

# STAR DIVING CLUB NEWSLETTER



Issue No.12 Spring Term 2005

## Summer term

THE summer term begins the week commencing April 17th, with all sessions continuing as normal throughout the school half-term holiday period. The final week of term is the week commencing July 24th.

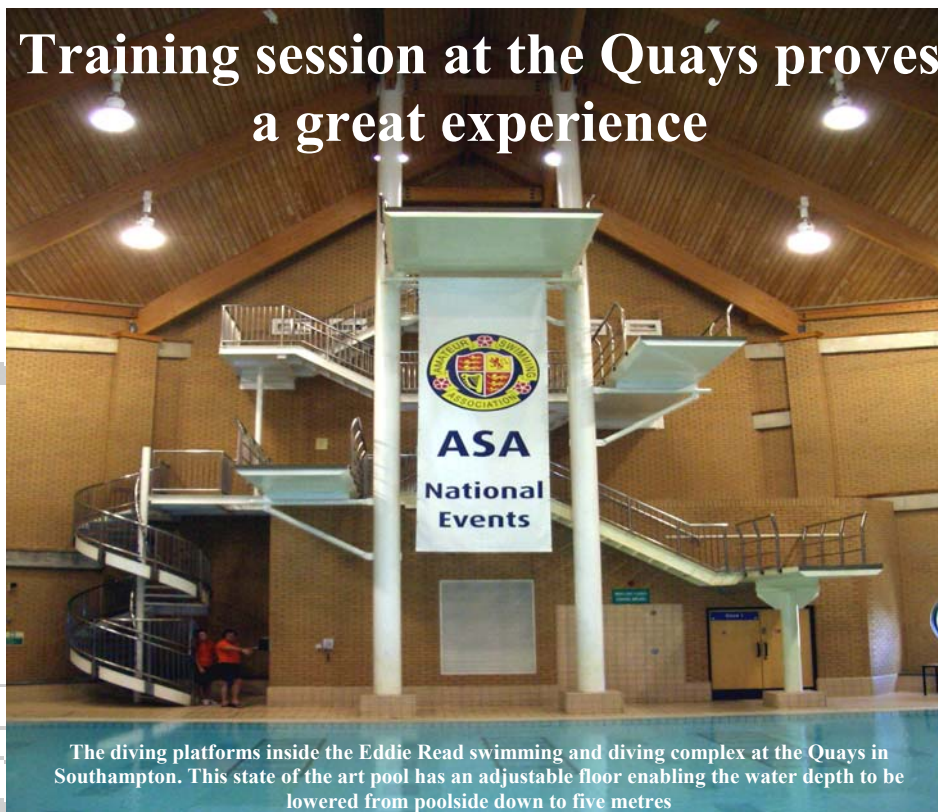
## Annual club membership fee

THE club committee agreed this term that it would be necessary to introduce a £10 annual membership fee, starting in the autumn. The one-off yearly payment would go towards the annual club competition, medals and trophies, certificates and the club's insurance.

## Surrey Schools' Championships

THIS year's Surrey Schools' Diving Championships will precede the SCWPSA 3 Metre Championships at Morden Park swimming pool on Saturday, May 6th. Divers in full-time education in the county of Surrey, or in one of the boroughs of Croydon, Epsom, Merton or Sutton will be competing at what promises to be a very lively event. Mrs Tracey Pearson of Epsom College, and the president of the Surrey County Water Polo and Swimming Association, will be presenting this year's awards.

## Training session at the Quays proves a great experience



The diving platforms inside the Eddie Read swimming and diving complex at the Quays in Southampton. This state of the art pool has an adjustable floor enabling the water depth to be lowered from poolside down to five metres

EIGHT lucky club divers were given the opportunity in February of taking part in an exclusive Saturday morning training programme at the splendid Quays in Southampton.

The Star contingent, made up of the club's junior A-squad: Catherine Frena, Madeline Parker, Joe Edgar and Michael Christov, along with four other divers from Thursday and Friday sessions, were treated to a non-stop, two-hour long training session split into two halves: one hour of dry-land training, and one hour wet-side.

Organised in conjunction with elite diving coach Steve Gladding, who is based at the Quays, divers were firstly put through their paces in its modern dry-land training studio, which includes trampolines, dry boards with overhead rigging, crash mats and a number of other gymnastic apparatus essential to diving.

