



Summer 2019 Newsletter - Committee Welcome

Welcome to our second newsletter. Summer has come and the club is back after a well earned break. Last term the club competed at a national level, producing some excellent results in Plymouth and Sheffield. CoursePro was also fully implemented for our recreational divers, allowing instant access to gradings. Summer also brought a few changes, losing some coaches to University and other commitments. We thank them for their time and dedication training our divers. We are continually looking for a more diverse group of people on the committee to ensure divers from our beginners to adults are represented, so if you can spare a couple of hours, get in touch.

School Taster Session

Our divers are going from strength to strength and continuing to keep Star at the top of the leader boards.

We would love to attract more children by offering schools taster sessions.

If your school might be interested, please give Kirsty the details of the relevant person to contact.

kirsty@stardiving.org

BECOME A STAR COACH!

With the ever increasing popularity of diving, we are expanding our coaching team. We are looking for:-

Poolside Helpers (14+ yrs)

Level 1 Coaches (16+ yrs)

We will fund anyone interested to complete their Level 1 Qualification. The hours are flexible; and could coincide with your child's diving times or could flank their training if your child wants to step up themselves. It's a great way to grow communication and leadership skills and a fantastic addition to a record of achievement.

October Half Term

Holiday Course

Join Star Diving for a fun filled 4 days of diving!

Learn to Dive as a beginner OR develop your current diving skills with our qualified coaches!

29th Oct-1st Nov 4-5pm

Contact membership@stardiving.org for more info!



Club News

Survey Feedback

Thanks go to all the people that responded to our first survey. It was great to get your feedback and a better understanding where the club is doing well and where we need to focus our attention.

It was obvious that the majority think we are doing well as a club, the divers enjoy their lessons and the coaches do a great job in their teaching. This is a reflection on Kirsty and her team, thanks to them!

Some of you said we do not provide enough feedback on progress. As our lessons mostly run back to back, it is difficult for the coaches to give you their time. From this term, we will provide a report along with the gradings for every diver.

Also, several respondents said that Star don't do enough to listen and act on feedback. This survey is the start of that. Any feedback can also be sent straight to feedback@stardiving.org.

We have commissioned videos of our squad divers completing all dives, so our recreational divers can watch at home, something that was raised by several responses. Overall, our NPS score was 48, with a majority of people saying that they would recommend Star. This is something we intend to build on.

Committee News

For a long time, the club has not had a President, and it is with great pleasure that we have persuaded Andy Hewat to take on the role. Andy has a long history with the club, being head coach for a long period, with his daughter and son also being previous head coaches. He now works at the national diving level, organising and running competitions across the world! We welcome his experience and please say hi at our competitions or gradings.

Making a Splash with Exciting New Kit

Star divers always stand out from the crowd in their Club Kit but it is time to update their look to make it as sharp as they are.

You will be able to purchase new kit directly online and it will be delivered straight to your door. Items are made to order, so there will be a 7-week lead time from order to delivery, so don't leave it to the last minute!

In due course, log in details and a link to the online store will be available on our website.

Farewell and Welcome to our Coaches...

This Term we had to say goodbye to some of our well loved coaches. Anna, Celeste and Anya have all begun their university adventure, which is the reason for having to say goodbye to their weekly classes. We wish them all the best of luck at their respective Universities! You may see them around from time to time as they are still very keen to help out during the holidays when they have time off University. Be sure to say hello and ask how they are doing if you see them on poolside. We thank them for all the hard work they have dedicated to the club! We also say goodbye to Josh, who had been offered an exciting new job prospect with the work he does with musical theatre and dance. Like the others you may see him around on poolside from time to time, be sure to say hello and ask how he is doing!

We also welcome some new members to our coaching team! Will, Georgia and Laura have joined the Star Team and will be coaching weekly classes. All coaches currently dive or have been divers with the club previously. Please give them a warm welcome to our club and be sure to check in with them when you see them!

★ COMPETITION RESULTS ★

STAR DIVING CLUB COMPETITION

An excellent turn out and fabulous performances from all our divers coupled with a fantastic show put on by our Squad Divers!

Beginner 1

- Harriet
- Emma
- Holly

Beginner 2

- Benjamin
- Oscar
- Owen

Intermediate

- Max
- Noah
- Bailey

Advanced

- Joseph
- Rebecca
- Edward

Pre-Squad (9 & Under)

- = Abigail & Sophia
- George

Squad 1 (Pre Skills)

- Kitty
- Amy
- Charlotte

Squad 2 (Skills)

- Tegan
- Alex
- Liberty

B+ (Skills)

- Scarlett
- Alex



Regional Qualifiers

LONDON REGIONAL SKILLS

- | | | | |
|---|--|---|---|
| D Girls
Mia | D Boys
Felix
7 th George | C Girls
11 th Carrie
14 th Tessa | C Boys
Thomas
4 th Archie |
| B+ Girls
6 th Amy
Kotryna | | | |

