

Newsletter

Jo Hewat leaves Star Diving to become part of our Olympics team. This is a special edition of the Star Diving newsletter dedicated to Jo and wishing her well in her new career.

'In the relatively short time I have known Jo I have watched her develop from a competent coach into a very competent Chief Coach developing the skills and character of the children she has taught. On top of all of that she has also developed the skill of being a very able administrator and with the aid of the team has expanded the membership three fold. She has raised the expectations of the Club Committee to a level that the incoming Head Coach will have to work very hard to emulate. Jo will be missed but I know the position she has taken is the realisation of one of her dreams, so best wishes and we look forward to seeing you on poolside when you have a moment to spare.'

*Brian Mitchell
Club President*

More inside, including an interview with Jo,



Dear Members, We are delighted to announce that Stephen Hewat has been appointed to the position of Head Coach to take effect when Jo leaves us in February.

Many of you already know Stephen who has been working closely alongside Jo as the club's Assistant Head Coach for the last couple of years and has been a big part of the club's development. Stephen was a club diver himself and started diving competitions. Whilst at University he worked alongside Lindsay Fraser - the Olympic my alongside Lindsay Fraser - the Olympic continuity to the club and he has lots of pirations for the divers and coaches. We are phen to his new position and will give him *Star Diving Club Committee*



when he was 10, he competed in many worked for Southampton Diving Acade-Coach. We know that Stephen will bring ideas to help the club grow with great assure you will join us in welcoming Ste-your continued support.

See back page for details of the February half term diving course, all welcome!

What we said when she was appointed:

Community sports coach last year, and the new chief coach this year

Jo Hewat, aged 24, recently succeeded her father as head coach to become the youngest person in the history of the club to hold the post



Jo Hewat: community sports coach officer and recently-appointed chief coach

FOLLOWING in your parents' footsteps can be a tall order for anyone. But when Andy Hewat resigned as chief coach after a six-year stint in February, who better to succeed him than his very own daughter?

Currently in her mid-20s, Jo Hewat has many of the essential attributes needed to tick all the right boxes for this most challenging of roles: she is young, effervescent, well educated and, above all, has a great enthusiasm for the sport.

Last September she was appointed unanimously by the club committee to take on the job of community sports coach – a newly created role being funded on a 50/50 split between Star and local sports body, Active Surrey. Under the terms of the agreement between the parties, funding for this part-time position had been made available for a period of up to three years.

For Star this was a landmark decision that had been reached, and a huge, positive step forward. After all, everybody involved in the running of the club up to this point – both on poolside and behind-the-scenes – had been a volunteer. However, the committee did indeed recognise that in order for the club to be able to expand and develop its programme, it would need to employ a central figure to take it forward.

Frankly, the job could not have come at a better time for Jo. "My other job came to an end," she said. "I've always loved diving, and been involved with the diving club. It seemed the next step, really."

She spent much of the autumn travelling the length and breadth of the country to see how other clubs' programmes function, accumulating Best Practice knowledge along the way from some of the most revered

sources in the sport. Furthermore, she took time to closely examine the club's existing infrastructure, looking at ways in which it could be improved.

"I think the club had sort of got a bit stuck," she observed initially, "and so it was up to me to try to move it past that point. But I also noticed that there were loads and loads of members before – we had numerous amounts. And then when I came to watch and observe what was going on for a while, there was next to nobody. I was pretty surprised, really."

'I think it's important that anyone can do anything that they want to do. The main thing is that everyone enjoys it'

One of Jo's first priorities was to bolster numbers at some of the mid-week classes, several of which had suffered a noticeable downturn. "Obviously, that was one of the first things I needed to do. To get more people in." To her credit, this started happening rather speedily at the beginning of the year, with a steady influx of new children brought in to Thursday and Friday classes.

As well as boosting the intake of new members, the other hugely important precedence was the club's programme of work. "I had to re-shuffle everything," she explained, "and adopt a strict regime of how it all works so that we can get the numbers through, and the children through, but also to be able to develop and to provide the children with more of a pathway – or two pathways: one's competitive, or you're out; and the other, to a certain extent, is recreational.

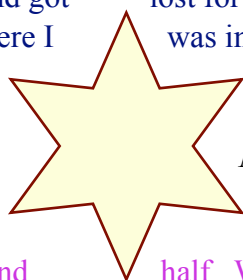
"I think it's most important that anyone can do anything that they want to do. The main thing is that everyone enjoys it, but also that those who are coaching can help the divers develop their skills as far as they possibly can."

