

# STAR news

2024



## Armada Cup podiums-a-plenty!!

4 Golds, 3 Silvers & 5 Bronze  
See page 2 for the full article, or for a full breakdown of the results online [click here](#)>



## Coaches needed

**Come and coach with us!**  
We're looking for new Level 2 coaches, please contact us if you're interested: [kirsty@stardiving.org](mailto:kirsty@stardiving.org)

## Doing Star Diving Club proud, down at the Gavin Brown Love to Dive 2024

**Congratulations** to our team of 16 divers who competed at this year's **Gavin Brown Love To Dive competition** at the Quays in **Southampton**. With medals up for grabs to the top six in each event, **more than half our team here made their way to the podium afterwards**. Each event features six rounds: three dives from 1m and three dives from 3m. In E Female (8/9 years), Pollyanna and Lucy got the team off to a good start by coming fourth (145.60) and sixth respectively (127.80).

In D Female (10/11 years), Elodie claimed the gold on 149.75. In D Open, Oliver won the event on 152.80 and Barnabas was fifth on 132.15.

In C Female (12/13 years), the biggest event of the competition with 29 divers, Sophie was fourth on 159.55 and Lucia sixth on 155.75. Martha came eighth on 152.45, Willa 12th on 146.80, Jamie 13th on 145.90, Emily 27th on 114.00 and Louisa – who has just moved up to novice squad – 28th on 112.55.

In B+ Female (14/16 years), Mable claimed the bronze on 170.75, Amy-Jules was fifth on 163.10 and Katarina came eighth on 143.10. James won the B+ Open event on 168.40.

The detailed results are available [click here](#)>

## Congratulations to all the divers!

*\*The competition is named in memory of Gavin Brown, a former City of Leeds Diving Club and Southampton Diving Academy diver who died aged 22 following a hit-and-run incident in 2007.*



## In other news...

**Three coaches have gained L2!** Justine, Juliet, & Felicity have all passed their **L2 Coaching** qualifications with flying colours!

**Congratulations** to all 3 of them, No doubt you'll have seen them all poolside sporting L2 sized grins, (\*and maybe a bit of extra 'swagger' 😄)



## We welcome Mylo!!! Star Diving's youngest ever TID recruit

We're thrilled and overjoyed to announce the arrival of Star Diving's newest TID member – **Mylo Ray White** who was born on 9th February. **Coach Laura** is doing.... [read more](#)>

## Remember we're a charity!

Star Diving Club is registered with **easyfundraising**, which means over 7,000 brands will now donate to us for **FREE** every time you use **#easyfundraising** to shop with them. These donations will help SO MUCH, so please sign up to support us – it's completely **FREE** and doesn't take long. To sign up [click here](#)>





# COMPETITION RESULTS

## We had a "Groovy" Armada Cup in Plymouth!

Well done to our team of eight divers who travelled to the South West to compete at this year's Armada Cup competition.

Hosted by Plymouth Diving at the Plymouth Life Centre, this four-day open club meet features events for age group and elite junior divers.

The top six from the morning and lunchtime prelims went through to the finals later in the day. A few events here were run as straight finals.

On the first day of competition, Alex got the team off to a great start by winning the Group A (16/18) open age group 3m on 294.70. In the Group B (14/15) open age group 3m, Leo was fifth in the prelim on 236.05 and took the bronze in the final on 112.80. In the Group D (9/11) female age

group platform, Lily came third in the prelim on 144.00 and claimed bronze in the final on 84.20. Tegan won both the prelim and the final of the Group A female age group 1m, scoring 279.15 and 110.95 respectively.

Day two began with Alex competing in the Group A open age group 1m, claiming the silver on a score of 268.35. In the Group B open age group 1m, Leo was ninth in the prelim on 212.75. In the Group A female age group platform, Tegan came fourth in the prelim on 219.65 and went on to take the bronze in the final on 108.10. In the Group C (12/13) female age group 1m, Sophia was second in the prelim on 196.30 and finished sixth in the final on 64.20. Florence came 20th in the prelim on 148.00. In the Group B/A (14/18) open 3m synchro, Alex paired up



For a full breakdown of all competition results online [click here](#)



with Max Goodwin (Dive London) and claimed the silver on 193.14. In the same event, Leo teamed up with Luke Raggett (Dive London) and came fourth on 189.12.

Day three started with Caitlin competing in the Group A female elite junior 3m event, coming 16th in the prelim on 283.90. In the Group B open

**"The team came away with 4 Golds, 3 Silvers & 5 bronzes! PLUS 3 top 6 final finishes!"**

\*That's quite an achievement, for a small 5m club!

bronze in the final on 98.80. Florence came ninth in the prelim on 158.30. In the Group A female elite junior 1m, Caitlin ranked 14th in the prelim on 297.85 (which was inside the 1m entry standard). In the Group D female age group 1m, Libby was third in the prelim on 139.90 and Lily fourth on 131.25. In the final, Lily claimed the bronze on 84.60 and Libby was a whisker behind her in fourth on 84.45. Ending four busy days of competition, Sophia and Florence paired up for the Group D/C (9/13) female 1m synchro and claimed the silver on 173.46.

