

STAR DIVING CLUB NEWSLETTER

Issue No.11 Winter Term 2005



Annual club competition a huge success



Participants line the 3 metre springboard and 5 metre platform ahead of this year's annual club competition, at Spectrum, in November

STAR'S annual club competition at Spectrum in November ended up being one of its most successful on record, according to the positive feedback given afterwards by coaches, divers, helpers, parents and other members of the club committee.

Some 60-plus divers gathered in unison from across all the Star sessions - in Guildford and in Leatherhead - to compete at the traditionally upbeat club fixture, culminating this year with a buffet and medal presentations in the studio, opposite the pool.

The diving conditions for this year's event, which were a combination of old and new, were prepared and devised by Charlie Dries along with input from some of the other club coaches; the format had been divided into three main categories: grades, age groups, and the junior and senior open competitions.

"I think we have done the best we can," said Charlie, "on trying to model this year's club comp along the lines of the new national [novice] competition, without copying it to the letter".

Taking place for the second year running on a Saturday afternoon, the competition had a far greater turnout of divers and parents than at past annual club competitions, which, in itself, was seen as a remarkable achievement for everyone involved.

However, despite every effort being made in this year's organisation to try to keep down the overall duration, the competition did run over time.

Nevertheless, Andy Hewat, Star's chief coach, was pleased overall. "Well done everybody and thanks for all the work," he said. "I know lots enjoyed the competition although it went on too long again".

Elsewhere it was a delight to welcome back onto poolside the club's former chief coach, Arthur Brough, after a lengthy break away. Arthur, who had to step down rather suddenly from coaching duties on medical grounds over a year ago, returned with his wife Pat - this year's chief competition recorder.

Brian Mitchell, the club's president, was unavailable this year so Arthur kindly presented all the awards. "It was good to see how some of the divers have come on," he said, "also some of the new ones".

Club coach Neil Mitchell, meanwhile, has already started discussing ways on how to improve next year's competition while "it's fresh in our minds". The duration, its organisation and divers' requirements were all being looked at in anticipation of 2006's event.

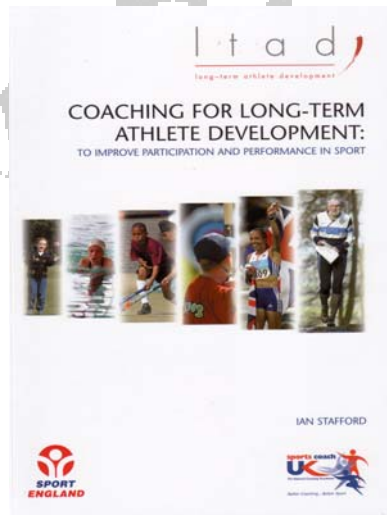
Diving resources: 3

The final instalment in this three-part series...

Coaching for Long-Term Athlete Development

This resource, written by Ian Stafford, has been published in collaboration with Sport England, Sports Coach UK and numerous other sporting organisations. Its content is essentially the research into long-term athlete development by Istvan Balyi (PhD).

The book discusses in detail the main principles, key elements and different stages within the LTAD structure, including: fundamentals, learning to train, training to train, training to compete, training to win, and retaining. It has been written for application in a broad range of sports, including diving.



New national junior novice conditions unveiled

THE eagerly awaited new national junior novice diving conditions and its new proto-format were being trialled at an inaugural meet at the Southampton Quays in October: the Peter Waterfield Novice Diving Invitational.

To mark the very special occasion, run in conjunction with Southampton City Council, the competition had been named after the Great Britain synchro silver-medallist of last year's Olympic Games in Athens, who trains at the Quays - home of its famed diving academy.

This brand new concept promises to bring about an entirely "new age" to the sport at the junior novice level, says Southampton Diving Academy's director of coaching, Lindsey Fraser, who played a key part in its construction.

"The programme has been written in an effort to improve the effectiveness of a novice competition, allowing the divers to perform more skills in the same amount of time.

"These skills will be divided into three stations of 4 skills, and assessed with three judges at each. The competitors will be divided across the three stations and rotated once each station has finished."

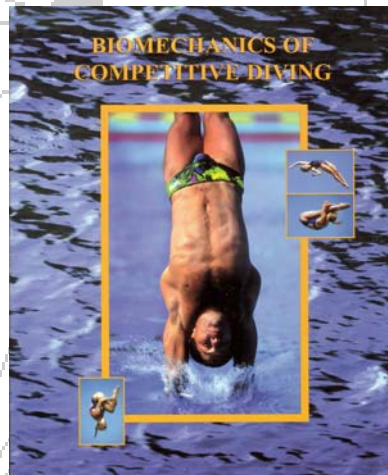
She added: "If successful this format could be seen at the ASA national novice competitions of the future".

