

Star Diving Club

June 2013



Alfie Brown and Lucas Nunez with Tom Daley

What a hugely successful term Star has had, achieving 12 Gold, 11 Silver and 11 Bronze medals in a variety of Competitions for divers from all squads, around the Country. For the first time ever, we have also had a diver (Hannah Allchurch) who competed at Junior Elites in March, where Britain's top 12-18 year olds compete to qualify for the England Talent Program and places

on the Junior International team.

Then there was the Club Competition in May. The day was a great success giving all our divers a chance to show off their skills in a relaxed and fun environment whilst raising some £500 which will go towards the 1metre platform that needs replacing.

Don't forget the Picnic and Pool Party on Saturday 29th June – where members and their

families are invited to come and play team games in Stoke Park, followed by a picnic and then members go over to the diving pool and play more team games organized by the coaches. Please contact Tricia at patriciaahaward@virginmedia.com to let her know you are coming. Wishing you all a good rest of term and look forward to seeing you all in September. Mary-Jane. Chair.

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Competition Highlights

Amada Cup 21st-24th February - Plymouth

This is the country's largest age group competition and showcases all the club divers preparing for the National Age Group Competitions later in the year. Lucas Nunez, Chloe Silvey, Lucy Maurer, Alfie Brown and Hannah Allchurch travelled to the all new Life Centre at Tom Daley's home pool in Plymouth. The team made 5 finals and Alfie came home with a bronze medal for his 3m and a photo with the man himself who praised Alfie for his "lovely front 2.5". Hannah just missed a medal coming 4th on Platform, and 8th on 1m. Chloe dived brilliantly in the final to finish 6th against international divers. Lucy came 12th on 1m and 14th on 3m and platform. Lucas did very well in a tough group but did even better coming 4th in the syncro with Alfie.



Chloe and Lucy came 7th on the syncro. A fantastic result as this is the first syncro event star has competed and we don't even have any syncro boards to train on.

Gavin Brown Love to Dive -2nd March—Southampton



Hannah Bindschedler, Hannah Woodford, Abbie Brown, Abigail Barrett, Kobe Pringle, Ethan Clark, Leon McHugh, Elizabeth Hanlon, Tilly Brown

An 18 strong team most of whom had been diving less than a year and some for only a couple of months won the team trophy roundly beating the home team who had 50 more divers than Star. Star came away with 3 Gold, 4 Silver and 1 Bronze medals with 14 of the team finishing in the top 6 medal positions. Patrick Hanlon started the medals with a silver in the boys 7 and under. This was

followed by Tilly Brown storming to Gold and Felicity Cronin taking Bronze in the girls 8-9. Abbie Brown joined her sister in winning a gold medal. The last medal was won by Ethan Clark winning the boys 14-18 with some very consistent diving.

Patrick Hanlon with his



South East Regional Skills Qualifier-24th March—Crawley

Star had great success at this competition returning with three regional champions having won at least one medal in every event. Felicity Cronin and Wilfred Johnson won the 8-9 years event and Naomi Townend in the same event came 4th. In the 10-11 age group Issy Haward and Eerik Cockin both took bronze and Meurig

Puerto came 5th. The girls 12-13 event was a huge field and despite only starting in September Celeste Savage took the Silver medal. Lucas Nunez became the third regional champion after some brilliant diving and Kobe Pringle another diver who only started in September took the Silver. In the girls 14-16 event,

after a rocky start Paige Latham took the Silver only 2 points away from Gold. Chris Murray also won the Silver medal after returning to training after a broken leg.

Junior Elite Championships-27th March– Leeds

This year Hannah Allchurch became the first ever diver from Star Diving Club to compete at Junior Elite Level. Junior Elite is the event where Britain's top 12-18 year old divers compete to qualify for the England Talent Program and places on the Junior International team. Last years event featured Tom Daley and

Hannah Starling and this year Jack Laughler, all of whom were 2012 Olympic team members. Hannah has made it to the top level despite only joining the club 3 years ago. Hannah just missed out on the finals finishing 7th on 1m and 10th on 3m

National Skills Final 5th-6th May – Plymouth

This was another excellent performance by Star at a National Competition. The 17 strong team travelled down to Plymouth to compete against over 300 divers coming from clubs all over the country. Chris Murray did a fantastic job to win the Silver medal in the 14-16 years event whilst Lucas Nunez scooped the Bronze medal in the 12-14 age group. In his first national final event Wilfred Johnson joined the medal winners coming 6th.



