

Sheffield Diving Newsletter



Information for members of the Sheffield City Council Diving Programme & the City of Sheffield Diving Club

February 2011

COMPETITION NEWS

BRITISH GAS NATIONAL CUP 2011

10 Sheffield divers competed in the British Gas National Cup in Southend from 28th-30th January. The team won a total of 4 medals, comprising of three golds, won by Monique, Megan and Nick and one bronze medal won by Tom. Megan and Clare also produced two close 4th place finishes in their finals.

Women's 1M - Clare C 11th

Women's 3M - Clare C 4th

Women's HB - Monique G GOLD, Megan S 4th

Women's HB Synchro - Monique G & Megan S GOLD

Men's 1M - Tom O BRONZE, Nick RB 5th, Ben Swain 7th, James M 8th, Freddie W 12th, Max E 13th, Ashton H 15th

Men's 3M - Ben S 5th, James M 6th, Ashton Hall 11th, Tom O 13th, Freddie W 14th, Max E 20th

Men's 3M Synchro
Nick RB & Chris M - GOLD



2011 NER GRAND PRIX - LEG 1 RESULTS

Girls Group D Skills - Holly C 5th, Holly C 7th, Scarlett M 8th, Tillie W 11th, Molly B 12th, Olivia J 13th, Lauren M 20th

Girls Group D 1metre - Charlotte G - SILVER, Matilda RK BRONZE

Boys Group C Platform - Jordan H - GOLD, Cameron BC BRONZE

Girls Group C HB - Rhian H 5th

Girls Group B HB - Georgia D BRONZE

Mens Open 1 metre - James M 7th, Freddie W 8th, Max E 11th, Ross H 13th, Elliot B 15th

Men's Open HB Synchro - Ross H & Elliot B 4th

Womens Open HB Synchro - Catriona F & Jade S SILVER, Channein L & Millie H BRONZE

UPCOMING INTERNATIONAL SELECTIONS

Following the British National Cup, Megan, Monique, Nick & Ben, have been selected to represent Great Britain at the following international events:

Russian Diving Grand Prix - Nick, Monique & Megan

European Diving Championships - Monique & Megan

FINA Diving World Series - Russia & China -

Nick, **Sheffield & Mexico** - Nick, Ben & Monique

USA Diving Grand Prix - Nick, Ben & Monique

2011 NER GRAND PRIX - LEG 2

27 divers competed at the second leg of the 2011 NER Grand Prix at Ponds Forge on Saturday 5th February. Sheffield won over a third of the medals by winning 13 in total. Gold medals were won by James Milton, Miriam Hide, Cameron Brooks Clarke and Nathan Giles, who were all crowned Yorkshire Champions in their respective events.

Men's Open 3M - James M - GOLD, Ashton H - BRONZE, Freddie W 5th, Ross H 8th, Max E 10th, Elliot B 17th

Women's Open 3M - Clare C - SILVER, Jade S 7th, Channein L 8th

Boys Group A 3M - Bradley L - BRONZE

Girls B 3M - Georgia D - SILVER, Fern H 5th, Molly B 6th

Boys Group C 1M - Cameron BC - GOLD, Jordan H 4th, Hayden L 5th, Harvey T 8th

Girls 12/13 yrs Skills - Miriam H GOLD, Sophie D SILVER, Harriet H - BRONZE, Lucia LC 14th

Girls Group C 1M - Louisa R - BRONZE, Sarah L 4th, Chloe B 5th, Millie F 8th, Tia M 10th, Rhian H 11th

Boys Group D 3M

Bron Jenkinson BRONZE

Girls Group D 3M

Charlotte G - SILVER, Matilda RK 4th

Boys 12/13 yrs Skills

Nathan G GOLD



2010 SOUTH YORKSHIRE SPORTS AWARDS

The 2010 South Yorkshire Sports took place on Wednesday 19th January, at the English Institute of Sport. The awards celebrate the best achievements in community and professional sport in South Yorkshire. The City of Sheffield Diving Club won the award for Top South Yorkshire Club, showcasing the Clubs fantastic achievements in 2010, which include 49 National medals and 16 National titles. Megan Sylvester was a finalist in the Junior Female Athlete of the Year category, in recognition of her performances at the 2010 European Championships, Youth Olympic Games & Junior World Championships.

