

STAR DIVING CLUB NEWSLETTER

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asa's new diving awards

National governing body overhauls award test conditions and new badges and certificates launched



Out with the old, in with the new: the latest diving awards from the asa continue being sponsored by Kellogg's



THE asa – the national governing body for swimming, diving, synchronised swimming, water polo and open water – has undertaken an extensive review of all its diving award test conditions and introduced a new scheme of badges and certificates.

The new-look awards, which were unveiled earlier in the year, follow on from a review and update of the National Plan For Teaching Swimming [NPTS] – “a comprehensive, integrated, progressive, teaching

programme based upon sound technical and educational principles” – encompassing all five sports.

Like their predecessors, the current awards continue their sponsorship association with breakfast cereal manufacturer Kellogg's.

Under the new structure, grades have been replaced by levels and the original starting points – preliminary, grade 1 and grade 2 – have been replaced by NPTS 8, 9 and 10, which fall into line with Flip n Fun – the grassroots introduction into the sport's fundamentals.

Inevitably, some old skills have been completely removed from the new format, others added and, in the case of some levels, poolside and board skills combined.

In addition to overhauling the NPTS and many of its disciplines' awards, the aquatic governing body,

whose headquarters are in Loughborough, also undertook something of a corporate face-lift at the beginning of the year, rebranding itself in the process.

Formerly known as the Amateur Swimming Association, or the ASA, it is now simply referred to as the asa [sic]. Relaunching itself with the strapline “the essential element”, each coloured band on its new logo represents one of the five disciplines it governs.

As well as undergoing an image makeover, diving at the asa had also been subjected to some internal restructuring earlier this year, with the closure of its south London-based diving development office and its two diving development officers having been replaced by talent development officers – one in the north and one in the south.



SO, while the whole world was busily engrossed in the sporting fest that was the Beijing Olympics this summer – be it Rebecca Adlington or Michael Phelps’ outstanding achievements in the Water Cube, or Usain Bolt’s lightning 100m and 200m sprints on the athletic track in the Bird’s Nest [the list is endless] – it was equally as satisfying to learn that the club had achieved Swim 21 accreditation in August.

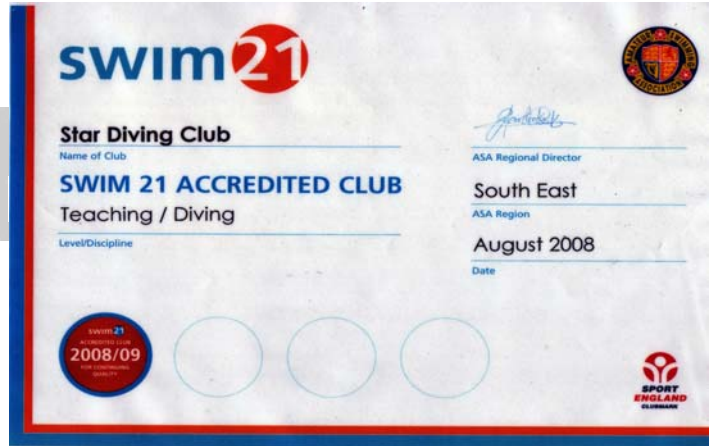
Star was one of three diving clubs in the South East region to be certified by the national governing body’s Swim 21 panel this summer – and at two levels: teaching and skill development.

Top marks go to head coach Jo Hewat for ensuring that the remaining gaps in the work modules were completed in time for the summer seal of approval.

Attaining ‘quality club’ endorsement from the national governing body has taken the best part of two years to achieve.

In 2006 Jayne Parker, then the club general secretary, and Anita Frena, a former merchandise coordinator, first got together to get the accreditation wheels into motion.

Quality club: the Swim 21 certificates awarded to Star – at teaching and skill development levels – this summer



As a Swim 21-certified club, Star has also been automatically awarded Clubmark status – “a cross-sport quality accreditation for clubs with

junior sections” – from government sport agency Sport England.

Swim 21 clubs are revalidated every twelve months.

National performance director departing

STEVE Foley, British Diving’s national performance director, has stunned the whole of the national diving community by announcing his resignation from the country’s highest-ranking job in the sport.

The announcement was made public shortly after the Olympic Games in China this summer.

The former Australia international springboard diver, who had spent time in the late Seventies and early 80s training in America with Ron O’Brien (Greg Louganis’s coach), first began working for

British Diving as a consultant around 10 years ago and was later appointed national performance director around the time of the Commonwealth Games in Manchester in 2002.

Among the high points during his tenure as head of the sport were the silver medals of Leon Taylor and Peter Waterfield in the men’s 10m synchro at the Athens Games in 2004 – GB’s first Olympic diving medals in forty-four years.

Steve is understood to be moving to the States in the early part of 2009 to take on the role of high perform-

Moving on: Steve Foley, the outgoing national performance director



ance director at USA Diving.