The detailed results are available [click here](#)



age group platform, Leo was seventh in the prelim on 194.95. In the Group C female age group platform, Sophia was second in the prelim on 188.35 and won the final on 124.30. Florence ranked ninth in the prelim on 163.50. In the Group D female age group 3m, Libby was second in the prelim on 144.45 and Lily fourth on 132.40. Lily won the final on 101.60 and Libby came fourth on 83.70.

On the last day, Sophia and Florence competed first in the Group C female age group 3m. Sophia was second in the prelim on 185.10 and took the





# COMPETITION RESULTS contd.

## East Region Skills 2024

Congratulations to our team of 13 divers who competed at the **East Region Skills** competition in **Southend**.

This was the first opportunity for our divers to try to qualify for this year's **National Skills Finals** to be held in mid-July, in Southend.

Our skills divers competed at the first regional skills event of the year on the **24th March**. We took a team of 13 divers to Southend who were the hosts of this year's East Regional Skills Championships. This was the divers first chance to try and make their qualifying points for the National Skills finals in the summer.

First up was **Polly** in girls Group E event. Polly dived beautifully to win the event with a fantastic overall score and qualifying her for the nationals later this year! Next up was the group D divers, **Barns** and **Elodie**. This was both these divers first time competing at this level, and they gained valuable competition experience and showed off some

impressive dives to finish 5th and 9th respectively. The biggest event of the day with 36 divers was girls group C. We had 6 divers in this event with the following placing's **Lara** 29th, **Jamie** 23rd, **Willa** 11th, **Sophie** 9th, **Lucia** 4th and **Martha** 3rd! **Martha** showed off some very consistent diving to place on the podium in such a large event in her first skills competition. We were very proud of all the other 5 girls with each diver scoring 7 or above in at least one of their dives! To finish the day we had our group B girls **Mable**, **AJ**, **Scarlet** and **Isla**. The girls were very impressive in this event and came 15th, 3rd, 2nd and 1st respectively. **Star** took home the **1st, 2nd, & 3rd** to round up the day with **AJ**, **Scarlet** and **Isla** all making their points to attend Nationals in July! **Well done** all divers who competed! We are so very proud of all the divers and we hope everyone enjoyed the day and gained valuable experience at this level of competition.

The detailed results are available [click here](#)



Flo and Sophia went to Z- Camp in Southend



Lily and Alex went on DiSe Camp in Birmingham

## Z Camp in Southend

**Sophia** attended her 6th Z camp and **Florence** her 2nd in Southend in March this term. **Florence's** camp focused on refining the back and reverse technique and dives, and **Sophia's** focused on platform run ups and handstands. Both divers worked very hard and were honoured to work with some amazing coaches from all across the UK.

## DiSe Camp in Birmingham

This term we have had 4 divers on England Talent squads and Pathways. **Lily** and **Alex** had their second and last DiSe Camp in Birmingham which focused on their competition lists in preparation for the upcoming competition season. They also had access to a variety of workshops from the Swim England's psychology, physio and S&C team. **The DiSe programme** provides a comprehensive syllabus to support 17/19yr old athletes to achieve their full potential within the NGB talent pathway, as well as their future career. Successful completion results in a prestigious recognised qualification worth **64 UCAS points**.





COMPETITION RESULTS contd.

Surrey ASA Diving Skills



Jan 2024 - Guildford

Well done to our team of 17 divers who got the new year competition programme underway with some great performances and results at the Surrey County ASA Diving Skills Competition at Guildford Spectrum.



Some of our divers here have only just moved up to squad level and were representing the club 'externally' for the first time.

Lucy got the team off to a solid start in the first session by winning E Female (8/9 years) on 141.70. Also competing in session one was Elodie, who claimed the gold in D Female (10/11 years) on 148.95.

In session two, Barnabas won D Open (10/11 years) on 147.75 and Oliver Blandford-Gange took the Surrey silver on 130.90. Meanwhile Oliver Halliday won the Surrey gold in the C Open (12/13 years) on 135.40.

In C Female (12/13 years), the biggest event of the meet with 24 divers, the results were split afterwards into C1 (12 years) and C2 (13 years). In C1, Lucia claimed the Surrey gold on 135.35 and Emily took the Surrey silver on 127.60. In C2, it was one, two and three on the podium for our divers. Willa claimed gold on 146.30, Jamie the silver on 145.70 and Martha a bronze on 144.85.

In the fourth and final session, which featured Group B (14/15 years) and Group A (16/18 years), it was another one, two and three on the podium for our team. In B Female, Amy-Jules won the event on 149.80, Katarina claimed the silver on 140.25 and Mable the bronze on 138.30.

Riley, who has just moved up to novice squad, was fourth on 126.45. In B Open, Eddison claimed a Surrey gold on 117.45. In Group A, Ava won the Surrey gold in the female category on 129.15 and James the gold in the open category on 138.90.

