

# STAR DIVING CLUB NEWSLETTER



Issue No.10 Summer Term 2005

## Education, education, education.

STAR'S commitment towards ongoing training for its instructors has once again dominated this term with four of its coaches travelling up north in April to the launch of British Diving's eagerly anticipated *Long-Term Athlete Development* programme.

Club coaches Charlie Dries, Fran Diaz, Stephen Hewat, and chief coach Andy Hewat trekked to the city of steel – Sheffield – for the two-day national coaching seminar, beginning on day one at the impressive Ponds Forge international sports centre, situated at the heart of the city.

Drawing in diving coaches and tutors of every level from around the country, the conference opened with guest speaker Istvan Balyi, a noted worldwide sports scientist, discussing his work on long-term athlete development (LTAD) and its philosophy.

Dr Balyi, based in Canada, though originally from Hungary,



Crash mats, trampolines and dry-boards with overhead rigging are among some of the divers' equipment used on dry-land



The magnificent diving arena at Ponds Forge, in Sheffield, boasts some of the very best diving installations in the country. The pool includes four 1 metre springboards, four 3 metre springboards and a tower comprising: 3 metre, 5 metre, 7.5 metre and 10 metre platform

is a world class adviser to Sport England, and his expertise in this field is already being employed in a number of other sports such as athletics, cricket, rugby union, swimming and tennis.

The seminar followed with a variety of practical demonstrations, including dry-land fundamentals and trampoline and dry-board skills, presented by an array of leading coaches. After that, divers took to the diving pool for displays of key diving skills, chains and sequences, from the poolside right through to the platform.

Day two of the educational trip shifted across to the English Institute of Sport, located on the city fringes. Here, coaches were given an opportunity to view some of its splendid facilities and meet some of the people working

behind the scenes. Again, further talks and demos were provided by some of its specialist staff.

“LTAD is an initiative from Sport England and all sports are required to do it and have it implemented by 2006,” explains British Diving's performance director, Steve Foley.

“It took quite a long time to put together and Julian Bellan, the JTP diving manager, and Karen Smith, the ASA's diving development officer, spent almost 18 months on it.”

He added: “Myself, Chen Wen, the elite coaches and our sports science and medicine staff were all involved in the process, so hopefully this will be an exciting new programme”.

All coaches were accredited for their attendance that weekend.

## Autumn term

THE autumn term *begins* week commencing, September 5th. All sessions continue as normal through the school half-term holiday period. The *final* week of term is week starting, December 12th.

## Off to university

GOOD LUCK to club coach Stephen Hewat, who is off in October, to study a degree in engineering with business, at the Southampton Institute. Stephen, who has been diving and coaching at Star for a number of years, also hopes to make use of the excellent diving facilities in Southampton whilst there.

## Club AGM

A VERY important reminder that Star's annual general meeting takes place at Spectrum on Tuesday, November 15th, from 7.30pm. Attendance from all members and parents is expected, so please come along to pledge your support to your diving club.

## Annual club comp

STAR'S annual club competition takes place at Spectrum on Saturday, November 19th, from 2.00pm. Divers from all sessions are invited and there is no entry fee. There will be a buffet afterwards in the crèche, so remember to bring some food, snacks and refreshments.

## Assessment dates

AUTUMN diver assessments are scheduled to take place in the week beginning, November 28th. Divers from all sessions please note that attendance is necessary that week, and the assessor will not be your session coach.

## In search of a new club chairman

GUY Thompson, Star's chairman, has announced that due to increasing business commitments away from Guildford, he will have to stand down before the club annual general meeting in November.

Guy, who dives on Thursdays and coaches on Sundays, says he will be spending more time in London in the future and that the club would benefit from a parent who is around more frequently.

"A regularly absent chairman would be a frustration to Star when it is doing so well," he says. "I am of the opinion that you do a job well, or not at all. The role itself is not onerous, and the majority of correspondence is by email. However, it does require a fairly consistent presence; a parent who is regularly at poolside on Thursdays and Fridays would be ideal."

Guy made clear, however, that this would in no way affect any of his coaching or diving. "I wouldn't miss that for the world," he said.

## New Leatherhead diving session underway

FOLLOWING some months of deliberation, the club committee finally agreed this term to an expansion of diving lessons outside of its HQ at Guildford's Spectrum.