Lindsey, a GB platform diver at the 1980 and '84 Olympics, is undeniably one of the most experienced and revered diving coach's in the country. The former maths teacher was the proud winner last year of the highly coveted UK Female Sports Coach of the Year award.

Doris Miller - Biomechanics of Competitive Diving

The author is a former diving coach at the University of Saskatchewan in Canada. The contents are a culmination of her many years' research into the biomechanics of this sport. Computer technology and graphic display were used in her PhD dissertation in 1970.

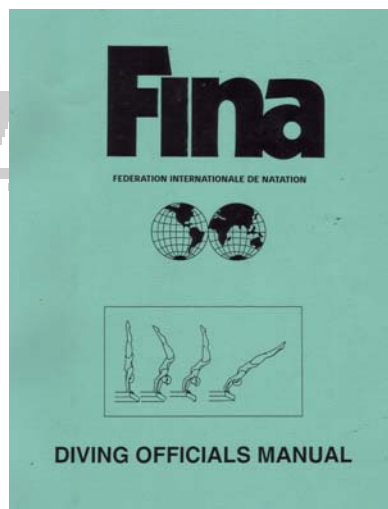
Distinguished in her field, Professor Miller has been editor of countless "peer-reviewed" journals and a consultant to many important organisations, including: the Canadian Amateur Diving Association, United States Diving, FINA and the IOC.



FINA Diving Officials' Manual: 2005 - 2009

FINA is the world governing body of the sport whose HQ is in Switzerland. The diving officials' manual, which is revised every four years by its technical diving committee, forms part of the wider FINA handbook, which contains all the other aquatic disciplines it governs: swimming, water polo, open water and synchro.

Among some of the topics covered in this resource are: rules and guidelines for judges and administrators, the judging scale, elements of a dive, the judge, the referee, the organisation, synchronised diving and more.



Spring competition fixtures

Date:	Competition / Event:	Venue:	Entry deadline:
Late January / Early February	Spring training session	The Quays	N/A
February 4th	London Region - Level 2 Open/Closed Skills Competitions - Novice	Crystal Palace	January 13th
February 17th – 19th	The Armada Cup	Plymouth	January 20th
March 4th	SCWPSA 1 Metre Age Groups and Junior and Senior Championships	Morden Park	February 10th
March 11th	London Region - Level 3 Open/Closed Skills Competitions - Intermediate	Crystal Palace	February 17th
April 1st – 2nd	GBDF Spring Masters	Edinburgh	TBC
April 8th	London Region - Level 4 Open/Closed Age Group Competitions	Crystal Palace	March 17th
April 29th	Level 5 Junior/Senior Open/Closed Competitions	The Quays	April 7th

If you would like to take part in any of the above, please speak to your session coach first.

Further details are available in the 'competition information' section on the club website at www.stardiving.org

2005 club annual general meeting

NUMBERS were high at this year's annual general meeting that took place in the conference room at Spectrum in November. The club's long-standing president, Brian Mitchell, was in attendance and tabled this year's conference.

Outgoing chairman, Guy Thompson, told the AGM it had been a very good year all round but highlighted the importance of more parents stepping forward and getting involved with the behind-the-scenes running of the club.

Summing up at the end of his year-long tenure as chairman, Guy said Star had made "great strides" during this period and that membership was now running at an all-time high because of its rise in popularity and because of all the hard work

everybody has been putting in.

There were very few changes to this year's club committee line-up, with Andy continuing as chief coach, David Wood continuing as the club treasurer and Fran agreeing to stay on as competition secretary and club newsletter editor.

The most significant addition to the new roster is Deborah Stevens to the post of subscription secretary, taking over from Neil Mitchell.

Jayne Parker volunteered to help out with some of the general secretarial duties and Nicky Edgar agreed to take responsibility for the upkeep of the club database.

Meanwhile Mark McGlade, although not present, was looking set to take over from Guy Thompson as the club's new chairman.

Off to university

THE very best of luck to club coach Alan Brough who has gone off to study a three-year degree in music technology at the University of Huddersfield. Alan has also run some of the diving courses for Spectrum during the school holidays.

Subs secretary

AN important reminder to all members that Deborah Stevens has taken over from Neil Mitchell as the club's new subscription secretary. If you have any queries concerning subs, Debbie can be contacted in the first instance via email at: deborahjstevens@aol.com

Newsletter online

THE club newsletter has finally been given its own slot on the club website at www.stardiving.org For the time being a 4-page colour copy will continue to be posted with the subs renewal each term, before appearing online as an expanded six-page format. It is hoped within the next term or two that members will download it directly from the club website in an effort to keep down costs.