The second part of the session enabled divers to make full use of all the diving boards, including the daddy of them all – the 10 metre platform.

The diving installations at the Eddie Read swimming and diving complex are widely regarded as the very best in the South East, and the venue is home of the legendary Southampton Diving Academy – one of the largest and most influential clubs in the country.

This centre of diving excellence is also resident training ground to a myriad of national, international, Commonwealth and Olympic diving talent, including Peter Waterfield, Gareth Jones and Blake Aldridge.

The Quays will be host venue for this year's South East region level 2 springboard diving competitions during the middle of May, where it is anticipated a large number of Star divers will be competing.

## Grade certificates

CLUB divers who gain their ASA diving grades can purchase certificates with their corresponding badges, priced at £2.00 per set. Please ask your session coach who can arrange to have them printed for you.

## Leatherhead switches

STAR diving sessions at the Leatherhead Leisure Centre will be moving from a Tuesday to a Monday evening, beginning in April, says Charlie Dries, its lead coach.

## Around the world



Good as gold: Cuban diver Jose Guerra gives the Star newsletter the thumbs up

## British Diving newsletter

BRITISH Diving recently unveiled its brand new newsletter called 'News On 10', which can be downloaded directly from the club website at: [www.stardiving.org](http://www.stardiving.org) The first issue includes interviews with Karen Smith, the ASA's national diving development officer, and Steve Foley, British Diving's performance director. It is also packed with information and tips for divers and coaches.

## Of course

CALLING out to any divers or parents that may be interested in taking part in a Level 1 or Level 2 diving teacher course.

Andy Hewat, the club's chief coach, is willing to organise a course in September, "particularly for parents to become assistant teachers" if there is sufficient demand.

"You don't need to be a diver," he says. "We run the course at the club during term time, or at a local centre over two weekends. The cost is about £120 inclusive."

He says he is also prepared to arrange a trampoline or gym teacher course if the numbers warrant it. Anyone interested in any of the above courses should email him at.

[chiefcoach@stardiving.org](mailto:chiefcoach@stardiving.org)

## Team spirit

THE STAR club committee assembled in March for its once-a-term meeting to discuss progress throughout the club.

Mark McGlade, Star's new chairman, placed the importance of teamwork high on the committee's agenda, citing "team spirit" as an absolute priority for the club.

With the ASA national skills and age group competitions coming up in Leeds, in July, all of Star's competitive divers should go "as a team" and develop and cultivate "the team approach," he said.

Jayne Parker, the club's general secretary, recorded the minutes of the meeting, and the committee agreed to next meet at the end of April or in early May to discuss progress.

## For sale: Supertramp outdoor trampoline

Andy Hewat, Star's chief coach, has a Supertramp outdoor trampoline for sale.

The Super Kangaroo is a high performance, outdoor, gymnastic trampoline fitted with a non-slip, quick drying, long-lasting 2-string bed. It comes complete with a fitted elasticated weather cover, training crash mat and instruction manual.



It is three years old and can be fitted with the club's spotting rig, and a very high performance tape bed when required. For further details about the trampoline you can log onto Supertramp's website. If interested, please contact Andy on 01483 534954. The asking price is £1095.00, ono.

## A helping hand: volunteers needed

THERE are currently a number of vacant posts that urgently need filling by parents who are willing to give the club a helping hand in one way or another.

At present some of the unfilled posts include a volunteer coordinator, a facilities coordinator, a web master, and a club fundraiser. Alternatively, if you have any other skills that you feel would benefit Star in some way, please step forward and make yourself known to us.

It is vitally important to keep on reminding divers and parents that the club is run entirely by volunteers and its members, and any assistance that you can give – no matter how big or small – is greatly appreciated.