‘I remember having Jo for my very first diving lesson when I was 8 years old and have enjoyed all my lessons ever since. She has taken me to many competitions around the country such as National Skills in Plymouth where it rained all weekend, National Skills at Leeds and many other club and regional competitions where I have been lucky enough to win some medals. This has been down to Jo’s great coaching, with-
 been on the podium and I there as my coach support-
 competitions. At these a lot of fun and laughs mainly about completely of the other divers from strangely as often I was on age group. Then after the between the different board events we went to TGI Fridays at Southampton and ate some delicious food while laughing our heads off and telling jokes. Two years ago we went to the Southampton Invitational as a team and stayed overnight in an Etap hotel where I shared a room with Mandy and Kirsty. The room was so small with a tiny television which we all crowded around watching the X-Factor. The bathroom was so small we called it the ‘suicide bathroom’, it was so funny. Whilst we were there we went bowling one night and got laughed lots on the way. When we got there I remember Jo complained very often younger brother beating her and that that as she’s kind, fair and lovely.’ *Gemma*

Testimonials

Take these with you Jo, and if times get tough up in there in the big smoke, remember, you are the best!

out her I would not have was proud to have her ing me throughout the competitions we have had every time. These were random things while many different clubs starred at us my own from Star in my competitions or in-



‘I have great memories of Jo and will miss her very much as I have had Jo as my coach since I started at the age of 7 and half. We had so much fun when we went on the clubs first residential trip to Leeds for the White Rose Competition. The club went up in a minibus but Paige and I went up with Jo and Louise in Jo’s cars, we listened to music and ate food in the back. My seconded residential trip with the club was to Stevenage for the National Skill Finals 2010. Jo brought Chloe a birthday cake as it was her birthday that weekend and we enjoyed eating it at the hotel. Jo has always been funny, happy and kind whilst on poolside and has helped me to learn lots of new dives. I will miss her very much and hope she comes to see us again.’ *Katie McArthur aged 10.*

‘Jo has always been an incredible coach to me even though when I first met her I thought she was quit scary LOL, I was soon to realise she is a fabulous coach and she always got the best out of me. I’m going to miss her so much and I hope that she will come back and visit us often. Good luck and Thank you Jo. P.S remember us if they give you any spare tickets!’ *Zoe Videan*

Jo has worked tirelessly throughout her stint as head coach. Membership has increased, the programme has expanded and more divers than ever have represented the club at competitions. She’ll be sorely missed by us all. *Francisco Javier Díaz*

Top competition diver Josh Raine pays tribute



‘My name is Joshua Raine and I have been diving for nearly seven years and Jo has been my coach for many of them, she has helped me conquer many of my biggest diving fears such as doing a back one and a half somersaults and doing a forward two and a half somersaults.

‘Jo is a kind and thoughtful coach who always has your best interests in mind and puts your feelings and emotions first. Jo understands your worries and always considers them before asking you to do something such as asking me to do a back dive off of 3m after previously injuring myself a few months before, she told me not to be scared and to think of all the benefits that would come out of doing the dive.

‘She has helped me come to victory in many competitions as well as lots of other medals; she has been a great help and a friend as well as a coach and deserves the best possible time in her new job and much joy in the future. We will all miss her a lot and hope that she will continue to visit as we do not want her to be a stranger, we will continue to put her practices into action and hopefully one day follow in her footsteps and be a good person.’



Jo is 27, born on July 9th. Her Mum is a secretary and Dad is a Senior Associate of an engineering company: ARUP in Australia.

'Steve and I were both bought up with water sports from a very early age as we had a boat in Dorset. We both started diving as we were bored with swimming, we were approached in the competition pool, by a guy called Bob Scott who was with the club for many years when I was about 12 I think, Stephen 10. We used to dive (pool sessions only) twice a week when we were lucky, generally sessions were on a Thursday but if the later sessions weren't busy we could dive for 2 hours!! I didn't like competitions much so used to spend most of my Saturdays at Crystal Palace watching Stephen who dived with Nick Robinson Baker (now an Olympic diver).

'I think the most important thing is that it is fun and enjoyable. If you decide you want to become a diver start doing some stretching to get splits and sit-ups and press ups in front of the TV, then its just a lot of hard work and many hours training most evenings.

'Dad became involved in coaching as were were diving and he was spending his time on poolside watching us, as soon as we were old enough (14) we were encouraged to help on poolside, then complete both teachers courses. I think I completed my level 2 when I was 20. I began to enjoy coaching more than diving so soon after I turned 14 stopped diving and became a coach! I was then taught to teach by a variety of coaches including a few Olympic ones!

