



Plain Diving

Media release for Southampton Diving Academy

A team of eight novice divers from the Southampton Diving Academy represented their club at the Southern Counties ASA Plain Diving Competitions at Crystal Palace on Saturday 8th February.

With entries of up to 35 in the various events, competition was fierce and standards were very high.

“Although none of the team managed to get into the medals they shouldn’t feel too disappointed about this,” explained coach, Ellie Clewlow. “Many of the other clubs concentrate solely on this area, whereas our divers are developing a wide range of diving skills and will ultimately have a better chance of making their mark in the diving world.”

Ellie Hill, who took the club’s award for most improved beginner at the recent presentation evening, managed to achieve the highest placing with 7th position.

“This competition was all about gaining experience for these beginners,” explained Director of Coaching, Lindsey Fraser. “It is one thing to produce the perfect dive in your home pool during a training session and quite another to do it off an unfamiliar board with the stress of the competition.”

Full results were as follows:

Ciaran Allen, 27th; Stephen Lingard, 24th; Jack Howsham, 19th; Ellie Hill, 7th; Robert Knight, 9th; Dane Mulford, 8th; Oliver Long, 12th.

ENDS

For further details call the Director of Coaching, Lindsey Fraser: 023 8072 0922.

Please note photo opportunities can be arranged.