

# STAR DIVING CLUB NEWSLETTER

Issue No.16 Summer Term 2007



## Swim 21 accreditation

### Club presses ahead with application towards ASA's nationally-accredited 'quality mark' club scheme



MEMBERS of the club committee have this term been continuing to gather and collate important data which will assist in the next phase of Star's application towards the Amateur Swimming Association's [ASA] national club accreditation programme, Swim 21.

After registering to the scheme last year and following feedback from a club audit undertaken in the autumn by Joanne Calvino, the Regional Diving Development Officer for the South, an extensive list of action points, measures and objectives had been drawn up to enable the club to work effectively through the next round in the accreditation procedure.

"I have assessed the audit and placed your club in the skill development category [for diving]," said Jo after conducting the initial review.

"You are well on your way towards Swim 21 accreditation," she confirmed. "The next stage in the process is the production of a club improvement plan, based on the findings of the audit and the needs of the club, which will enable you to reach accreditation."

Three modules, each one homing in on particular elements within the club's infrastructure, are in the midst of being completed – compliance, workforce development and athlete development. All of them have a set of targets and a series of outcomes.

The first two units are wholly generic and deal with good management practice and the training and development of club personnel, respectively. The third module is entirely discipline specific and focuses on the athletes' needs.

All three must conform to the desired standard in order for the club's application to be approved onto the third and final stage.

So, what exactly is Swim 21? Well, according to the national governing body's website the initiative is described as the "ASA's

**'It focuses particularly on the needs of athletes – striving to provide them with the best possible support & environment'**

club development model – a planning tool, based on the principles of long-term athlete development [LTAD], enabling clubs to help athletes, teachers, coaches and administrators to achieve their full potential.

"Swim 21 is a quality mark," the website goes on to say. "It recognises nationally and regionally the clubs that are committed to providing safe, effective and quality services for the benefit of their members."

Now, any club affiliated to the national governing body – be it swimming, diving, synchronised swimming or water polo – can sign up to the scheme and apply for accreditation at one or more of the following four levels: teaching, skill development, competitive development and performance.

The initiative was first launched to swimming clubs up and down the country in February 2002. However, last year, after a four-year rolling review, the programme underwent a major overhaul and a number of significant changes had been made.

First of all, the ASA acknowledged the advantages of allowing the initiative to encompass all the other aquatic disciplines. Secondly, all the work modules were streamlined and simplified and brought into line with the national performance directors' expectations and the LTAD framework. And thirdly, the two tiers of accreditation – silver and gold – had been scrapped in favour of just one.

Clubs which achieve the Swim 21 seal of approval will inevitably be able to gain much kudos as a result and reap a number of local, regional and national benefits, including the automatic accreditation of Clubmark – a cross-sport "quality junior club" endorsement from government-funded sports agency Sport England.

At present, there are some 1600 clubs – across all the aquatic disciplines – affiliated to the ASA, of which around three hundred are already Swim 21 endorsed. The aim by 2009, says the national governing body, is for the number of accredited clubs to reach eight hundred – approximately half of its entire membership.



# Crystal Palace closing for upgrade



THE Crystal Palace national sports centre in Upper Norwood, south-east London, is to close its doors on October 31st for the start of an eight month-long programme of behind-the-scenes refurbishment.

Widely regarded as one of the most important sporting hubs in the Capital for athletes, the site is to undergo a major upgrade of its plant room and electrics which service the Jubilee stand, the lodge and the sports centre.

Apart from the changing rooms being refurbished, little difference is likely to be noticed by customers when the centre re-opens next year.

At a cost of £4.4million, the work is being jointly funded by Sport England

and the London Development Agency [LDA], under mayor Ken Livingstone.

The sports centre, which had been built in the early Sixties by the then operating London county council, was officially opened by HRH the Duke of Edinburgh in July 1964.

The venue at SE19 has a long association for hosting a wide range of indoor and outdoor sporting activities including athletics, basketball, tennis, swimming, trampolining, gymnastics, weightlifting and diving.

It is understood the work must be completed by June 2008, in time for the annual London Youth Games and the Norwich Union-sponsored summer athletics grand prix.

## Sheffield to host FINA World Series

THE magnificent Ponds Forge sports complex in the heart of Sheffield city centre will this year be staging the inaugural FINA Diving World Series meet on the weekend of 1st and 2nd September.

This new addition to the world governing body's competition programme replaces what was once the Super Grand Prix – an annual two-day fixture in Mexico, after the worldwide grand prix circuit.

The meet in Sheffield is the first of three dates in the series being staged over consecutive weekends in September in different countries [Mexico and China to follow].

