

# Join the club

Could the next Tom Daley come from Guildford? Well, the Star Diving Club are certainly giving it their best shot. Based at the Spectrum, this friendly group attracts both competitive and recreational divers, and new members are always welcome

**Name:** The Star Diving Club

**In a nutshell:** An independent spring board and high board diving club based at the Guildford Spectrum diving pool, their aim is to enable members to get the most they can out of diving based on their ability, time and commitment. There are two pathways for members to follow – recreational and competitive.

**Person interviewed:** Stephen Hewat

**Role:** Head coach

**Been a member for:** 'I joined the diving club 16 years ago as an amateur diver myself and am now a professional coach.'

**Joined because...** 'I was swimming at the Spectrum with my sister and the then diving coach asked us if we would like to give diving a go! Both my sister Jo and I went on to have careers in diving as a result, and Jo is now working for the Olympics.'

## When and why was the club set up?

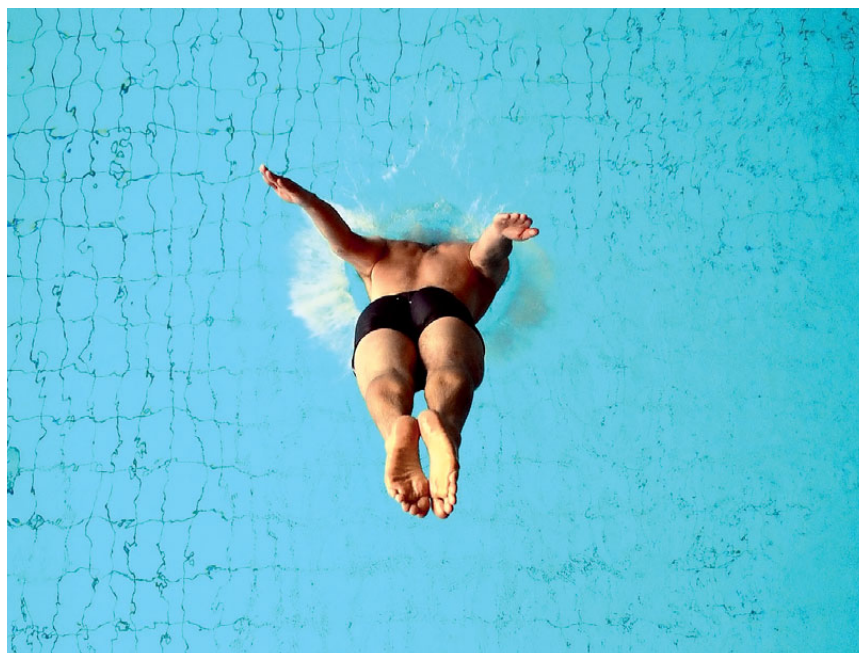
The Star Diving Club in its current form dates back to around 1973 when Wally Clark, a well known diving teacher at the time, and other volunteers began running a series of diving classes at the then newly opened sports centre in Guildford. The name of the club is said to have derived from a similar based diving club in Guildford some 50 years earlier.

## How many members do you have?

Around 150, mostly under 16 years of age, though there is no age limit at the club. They include 35 squad members who are chosen from our membership for their talent and commitment.

## Where and when do you meet?

We run sessions seven days a week at the Guildford Spectrum, with dry training at Woking Leisure Centre using trampolines.



## What's the best thing about being a member of the club?

Diving is an exciting sport with a rapidly rising profile in the UK and it's exciting to be part of that. Also, we are an ambitious, hard-working but very friendly club and our members have lots of fun!

## Do you find being surrounded by like-minded individuals inspiring?

I am proud of what our young members achieve and of their dedication. Some train up to five times a week but they are always happy to be here, giving their best.

## Have you got links with other clubs?

Diving is a friendly sport but it's always a good feeling when we compete – and win – against clubs that have a much bigger membership and higher profile than us.

## What's the most interesting story from the group's history?

One of our divers has been identified as a future GB athlete so was invited to train in Southampton with Olympic coach Lindsey Fraser.

## When is your next event that is open to the public/potential new members?

We always welcome new members – from complete beginners to gymnasts looking for a new sport to excel in. We also run Star Diving introduction courses at the Guildford Spectrum during the school holidays. They run over a week, with two-hour long sessions including fun diving-specific dry training and pool sessions. Look at our website (see below) for more details!

## Describe your club in five words...

We aim high and achieve!

■ For more information about joining the Star Diving Club in Guildford, pay a visit to their website at [stardiving.org](http://stardiving.org)

**NEXT MONTH:** We meet the members of the Reigate Zumba Club. Never miss an edition of *Surrey Life*, and make a great saving too, by subscribing to the magazine. For more details, visit [subscriptionsave.co.uk/Surrey](http://subscriptionsave.co.uk/Surrey)