His successor here is not yet known, though current speculation would suggest someone from overseas is likely to be brought in to drive forward the elite athletes’ agenda in the run-up to London 2012.

British Swimming will make an announcement in the early part of the New Year.

Community sports coach of the year

CONGRATULATIONS to Star's head coach Jo Hewat on winning the community sports coach of the year at the 2008 Surrey Sports Awards in Cobham in October.

The gala-style awards, which were hosted by journalist, radio and television sports broadcaster John Inverdale, paid tribute to the myriad of people contributing in the county to a wide range of sports.

Jo was nominated for the award by the club committee in August and had been short-listed for the prestigious title against two other people

from different disciplines.

Surrey-based Olympic and Paralympic athletes, who had competed at the summer Olympics in Beijing, were also acknowledged at the awards ceremony.

"It was a fantastic evening," said Sarah Williams, chair of the organising committee, afterwards. "All of the award winners... have contributed in one way or another to making Surrey one of the most active and successful sporting counties in England. They should be very proud of their achievements and efforts."

Sunday sessions

PLEASE note that there will not be any diving at Spectrum on Sunday 7th December because of a swimming gala taking place. All sessions resume the weekend after. In the spring term, there will be no diving on Sunday 15th February nor Sunday 1st March – again due to clashes with swimming competitions.

Website makeover

REGULAR visitors to Star's website may have noticed that Arthur Brough, the webmaster, has given the club's online presence a fresh look. Users can still view, print and download a range of documents such as diary dates, press releases, competition fixtures and results in the same way as before, only now from a more dashing looking site.

www.stardiving.org

Picnic & pool party

THIS year's inaugural picnic and pool party in July was a great success among the club membership. A large number of divers and parents from the various mid-week and weekend sessions converged at Stoke Park to meet and greet one another, have a picnic and play games before moving to the Spectrum for a fun-filled, two-hour pool session later in the afternoon. A total of £290 was raised from the sale of raffle tickets and programmes.

New club coach

THE club welcomes Hatem El-Safty to the roster of club coaches. The former springboard diver from Egypt, who had previously been coaching at Crystal Palace, is now running his own sessions parallel to Fran on Sundays.

Stephen Hewat

WELL done to club coach Stephen Hewat who recently graduated from Southampton Solent University with a degree in engineering and business studies. Stephen, who has been coaching at the Monday evening dry-land sessions in Woking and occasionally on poolside at Spectrum, is understood to be taking time out in 2009 to do some travelling.

Active Surrey club accreditation



The Active Surrey bronze and silver accreditation certificates awarded to the club in July

STAR had been accredited in July by local sports body Active Surrey at bronze and silver levels.

Following a series of successful meetings with representatives from the Guildford-based county sports partnership earlier in the year, the club had visibly demonstrated the desired standard in a number of areas to secure endorsement at both levels.

Among the benefits to the club in being Active Surrey-certified are discounts on a range of coach development courses, an increase in exposure and publicity as well as providing assistance with club –

school links, the local authority and other sporting bodies.

Active Surrey, which is one of forty-nine county sports partnerships in England, has a remit of making "Surrey a more active and successful sporting county."

It achieves this "by working with a wide range of partners including local authorities, schools, governing bodies, clubs, Sport England, sports coach UK and many other organisations," according to its website.

Now that the club has successfully achieved the first two levels of accreditation, its focus now is to work towards the gold standard.

Annual club competition

COUNCILLOR Pauline Searle, the deputy mayor of Guildford, Active Surrey club development officer Rob Cook, and former head coaches Arthur Brough and Andy Hewat were among the guests at this year's annual club competition at Spectrum in mid-November.

Around 45 club divers, of varying levels, competed for medals at the fun and friendly afternoon event – and all competitors were presented with certificates of participation.

Regional squad diver Hope Latham's design won the competition to have her front-cover printed on the event programme. Elsewhere, Vibe Photography snapped away all afternoon to ensure that the magical atmosphere was captured.

A number of squad divers joined the coaches to judge the competitions – and they too provided several dive shows in between the events.

A big thank you to the entire organising team for a great afternoon.

Pool closure

SPECTRUM has announced at very short notice that the diving pool will have to close for essential maintenance work to be carried out. This will affect all sessions throughout the last week of term – the week beginning Monday 15th December through to Sunday 21st December. Please note that if an alternative cannot be arranged for that week, then all divers who are renewing in spring 2009 will have a session deducted from their fees. Further information will follow.

