

# STAR news

2023



## Star Comp was a "fab" afternoon

See **page 4** 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**

## Competitions bring out the "Star Spirit"

Star's divers have been busy with the competition season this year and have achieved some fantastic results. The age group divers began the season by participating in the **Southampton Invitational** in October, and some of them competed in this category for the first time. The divers performed exceptionally well and brought home four medals.

The skills divers, started their season at the **Peter Waterfield Novice** in Southampton in November.

In the **London Legacy Open**, **Caitlin** made her debut in the Elites. Despite facing a tough field of seasoned elite divers, she scored an impressive 13th place in the Group A girls 1m competition. We are excited to see her confidence grow in the future.

We went to Sheffield's **Santa Skills** competition, a fun event for novice and skills divers. Our team members did well with, many of them competing for the first time after joining our talent programme a year ago.

At the Swim England **Talent Games**, Star's three divers, **Libby, Florence**, and **Lily**, performed exceptionally well and achieved fantastic results, ranking 4th (Flo), 11th (Lily) and 14th (Libby). Florence has now been selected to join **Swim England's Team Z squad**, which is the first step on the Swim England Diving talent pathway. This opportunity will allow her to participate in seven weekend training camps over a 20-month period. Florence follows in the footsteps of her Star teammate, Sophia, who was selected in last year's Talent Games and has been attending camps throughout this year.

**Congratulations to all the divers!**



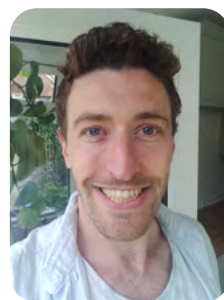
Barnabas came home with a **1st place**



Libby, Florence, Lily and Kirsty at Talent Games

## A foreword from our <sup>(new)</sup>Chairman

*"I am thrilled to step into the role of Chair for our beloved Star Diving Club. Together, we will build upon our remarkable foundation, embracing innovation, inclusivity, and excellence. I envision a club where coaches thrive, divers excel, and triumphs are celebrated. Let's write a new chapter, fueled by passion, dedication, and unwavering guidance, creating an environment where all divers can flourish."*  
**Stuart Johnson - Star Diving Chairman.**



## Annika welcomes Louise to the fold

It's with great sadness and thanks in our hearts as we say farewell to the Star Diving Club stalwart, organisational lynchpin and all round getter-of things done, Annika Llewellyn-Smith after 3 years in the role. She will be replaced by Louise (Lou) Turner.

## 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**

## New Rec kit release!



We are happy to announce that we will be able to offer all new diving costumes and trunks for our **recreational divers** from next year. Our order is currently in production and we will have costumes available to buy from the club in the new year. There will be two different back options available for the costumes and 1 design of trunks. If you'd like to be one of the first to get your hands on a costume please get in touch with Lottie via [clothing@stardiving.org](mailto:clothing@stardiving.org)

## Forthcoming comps:

Put these dates in your diary for 2024:

**January 20:** Surrey Skills, Guildford (*GUI 1UP*)

**February 10–13:** Armada Cup, Plymouth (*PL2 3DF*)

**March 22–24:** G Star, Leeds (*LS11 5DJ*)

**March 23:** East Region Skills, Southend (*SS2 4FA*)

**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 (TBC):** Swim England National Age Groups, B'ham (*B67 7EW*)

**July 13–14 (TBC):** National Skills Finals, Southend (*SS2 4FA*)

Other dates for your diary:

**New Term: 2 January – 28 March**

**Half Term: 12–18 February**

**Half Term holiday course: 12–15 February**



## Committee updates

The Club Committee of Star Diving Club serves a crucial role in aiding the club's smooth operation, growth, and success. Comprising a set of dedicated individuals, who all volunteer their time, the committee's primary responsibilities encompass: strategic leadership, coaching support, member engagement, public relations, compliance and governance. In essence, the club committee serves to bolster Star Diving Club's thriving environment for athletes, and staff. We would like to thank everyone for their dedication to making the club work. If you feel that you can contribute your experience to the running of the club, please don't hesitate to contact our chair, Stuart: [chair@stardiving.org](mailto:chair@stardiving.org)