A new diving session on Tuesday evenings, at the Leatherhead Leisure Centre, from 6.30pm to 7.30pm, is aimed partly at reducing the current backlog of people keen to join the club and dive.

Club coach Charlie Dries, who is overseeing the new session, says he is prepared to increase the number of classes depending upon demand. He is particularly keen to hear from other divers to form new groups.

If anyone currently diving at Guildford finds Leatherhead to be more practical, they should first notify their session coach to make the necessary arrangements.

The diving pool at the leisure centre in Leatherhead has a 1 metre and 3 metre springboard.

## The best just keeps on getting better

PETER Waterfield, the outstanding world-class diver from Southampton's diving academy, went straight into the national record book after a sensational display of platform diving at this summer's ASA senior national diving championships in Southampton.

The Great Britain synchro silver-medallist at last year's Olympic Games in Athens, Greece, enthralled crowds and judges alike at the major meet with an "out of this world" performance. The Quays' atmosphere was electric.

Scoring "very good" marks, including a number of 10s, from a national judging panel, he accumulated a massive 744.12 points. His synchro partner, Leon Taylor, who held the previous record at just over 700, did not compete because of a recurring injury.

Speaking afterwards about his extraordinary technique, Peter said: "I try not to think about it too much, I just go up there and do it".



Club coach Charlie Dries at the new Tuesday evening diving session at the Leatherhead Leisure Centre. He says it should help ease numbers on the waiting list, and that some may find Leatherhead more convenient

# Junior-turned-senior diver: Nicholas Robinson-Baker

EIGHTEEN-year-old diving whizz-kid Nicholas Robinson-Baker first started diving ten years ago, in 1995. The ace young athlete, from Biggin Hill in Kent, has been diving ever since.

Nick began diving after his mother, Pauline, first took him to try it out at the Crystal Palace national sports in south-east London. He was just seven years of age. In fact, it was here that a good friend of the family's daughter, Stacey Powell, had already been diving.

He sampled it, became instantly hooked, and so joined the Crystal Palace diving club soon after. It was at this point that Nick met his first and long-time coach Alex Bagiu, a former Romanian Olympic diver on springboard and platform.

Nick has always been a lover of aquatic sports, he recalls fondly, but says that he finds swimming a bit "too boring." Diving, on the other hand, is something totally different. "It was the most acrobatic and energetic of all the water sports," he tells candidly.

In 1996, after just nine months' diving, Nick won his first national title - a gold medal at the national novice competition. A year later, at the national age groups in Edinburgh, he won a silver medal on 1 metre and 3 metre, and a gold medal on platform.

At the 1998 national age groups at Crystal Palace, Nick excelled further by winning a gold medal in both the 1 metre and 3 metre springboard events. And, as if that wasn't enough, he also won a silver medal on platform in the 11-12 year age group.

It was here, at this major event, that he set an unprecedented national record for

his then age group, and the age group above, with one fewer dive - a record which has yet to be equalled.

In 1999-2000 his coach, Alex, parted company with the diving club at Crystal Palace to form his own club: the Bagiu Diving Institute, also based at Crystal Palace. Nick followed his coach.

He first began competing internationally in 2002 and has medalled at every national and international junior competition since. He has competed all over the world: America, Australia, Brazil, Germany and Spain to name just a few of the countries.

In October Nick moves permanently to Sheffield, where he will be training full-time with British Diving's director of coaching, Chen Wen. In addition, he will be studying languages - more than likely Russian - at one of its college's or universities.

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**"If you want to be the best, you have to train harder than the best"**

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How many hours do you spend training a week: dry-side and wet-side? *About 30 hours.*

Do you prefer springboard or platform diving? *Springboard.*

Your favourite required dive? *An inward, 1½ somersaults, piked, from 3 metres.*

Your favourite optional dive? *An inward, 3½ somersaults, with tuck, from 3 metres.*

A sporting hero you admire? *Russian diver, Dmitri Sautin.*

Interests outside of diving? *I enjoy seeing family and friends. I also like the arts, films, good food and music.*

Advice for Star's divers? *Get your head down; if you want to be the best, you have to train harder than the best.*



**A balancing act:** Nicholas Robinson-Baker tests the 5 metre platform in the diving pool at Spectrum. He said later that all the diving boards, including the highboard, were up to scratch

