



Spring 2020 Newsletter - Committee Welcome

Belated happy New Year to all our divers and their supporters! Thanks also to everyone who attended the information evening. This is something we will be doing at least once a year to ensure you know how the club operates, listen to your feedback and report our successes. The club has yet again succeeded at the national level, and it is only by your continued support that we can do this. Thanks to you all. Cooky.

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 school 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.

February 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!

February 18th-21st 4-5pm

Contact membership@stardiving.org for more info!



Club News



Information Evening

A couple of weeks ago we held our first ever information evening at Guildford Spectrum. This was paired with a free fun session in the diving pool for the club's divers. This well attended evening was an opportunity for the club to present its structure and give everyone a common understanding of how the club works and the sport of diving. We also had our President, Andy, give a potted club history, which showed how much the club has grown over the years. It was great to hear your questions and socialise with you all. We hope that those who attended enjoyed the evening and now have a well rounded view of the club and the sport.

The presentation from the evening is available on the club website for those that couldn't attend.

We are also planning to have a summer social, date to be confirmed, but if anyone is willing to help organise catering and activities, please reach out.

Committee News



Unfortunately, two long standing members of our committee have decided to step down.

Kate has had various roles over her years with Star, the last being that of Charity Officer. She will be missed in this role and her guidance on all club matters.

Tim, our treasurer, has also hung up his calculator. Tim has worried about our finances for many a year and has guided us to be financially stable, allowing the club to keep supporting our divers at all levels.

Thanks to both for all their time and energy.



One to Ones and other Offers

Did you know we offer **one to one sessions**?! If your child is struggling with a certain skill or works better in a one to one setting rather than a group then why not try our **one to one classes**. These classes run for half an hour and you get the coach all to yourself. You can ask the coach to work with you on a specific skill or be guided by the coach as to what you need to work on. These can be booked as a one off session OR booked for the term. One offs are £35 a session or if you book for the term we offer this at a **discounted** rate of £20 a session. That's £15 off the usual session price!

Do you have another potential diver in the family? Did you know we offer a **sibling discount**?! If you have two children diving at the club we offer you a **10%** discount on their fees, if you have 3 children or more children diving with us then we offer you a **20%** discount. Bring the family down to give it a go!

COMPETITION RESULTS

Luton Novice Challenge

D Girls
 4th Tegan
 4th Mia

D Boys
 6th Felix
 6th Isaac

C Girls
 8th Liberty
 12th Carrie

C Boys
 5th Archie
 7th Finn
 8th Alex

B+ Girls
 Amy

B+ Boys
 Joel
 Kotryna

Bill Johnston Grand Prix - Amersham

F Girls
 6th Martha (Grp 4)

E Girls
 5th Abi (Grp 4)
 5th Harper (Grp 3)

E Boys
 10th Leo (Grp 4)
 10th James (Grp 4)

D Girls
 4th Rebecca (Grp 3)
 7th Daisy (Grp 4)
 9th Amy (Grp 3)
 10th Lizzi (Grp 3)

D Boys
 4th Pietro (Grp 4)
 4th Isaac (Grp 3)

C Girls
 4th Natalia (Grp 4)
 4th Rebecca (Grp 3)
 5th Lexi (Grp 3)
 9th Charlotte (Grp 3)

C Boys
 10th Joseph (Grp 3)

B+ Boys
 Alex (Grp 2)
 Joel (Grp 2)



Pete Waterfield Novice Invitational

C Girls
 14th Liberty
 14th Carrie
 17th Tessa
 26th Rebecca

C Boys
 5th Alex
 11th Finn
 14th Leo

B Girls
 Amy
 5th Kotryna
 9th Scarlett

Santa Skills Ho - Ho - Ho

D Boys
 6th George; 6th in prelim
 8th Felix

C Boys
 Archie; 4th in prelim
 6th Alex; 3rd in prelim

C Girls
Clean Sweep!
 Carrie; 4th in prelim
 Liberty; 1st in prelim
 Tessa; 2nd in prelim

B Girls
 7th Amy; 1st in prelim
 8th Kotryna



Southampton Invitational

1m

D Girls
 10th Tegan
 12th Mia
 22nd Annabella

C Girls
 4th Lyra; 2nd in prelim
 6th Lily; 4th in prelim

C Boys
 14th Archie

B Boys
 13th Wilfred



3m

D Girls
 11th Mia

C Girls
 Lily; 5th in prelim
 5th Lyra; 3rd in prelim

C Boys
 18th Archie

B Boys
 9th Wilfred

B Girls
 15th Amy

Platform

C Girls
 Lily; 2nd in prelim
 12th Lyra

B Boys
 8th Wilfred



COMPETITION RESULTS – Cont.

Luton Challenge C Girls

1m

13th Mia
18th Tegan

3m

15th Mia

Talent Games - Leeds

Dryland

Annabella

14th Mia

Pool

10th Mia

20th Annabella

Overall

6th Annabella

14th Mia



English Schools Swimming Association

SE Regional
Qualifiers

Girls

Primary

Tegan

6th Annabella

Girls

Junior

Caitlin

Lyra

Girls

Intermediate

Amy

Boys

Intermediate

Wilfred

Boys

Senior

Johannes

National Finals
diving as South-
East

Girls

Primary

8th Tegan

Girls

Junior

Caitlin

7th Lyra

Girls

Intermediate

13th Amy

Boys

Intermediate

5th Wilfred

Boys

Senior

4th Johannes



And finally....

News of international success – many congratulations to Johannes, who has just become the South-African national age group champion in the A category on 1m springboard, 3m springboard and in the mixed Synchronised springboard competition 👍



What a fantastic few months for our squad divers

Well done to all; you should be very proud

The Club Are!!!!

Keep it up

Divers of the Term

Learn to Dive



Squad



Well Done Georgia and Alex!

Every term the coaches meet and discuss nominations for diver of the term - one from our squads and one from our learn to dive lessons. Coaches are looking for divers who may have overcome a specific skill or fear or a diver who is consistently trying their best, is motivated every session and has great attendance.

Georgia has impressed the coaches this term by overcoming her fear to dive off of the 3m board. Georgia had previously had lots of trouble with this and had even had 121s to try and conquer this fear. This term we have seen Georgia doing a number of different dives off of the 3m board and have noticed her confidence improve. Georgia is a perfect example of not giving up on something that you want to achieve, even if you are scared!

We have chosen to give this award to Alex for a number of reasons. Firstly Alex's attendance is near perfect, it is very rare he is late and he is always keen to volunteer to help out the club. Secondly, Alex consistently works hard in both the pool and dryland, especially this term where he has improved his strength and conditioning in dryland. Alex's diving as a whole has improved greatly this term and he is always trusting of his coach when he is asked to learn new dives. It is evident that Alex really loves the sport and it is lovely to see his hard work paying off. Keep up the good work Alex!

Important Dates

SAVE THE DATE



Parent info evening	18 th Jan
Half Term	17th – 23rd Feb
Half Term Course	18 th -21 st Feb
Club Competition	29th Feb
Last week for grading	w/c 16 th March
No Diving (Gala)	Sun 22nd March
Last Week of Term	w/c 30 th March
Easter Course	14th-17th April

Upcoming Competitions

Surrey Skills	25th Jan
Armada Cup	15 – 18 th Feb
GBLTD	16th Feb
Stingray Skills	15 th March
Surrey 1m & Schools	7th March
East Region Skills	22 nd March
SE Age Groups	25, 26th April, 3rd May
SE Skills	23 rd May
NSF	17-19th July
NAGs	4-7 th June