

# Star Diving Club

February 2014



A rather belated welcome to the new term and the new year. It will be difficult to improve on last term as we had yet another storming term bringing home many medals and achieving some incredible firsts for the club. We have had the first diver ever achieve Level 10 having completed all the grades—very well done Amy Gervasio. Alfie Brown, Tilly Brown and Wilfred Johnson attended the Talent Games in Luton—again a first for this club. Alfie and Wilfred did brilliantly to become overall champions with

Alfie going one further and being selected for the National Talent Zone Squad. Also as many of you will have noticed we have our new website up and running and looking fantastic. On the website you will find all the latest news, term dates, competition reports, and information about other important events, as well as contact information. Another very important first for the club was the hosting of the inaugural Surrey Skills competition on 1st February at the club. This was extremely successful

and we won 3 gold medals.

We had a very successful club event on 30th November with over 60 divers attending. There were some spectacular displays by the more advanced divers with a very festive display complete with capes and santa hats!. We also managed to raise over £350.00 for the club. This will hopefully be another successful term with many divers upping their game and attending more challenging competitions. Good luck to everyone.

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# Competition Highlights

## National Age Group 11<sup>th</sup>-14<sup>th</sup> July-Sheffield

Just to round up some of the competition news that did not make it into the last newsletter. In July last year Star took seven divers to the National Age Group Championships in Sheffield which is one of the most prestigious junior meets of the year. The club had its most successful competition in over 40 years bringing home 5 medals with every diver finishing in the top 10 in at least one event. Alfie Brown managed to win a medal on every board and took home silver on platform and 1m and bronze on 3m. Lucy Maurer did brilliantly in a very competitive group to take silver on the 1m, and bronze on the 3m. Chloe Silvey produced the highest scoring dive of the event and finished in the top 10 for 1m. Josh Raine, competing at his first National Age Group competition was squeezed down to 5th, only 1 point away from bronze. Hayley Mitchell again competing for the first time at this level had a great competition and got 2 more top 10 places. Lucas Nunez, and Emma Shaw both had great competitions managing to beat their PB's.



## Surrey School 3m & Platform Championship—21<sup>st</sup> September 2013, Guildford



Star had yet more success in the Surrey Schools Championship held at the Spectrum winning a massive 32 medals, 13 of them gold. Hannah Allchurch won an astonishing 5 county titles, and Josh Raine was just behind taking 4 gold and 1 silver. Lucas Nunez won the junior boys and then went on to take 3 silver medals. Lucy Maurer came very close behind in the medal stakes taking home 4 silver

medals and a bronze. Hayley Mitchell also came away with 1 silver and 3 bronze medals. In the 8-10 years event, Tilly took the silver for the girls and Wilfred took gold for the boys. In the girls 11-13 year event Celeste Savage came 5th with Emma Shaw following in 6th with Anna Merlini in 7th. In the boys 11-13 years Meurig Puerto took silver and Eerick Cockin took

bronze while in the girls intermediates Abbie Brown won a bronze, as did Paige Latham in the senior girls. In the junior events 8yr old Tilly Brown and Wilfred Johnson did extremely well even though they were diving against Hannah Allchurch and Josh Raine.

## White Rose 12<sup>th</sup> -13<sup>th</sup> October—Leeds

Star had a hugely successful weekend at the white Rose Novice Invitational competition. White Rose is one of the top skills events attracting some of the best up and coming divers from the country. Star took 19 divers and came back with 2 gold medals, 2 bronze medals and a 4th and 5th place finish in the finals. Star finished 2nd in the team trophy beating five 10 m clubs and won the top coach of the meet. In the girls 8-9 event Tilly Brown was crowned White Rose Champion, with Naomi Townend in 15th place and

Felicity Cronin just behind in 17th. Lia Green competing in her first competition dived very consistently and came 24th. The second medal came from Ethan Clark in the boys 14-16 who took the bronze and achieved a PB. In the girls 12-13 Celeste Savage missed the final by a point in 7th place, with Anna Merlini just behind her in 11th, Lizzie Hanlon finishing in 21st, Hannah Woodford 30th and Olivia Silvey 36th. In the boys 10-11 Eerik Cockin and Meurig Peurto both achieving a PB's, did very well to come 24th and 26th respectively. Wilfred Johnson also managed a top 10 finish. Georgia Ad-

ams, competing for the first time did brilliantly to finish 8th in an enormous field and score the only 10 of the day. Issy Haward finished 30th with a PB. In the boys 12-13 Leon McHugh and Kobe Pringle, both relative newcomers to diving took bronze and 4th place. The last event was the girls 14-16. Again both girls dived really well, Paige Latham managing to hold her nerve on her dives to take gold by 20 points and Abbie Brown finished 5th.