'Coaching is great fun and most of the time very rewarding, however it doesn't pay too well lol! It generally involves coaching evenings and weekends, and for me for the last 2 years has involved coaching Monday, Wednesday, Thursday, Friday evening and Sunday mornings, sometimes of course a lot more when we are away at competitions. Its great in the summer as during the day you can enjoy the weather, not so easy in the winter when its so dark!

Three years ago I would have said Star Diving was a very small voluntarily run club. Now though its a different story, we are one of the largest (non-performance centre i.e non Olympic or Elite) in the country and one of the only that pay our coaching staff to ensure quality and continuity, running a great learn to dive programme. We get great results in competitions and sometimes even beat the Olympic/Elite clubs to the medals!

Great divers past and present I admire include Tony Ally, Melissa Wu and obviously Tom Daley - he really is something special. My favourite dives to watch are multiple twists and multiple somersaults with great entries! I love to see divers happy when they have achieved something no matter how small. I have a lot of great memories; My weeks away shadowing Olympic Coaches, Competition Team Trips away are always fun, Christmas club competitions are great too.

I am leaving to follow my dream - nearly 10 years ago when I started University I had a dream that I would one day work at the Olympics. I will be working in the Venue Planning department, based in Canary Wharf, so actually nothing to do with the diving, although I have been asked already come games time where I would like to be based and asked for the aquatics centre so we shall see.

I'll miss everyone I have known some of my divers for about 7 years - it great to see them grow up, ill be a little sad to leave!! I'm sure I'll pop back every now and then though.

Committee and coaches

Head coach: Steve Hewat



Chair Debbie Latham
General Secretary Va-

cancy

Treasurer Keith Wilson

Finance Officer Emma Silvey

Media officer Ruthie Franks

Welfare Officer Phil Flack

Membership officer

Polly Esplen

Senior Coach Charlie

Dries

Competition Secretary

Fran Diaz

Fundraiser & Volun-



teer Coordinator Patricia Howard

President (Honorary Member)

Brian Mitchell

All enquiries

07816 929887

membership@stardiving.org

Qwik-fire questions:

Will you be able to get us all tickets to Olympic dive events?

I'm open to bribes ;) (joke!)

What are your Hobbies?

Travelling, Swimming, Eating Out, Cinema, Rock Climbing, Cycling, Wakeboarding etc.

What book are you currently reading?

The Girl with the Dragon Tattoo

What is your favourite food?

Pasta, cheese and Pizza!!

Dates for your diary Jan 2011 – April 2011

Please note, end of term always finishes on a Sunday and lessons begin again on a Monday.

January 2011

*Sunday 9th Replacement session, replacing Sunday 12th December

Monday 10th Start of Term

February

Mon 21st – Sun 27th Half term. Holiday Course running for members and non-members

March

Sunday 20th March No lessons due to swimming gala – See April 11th below for replacement sessions

Sunday March 27th Morning lessons will run as follows to make up for lessons missed on 20th March

Squad session will run as normal

9.45 Intermediates will run from 9:45 – 11:15

10:00 beginners will run from 10:00-11:00

10:30 beginners will run from 11:00-12:00

All afternoon sessions will run as normal

Sunday morning squads will be offered an additional squad training session during the Easter holidays to replace session missed on 20th

April

Sunday 10th End of term.

Monday 11th Evening Sessions for all (grade scheme) Sunday sessions to replace lessons missed on Sunday 20th March. Evening times as normal.

We have spaces for new members from the beginning of next term. If you know of anyone who is

interested please ask them to contact Polly at membership@stardiving.org



Holiday Course – February 2011

Star Diving Club are running a fun recreational springboard diving course during February Half Term

Whether you are a complete beginner or an improver, this course will be suitable for you

Monday 21st February – Thursday 24th February

Each day 4pm – 6pm

The four day course costs £64 and will include, each day: 1 hour of fun dryland flexibility work, dryland diving skills, quiz's and training videos followed by 1 hour of diving in the diving pool.

Divers must be able to swim and be confident in deep water.

Term Time Courses

**** Spaces available****

We run term-time courses five days a week

A 12 week beginners course costs £90 (plus a £22 club joining fee)

For more information, or to book a place on any of our courses please email our Membership officer, Polly, at: star.diving@ntlworld.com or call 07816 929887

You can also visit our website to find out more about the club:

www.stardiving.org