## Members

**Chair:** Stuart Johnson (*new*)

**Treasurer:** Simon White (*new*)

**Secretary:** Claire Maytham

**Charity Lead:** Jon Smith (*outgoing*)

**Marketing:** Luke Welvaert (*new*)

**Kit:** Charlotte Johnson

**Trustees:** Russell Johnson

Fran Diaz

For talent trials, squads, coaching, school tasters or competition selections, please contact **Kirsty**:

[kirsty@stardiving.org](mailto:kirsty@stardiving.org)



# Competition results

We've had some excellent results in all our early season competitions this year. We owe our success to our amazing squad coaches, head coach **Kirsty**, and coach **Laura**, who have trained our divers so well and ensured they achieve their best results. The club is incredibly proud of all our divers who have represented us so well in every competition.

## Southampton Invitational

- D Girls 3m:** Florence 2nd 🥈 Lily 5
- D Girls 1m:** Florence 5, Lily 6
- C Girls 3m:** Sophia 9
- C Girls platform:** Sophia 3rd 🥉
- B Girls 1m:** Tegan 1st 🥇
- B Girls platform:** Tegan 8
- B Girls 3m:** Tegan 1st 🥇
- A Girls 3m:** Caitlin 6, Eva 11
- A Girls 1m:** Caitlin 5, Eva 9
- C Boys 1m:** Leo 6
- C Boys 3m:** Leo 3rd 🥉
- C Boys platform:** Leo 5
- A Boys 1m:** Alex 3rd 🥉
- A Boys 3m:** Alex 6
- A Boys 1m:** Alex 5

## Peter Waterfield Novice

- E Girls:** Pollyanna 5
- D Girls:** Sophie 12
- C Girls:** Katarina 17, Abigail 4
- B+ Girls:** Isla 9, Scarlet 4

## London Legacy Open

A Girls 1m: Caitlin 13th

## Talent Games:

- Dryland:** Florence 5, Lily 13, Libby 17
  - Pool:** Florence 6, Lily 8, Libby 9
  - Overall:** Florence 4, Lily 11, Libby 14
- The girls made it to the knockout rounds in 1m, 3m and platform. **Libby got perfect 10s** in her 3m round, which was fantastic!



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



# Smashing it in Sheffield

Spreading starlight in the city of steel again.

On the weekend, of Sat 9th December a mini-bus of divers, coaches and chaperones headed to Ponds Forge for **Sheffield Diving's 2023 Santa Skills Competition**.

It was a great fun event, and well done to all the divers. For some of our team, it was their first competition since starting diving in our TID programme just under a year ago!

## Santa Skills Results:

- Boys Mini E:** Barnabas 1st 🥇
- Girls Mini E:** Lucy 8th
- Girls E:** Pollyanna 10th
- Girls C:** Martha 22nd, Katarina 26th
- Girls D:** Sophie 11th, Elodie 16th, Lucia 31st
- Girls B:** Isla 3rd, 🥉 Scarlet 4th, Mable 12th

Thanks to coach **Laura**, who, at 7 months pregnant coached all 11 divers for the entire day, and also to our chaperones who kept the kids safe, watered and entertained (as well as drove them up and down to the competition in awful weather conditions!) The divers and team were up at 6am for breakfast and training and after 12 hours competing or spectating in the pool, finally left to drive the 5 hours home around 7:30pm eventually returning back to the Spectrum for around midnight shattered but elated.





# December's Star Comp

was a "Fab afternoon" for divers and families alike.

On **Saturday December 2nd** the entire club turned up it seemed, divers young and old, parents, grandparents and friends, came to take part and support our divers in the **Annual Club Competition**.

**Thankyou so much** to all the behind scenes committee members, volunteers and helpers that brought it all together and enabled our star divers young and old show us their considerable talents and exactly what

our hard earned has been teaching them. I don't know about you, but as a parent of a diver, I like to know my hard-earned equates to tangible family talent.

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



We are excited to announce our upcoming **Holiday Diving Course** during February 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: February 12-15 (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)

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