## Southampton Invitational 26<sup>th</sup>-28<sup>th</sup> October—Southampton

The success continued when Star took Southampton Invitational by storm getting some fantastic results in the fist big meet of the season. This year star took 6 divers and returned with 1 gold and 2 bronze medals as well as 5 top 6 final finishers despite competing against several GB team members. Hannah Allchurch was the star, winning gold in the 16+ 3m, bronze on

platform, and coming 5th on 1m. Alfie Brown took bronze in the boys 11 and under which was a great achievement as he was recovering from a wrist injury. Lucas Nunez smashed his PB's on every board to make his first ever finals on both 1m and platform. Lucas managed to finish 5th on 1m and 6th on platform and just missed out of the medals on 3m coming 7th. Lucy Maurer took 6th in

the 1m beating several junior elite divers, and finished 5th in 3m. Emma Shaw did very well in the girls 11 and under finishing 10th on 1m and 11th on 3m. Chris Murray again competing at this level for the first time finished 11th on platform and 16th on 1m.



Hannah taking Gold for 3m.

# England Talent Games

Star had phenomenal success at the England Talent Games. This competition brings together the top 11 years and under divers to compete over 6 dry land and pool events. The best divers will be selected to join the England Talent Squad. Star were only one of two 5m clubs competing at this event. The team of 3 divers, Alfie Brown, Tilly Brown and Wilfred Johnson achieved some outstanding results winning 8 medals, 5 of them gold. Wilfred won gold in all 3 of his events and was crowned England Talent Champion for

his age group. Alfie Brown competed in the boys 10-11 and came away with a silver and 2 gold medals and was the clubs second England Talent Champion. Alfie qualified on all 3 boards for the knock out event which was a fun event and managed bronze on 1m and 3m and 4th on 3m springboard. Tilly also had a great event finishing first in the 1m event, and 4th in the pool to give her an overall 6th place. Since the event Alfie has been selected to join the England Talent Zone Squad. This is a 21 month program which

involves 7 residential training camps around the country. The first camp was 6-8th December at Southend which both Alfie and Stephen Hewat attended. Alfie's main concern at this early stage was when does he get his new kit.



## Luton Challenge 22<sup>nd</sup>-24<sup>th</sup> November



Star had a great weekend at the annual Luton Challenge Meet. This is the final event of the year and attracts Britain's best divers who then compete in the age groups they will be in next year. 6 divers returned with 4 medals and an additional 3 top 10 placings. Alfie was again star top performer, and dived as the England Talent champion he was, storming to victory in both his events. Alfie was the only diver in his age group to perform the difficult inward two and a half somersaults. Hannah Allchurch was competing in a star studded field in the girls 16 and over event with 9 other divers who have competed for Great Britain. She held her own to make the finals in both 3m and platform. She

finished in 9th on 1m and 5th in platform and 3m. Lucy Maurer competed in the same group to finish 14th and 15th on 1m and 3m and then pulled out some terrific dives to finish 9th on platform. Lucas Nunez was a whisker away from the finals and finished in 7th on both 1m and platform. He also finished 9th on 3m. Celeste Savage (12) who has only been diving a year was competing at this level for the first time and dived superbly to finish 15th on 1m and 20th on 3m in a huge field of over 30 girls. Emma Shaw also dived really well to finish 23rd on 1m and 24th on 3m in the same event

## Waltham Forest 24<sup>th</sup> November-Walthamstow

Star took 18 divers to compete in the Waltham Forest Invitational competition returning with 13 medals and 2nd place in the team trophy. TID divers Freya Kelly and Patrick Hanlon started the day off each taking gold in the under 8 age group. In the 9-10 age group Felicity Cronin took bronze, Isobel Bramsdén another TID diver finished in 5th, Imogen Ewer came 7th and Alex Casemore finished 9th. Tilly Brown (aged 8) diving in the 10-11 age group outclassed divers nearly 3 years older to win by a convincing margin of nearly 10 points. In the same group Ella Triggs came 8th, Georgia Adams 11th and for the boys 10-11 Meurig Puerto finished in the medals at 6th. In the girls 12-13 Celeste Savage was diving in the very competitive non-novice group and managed an excellent silver medal just 2 points away from gold. Charlotte Lacourarie, in her first competition managed a fantastic silver despite only starting to dive in the summer. Elizabeth Hanlon managed a medal in 6th place and Olivia Silvey finished 8th. Kobe Pringle dived brilliantly to take gold with a margin of over 20 points. Ethan Clark took gold in the boys 14-16 and Paige Latham took bronze in the girls 14-16 with Hannah Bindshedler taking 5th



## Club Competition 30<sup>th</sup> November- Guildford

The club competition was again a great fun event with over 60 divers competing from a variety of squads and recreational classes. There was some fantastic diving and wonderful displays from the some of the more advanced divers showing off their javelin dives and festive dives complete with Christmas capes and Santa hats.

**Beginner girls:** 1.Hazel Johnson, 2.Tia Dodsworth, 3. Natasha Tapster, 4.Jane McRae, 5=. Eloisa Symonds, 5=. Freya Sharp.