## Autumn competition fixtures

<i>Date:</i>	<i>Competition:</i>	<i>Venue:</i>	<i>Entry deadline:</i>
10-11th September	GBDF Summer Masters	Manchester	TBC
17th September	SCASA Inter-Counties and SCASA Masters	Crystal Palace	19th August
1st October	KCASA 3 Metre Age Groups and 1 Metre Championships	Crystal Palace	2nd September
8th October	Surrey Highboard and Plain Diving	Crystal Palace	9th September
15th October	KCASA 1 Metre Age Groups and 3 Metre Championships	Crystal Palace	16th September
22-24th October	Southampton Invitational	Southampton	23rd September
12th November	Surrey Novice Diving	Crystal Palace	14th October
12-13th November	GBDF Winter Masters	Waltham Forest	TBC
19th November	Star annual club competition	Spectrum	N/A
19th November	London Region – Flip and Fun (level 1)	Crystal Palace	21st October
9th December	Star fun and games night	Spectrum	N/A

If you wish to compete in any of the above competitions, please ask your session coach in the first instance.  
Competition conditions are available on the club website at [www.stardiving.org](http://www.stardiving.org)

### Fun night

THE CLUB'S annual fun night takes place at Spectrum on Friday, December 9th, from 6.00pm. Divers from every session are invited to come along and take part in the games that evening.

### New regional diving co-ordinator

KAREN Smith, the ASA national diving development officer, recently announced Joanne Calvino - a former diver turned weightlifter - as the new South-East Region's diving co-ordinator.

### Gladding lands new coaching role

WELL DONE to top coach Steve Gladding, mentor and good friend of Star, who has recently been announced by lottery-funded UK Sport as its new elite diving coach in the south-east. Based in Southampton, Steve will be responsible for the development and training of a handful of elite athletes. His counterpart in the north is Adam Sotheran from the city of Sheffield.

### F.I.N.A. diving rules up for review

THE international rules of diving were being revised by the world governing body, FINA, at this year's world championships in Canada.

Its technical diving committee, comprised of worldwide representatives, is responsible once every 4 years - after an Olympic Games - for the judicial revision.

Derek Beaumont, of the Beaumont diving academy in Hatfield, a veteran GB international grade A diving judge, told the Star newsletter that a circular had been sent from FINA's head office, in Switzerland, to all its registered officials. Among some of the issues for discussion were judges' ages, double-bouncing and split-tucks, he said.

A split in the tuck, for instance, which is currently covered under rule

D8.5.8. states that a judge's deduction of ½ to 2 points shall be made. However, it is thought that this would more than likely be changed to the discretion of the individual.

Another contentious issue is judges' ages. At present there is no age cap on judging, but one proposal is for those [judges] at world cups, world championships and Olympic Games not to exceed sixty years. Judges officiating at grand prix events, however, would not be affected by this new ruling, if passed.

Once final, all the new and amended rules will be presented to officials at the next judging clinic in London, in October, by Sydney Boothroyd, a senior international judge and former chair of the Great Britain technical diving committee.

**Competition:** *THE Star newsletter has an essential piece of head-ware to give away - a limited edition Italian swimming federation officials' baseball cap. It has been signed by two of Italy's most successful diving champions: Giorgio Cagnotto and Klaus Dibiasi.*

*To win this exclusively-signed, one-off judge's cap, we simply need to know the name of the diver, pictured right????????????????????*



## Sunday diving

SUNDAY divers must take note of the re-shuffle in some of the diving times, beginning in the autumn. There is no diving on November 20th, nor December 4th, because of county swimming galas.

## Platform resurfaced

THE 5 metre highboard was resurfaced by Spectrum this term for the first time ever. Lee Spiers, the engineer in charge of servicing all the diving boards, confirmed that work had been undertaken and a new non-slip surface fitted.

## Competition entry procedure

DIVERS must liaise with their session coaches, in all cases, when it comes to competition entries. It is they who will notify Fran and confirm divers' dives.

## South-east region diving group

THE NEW South-East Region diving working group assembled for its inaugural meeting at Spectrum this term. Ricky Smith, its diving manager, said he hoped the new diving management group would adopt a "democratic, rather than bureaucratic" approach. Fran agreed to represent from the county of Surrey.

## Into the future with your help

THE STAR DIVING club has made great strides in the last two years. It is not an elite diving club but we are at the very top of the rung below. We have more divers than many other clubs in the south-east and, most important, we have an excellent team of coaches who are dedicated to its progress.