Summer / Autumn / Winter competition results

<i>Diver:</i>	<i>Age group:</i>	<i>Place:</i>	<i>Points:</i>
St Albans Dive In, St Albans, May 10th			
Katie McArthur	Novice E	7th	46.60
Paige Latham	Novice D	10th	50.40
Claire Skinner	Novice D	12th	48.40
Isobel Carr	Novice D	15th	46.10
Liberty Gamble	Novice D	21st	41.10
Natasha Bennett	Novice D	23rd	39.90
Gemma McArthur	Age Groups D	2nd	90.65
John Salisbury	Novice D	15th	45.50
Jessica Dennehy	Novice C	10th	61.20
Hope Latham	Novice C	13th	58.45
Grace Phillips	Novice C	14th	58.10
Ellen Phillips	Novice C	26th	38.60
Madeline Parker	Age Groups C	2nd	125.90
Joshua Raine	Novice C	3rd	69.05
Sebastian Chaffe	Novice C	8th	57.50
Connor Gardner	Age Groups C	1st	108.40
Christopher Dennehy	Novice B	2nd	63.80
Alex Bratza	Novice A	2nd	63.80
C Skinner and N Bennett	Synchro D	5th	53.64
G Phillips and E Phillips	Synchro C	5th	66.00
J Raine and H Latham	Synchro C	8th	57.39
South East Region Novice Level 2 Skills, Southampton, June 8th			
Connor Gardner	C	3rd	261.45
Joshua Raine	C	4th	252.25
Albatross Inter-Club Junior Novice Competition, Reading, June 21st			
Gemma McArthur	D	4th	103.35
Natasha Bennett	D	19th	70.00
Paige Latham	D	17th	71.75
John Salisbury	D	19th	66.80
Hope Latham	C	3rd	97.75
Jessica Dennehy	C	13th	78.45
Ash Tucker	C	13th	58.10
Connor Gardner	C	5th	105.05
Joshua Raine	C	7th	94.65
Christopher Dennehy	B	9th=	78.90

Summer / Autumn / Winter competition results

<i>Diver:</i>	<i>Age group:</i>	<i>Place:</i>	<i>Points:</i>
SCWPSA 1m Age Groups, Morden, June 28th			
Gemma McArthur	D2	1st	84.10
Madeline Parker	C	1st	97.95
Hope Latham	C	5th	67.10
Connor Gardner	C	1st	93.15
Joshua Raine	C	2nd	79.60
Kirsty McMahon	B	1st	127.60
Neil Mitchell	E	1st	103.90
Star	Jimmy Aldous Trophy	2nd	61.00
ASA National Skills Finals, Plymouth, July 5 – 6th			
Gemma McArthur	D	10th	274.10
Connor Gardner	C	1st	303.25
Joshua Raine	C	6th	268.55
Peter Waterfield Invitational, Southampton, September 4th			
Gemma McArthur	D and E Girls	2nd	255.95
Claire Skinner	D and E Girls	16th	182.95
Isobel Carr	D and E Girls	14th	200.20
Hope Latham	C Girls and Boys	4th	241.30
Sebastian Chaffe	C Girls and Boys	14th	216.20
Joshua Raine	C Girls and Boys	8th	235.80
Connor Gardner	B* Girls and Boys	7th	303.25
Southampton Invitational, Southampton, October 25 – 27th			
Gemma McArthur	D – 1m	24th (preliminary)	104.55
Madeline Parker	C – 1m	10th (preliminary)	148.95
Connor Gardner	C – 1m	10th (preliminary)	131.10
Kirsty McMahon	B – 1m	4th (preliminary)	189.20
Star Diving Club	Team points	12th	12
GBDF Novices and Intermediates, Tunbridge Wells, November 1st			
Katie McArthur	9 years and under – Novice Girls	9th	120.80
Freddie Havlar	9 years and under – Novice Boys	5th	88.15
Isobel Carr	10-11 years – Novice Girls	5th	138.40
Paige Latham	10-11 years – Novice Girls	8th	116.60
Liberty Gamble	10-11 years – Novice Girls	11th	107.05
Alex Vick	10-11 years – Novice Boys	10th	80.50
Hope Latham	12-13 years – Novice Girls	7th	150.05
Zoe Videan	12-13 years – Novice Girls	12th	138.10
Katharine Vick	12-13 years – Novice Girls	17th	93.25
Joshua Raine	12-13 years – Novice Boys	1st	153.80
Sebastian Chaffe	12-13 years – Novice Boys	2nd	144.35
Ash Tucker	12-13 years – Novice Boys	8th	112.90
Lain Smith	12-13 years – Novice Boys	9th	87.75
Alex James	14-18 years – Novice Boys	1st	138.75
Gemma McArthur	10-11 years – Intermediate Girls	3rd	151.20
Kirsty McMahon	14-18 years – Intermediate Girls	7th	184.50
Alex Bratza	14-18 years – Intermediate Boys	5th	157.10
Star annual club competition, Spectrum, November 15th			
Available online under Results in the Competition section			

Club mission statement: ‘To provide a pathway for divers to achieve their maximum potential at any level’