*Wilfred Johnson,
Chris Murray and Lucas Nunez*

Club Competition—11th May Guildford

The club competition was a great fun event with 65 club divers competing. The emphasis was on having fun whilst also being able to show off newly acquired skills to friends and family. Everyone was treated to some spectacular piggy back and javelin dives from the elite squad while indulging in some delicious goodies from the cake stall.

Beginner girls: 1st Georgina Williams, 2nd Sophie Wood, 3rd Charlotte Buxton, 4th Eloisa Symonds.

Beginner boys: 1st Ben Calvert,, 2nd Louis Tappenden, 3rd Euan Ross, 4th Edward Couchman-Boor.

Beginner 2 girls: 1st Ellie Pike, 2nd Jorja White, 3rd Scarlett Burkitt, 4th Baillie Ellis-Jones.

Beginner 2 boys: 1st Lucas Walker, 2nd Findlay Mitchell, 3rd Charlie Wyse, 4th Lucas Borg.

Intermediate girls: 1st Ellie Glancy, 2nd Emily Wolfenden.

Intermediate boys: 1st Harvey Charlton, 2nd Thomas Phillips, 3rd Thomas Stannard, 4th Alex Aspinall.

Advanced Girls: 1st Jena Millington, 2nd Anya Urban, 3rd Sarah Bindschedler, 4th Maisie Abel

Advanced boys: 1st Ethan Goulden, 2nd Thomas Young, 3rd Robert Morgan.

Mini Squad & TID girls and boys: 1st Georgia Adams, 2nd Patrick Hanlon, 3rd Amalia Green, 4th Freya Kelly.

Entry Squad girls and boys: 1st Kobe Pringle, 2nd Meurig Puerto, 3rd Hannah Bindschedler, 4th Ella Trigs.

Development & Skills Squad boys and girls: 1st Celeste Savage, 2nd Abbie Brown, 3rd Tilly Brown 4th Elizabeth Hanlon.

South East Age Group –12th May—Southampton

Star took 6 divers to this age group competition in Southampton and had massive success despite 3 of the divers having never competed at this level before. Josh Raine became double regional champion on 1m and 3m in the boys 16-18 event. Josh won the National Skills last year and has proved he is ready for the National Age Group in July. Lucy Maurer who has only been diving for 18 months took Gold in the girls 14-15 platform beating many more experienced divers. Chloe Silvey won Bronze in the same event. Alfie Brown took Silver and Emma Shaw finished with a Bronze in her first platform competition. Lucas Nunez managed 9th in 1m and 11th in 3m qualifying for the National Age Group.



Josh Raine, Lucy Maurer, Chloe Silvey, Alfie Brown, Emma Shaw and Lucas Nunez

G Star—17th-19th May—Leeds

Alfie Brown, Chloe Silvey and Lucy Maurer travelled to Leeds for this extremely high level competition, for age group, elite, junior and senior international and Olympic divers. Alfie Brown had a fantastic competition coming away with 2 Silver medals in the 3m and platform events and coming 4th in the 1m. Chloe and Lucy competed in a hugely competitive group against elite and junior internationals. Chloe finished 15th on 3m and 17th on 1m and platform. Lucy took 18th on 3m and 21st on 1m.



Hannah Starling and Alicia Blagg with Alfie Brown, Chloe Silvey and Lucy Maurer

East Regional Age Groups– 1st June –Southend

This was the last chance to qualify for the National Age Group Competition in July. The team did brilliantly and came away with 6 Gold, 3 Silver and 5 Bronze medals. Alfie Brown was hugely successful winning 2 Gold and a Silver and achieving PB's on all three boards. Lucy Maurer equaled Alfie's performance also taking 2 Gold and a Silver. Chloe Silvey took a Bronze in the 3m and Emma Shaw brought home a trio of Bronze medals and PB's on all three boards. Maddy Parker who has not competed this year due to exams won Gold on both 1m and 3m. Hayley Mitchell added to the already considerable success with a Bronze on 1m and Silver on 3m. Congratulations and good luck for the National Age Group championships in July.



