities.

These courses were designed with the beginner and intermediate rigger in mind. We covered all levels of basics and fundamentals which included the equipment used, safety, dry board and trampoline differences, coaches positioning, additional equipment to make pulling rigs a little easier, and most importantly how to pull the ropes the most effective way. As the skill level increased slightly the following things were covered – skill progressions through all dive directions, somersaults in all directions, and progressing to multiple somersaults in all directions. We also covered basic twisting for both backward and forward directions, understanding Centre of Gravity, and the timing of pulling the ropes for different skills and dives as well as when to “tip” the diver for multiple somersaults.

The Tunbridge Wells course was attended by an older age group of coaches which by no means prevented anyone from completing and doing well in the course. All candidates did very well in understanding their limitations and did even better when asked to do the physical aspects of the course. Every candidate was able to perform even the most basic rigging which allowed beginner divers to perform the basic dive skills required to help when

transferring to the pool. Some candidates were able to advance a little further and look towards multiple somersaulting for 1 ½'s and doubles.



The Cambridge course was attended by a slightly younger age group of coaches than Tunbridge Wells. All candidates did very well at the basic level of rigging for simple dive skills and some candidates even progressed quite quickly to being able to rig multiple somersaults.



Overall, I was very impressed with all the candidates that attended both rigging courses. Everyone participated at some level, and some were even more confident and keen to try the slightly harder aspects of rigging multiple somersaulting, of which they all did very well. I think that all candidates will be able to recognise their limitations and continue to practice to their respective level. In time I believe they'll all push themselves to learn a little more advanced rigging and increase their own abilities. Everyone was reminded that

in order to be good at rigging, and to continue to get better, it's going to take practice, practice, and more practice.....

And of course willing guinea pigs to practice on! I believe that overall, the most important things that all the candidates will take away from the courses are confidence in themselves to do at least the basic forms of rigging, basic knowledge of safety and equipment, and a general understanding of how to rig. With this in mind they can all continue their practice in order to become great riggers in the future, as long as they KNOW THEIR LIMITATIONS!



Rigging Day at Bradford - 21 January

A very valuable development opportunity was taken advantage of by Diving clubs in the North region. All together, 9 candidates from Grimsby Diving Club, C O Leeds DC & Bradford Espirt DC took part in the training that was expertly delivered by Shannon Roy.

All found the day extremely valuable and enjoyable! Thanks must also go to those Divers that volunteered their help by being willing guinea pigs for each of the coaches.

Also as a result of the day, there will be a mentoring arrangement between Grimsby & Bradford Espirt in order to give Grimsby the chance to access rigging equipment to refine their newly developed skills and more training time with their Divers!!

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All in all the day was a great success and big thanks go out to the Diving development team & Shannon Roy for making this CPD opportunity available to the coaches in the North!



Comments from a participant

'Can I say again what a great course it was on Sunday. We learned a lot. The kids also thoroughly enjoyed it - we wondered if they would be put off by the theory side, but all said they found that interesting. I think the approach appealed to them!

We are fired up to try to form a link with one of the trampoline clubs in the area, but they are very insular - but if we can put a deal together, who knows? Worth a try - and if we can get NE Lincs Sports Development behind us, too ...

Thanks again.
Val



Strength & Conditioning for Diving Course

***Crystal Palace National Sports Centre
24th & 25th February 2007***

The first course for Strength & Conditioning for Diving took place at Crystal Palace National Sports Centre on the 24th & 25th February 2007, which would gain coaches a basic qualification in weight training which was catered for a divers needs, and allow coaches to deliver strength & conditioning sessions in their own club environments.

The course was fully booked with coaches attending as far North as Sheffield and as down South as Plymouth. There was a great mix of coaching levels ranging from Olympic to Skill Development level.

The course was delivered by Keith Morgan, who has worked with many of our top performers in the sport past and present. It was a very hands on course allowing the coaches to get a good understanding of good and bad techniques when lifting, which by the second day some coaches were a little sore! They also learnt the benefits of the various types of training and how to adapt this into a performers programme, especially when it comes to injuries and rehabilitation exercises.



After the first day there was very positive feedback on the course and how necessary a course like this is for coaches within Diving. Many have stated they would like to see Keith go to their own clubs to see how they can incorporate what they have learnt from the course into an effective programme within their club sessions. The second day saw the coaches again work on the practical elements of exercises before taking a practical exam and a theory paper based on what they had learnt in the past two days.

Based on the success of this course as the first of it's kind, we are now hoping to deliver the second in the next coming months up in Sheffield to keep the northerners happy, and hopefully this will be as successful as the first!

Blue Peter comes diving!!!!

When Blue Peter called the offices of Plymouth Diving and expressed an interest in doing a piece on young star Thomas Daley, it was a dream come true - not for Thomas but for Andy Banks, his coach who was desperate to find out whether he would be eligible for a Blue Peter badge!

Presenter Gethan, came to Central Park Pool in Plymouth on Monday 19th March and spent 10 hours with Thomas, Thomas's synchro partner Callum Johnstone and Andy Banks, filming training, doing interviews and filming Thomas and Callum trying to teach the presenter to dive.

It was a long day, but well worth it as Thomas, Callum and Andy all got their Blue Peter badges.

AASE Update

The AASE programme was launched in June 2006 and the first group of divers selected for the programme have been working hard ever since. Here we have an update of how one of the divers, Suzanne Collins from the City of Leeds Diving Club, has found the programme and what she hopes to gain from the experience.