Diving parties at Spectrum

KIRSTEEN Mitchell has started a brand new series of diving parties at Spectrum for anyone who is interested in trying something a little different.

The format, which is suitable for all ages and abilities, is about having fun and learning so there are plenty of games and lessons.

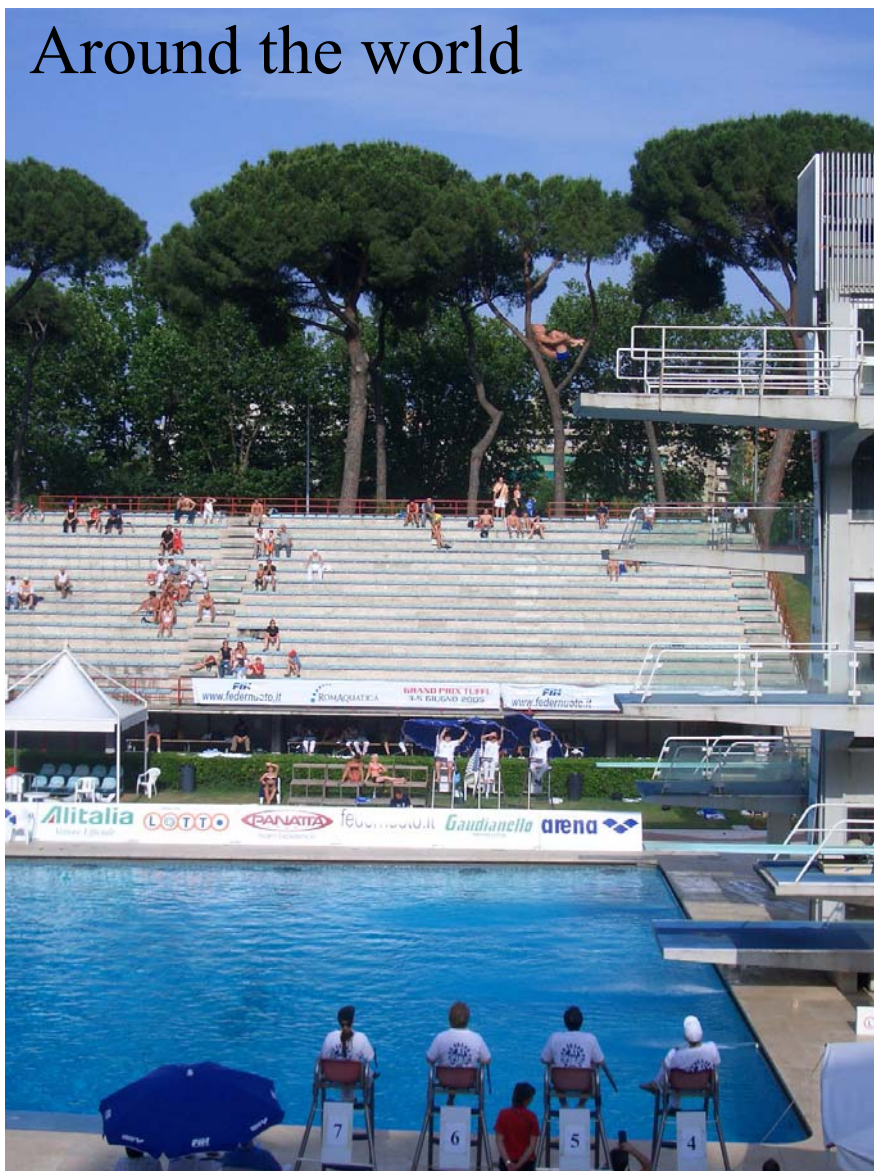
The one thing she does stipulate, however, is that participants must

be able to swim at least twenty five metres in deep water. "They're great fun for up to fifteen children," she says, "depending on age."

"Oh yes, it is also common for a few parents to join in".

If you would like more information, please contact Kirsteen on 01483 893453 or email her at lilmil666@hotmail.com to discuss it further.

Around the world



Great Britain diver Peter Waterfield performs a 207C from 10 metres at the FINA Grand Prix, Rome, in June. He scored nothing less than 9.5s for this dive from an international panel of seven judges. The athlete is preparing to retain his Commonwealth gold medal title on tower at the Commonwealth Games in Melbourne, Australia, in March

LTAD training day at Crystal Palace

ELITE BRITISH diving coaches Lindsey Fraser and Steve Gladding were on call at a regional long-term athlete development day at the Crystal Palace national sports centre in November as part of British Diving's commitment towards coach and athlete development.