Star Diving Club has a TID squad for the first time

After all the hard work last term Kirsteen and Stephen have chosen 8 children aged between 7 and 11 from local schools to make up the new TID (talent identified diver) squad. These children are Patrick Hanlon, Freya Kelly, Samantha Osborne,

Tilly Stewart, Amalia Green, Isabel Bramsden, Lowri Harrod Booth and Georgia Adams. They are training 3 times a week and are already doing very accomplished dives off 3m.

Divers of the term– find out at the Picnic & Pool Party

Squad Diver –this squad diver of the term only started diving in September but did fantastically well in the National Skills Qualifier and won a medal. This diver then went on to produce some superb dives in the National Skills Competition in Plymouth, and in the club competition. This diver has a great attitude to diving and always gives 100%

**Guess
who ?**

Recreational Diver—this diver has shown a great attitude to training, did extremely well in the club competition and due to their ability to concentrate and learn new dives very quickly is making tremendous progress.

Kirsteen Mitchell – her other life.....

Kirsteen coaches the TID Squad, Development, Elite and Age Group squads but did you know she has another life as a champion wakeboarder. Kirsteen became a triple champion in 2010 becoming British, European and World Cable Champion.

We wanted to know a little bit more....so we asked....

Q. How long did you dive competitively for?

A. About 6 years

Q. What was your most difficult dive?

A. Forward 2 1/2

Q. Why did you give up diving?

A. After finishing school, I went to south Africa for 3 months then started coaching when I got back and never really dived again.

Q. What is wakeboarding?

A. Its like snowboarding on water, you get towed along by a boat or overhead cable while performing tricks.

Q. What made you choose wakeboarding?

A. Stephen worked at the lake so I tried it, caught the bug and never looked back.

Q. Is your training more difficult than elite training?

A. It is very different –while training for the worlds coaching was only for 1 or 2 hours a week and gym work with a personal trainer which was tough. The rest was trying the tricks I wanted to. You have to be very motivated to push yourself to progress.

Q. Do you ever cheat on your training?

A. No point in going if you do.

Q. What is your next goal?

A. Recover from my knee injury and get back riding to the level I was before.

Q. What piece of advice would you give divers if they want to become champions?

You need to be brave and be able to overcome your fears and try new dives. When you hurt yourself you have to get straight back up and do it again. You have to have a winners ethic– if you get beaten—you have to be prepared to go back to training and work harder so you win next time. You have to want to be better

Q. What meal do you eat before a big competition?

A. Pasta if I have a choice but normally at a comp you have to eat whatever is edible. At

the worlds in the Philipines I ate spaghetti bolognaise every day for 2 weeks!

Q. What is your treat if you do well?

A. Steak—no medal no steak.



Important Dates for Your Diary

Squad assessments: Week commencing 24th June 2013

Picnic and Pool Party 29th June 2013

AGM 1st July 2013

Grade Assessments: Week commencing 1st July

Picnic and pool party

All members and their family are warmly welcomed to the clubs annual Picnic and Pool Party. It is a great afternoon to have fun in the sun and members can enjoy the silly fun team games in the pool, after which the afternoon will conclude with the end of term presentations to the divers from several categories.

This will be held on **Saturday 29th June** commencing at **2:45pm until 6.30pm**.

The afternoon will begin over at Stoke Park (field opposite the Spectrum) meeting at 2.45pm with team games and tug of war at 3pm.

Please park in the Spectrum car park and cross over using the pedestrian crossings.

At 4.15pm we will all gather for a picnic; please bring along your own picnics (no nuts please) then pack up and head back over to the Spectrum at 4.45pm.

5pm – 6.30pm into the pool for more fun and games, a diving display and end of term presentations will be made to the divers.

Programmes will be on sale on the day priced at £3, this allows entry per family. Divers will be allocated into teams for the games which will be listed in the program. Siblings will be able to join in with the games in the park and as always there will be a special team for the Mums and Dads! It is important we know by the deadline if the divers are attending so they can be allocated into the teams and the programmes can be printed.

Please email Patricia by **Sunday 23rd June** at patriciahaward@virginmedia.com with the following information.

