

Star Diving Club Newsletter



Issue 01: March 2009

Happy Easter



The summer term dates are:

Monday 20th April - Sunday 19th July

Half term dates will be from Saturday 23rd May until Saturday 30th May.

Sunday divers, please note that due to a pool closure for a gala on Sunday 24th May this will be your half term closure and that Sunday diving will resume on Sunday 31st May. The pool is closed for a gala on Sunday 21st June and there is a deduction in the subscriptions for those affected.

Comment from the Chairman

This term has seen all of the divers working hard and having fun! We look forward to seeing you all next term.

As Chair of the Committee, I would like to congratulate the divers who have competed at last months competitions and achieved fantastic results at the 'Gavin Brown Love to Dive' in Southampton and the 'South East Regionals' in Crawley. We hope this will continue in the months to come, and hopefully we be able to take more divers to these novice competitions in the future.

We are taking 6 divers to the National competition in Leeds during the Easter

holidays so I am sure you will all join me in wishing them the best of luck.

In order for the club to continue to develop, we have been able to gain extra pool time from the Spectrum. This enables us to increase the number of opportunities for all divers and has been the result of much hard work. Thanks to all those who have been involved.

An extra big thanks to all of the committee, volunteers and coaches for all their hard work and commitment over the last year. They're all stars!

Debbie Latham (Chairman)

Notes for parents and guardians

1) Please can all parents regularly check their emails and the clubs notice board which is situated near the female toilets just passed the top of the stairs.

This is how we can contact you with any important information.

2) This year's **Picnic and Pool Party** will be held on **Saturday 13th June** it will be another fun afternoon for the Star Diving club members and their families to get together. The afternoon begins with games over at Stoke Park (opposite the Spectrum) followed by a well earned rest to enjoy our picnics.

Let's hope the British weather is a bit kinder to us this year and it is a sunny afternoon! Once we have all been fed and watered it is time to pack up and make our way over to the Spectrum to the diving pool where the fun in the pool begins. For those of you that have been before it is a great way to play silly team games and make friends and have fun with other members in the club.

We all really enjoyed this last year and we hope to make it even better this time around.

Further information will be sent out towards the end of April so remember to check your emails and let me, Louise McArthur, know if you are attending.

3) The **Club Competition** is on **Saturday May 16th 2 pm – 6pm**, you should have all received your letter (via email) inviting you to attend the clubs competition. It is a fun and relaxed afternoon for all members to experience a competition and a great opportunity to show family and friends what great divers you are! Deadline for entries are Sunday 12th April no late entries will be accepted.

4) **Parents Evening**. It was a great pleasure meeting you all at the parents evening on March 22nd, often poolside can be very busy and coaches are not always available to discuss individuals progress as the sessions run back to back.

Feedback from those parents that attended was very positive and we hope to hold a session at the end of each term. This will allow parents a specific time to discuss their child's progression and raise any concerns or queries with the head coach.

A member of the Clubs committee will also be present for any other queries. If in the meantime you have any queries or concerns please don't hesitate to contact Head Coach Jo Hewat.

Thanks,
Louise McArthur (Club Secretary)



Head Coach comments

A HUGE THANK YOU to all committee members for their hard work over the last year, the club is certainly moving from strength to strength and we wouldn't be in this position without you.

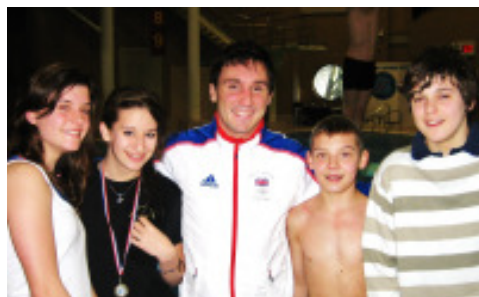
A massive thank you to all coaches, we have a great coaching team. This is starting to show by the results we are achieving at competitions.

Over the last year I have seen some great achievements from many divers and am so proud of them all. There is a great atmosphere within the club and a great sense of a team throughout all of the sessions. The team work demonstrated by those diving competitively is outstanding – something which all the competitive divers should be extremely proud of.