2011 CLUB AWARDS - The City of Sheffield Diving Club staged its annual awards evening on Friday 14TH January at Farm Road Social Club. The Club awards celebrated a great year of achievement for the City of Sheffield Diving Club.

- Volunteer of the Year** - Sheli Aldred
- Male Senior Diver** - Nick Robinson-Baker
- Female Senior Diver** - Monique Gladding
- Male Junior Diver** - Freddie Woodward
- Female Junior Diver** - Megan Sylvester
- Novice Diver** - Sarah Leach
- Age Group Diver** - Cameron Brooks-Clarke
- Most Improved Diver** - Clare C & Millie H
- Masters Diver** - Silke Fraser
- Top Coach** - Tom Owens
- Special Achievement of the Year** - Ross Haslam

Certificates for the following COSDC FUN Club Awards were also presented - **Best 6 pack** - Brad Linley, **Bravest Diver** - Catriona Fraser, **Best Role Model** - Clare Cryan, **Most Wipe Outs** - Louise Wood, **Worst Swimwear** - Tom Owens, **Hardest Worker** - Millie Fowler, **Sports Personality** - Elliot Beeden.

SAFEGUARDING CHILDREN COURSES

Ponds Forge is running two Safeguarding & Protection Children courses. This is the recognised workshop for coaches & volunteers, paid or unpaid, who work with children and young people, and those with designated roles in relation to children. COSDC Chaperones are required to complete this workshop. The courses are:

- Wednesday 9th March 2011, 7.15pm - 10.15pm
- Tuesday 5th April 2011, 7.15pm - 10.15pm

More info and how to book on is available on the Ponds Forge website at www.ponds-forge.co.uk/

DIVING HOLIDAY CAMPS

The Council Diving Scheme is running 2 diving holiday camps in February half term. These camps are for complete beginners and include dry work (e.g. dry boards) and learning basic diving skills. The camps are for children aged 6 years & above. The cost is £15.00 per camp. If you are interested in enrolling, please contact Nikki for an application form at Nikki.Smith@sheffield.gov.uk. Please pass this information onto family & friends. Children can enroll on both camps if they wish to.

Camp 1 - Monday 21st & Tuesday 22nd April
15.30-17.00pm (both days)

Camp 2 - Wednesday 23rd & Thursday 24th April
15.00-16.30pm (both days)

2011 ACTIVE KIDS VOUCHERS

The Club is taking part in the Sainsbury's Active Kids project to buy equipment featured in the 2011 Active Kids catalogue. Vouchers are available to collect from 9th February to 31st May. The Club is aiming to collect 4000 vouchers to purchase a medicine ball stand, medicine balls and swiss balls.

SUMMER SHUT DOWN PERIOD

The diving scheme will shut down for the National Age Group & Youth Swimming Championships, which take place at Ponds Forge from 21st-July 31st 2011. We encourage families to try and take their summer holidays during this time if possible, as not to miss the August training period.

2011 COMMITTEE MEETING DATES

All meetings will be held at 7.15pm in a meeting room at Ponds Forge. Meeting dates are - 7th March, 3rd May, 4th July, 5th September, 7th November, AGM - 11th December

CHANGES TO 2011 NATIONAL AGE GROUPS

It has been agreed by the ASA Technical Committee to eliminate Group E from the ASA Age Group National Championships. 8-11 year olds will be allowed to dive on 1 metre and 3 metre and 9, 10 and 11 year olds will be able to compete on 5 metre, to ensure that only the top Group E divers will compete at National Age Group Events. This change in conditions brings the event in line with the GB Junior Elite Diving Championships conditions.