Member's name;

Adults attending _____ Siblings attending _____

Contact Number for the day:

If the picnic has to be cancelled due to bad weather then please meet on the poolside for 4.50pm for the pool games and presentations.

We do hope you will be able to join us and support the club at this fun family day

Picnic and pool party—can you help?.

The Picnic and Pool Party is a very popular event for all the divers and their families. In order for the event to run smoothly the club is asking for parents to assist with arrangements for this day. This mainly involves the activities over at Stoke Park that will run 2:45 – 4.15pm for divers and their families. If anyone would

like to help we need ideas of games to play etc, and help on the day. This is a great way for parents to get involved with the club if they don't have time to join the committee. If you have any ideas for the park games or are able to provide a tug of war rope or other equipment then please contact Patricia Haward (fundraiser) at patriciahaward@virginmedia.com

5.00- 6:30pm will be the pool games for all the club divers which the coaches will arrange.

Holiday courses—summer 2013

Star Diving Club are running fun recreational springboard diving courses during the Summer holidays

Whether you are a complete beginner or an improver, these courses will be suitable for you

Summer holiday courses:

Week 1: Tuesday 13th August until Friday 16th August

Week 2: Tuesday 20th August until Friday 23rd August

Week 3: Tuesday 27th August until Friday 30th August

Each day 3pm – 5pm

The four day course costs £70 and will include, each day:
1 hour of fun dryland flexibility work, dryland diving skills and quiz's,
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

We run term-time courses five days a week A 12 week beginners course costs £99 (plus a £22 club joining fee)

For more information, or to book a place on any of our courses please email our Membership officer, Jo, at:
membership.stardiving@gmail.com

You can also visit our website to find out more about the club:
www.stardiving.org

200 CLUB

Congratulations to Jo Peterson and her daughter Isy, and Sarah White and her daughter Jorja who are last terms winners.

Thank you to everyone who has joined the 200 club. The 200 club is a great fundraiser for the club. If you would like to join and for a chance to win a cash prizes of £100, £50 or £25 the cost is £6.00 per term and can be paid by cheque or bank transfer. For details please contact Jo the membership officer. This terms draw will be made at the AGM on 1st July. Winners will be notified.



Important Notices

New Recreational Liaison officer

Jo Jazeel, our new recreational Liaison Officer, has introduced a slightly different procedure for the grading assessment due the week commencing 1st July. The coach will shadow the assessor, if the coach is not the assessor and will make notes of the scores the divers achieve for each skill. The coach will then run through these with the divers after their assessments so hopefully they will understand what they have done well and what they need to improve.

Committee

The club is run by a committee of volunteers and help is always appreciated. If you would like to get involved or help in anyway please let us know.

Members of the committee:

President	Brian Mitchell
Chair	Mary-Jane Hanna Brown
Secretary	Charlotte Johnson
Membership Officer	Jo Shaw
Welfare officer	Sarah Casemore
Recreational liaison Officer	Jo Jazell
Fundraising	Patricia Haward
Publicity	Kate Hanlon
Competition Secretary	Francisco Javier Diaz
Treasurer	To be confirmed at the AGM
Head Coach	Stephen Hewat

Other useful contacts:

Administration	Eileen Hopkins
Club Kit	Debbie Latham

Fundraising

Another way to support to the club is with easyfundraising which helps schools, sports clubs and other good causes. It works in a similar way to many other loyalty shopping sites but rather than earning points when you shop you raise funds for star diving club instead.

1. Go to www.easyfundraising.org.uk
2. Click on "find a cause at the bottom of the page and select Star Diving Club
3. Fill out the quick form to register your details
4. Find the retailer you want to shop with
5. Click to visit the retailer then shop as you normally would
6. Your donation will be shown in your easyfundraising account within 30 days

Club Kit— most club kit can be ordered through Debbie Latham at lathamdebbie@gmail.com except squad jackets. Please note that payment must be made by cheque or bank transfer. Money can no longer be taken on poolside.

Is your diver doing really well. Gll sports foundation is an independent non profit organization providing support to young athletes through bursaries and awards. There are a variety of awards available depending on various criteria. If your diver is doing well— check out the website for further information. gllsportfoundation.org