Each of the three fixtures will attract nothing but the very finest individual and synchronised divers in the world; all the big names from countries such as Canada, China, Russia and USA will be participating.

The competition at Ponds Forge will be an absolute must-see for fans of

the sport – and the standard of diving throughout the weekend promises to be of the very highest level.

The Star newsletter can also reveal that unlike in the majority of other major international fixtures – which tend to utilise 7- and 9-judge panels for individual and synchronised events, respectively – the World Series meets will operate entirely with 5-judge panels in all the individual and synchronised competitions.

## Judges' age limit

THE European governing body of aquatic sports, Ligue Europeenne de Natacion [LEN], has this year adopted a similar stance to that of the world governing body, FINA, by introducing a 60-year age cap for all its diving officials. Although the move has infuriated some of the sport's most senior officials and sparked a number of complaints, the LEN Bureau says it has no intention of reversing the decision.

## Smith departs

THE ASA's national development officer for diving, Karen Smith, has resigned from the post to begin a new chapter in her life in Hong Kong. Smith, a former national champion who dived for many years under coach Bill Clark at Southend, had represented Great Britain internationally at all levels on platform. She held the national diving development post for around four years and, more recently, had been overseeing the ASA's Advanced Apprenticeship of Sporting Excellence programme for young, talented, teenage athletes.

## Pools work halted

MAINTENANCE work on the competition pool and the diving pool at Spectrum has been postponed indefinitely. The work, which was due to start at the end of July and run all the way through August, will now be re-scheduled for a later date, says Natalie Kirk, Spectrum's assistant pools manager.

## Olympic cost

TESSA Jowell, minister for the Olympics, London and the South East, has said that the escalating cost of the London Olympics in 2012 will not exceed £9.3billion. Previous estimates from the government had been considerably less, at around the £5billion mark.

## Waterfield qualifies for 2008 Olympics

PETER Waterfield, of Southampton Diving Academy in Hampshire, has become the first senior elite diver in the country to secure a place at next year's Olympic Games in China.

Waterfield, 26, who trains at the Quays under coach Lindsey Fraser, finished in 10th place overall on the men's individual 10-metre event at the FINA World Championships in Melbourne, Australia, in February – one of only two Olympic qualifying events

[for diving] on the run-up to the Games in Beijing next summer.

Peter's synchronised platform partner Leon Taylor, meanwhile, has not had such a fruitful year. The City of Sheffield diver has spent all of this year away from competing whilst undergoing rehabilitation on a persistent shoulder injury.

The pair was the first to win Olympic diving medals [for GB] in over forty years, at the Games in 2004.

## Committee agrees on new constitution

TWO new parents were voted overwhelmingly onto the club committee line-up at last term's meeting.

Joining the committee roster in the Spring were mother-of-three Nicky Edgar, who has succeeded Mark McGlade as Star's new chairperson, and George Mills, who has taken over from David Wood as club treasurer.

One of the most important items discussed was the draft of a Swim 21-compliant new club constitution, which has already been reviewed by the committee and will be formally

endorsed by the membership at the Annual General Meeting, to be held in the autumn.

The approval of the new constitution will also be of huge benefit to Star with its application towards bronze mark club accreditation from local sports body, Active Surrey.

Four other Swim 21-related documents have also been drafted – code of conduct: parents; conduct of conduct: divers; an equity policy; and a child protection policy – all requiring members' signatures.

## Club merchandising purchase-orders

ANITA Frena, Star's merchandise coordinator, is currently in the process of collecting orders from members who would like to buy any items from the range of club apparel.

If you are interested, a purchase-order form detailing all the clothing available – including a guide to sizes, prices and colour combinations – can be downloaded online from the homepage on the club website [www.stardiving.org](http://www.stardiving.org)

Among some of the articles available in the collection are t-shirts, sweatshirts, hoodies, beach towels, polo t-shirts and two-piece tracksuits\* [\*for competitive divers].

If you have any further questions or require any additional information, please contact Anita directly via email [anitafrena@yahoo.com](mailto:anitafrena@yahoo.com)

All purchase-order forms must be returned, either by post or email, not later than September 30th.

## Autumn term

THE autumn term begins the week commencing Monday 3rd September, with all sessions continuing as usual throughout the school half-term holiday period. The final week of term is Monday 10th December – with the last diving sessions on Sunday 16th December.