If you feel tempted by any of the vacant posts, or have a little time to contribute, please contact the current club volunteer coordinator, Sonya Edwards, either at poolside on Wednesdays, or by emailing her at: [sonyadive@yahoo.co.uk](mailto:sonyadive@yahoo.co.uk)

# Summer competition fixtures

Date:	Competition / Event:	Venue:	Entry deadline:
April 29th	GBDF Novice and Intermediate Championships (South – preliminary)	Maidstone	TBC
May 6th	Surrey Schools' Championships	Morden Park	April 14th
May 6th	SCWPSA 3 Metre Championships	Morden Park	April 14th
May 13th	South East Region Novice Springboard (Boys and Girls – level 2)	The Quays	April 21st
May 14th	South East Region 5m Platform Age Groups (Boys and Girls – level 3)	The Quays	April 21st
May 14th	GBDF Novice and Intermediate Championships (North – preliminary)	Manchester	TBC
May 20th	St Albans Dive-In	St Albans	April 21st
June 10th	South East Region 1m and 3m Springboard Age Groups (Boys and Girls – level 3)	TBC	May 19th
June 24th	Albatross Inter-Club Junior Novice Club Competition	Reading	May 26th
June 24th – 25th	GBDF Summer Masters	Manchester	TBC
July 1st	GBDF Novice and Intermediate Championships (finals)	Cheltenham	TBC
July 14th – 17th	ASA National Skills Finals and National Age Group Finals	Leeds	June 16th

Please speak to your session coach if you would like to take part in any of the above competitions.

Further details are available in the 'competition information' section on the club website at [www.stardiving.org](http://www.stardiving.org)

## Sunday diving

DIVERS at Sunday sessions please note there will not be any diving on May 28th because of a county swimming gala taking place. All sessions resume the weekend after.

## ASA national skills & age group finals

THIS year's ASA national skills finals and age group finals are taking place at the Leeds international swimming pool between the 14th and 17th of July. Divers entering any of the competitions can download the entry forms along with the conditions by logging onto the club website at:

[www.stardiving.org](http://www.stardiving.org)

Please note that all entry forms must be returned to the ASA's national events administrator, to reach no later than June 16th.

## Club competition planning underway

THE STAR club coaches got together earlier this term to discuss ways on better improving this year's annual club competition.

It was generally agreed that this year's event would remain more "low key" than last, and one in which "everyone in the club can enter."

Finishing punctually would be an absolute priority too, allowing sufficient time afterwards for "food" and the "social bit".

A number of parents will also be needed this year to organise and oversee the catering arrangements in the studio.

Unlike in previous events, it has already been unanimously agreed that divers must submit their dive sheets to Mez for checking at least two weeks before the competition.

The full details would be appearing on the club website just as soon as dates were finalised.

## Session attendances need improving

STARTLING figures released at the close of the spring term have revealed a major down turn in diver attendances at some sessions.

The situation does raise all sorts of concerns, one of the most important being that the club cannot introduce more new divers from the waiting list into its sessions because of space availability.

"Towards the end of this term there seems to be a significant fall-off in

numbers," said Andy Hewat, Star's chief coach. "Again, with a significant waiting list, we may not be inviting divers for the next term if they have not attended at least 80% of their sessions, or something along those lines."

Coaches across all classes will be monitoring the registers carefully in the coming term to ensure that attendance levels are respectable. Others risk losing their places next term.

# Club coach profile: Francisco 'Fran' Diaz



Star club coach Fran, centre, pictured with Great Britain Olympic synchronised diving silver-medallists Leon Taylor, left, and Peter Waterfield, right

SUNDAY club coach Fran first joined the Star Diving Club in the autumn of 2001. Having initially started as a diver at one of the then Sunday classes run by Bob Scott, he then progressed swiftly into the general development session on Friday evenings.

However, after diving for several terms, he realised what he really wanted to do was spend more time learning and developing his own skills on poolside as a novice coach.

Now, some five years down the line, he oversees the club's three Sunday sessions and maintains unequivocally that Star is making "steady progress" as a grassroots diving club.

He admits frankly to being "a 100% diving devotee", and says that London winning the bid to host the 2012 Olympics is "without doubt the best news ever."

## **When did you first try diving?**

I was around six or seven when I first dived off a springboard. My father used to take me swimming regularly at the weekend because I always loved water. Soon after that, though, I became much more interested in diving than swimming.

## **How and when did you first get involved with Star?**

I became involved with the club soon after I joined. It was all quite unexpected, really. My local swimming pool in Epsom was being knocked down and rebuilt, so I was looking for a new place to swim. A friend of mine had suggested Spectrum in Guildford. When I first went and saw it had diving boards I made enquiries right away.

## **What is your favourite dive?**

That is a difficult one because there are so many. At the end of the day, I like them all - from a forward jump straight from poolside through to an ultra complicated sequence off the platform; however, if I have to choose one then I would say it's an armstand, reverse, triple somersault from 10 metres. There aren't many elite divers that opt for this one, so it is always good to see.