Any idea who from our team got the highest 'raw score' in the competition (three judges' scores added together, before being multiplied by the degree of difficulty)? Amy-Jules scored 25.50 for

an impressive V-sit hold on poolside. Emily was right behind her, scoring 25.00 for her pike jump from poolside.

There was friendly competition from outside Surrey this year from 'guests' Amersham Swimming Club, Havering Cormorants Diving Club, Luton Diving Club, Maidstone Diving Team and Tunbridge Wells Diving C.

The detailed results are [click here](#)



For a full breakdown of all competition results online [click here](#)

**New Squad costume**  
Ask Lottie for more details:  
[lottie@stardiving.org](mailto:lottie@stardiving.org)  
**£45 online [here](#)**

We are excited to announce our upcoming **Holiday Diving Course** during May half term, open to all divers from beginners to advanced:

**Half Term Holiday Club**

Learn to dive as a beginner, OR develop your current diving skills with our qualified coaches. \*No prior diving experience needed.

**Dates: 28th -31st May (3.45pm - 4.45pm)**  
(£65) to book please get in touch:  
[membership@stardiving.org](mailto:membership@stardiving.org)

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

Registered Charity no: 1166005

# WOOHOO BABY news!! \*hm, hmm editor regains composure.

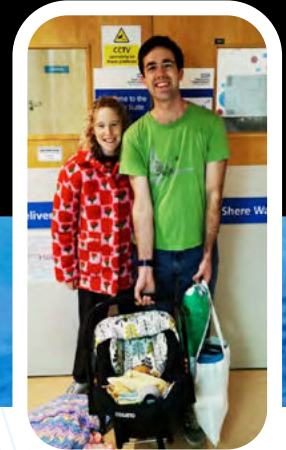


**EDITOR'S NOTE:** Well it's not every day is it, one of our **longest serving and most valued coaches AND our Treasurer** have a baby!?! We are so thrilled to announce **Laura & Simon** had a beautiful baby boy!! Simon penned us this lovely note:

*"We are Happy to announce the arrival of Star Diving's newest TID member - Mylo Ray White who was born on 9th February. Coach Laura is doing amazingly well and recovering brilliantly. Mylo's tuck shape is beginning to come through but still a little floppy so he'll be working on his core exercises in due course. Thank you to everybody for their support, advice, gifts and wonderful cards - you have all been unbelievably thoughtful and kind. Looking forward to bringing him down poolside for some cuddles soon - and well done to those who managed to guess his name in advance!!"*

Kind regards,

**Simon White"**  
Star Diving Treasurer



## Forthcoming comps:

Put these dates in your diary for 2024:

- April 20-21: East Region Age Groups, Southend (SS2 4FA)
- May 5-6: South East Region Age Groups, Southampton (SO15 1BA)
- May 18: South East Region Skills, Tunbridge Wells (TN4 9TX)
- June 27-30: Swim England Diving National Age Group Championships, Sandwell (B67 7EW)
- July 13-14: Swim England Diving National Skills Finals, Southend (SS2 4FA)
- Oct5-6: East Region Club Championships, Southend (SS2 4FA)
- Oct 26-28 (TBC): Southampton Invitational, Southampton (SO15 1BA)
- Nov2-3: Talent Games, Leeds (LS11 5DJ)
- Dec8 (TBC): English Schools National Diving Championships, Venue (TBC)
- December 14: Santa Skills, Sheffield (S1 2BP)

For talent trials, squads, coaching, school tasters or competition selections, please contact Kirsty: [kirsty@stardiving.org](mailto:kirsty@stardiving.org)

## Committee updates

### Equipment

One of the most renowned pieces of equipment in Star's arsenal, the TiVo (video replay system) is almost back up and running. We've had to purchase a new TV and will be replacing some vital circuitry to get it back to 100%.

### Class Rates & Fundraising

The Spectrum have again increased their pool hire and lifeguard rates. This is expected to have an impact on class costs across the club in the near future

While we do our best to keep costs down the club cannot achieve this indefinitely without your help.

That is why we are setting up a **Star Fundraising group**.

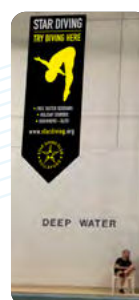
If you would like to be a part of this or even contribute ideas, then please get in touch by the 3rd of May. This group is expected to have an adaptable schedule to suit members.

### Committee openings

Two of our long-standing committee members Claire Maytham (Secretary) and Jon Smith (Charity Trustee) are stepping down this July.

Thank you sincerely to both these individuals for dedicating their time and effort to Star!

If you would like to get involved with the committee with either of these two opportunities drop me an email: [Stuart@stardiving.org](mailto:Stuart@stardiving.org)



We're pleased to have finally updated the club banner (albeit in design mockup form until the man with the grown-up equipment can get the old one down and measure it). For now you'll have to do with a computer render showing how it will look.