



SPRINGBOARD!

STAR DIVING NEWS SEPT '11

Star Diving Club is an independent springboard and platform diving club based at The Guildford Spectrum Centre. We train on 1m and 3m springboards plus a 5m platform. Star Diving has ASA qualified diving teachers, is affiliated to the ASA and is an Active Surrey Silver Club. Find out more at www.stardiving.org



STAR DIVING'S NATIONAL CHAMPION!

Star Diving has recently enjoyed some fantastic national competition success. **Gemma McArthur** (13) won the girl's 1m Springboard Competition at the **British Gas English National Age Group Diving Championships** in Sheffield 7th July – 10th July.

This prestigious event sees up and coming talented divers compete for the national title in their age group. Clubs throughout England are invited to take part and divers have to qualify in their own region before competing in the finals.

Gemma achieved new personal bests in all three of her events and won gold with an impressive score of 211.50 in the 1m springboard event having performed well with six dives from a high tariff dive list. She finished 4th with a score of 176.40 in the 5 - 7.5m platform event, and narrowly missed the bronze medal in the 3m springboard event by 0.85pts, finishing on a score of 216.05.

Gemma attended the championships with three Star Diving team mates who also achieved fantastic results at national level. **Hannah Allchurch** (15) secured 10th place in her 3m springboard competition on 213.80 points and finished 19th in her 1m competition with 152.30 points. **Katie McArthur** (11) showed some good dives from the 3m board finishing 13th with a score of 122.85 and 21st in her 1m competition with 114.70 points. **Connor Gardner** (15) completed an extensive list of eight dives in the boys' 1m and 3m events. He finished 7th in both having scored 244.70 in the 1m event and 261.25 in the 3m event.

Gemma McArthur at the British Gas English National Age Group Diving Championships

"I am so proud of all our divers' achievements at the National Age Groups Championships. Their results are a great platform to build upon and to help push Star Diving forward,"
Stephen Hewat,
Head Coach.



Connor Gardner qualified for the finals with victories at the South East region qualifiers in May, where he finished first in the Boys 1m Springboard and 3m Springboard for his age group

MORE MEDALS FOR STAR DIVERS!

Star Divers bought home more medals after taking part in the Albatross Interclub 2011 competition in Reading on 18th June.

Outstanding dives by **Josh Raine** secured 153.50 points and a first place medal in the Boys 14/15 group. Meanwhile **Marco Rolandelli**, aged 11, came second in the Boys 10/11 age group with 133.10 points and **Mark Parrott** (11) took 8th place in the same group. **Ewan Sowik** (13) secured a highly respectable 4th place in the Boys 12/13 group.

The girls also did well in a very competitive field. **Isobel Carr** (aged 14) won 6th place with **Hayley Mitchell** (15) close behind in 9th in the girls 14/15 group. **Emma Leyden** (9) was 6th in the Girls 8/9 group with **Isabella Haward** (9) and **Annie –May Jazeel** (9) in 13th and 18th places. **Darcie Sowik** and **Erin Mitchell** (both aged 11) took 31st and 37th places in their class. Well done everyone!



First place for Josh!

CHAIR'S LETTER

I would like to welcome all our members back after hopefully, a relaxed summer holiday. Also I would like to very warmly welcome all our new members to the club. The club is run by a committee of volunteers, mainly divers' parents, we would love to hear from anyone interested or who has ideas for fundraising, new pool games for the pool parties, social events, sponsorship etc. Our club does rely on volunteers so any help will be most grateful.

We offer a range of club clothing, which is available to view on the website. I also have a number of items in the second hand box, which I will bring along to the club competition, all enquiries or orders please send to me. Orders normally take approximately 2 to 3 weeks to be delivered.

I look forward to seeing you all this term and meeting all the new members.



Debbie Latham, Chair.

LEVEL 1 COACHING COURSE

We will be holding a level 1 coaching course in October half term for anyone who is interested in becoming a diving coach.

The course is open to all members who are at least 16 years of age on 29th October 2012.

The course will, provisionally, run on the following dates:

Friday 21st October 4-9pm
Saturday 22nd October 9-5pm
Sunday 23rd October 9-5pm
Monday 24th October 9-5pm
Saturday 29th October 9-5pm

If you are interested in taking this coaching qualification and coaching for the club please contact Eileen on info.stardiving@gmail.com.

Autumn Club Competition

Guildford Spectrum on Saturday 19th November, from 1pm - 5pm.

A fun, friendly and social event open to divers of all sessions - from the absolute beginner through to the more advanced. Certificates will be presented to all participants and medals and trophies awarded to the podium winners.

The meet will also include a number of dive shows from some of the squad divers, and a raffle draw will take place during the afternoon.

Further information, including entry forms, will be circulated nearer the time.

PICNIC AND POOL PARTY



Our annual picnic and pool party took place on 11th June.

THANKS FOR YOUR SUPPORT!!

Guildford Lions recently donated an extremely generous £500 to the club. The Lions were particularly impressed with the levels our divers are reaching in competitions, and also with the fact that our teen divers can get further involved with the club as coaching assistants.

British Gas have given us £1000 for our ongoing publicity events to attract new members. One of these took place in July at Spectrum and we're planning another for this term.

A HUGE THANK-YOU to GUILDFORD LIONS and BRITISH GAS from all THE STAR DIVERS!

"The tug of war started the proceedings with the final between the Mum's and the Green Team. Despite all the other divers hanging on the end of the Green Team's rope, the Mum's still won through!! Other games followed, again with much laughter!! These included football between the knees (well done Hector for rolling along the ground and making headway for your team!), forward rolls with a tennis ball between the knees and the egg and spoon race (yes, raw eggs were used, but there was only one casualty!). When we left the park Yellow Team and the Siblings Team were joint leaders.

The pool games were competitive with everyone trying their best. The biggest splash was full of dive bombs and everyone looked like they really enjoyed it. It was then on to the smallest splash with one member of the Blue Team dived a perfect 10 (alas we didn't note your name, but you know who you are!!). The ping-pong ball in the bucket game looked really hard, with Steve giving the divers no easy target. Well done to Red Team who stormed through that round. Collecting the ping-pong balls caused some hilarity with blindfolded divers being directed every which way around the pool by their team mates. Blue Team won this round. The final round was how many somersaults you could do in a minute. Amazingly the Blue and Green Teams tied with a total score of 74 points each!

Overall the winning team was the Blue Team with 739.5 points. Second place was the Red Team with 732.5. Green Team came third with 728 points and the Yellow Team brought up the rear with 713. The spirit was competitive but with a real sense of teamwork and everyone enjoyed the day."

Julie Mullem

GOOD LUCK GEMMA!

Gemma McArthur has been offered a fantastic opportunity to train in the Elite squad at the Southampton Diving Academy, with a view to competing at the Elites and then internationally. This is the start of an exciting new journey for Gemma as she follows her dream of one day competing in a GBR swimsuit. She will continue to compete as a Star Diver until the end of the year.

We will, of course, continue to follow Gemma's progress closely and wish her the very best of luck in her future diving career.

"Gemma began at Star at the age of 8 years old. At this time the club was very small and she dived once a week for 45 minutes with Jo Hewat. To date she has won 13 gold, 8 silver and 3 bronze medals. This includes gold at National Age groups 2011 and bronze at National Skills 2009.

Gemma would like to thank her coaches, Jo Hewat, Neil Mitchell, Kirsteen Mitchell, Andy Hewat and of course Stephen Hewat for all their hard work and motivation."

Louise McArthur