**Beginner Boys:**1. Yiannis Evagorou, 2. Oliver Clucas, 3.Adam White, 4. Jack Hobson, 5. Alex Dunne, 6. Sacha Down, 7.Dylan Robinson, 8= Zac Robinson, 8= Jack Keeble.

**Beninners 2 Girls:** 1. Tallulah Letts, 2.Isobel Woodward, 3.Sophie Wood, 4. Stella Gamski,

**Beginners 2 Boys:** 1=. Euan Ross, 1=Edward Couchman-Boor, 3.Louis Tappenden, 4= George Clark, 4= Patrick Page, 6 Thomas Hunt, 7= Gillon Gardiner, 7= Ben Hancock-Smith, 9. Douglas White, 10. Jamie Pascall, 11. Christopher Lynch

**Intermediates—Girls and Boys:** Michael Young, 2.Emily Wolfenden, 3. George Emerson, 4. Thomas

Phillips.

**Advanced Girls and Boys:** 1. Anya Urban, 2.Jena Millington, 3. Alice Down, 4. Robert Morgan, 5. Thomas Young.

**Squad 1—Girls and Boys:** 1. Rachel Tapster. 2. Scarlett Winter, 3. Archie Johnson 4. Matilda Dodds, 5. Lily Chandler.

**Squad 2—Girls and Boys:** 1 Freya Kelly, 2. Patrick Hanlon, 3. Wren Sablich, 4. Charlotte Lacourarie, 5. Georgia Adams, 6. Anna Wilson, 7, Isabel Bramsdén, 8. Ella Triggs, 9. Meurig Puerto, 10. Imogen Ewer, 11. Alex Casemore, 12. Hannah Swiney

**Squad 3- Girls and Boys:** 1. Celeste Savage, 2. Elizabeth Hanlon, 3 Ethan Clark, 4. Abbie Brown, 5. Tilly Brown, 6. Olivia Silvey.

The event was a great fundraiser for the club raising over £350 for the club. Congratulations to Jason Bramsdén who won the Golden Pot.

# Divers of the term

**Amy Gervasio**– Last term Amy became our first ever recreational diver to complete all 10 star levels. A fantastic achievement. Congratulations Amy.

**Hannah Allchurch**- After a diving accident involving hitting her head on the board Hannah has come back stronger and better, achieving an amazing 1st place finish on 3m at Southampton Invitational against 3 divers who have dived for Great Britain.



## Some dates for your diaries

Grading week	1st March-6th March
End of term for lessons	6th April
Half term holiday course	18th Feb– 21st Feb
Easter holiday courses	8th April-11th April 14th April-17th April

# Diving Courses

**Term time, half term and holidays.**

## **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)

## **Holiday Courses**

Star Diving Club are running fun recreational springboard diving courses during the holidays. Whether you are a complete beginner or an improver, these courses will be suitable for you.

The four day course will include each day:

1 hour of fun dry land flexibility work, dry land diving skills and quiz's, followed by 1 hour of diving in the diving pool. The course runs from 3pm-5pm each day

Divers must be able to swim and be confident in deep water.

## **Easter Holiday**

**First week: Tuesday 8th April to Friday 11th April**

**Second week: Monday 14th April to Thursday 17th April**

For more information, or to book a place on any of our courses please email our Membership officer, Jo, at: [membership@stardiving.org](mailto:membership@stardiving.org)

You can also visit our website to find out more about the club:

[www.stardiving.org](http://www.stardiving.org)

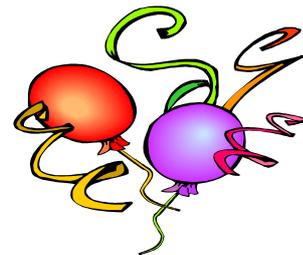
## Adult Diving Courses

Adults—have you been watching Splash—and been inspired to do a great deal better? Come along to the adult lessons on Sunday night 7-8pm and learn how to “not do Splash”

Two squad dads have recently joined the class despite scare stories of nose bleeds, sprains, bruises and motion sickness. Although pike ups and touching ones toes are theoretical concepts to some, by the end of the first session they were really falling with style from both 1m and 3m (verified by the coach) and having been rather nervous to begin with can't wait for week 2.



## Pool Parties



As parents we are all struggling to come up with new ideas for parties so why not try a diving party. All the children need is to be able to swim confidently in deep water (without goggles), and have a little bit of nerve.

The party is for a maximum of 12 children and includes the private hire of the pool with a lifeguard and a level 2 coach. Members £135.00.

Non member £150.00



# 200 CLUB

Congratulations to Manjit Sukram who won last terms 1st Prize of £100.00 and Wendy Lucas who won the 2nd prize of £50.00.

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.

## 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	Ella Millington
Fundraising	Tracy Adams
Publicity	Kate Hanlon
Competition Secretary	Francisco Javier Diaz
Treasurer	Tim Savage
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](http://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**– club kit can be ordered through Debbie Latham at [clothing@stardiving.org](mailto:clothing@stardiving.org) . 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](http://gllsportfoundation.org)