The accredited one-day event, which was themed around fundamentals and learning to train within the LTAD structure, had been organised by the ASA's national diving development office with the new London, East and South-East region development officers, Shan

Veasey and Joanne Calvino.

Midway through a wet-side practical session the tables were turned when divers were asked to see who could do the best belly-flop from poolside into the water – something of a surprise given that most divers pride themselves in finishing off their dives with clean and splash-less entries.

However, Steve Gladding later explained its importance. "Get used to it kids, because it happens," he said. "It also tells us if they are brave or not, and it's a bit of fun. Don't use it every session, obviously".

Welfare officer

NICOLA McMahon has been appointed the club's new welfare officer and is available at any time to talk to divers, parents and coaches. She is at poolside most weeks with her daughter Kirsty, and can also be contacted on 01483 760604 or via email at valentine20@ntlworld.com

2012 aquatic centre

THE Government has sent out a clear message to the architects and builders of the new 2012 aquatic complex in Stratford, east London, that it must not exceed the proposed £75m budget. The award-winning design by Zaha Hadid has been criticised recently by Tessa Jowell, the secretary of state for culture, media and sport, over its escalating cost.

Club apparel

ANITA Frena has taken on the role of club merchandising coordinator for members. Among some of the items available in the Star range are t-shirts, polo shirts, towels and bags. Two-piece tracksuits in club colours are also available to those divers who compete in competitions. If you have any further questions or would like to place an order, email Anita direct at:

anitafrena@yahoo.com

Read all about it

DAB hand journalist and Friday club coach Neil Mitchell has had a number of excellent pieces about the club and the divers in local newspaper The Surrey Advertiser during this last term. The paper, which goes on sale across the county each Friday, has been receptive in recent months giving our sport some quality coverage, and all thanks to Neil. For anyone who has missed out, the articles are up on the poolside and upstairs club notice boards to peruse.

Training session at Southampton Quays

A SATURDAY morning training session at the splendid Quays in Southampton is being planned for sometime in late January or early February - depending on its availability. Divers from every session will be invited to come along.

Admission to the venue will be at the standard rate, and it is hoped a large number will make the most of this opportunity to dive at this fine facility. Once a date has been fixed between the session coaches and the Quays, the details will be circulated.

Diver's artwork premieres on website

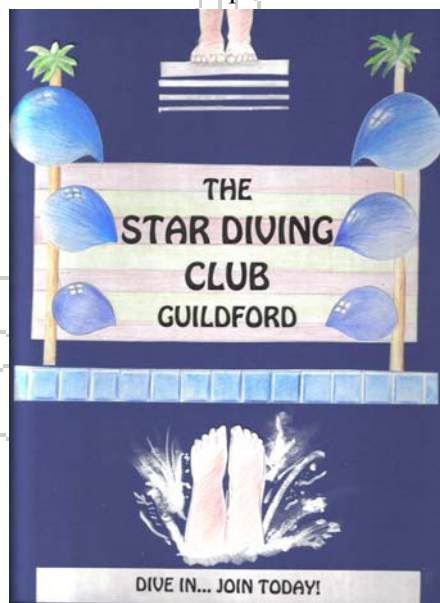
FREQUENT visitors to the club website will have noticed the addition of a new piece of artwork (pictured right) from one of its divers, James McGlade.

The painting, which made its online debut earlier this term, has been cleverly set up by Arthur Brough, the club's website co-ordinator, so that members have to click in the middle of the image to enable access into the website.

James's work of art is part of an ongoing school assignment he is involved with, explained his mother Vanessa.

"James loves art at school and, as such, is hoping to take an art scholarship to his senior school," she said. "With that in mind, his teacher suggested he might want to do something over the holidays towards the portfolio he will have to build and produce to the new school's art department."

She added: "In as much as the poster is the end result, he also had to show how the poster came about - how he dreamt it up".



The above painting by James McGlade, a Thursday, Friday and Sunday diver, has been inspired by the artist David Hockney, says his father Mark, the new club chairman

Spring term

THE SPRING term begins the week commencing January 2nd, with all sessions continuing as normal throughout the school half-term holiday period. The final diving session of term is Sunday, April 2nd.

Fees frozen

DIVERS' fees will remain unchanged at the start of the new year, although a small increase is likely later on in 2006 due to the year-on-year rise in pool-hire costs, said the club's treasurer, David Wood, at the AGM.

Sunday diving

DIVERS on Sundays please note there will not be any diving on February 12th, February 19th, or March 5th because of county swimming galas.