The AASE Programme has fitted into my training schedule really well, before starting the scheme I was a bit worried about the extra work on top of training and my A levels but the modules have been quite flexible so I have been able to do the work when I'm not too busy.

The AASE programme I think will help me to become a much better overall athlete it looks at all the aspects of being a diver in and out of the pool. The AASE programme also involves camps which give us time to get to meet other divers who are also studying and training at the same time. The current module is one of the most helpful ones for me it looks at lifestyle management and balancing college training and resting.

When starting the AASE programme I wasn't sure whether Universities were giving UCAS points for NVQs. But now they are offering points, I think it is a great idea as because of all the training we might not be able to spend as much time on our studies so if we can get UCAS points for the NVQ that recognises the time we put into sport it will help a lot when applying to university.

Being an elite athlete is always something I have wanted to do, when I had to quit gymnastics because of an injury, I couldn't wait to find a new sport so when I got into diving it was another chance to get into the elite end of sport. But for me it has been really important to balance this with my studies, when I'm no longer diving I want to be able to have a good career possibly in accounting and finance. I also think doing my A levels gives me something else to focus on as well as diving, and gives my mind a rest from training and the same with diving. When I have lots of college work it's helps to be able to go to training and not have to think about it for a couple of hours.

Karen has been really helpful with the modules, she comes up to Leeds quite often to watch training and help us with the modules, and she's always at the other end of the phone or on the email to help us with any problems we may have. The AASE programme for me has really helped me to become a better diver so far and hopefully it will keep going that way.



Some of us have still got it!!!!

Jo Calvino, Diving Development Officer South (left) Many of you may not recognise her, but yes it is Jo. Jo used to dive many years ago, and here shows that she still has the potential !!!!!
Good on you Jo !!!!!!!

New Diving Development Officer - North

The role of **Diving Development Officer North** has been taken up by **Rebecca Burrows**. A former diver herself, she has been coaching in Bradford and teaching PE for the last 12 months, after travelling around Australia.

Rebecca competed for Great Britain at Junior and Senior level with her best performance in Berlin in the European Championships in 2002.

" I am really excited about getting stuck into the job and moving diving in the north to bigger and better things. I look forward to meeting familiar faces and putting all my experience and knowledge back into the sport".



She will now be assisting the North East and West and the East and West Midlands. 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.

Rebecca 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.

You can contact Rebecca at E-mail: Rebecca.burrows@swimming.org OR
Tel: 07796 352617



1st Wally Clark Memorial Cup



On Saturday 17th March Merton School of Diving and Trampoline hosted the 1st Wally Clark Memorial Cup as a tribute to the late Wally Clark who died in October 2006, aged 86.

It was decided to run a competition that could include the most number of competitors from both MSDT and also other local clubs, so we chose a novice event. The invitation was sent to clubs across the country and the response was fantastic.

On the day we had over 100 competitors representing 10 different clubs from the south of England which included:

Merton School of Diving and Trampoline
Southampton Diving Academy
St Albans Diving Club
Albatross Diving Club
Amersham Swimming Club
TDC Swindon
West Wilts Diving Club
Wessex Diving Club
Star Diving Club
Waltham Forest Diving Club

The seating gallery at Morden Park Pool had never been as full as it was at 1pm on Saturday afternoon for the Opening Ceremony parade of competitors. The standard of diving was very high and many of the top coaches in attendance were very impressed with some of the young divers, many of whom were competing in their first competition. Divers were using a variety of skills that closely resembled the skills used in a Level 1 event and were using the 1m, 3m and 5m boards. DiveRecorder and JPads were being used for the first time.

With some old faces brought back to judge events in memory of a very good friend the competitions ran smoothly and

efficiently all afternoon. We were honoured to have so many big names joining us from the current diving circuit and from years ago. The following people were there in support:

Ricky Smith – Judging and refereeing
Tom Little – Judging and refereeing
Jean Cook – Recording and presenting a medal
John Clark – Wally's nephew presenting medals and the Wally Clark Memorial Cup to the winning team
James Coyne – Ex diver of Wally's presenting a medal and judging
Steve Hawkins and Kenny Hester – 1974 World Synchronised Trampoline Champions coached by Wally presenting a medal
Steve Gladding – Judging, refereeing, presenting a medal and coaching SDA divers
Monique McCarroll – Judging, refereeing, presenting a medal and coaching SDA divers.



As a tribute to Wally and his huge contribution to aquatics in Merton over the decades the pool was kindly hired to us at no cost by the operators GLL and the management team at Morden Park Pool. We are very grateful to them for this exceptionally kind gesture. The MSDT parents ran a huge food stall all afternoon that kept the divers, parents, judges and officials fed and watered all afternoon and helped raise money for the club.

The day was topped off with the presence of 'DEphotos' who took photographs of the children in action for the whole day. Parents were thrilled to have such wonderful memorabilia to take away with them

from what was a very successful day of diving. Everyone that attended made it very clear they would love to attend the event next year and we are hoping to have an even larger attendance next year. We look forward to cementing this competition firmly in the diving calendar as a fun and enjoyable annual novice event that continues the wonderful legacy that Wally has left at our club.

Upcoming Dates

April

19 - 22 Aachen International Meet
27 - 29 Northern Cross Comp

May

6 Hydro Novices
29 - 1June Elite Junior Nationals

June

15-17 JTP Camp—Sheffield
22-24 Scottish Nationals

July

6 - 8 Senior Nationals
14 - 15 ASA National Skills Finals
25 - 29 European Junior Championships

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