The award of the Olympic Games to London in 2012 will put a huge emphasis on sport and on diving – remember the first British medals in Athens last year were for diving.

The facilities at Spectrum are first-rate and, all in all, it is a time of great opportunity for the club. But, in order for it to progress, it needs your support – no matter how large or small.

The club's annual general meeting takes place at Spectrum on Tuesday, November 15th, from 7.30pm. This will provide members and parents with a forum for getting what they want out of their club. Please ensure that you come along and support your diving club.

**Outgoing chairman. Guy Thompson**



Nicholas Robinson-Baker meets some of the club's Thursday divers. He gave divers and parents an impressive display



## Useful Star contacts

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## Spring / Summer competition results

<i>Name:</i>	<i>Age group:</i>	<i>Place:</i>	<i>Points:</i>
<b>SCASA Plain Diving Competition, Crystal Palace, 9th April</b>			
Isabel Bishop	D	4th	73.95
Edward Dillon	D	7th	77.30
Joe Edgar	D	13th	60.20
Madeline Parker	D	7th	70.20
Thomas Simpson	D	14th	58.40
Jessica Mills	C	6th	71.55

## Spring / Summer competition results (cont)

<i>Name:</i>	<i>Age group:</i>	<i>Place:</i>	<i>Points:</i>
<b>GBDF Spring Masters, Edinburgh, 23rd – 24th April</b>			
Meriel Tuke	Women's 1m 25 - 29 years	5th	174.75
Meriel Tuke	Women's Novice 3m 16 - 29 years	3rd	120.20
Sonya Edwards	Women's 1m 30 - 39 years	2nd	200.95
Sonya Edwards	Women's 3m 30 - 39 years	4th	184.80
Sonya Edwards	Women's Platform 30 - 39 years	3rd	163.15
<b>ASA National Novice and Intermediate, Plymouth, 30th April – 2nd May</b>			
Jessica Mills	Novice Girls 12-13 yrs	16th	86.40
Kirsteen Mitchell	Intermediate Girls 14-18 yrs (1m)	2nd	165.55
Kirsteen Mitchell	Intermediate Girls 14-18 yrs (3m)	9th	139.25
<b>Surrey Schools' Championships, Morden, 14th May</b>			
Jennifer Vincent	City of London Freemans Primary	4th	73.80
Madeline Parker	Wyke Primary School Primary	2nd	82.50
Austin Kelly	Cranmore Primary	4th	59.50
Joe Edgar	Woodmansterne Primary	2nd	99.20
Thomas Simpson	William Cobbett Junior	11th	67.65
Jessica Mills	Howard of Effingham Junior	7th	78.65
Isabel Bishop	St Catherine's Junior	8th	66.95
Lauren Kisbey-Green	St Catherine's Intermediate	3rd	99.05
<b>SCWPSA 3 Metre Championships, Morden, 14th May</b>			
Sonya Edwards	Senior	1st	184.95
Vicki Allen	Senior	3rd	149.00
<b>St Albans Dive In, Westminster Lodge Swimming Pool, 21st May</b>			
Jennifer Vincent	Novice E	13th	55.30
Isabel Bishop	Novice D	6th	65.65
Edward Dillon	Novice D	5th	71.80
Joe Edgar	Novice D	6th	70.60
Michael Christov	Novice D	12th	56.25
Jessica Mills	Novice C	7th	62.80
<b>SCASA Novice Development (Intermediate), Crystal Palace, 28th May</b>			
Edward Dillon	D	7th	71.95
James McGlade	C	5th	80.10
Kirsteen Mitchell	A	1st	124.65
<b>Albatross Inter-Club Junior Novice Competition, Reading, 25th June</b>			
Jenny Vincent	E	4th	56.20
Reem Yousef	E	5th	48.00
Francesca Wyllie	D	9th	56.55
Emma Madden	D	6th	64.50
Isabel Bishop	D	7th	64.30
Edward Dillon	D	5th	70.20
Joe Edgar	D	9th	61.70
Thomas Simpson	D	10th	51.10
Madeline Parker	D	5th	64.90
Michael Christov	D	7th	65.50
Martha Hearn	C	9th	70.35
Christina Rasmussen	B	4th	74.30
Daniel Edgar	B	4th	69.65
Lauren Floyd	B	3rd	92.00
Rebecca Stevens	B	5th	70.95
Lauren Kisbey-Green	A	2nd	107.40
Star Diving Club	Team points	2nd	89.00