## Term fees

MEMBERS please take note that from the autumn term onwards all cheques must be made payable to the *Star Diving Club*. In all cases, fees and forms must be returned by the given date to Debbie Stevens, the subs secretary, otherwise session coaches will not be allowing you to dive until payments have been received. If you have any queries, please contact Debbie in the first instance via email [DeborahJStevens@aol.com](mailto:DeborahJStevens@aol.com)

## Sunday diving

DIVERS at Sunday classes please note there will not be any diving on November 18th nor December 2nd, because of swimming galas taking place at Spectrum on those dates. All sessions resume the weekends after.

## Star newsletter

A SIX-page format of the club newsletter can be downloaded directly from the club website [www.stardiving.org](http://www.stardiving.org) – in the newsletters and press releases section.

## Spring / Summer competition results

<i>Diver:</i>	<i>Age group:</i>	<i>Place:</i>	<i>Points:</i>
<b>London and East Region Levels 3, 4 &amp; 5 Platform &amp; Synchro Platform, Crystal Palace, March 10th</b>			
Madeline Parker	C (level 3)	2nd	137.15
Kirsty McMahon	C (level 3)	3rd	115.10
Joe Edgar	C (level 3)	3rd	119.75
K. McMahon / M. Parker	9 – 13 years (synchro)	3rd	100.32
C. Nash / C. Frena	14 – 16 years (synchro)	6th	118.92
<b>Wally Clark Memorial Cup, Morden, March 17th</b>			
Natasha Bennett	E	2nd	102.45
Isobel Carr	D	14th	101.45
Olivia Regester	D	16th	98.10
Joshua Raine	D	5th	110.05

# Spring / Summer competition results

<i>Diver:</i>	<i>Age group:</i>	<i>Place:</i>	<i>Points:</i>
<b>Wally Clark Memorial Cup, Morden, March 17th</b>			
Tatiana Jaffe	C	9th	118.55
Hope Latham	C	14th	103.95
Naomi Littleboy	C	15th	89.95
Connor Gardner	C	3rd	142.40
Alex Bratza	B	7th	103.70
Star Diving Club	Team points	5th=	37.00
<b>London and East Region Levels 4 &amp; 5 S'board &amp; Synchro S'board, Crystal Palace, April 14th</b>			
K. McMahon / C. Nash	14 – 16 years (1m synchro)	2nd	117.12
K. McMahon / C. Nash	14 – 16 years (3m synchro)	2nd	125.49
<b>SCWPSA 1m Age Groups and 1m Junior &amp; Senior Championships, Morden, May 12th</b>			
Laura Parker	D2	3rd	77.30
Joshua Raine	D2	4th	64.35
Madeline Parker	C	1st	103.85
Kirsty McMahon	C	2nd	98.15
Catherine Frena	C	3rd	97.50
Tatiana Jaffe	C	6th	58.80
Naomi Littleboy	C	8th	48.55
Joe Edgar	C	1st	95.20
Connor Gardner	C	4th	77.90
Charlotte Nash	B	1st	114.20
Jessica Mills	B	4th	87.35
Neil Mitchell	E	1st	98.00
Madeline Parker	Junior and Senior Champs	1st / 1st	189.75
Kirsty McMahon	Junior and Senior Champs	2nd / 2nd	186.70
Charlotte Nash	Junior and Senior Champs	3rd / 3rd	182.55
Catherine Frena	Junior and Senior Champs	4th / 4th	174.30
Joe Edgar	Junior and Senior Champs	5th / 4th	153.25
<b>South East Region Novice Level 2 Skills, Tunbridge Wells, June 10th</b>			
Laura Parker	D	11th	209.00
Joshua Raine	D	7th	180.70
Madeline Parker	C	1st	281.55
Catherine Frena	C	2nd	270.05
Joe Edgar	C	2nd	261.30
Connor Gardner	C	4th	247.70
Charlotte Nash	B	2nd	289.90
Jessica Mills	B	7th	260.50
<b>London and East Region Novice Level 2 Skills, Crystal Palace, June 16th</b>			
Connor Gardner	C	1st	148.90
Georgia Sugg	D	2nd	106.95
<b>Albatross Inter-Club Junior Novice Competition, Reading, June 23rd</b>			
Anthony Anderson	E	9th	65.85
Naomi Littleboy	C	10th	55.80
Connor Gardner	C	1st	97.80
Charlotte Nash	B	7th	92.20
Jessica Mills	B	3rd	98.70
Robert Parish	B	3rd	72.50
Alex Bratza	B	2nd	81.25
<b>ASA National Skills Final, Plymouth, July 14 - 15th</b>			
Connor Gardner	C	3rd	292.55
Jessica Mills	B+	19th	262.65
Charlotte Nash	B+	5th	318.70
Joe Edgar	C	4th	285.80
Madeline Parker	C	6th	287.15
Kirsty McMahon	C	1st	310.55