New assistants

WELL DONE to Lauren Kisbey-Green and Matthew Dries who have both successfully passed the ASA assistant diving teacher qualification (level 1). Matt, who is affectionately known by his friends as Ronnie, has also passed the national pool lifeguard qualification (NPLQ).

Autumn / Winter competition results

<i>Diver:</i>	<i>Age group:</i>	<i>Place:</i>	<i>Points:</i>
GBDF Summer Masters, Manchester, 10th – 11th September			
Meriel Tuke	Women's open s'board (16-39 yr)	10th	245.15
Vicki Allen	Women's open s'board (16-39 yr)	12th	233.45
Sonya Edwards	Women's open s'board (16-39 yr)	16th	208.00
Vicki Allen	Women's open platform (16-39yr)	5th	191.55
Sonya Edwards	Women's open platform (16-39yr)	9th	166.00
SCASA Inter-Counties, Crystal Palace, 17th September			
Surrey	N/A	5th	16
SCASA Junior and Senior Masters, Crystal Palace, 17th September			
Kirsteen Mitchell	Junior – 1 metre	1st	124.70
Kirsteen Mitchell	Junior – 3 metre	3rd	127.50
Kirsteen Mitchell	Junior – highboard	2nd	110.45
Meriel Tuke	A – springboard	3rd	149.45
Alex Dundas	A – springboard	2nd	144.70
Alex Dundas	A – highboard	2nd	157.20
Vicki Allen	A – springboard	4th	142.15

Autumn / Winter competition results (cont)

<i>Diver:</i>	<i>Age group:</i>	<i>Place:</i>	<i>Points:</i>
SCASA Junior and Senior Masters, Crystal Palace, 17th September			
Vicki Allen	A – highboard	3rd	159.20
Neil Mitchell	B – springboard	2nd	78.45
SCWPSA Junior Plain Diving, Crystal Palace, 8th October			
Laura Parker	D1	1st	58.80
Madeline Parker	D2	1st	79.05
Catherine Frena	D2	3rd	77.40
Kirsty McMahon	D2	4th	72.00
Joe Edgar	D2	1st	76.15
Michael Christov	D2	3rd	71.50
Bradley Akers	D2	7th	57.00
Nick Holmes	D2	8th	51.60
Charlotte Nash	C	7th	54.90
James McGlade	C	5th	73.00
Jo Walter	B	3rd	73.00
Daniel Edgar	B	1st	67.70
Kirsteen Mitchell	A	1st	118.85
SCWPSA Highboard Championships, Crystal Palace, 8th October			
Vicki Allen	Women's	1st	168.85
GBDF Novice and Intermediates, Manchester, 15 - 16th October			
Kirsteen Mitchell	Intermediate girls (17-18 years)	1st	196.75
SCWPSA Novice Diving Championships, Crystal Palace, 12th November			
Reem Yousef	D1	2nd	52.35
Kirsty McMahon	D2	1st	81.25
Catherine Frena	D2	3rd	72.95
Isabel Bishop	D2	4th	71.90
Joe Edgar	D2	3rd	78.60
Michael Christov	D2	4th	66.85
Jessica Mills	C	5th	72.10
Charlotte Nash	C	6th	67.15
Martha Hearn	C	7th	63.20
James McGlade	C	2nd	82.45
Lauren Floyd	B	3rd	86.70
Rebecca Stevens	B	4th	60.30
GBDF Winter Masters, Waltham Forest, 12 - 13th November			
Alan Brough	Novice men (16-29 years)	1st	117.20
Lauren Kisbey-Green	Novice women (16-29 years)	2nd	106.35
Anita Cresswell	Novice women (16-29 years)	4th	94.60
Kirsteen Mitchell	Masters women (16-24 years)	1st	228.30
Vicki Allen	Masters women (25-29 years)	3rd	178.25
Meriel Tuke	Masters women (25-29 years)	4th	174.20
Stephen Hewat	Masters men (16-24 years)	1st	184.40
Tom Pollitt	Masters men (16-24 years)	2nd	178.15
Kirsteen Mitchell	Raw scores (16-24 years)	3rd	63.00
Anita Cresswell	Raw scores (16-24 years)	4th	60.50
Stephen Hewat	Raw scores (16-24 years)	6th	59.00
Tom Pollitt	Raw scores (16-24 years)	8th	55.00
Lauren Kisbey-Green	Raw scores (16-24 years)	9th	52.00
Meriel Tuke	Raw scores (25-29 years)	3rd	61.50
Vicki Allen	Raw scores (25-29 years)	4th	57.50
K Mitchell / S Hewat	Synchro	3rd	127.11
Mez Tuke / Vicki Allen	Synchro	8th	111.81