S.E. REGIONAL SKILLS

- | | | | |
|---|--|---|--|
| D Girls
Annabella
Mia
Tegan | C Girls
Carrie
5 th Tessa
9 th Liberty | C Boys
Thomas
Archie
5 th Alex | B+ Girls
Scarlett
4 th Amy |
| D Boys
4 th Oliver | | | |

S.E Regional Age Groups

1m

- | | |
|---|--|
| D Girls
Annabella
Tegan | C Girls
Lily
Lyra |
| C Boys
6 th Thomas
7 th Archie | B Boys
Wilfred
4 th Johannes |

3m

- | | |
|---|--|
| D Girls
Tegan | C Girls
Lily
Lyra |
| C Boys
6 th Thomas
7 th Archie | B Boys
Wilfred
5 th Johannes |

5m

- | |
|------------------------|
| C Girls
Lyra |
|------------------------|



★ NATIONAL COMPETITION RESULTS ★

NATIONAL AGE GROUPS



High five to our team of five divers who competed at this year's Swim England National Age Group Championships at Ponds Forge in Sheffield.

In the D/C Girls 1m synchro, Lyra paired with Baye from Luton to claim **bronze**, edging out Lily and Caitlin by a whisker, who came fourth.

In the B/A Boys 3m synchro, Johannes and Wilfred dived well enough to secure joint **gold** - something rarely seen in synchro.

In the C Girls 1m, Lily claimed **bronze**, Caitlin was sixth and Lyra finished around the middle of the pack in 15th.

In the C Girls 3m, Lily impressed to win the **gold!** Lyra was fifteenth while Caitlin came 22nd. In the C Girls platform, Lily claimed her second **bronze** of the meet, Caitlin performed much better to finish sixth and Lyra was 17th.

In the B Boys 1m, Johannes won **silver** while Wilfred came 16th. In the B Boys 3m, Johannes claimed **bronze** and Wilfred finished 15th. In the B Boys platform, Wilfred made amends to his springboard performances by finishing fifth while Johannes came ninth.

NATIONAL SKILLS FINALS

Congratulations to our team of 10 divers who competed at this year's National Skills Finals, hosted by the South West Region, at the Plymouth Life Centre.

The club came away with two **silvers** and a **gold** - plus four other top 10s along with heaps of experience for those competing nationally at this level for the first time.

Oliver and Felix competed on the first day, coming 10th and 11th respectively in the D2 Boys.

Annabella, Tegan and Mia were first to compete on day two. Annabella came fifth in the D1 Girls - and was one of only a handful of divers in the event to score more than 300 points.

In the D2 Girls, one of the meet's largest events, Tegan dived sensationally to claim **silver** while teammate Mia impressed in ninth. Tegan's dive sheet was littered with nines, 9.5s and even a ten for her forward jump piked from poolside.

Thomas and Archie competed next, Thomas **won** the C1 Boys by a fair margin. His dive sheet also impressed, with a number of nines and two 10s for his forward tuck to pike roll from 3m. Archie, meanwhile, who narrowly missed out on a medal at last year's meet in Manchester, rose to the occasion here by securing **silver** in the C2 Boys.

In the B+ Girls, the other largest event of the meet, Kotryna, Amy and Scarlett came ninth, 11th and 16th respectively - all in the first half of the rankings.

Thanks to Jon and Karen, our volunteer chaperones over the weekend, for making it an enjoyable team trip for all concerned.



Divers of the Term

Learn to Dive



Squad



Well Done Joseph and Tegan!

Tegan has consistently pushed herself and worked hard this term which resulted in a fantastic result at National Skills Finals. Tegan has done very well in all her competitions this term and even took part in her first Age Group competition. She had stayed cool, calm and collected during all of these competitions and taken constructive feedback on each of them to learn for the next one. Tegan is a pleasure to teach and always has a smile on her face. She is willing to learn and trusts her coach. Keep up the good work Tegan - we have noticed your hard work this term and it is paying off!

Joseph has worked very hard this term and has been demonstrating some high-level diving in his classes. His hard work has paid off and he has passed level 10, the highest grade in our lessons program and has been invited to join Novice Squad! Joseph also demonstrated some beautiful dives at this year's club competition to win the advanced competition. The coaches were all very impressed by the standard of his diving and we look forward to seeing you progress in our Novice Squad!

Important Dates

SAVE THE DATE



Half Term
No Diving (Gala)
Last Week of Term
Half Term Course
Club Competition
Parent info evening

28th Oct – 3rd Nov
1st December
w/c 16th Dec
29th Oct – 1st Nov
Date TBC
Date TBC

Upcoming Competitions

Luton Novice Challenge
Bill Johnston Grand Prix
ESSA Schools Trials
Southampton Invitational
Peter Waterfield
Talent Games
Santa Skills
Luton Challenge
English Schools Finals

15th Sept
6th October
19th October
26th-28th October
9th November
15th-17th November
22nd-23rd November
22nd-24th November
8th December