A special mention goes to **Hope Latham** and **Kirsty McMahon**. They are our youngest ever members learning to coach. They both possess something extremely special, seen in both of them when dealing with divers of all ages, and I have no doubt they will both become brilliant coaches in the future.

A divers committee has been set-up by Hope Latham. This will give all divers a chance to have their say from all of the different classes. What do you want to see happening in the club? What do you like? Do you have any problems at diving? Can we improve anything? Hope will be visiting your lessons, please feel free to talk to her.

Star Diving's divers were extremely proud to have their photo taken with Olympian Blake Aldridge at the 'Gavin Brown Love



Some Star divers with Olympian Blake Aldridge

to Dive Competition' on in Southampton. Blake was demonstrating some dives at the pool and stuck around to have his picture taken with many young divers. Blake won gold at the FINA Diving World Series in 2008 and partnered Tom Daley in the Men's Olympic 10m Synchronised diving event in Beijing last summer. Both are training hard for the London Olympics. 26yr old Blake started diving at the age of 5 and says his top tip is "to work hard, aim high and to never give up."

Divers are reminded that they must wear their club T-shirts at diving competitions.

See you next term!,

Jo Hewat (Head Coach)

Diver of the term

As Head Coach Jo will be nominating a 'Star Diver' of the term. Jo will be giving this award to the diver she believes has achieved the most both technically and personally. For the spring term 2009, this award goes to:

Isobel Carr



Competition results

Gavin Brown Love to Dive Competition Southampton

Chloe Silvey	Girls D	3rd
Paige Latham	Girls D	6th
Alex Vick	Boys D	6th
Isobel Carr	Girls C	2nd
Katharine Vick	Girls C	7th
Lain Smith	Boys C	8th
Hope Latham	Girls B+	
<i>Springboard</i>		1st
<i>Highboard</i>		1st
Sophie Edmead	Girls B+	2nd
Alex Bratza	Boys B+	
<i>Springboard</i>		2nd
<i>Highboard</i>		2nd
Sebastian Chaffe	Boys B+	5th

South East Regional Skills Crawley

Gemma McArthur	Girls D	1st
Isobel Carr	Girls C	4th
Joshua Raine	Boys C	4th
Kim Allen	Girls B+	7th
Hope Latham	Girls B+	2nd
Zoe Videan	Girls B+	8th
Connor Gardner	Boys B+	1st



Competition diary

4 – 5th April	National Novice Skills Finals	Leeds
18 – 19th April	GBDF Spring Masters	Leeds
16th May	Star Annual Club Competition (2pm – 6pm)	Spectrum
24 – 26th April	G Star Championships	Leeds
9th May	St Albans Dive In	St Albans
23rd May (TBC)	SCWPSA 1m Age Groups and 1m Junior and Senior Championships	Morden
26 – 29th May	British Junior Elite Diving Championships	Sheffield
13th June	Picnic and Pool Party (3pm - 7pm)	Stoke Park / Spectrum
20th June	Albatross Inter-Club Competition	Reading
3 – 5th July	The ASA National Age Group Diving Championships	Leeds

Membership update

Membership is currently standing at double the number of divers compared to this time last year and we have a lot of new and very enthusiastic members in the club.

During the Summer term we will be running additional beginners sessions on Wednesday, Thursday and Friday evenings as well as Sunday mornings. This will enable me to offer places to everyone on the current waiting list.

We have arranged two trial sessions during the Easter holidays to give potential new divers the opportunity to come and have a go. If you have any friends or family who have expressed an interest in taking up diving please get them to email me at star.diving@ntlworld.com or they can leave a message for me on the club mobile phone 07878 127852. Either way I will get back to them to book them in on one of the trial sessions.

Also, thank you to those of you who have been sending in payments promptly

before the end of each term. This helps hugely with administration and organisation. Please could I ask everyone to arrange payment promptly or to contact me if you have any problems. If you decide not to return I would be most grateful if you could let me know before the end of term so that I know which classes have spaces. As you will have read in Jo's letter that was circulated recently it is important that we keep membership at the highest possible levels.

I'll be trying to put names to faces over the next few months and look forward to meeting many of you at the club competition in May. In the meantime, do please contact me if you have any questions about membership or wish to discuss your subscription.