## **What is it about diving?**

For me diving is all about gracefulness, aesthetics and precision. It is the one sport that I can sit back and watch again and again and never be fed up with. Diving contains all the qualities I look for in a sport.

## **Most memorable diving occasion?**

There are plenty, of course. I think when Peter Waterfield and Leon Taylor won the first GB diving medals in over forty years, at the last Olympics, takes some beating. I remember it so well because I was at a best friend's wedding that day, and sneaked out to watch the men's platform final being broadcast live. One other moment that most definitely stands out was at the FINA world cup in Athens, just before the last Olympics, when a pair of Chinese divers performed synchronised 207Bs in the men's platform final. Both the execution and the synchronisation were out of this world and the atmosphere in the diving arena was unbelievable.

## **Which other sports do you enjoy outside of diving?**

To watch, I really like gymnastics, track and field athletics, and all aquatic sports. To take part in, I like badminton, table-tennis and pretty much anything to do with water.

## **What other involvement do you have in diving?**

As well as coaching on Sundays, I edit the club newsletter, I am the club's registration officer and look after the competition information and entries. I also judge at county level, and announce and record at regional fixtures. I am a member of the SCWPSA diving committee and more recently become the Surrey representative on the South East region diving management group, handling all the officials.

## **What about Star?**

I believe for a grassroots diving club we are making steady progress. When I look at other clubs in our ballpark, I think we are doing really, really well. Of course, we have a long way to go yet, but nevertheless we do now have a more progressive structure in place and have been fortunate enough to be receiving guidance from various elite diving sources.

# Spring competition results

<i>Diver:</i>	<i>Age group:</i>	<i>Place:</i>	<i>Points:</i>
<b>London Region Level 2 Competition, Crystal Palace, February 4th</b>			
Madeline Parker	D	1st	117.00
Tatiana Jaffe	D	3rd	90.90
Reem Yousef	D	4th	87.10
Michael Christov	D	1st	117.70
Kirsty McMahon	C	1st	119.70
Catherine Frena	C	5th	113.65
Charlotte Nash	C	9th	92.90
Joe Edgar	C	5th	92.00
Nick Holmes	C	7th	91.00
Tim Peckham	B	4th	117.80
<b>Armada Cup, Plymouth, February 17th – 19th</b>			
Kirsty McMahon	C (1 metre preliminary)	13th	102.00
Kirsteen Mitchell	A (1 metre preliminary)	14th	148.95
<b>SCWPSA 1 Metre Age Groups, Morden, March 4th</b>			
Madeline Parker	D2	2nd	66.00
Michael Christov	D2	1st	85.30
Kirsty McMahon	C	1st	84.75
Catherine Frena	C	4th	73.20
Isabel Bishop	C	5th	68.85
Charlotte Nash	C	6th	64.80
Joe Edgar	C	4th	68.65
Martha Hearn	B	3rd	85.40
James McGlade	B	5th	90.55
Tim Peckham	B	3rd	99.10
Kirsteen Mitchell	E	1st	136.85
Vicki Allen	E	3rd	76.35
Neil Mitchell	E	1st	81.50
<b>SCWPSA 1 Metre Junior and Senior Championships, Morden, March 4th</b>			
Kirsty McMahon	Junior / Senior	4 / 6	141.40
Isabel Bishop	Junior / Senior	8 / 10	123.45
Tim Peckham	Junior / Senior	5 / 5	134.95
Madeline Parker	Junior / Senior	5 / 7	141.10
Michael Christov	Junior / Senior	4 / 4	152.85
Catherine Frena	Junior / Senior	3 / 5	143.35
Joe Edgar	Junior / Senior	6 / 6	124.35
Vicki Allen	Senior	2nd	179.85
Kirsteen Mitchell	Senior	1st	195.05
<b>East Region &amp; London Region Level 3/4/5 S'board Champs, Crystal Palace, March 11th</b>			
Kirsty McMahon	C (1 metre - level 3)	1st	116.00
<b>GBDF Spring Masters, Edinburgh, April 1st – 2nd</b>			
Vicki Allen	Springboard (25 – 39 years)	4th	237.10
Vicki Allen	Platform (25 – 39 years)	3rd	192.70