Polly Esplen
Membership Office
07878 127852
star.diving@ntlworld.com

Star Diving Coaching Team



Head Coach

Jo Hewat

ASA Qualified Diving Teachers



Fran Diaz



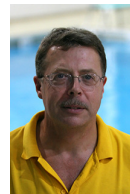
Neil Mitchell



Hatem El-Safty



Brian Mitchell

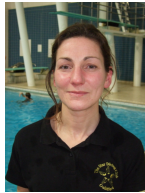


Charlie Dries



Stephen Hewat

ASA Qualified Assistant Diving Teachers



Jayne Parker



Daniel Edgar



Nicola McMahon



Kirsteen Mitchell



Tom Pollit

Poolside helpers



Kirsty McMahon



Hope Latham

Star Diving Club Committee Members

The committee members are all parents of current and ex-divers. Please feel free to speak to one of us if you have any questions.



Brian Mitchell
President



Debbie Latham
Chairman



Louise McArthur
Club Secretary



Nicky Edgar
Treasurer



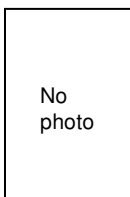
Joanne Hewat
Head Coach



Charlie Dries
Senior coach



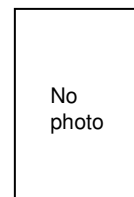
Polly Esplen
Membership officer



Angela Gardner
Welfare Officer



Debbie Gamble
Volunteer Coordinator



Claire Tucker
Fundraiser



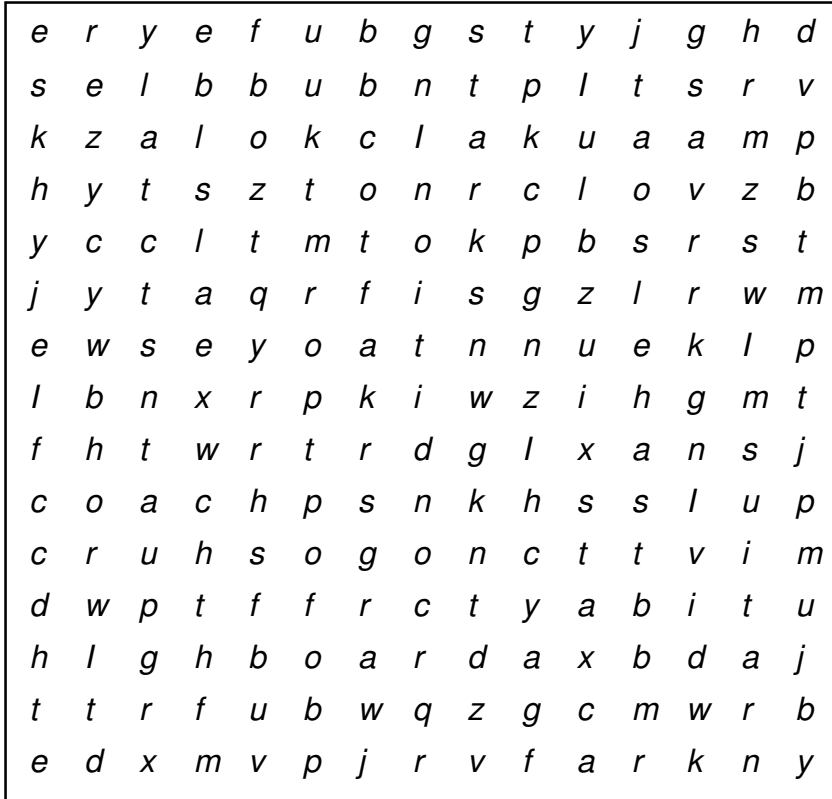
Francisco Javier Diaz
Competition Secretary



Clare Carr
Media officer

Fun and games

Diving Wordsearch



back	forward	springboard	tuck
bubbles	highboard	star	twist
coach	jump	straight	
conditioning	pike	stretch	
diving	splash	swimsuit	

Quiz

Can you name these dives from their codes? They're tricky!

- 101A - _____
- 203C - _____
- 201B - _____
- 301C - _____
- 307C - _____

Name the coach

Any idea who this coach is?

