

Sheffield Diving Club Newsletter

April 2008 Edition 2



Competition News

2008 Beijing World Cup

Olympic places were qualified in the Men's 3m Synchronised event by Ben Swain and Nicholas-Robinson Baker and by Hayley Sage with Tandi Gerrad, her synchro partner from Leeds in the Women's 3m Synchronised event. Jodie McGroaty and Ben Swain qualified Great Britain's only Men's and Women's individual 3m springboard place by fantastic performances on the final day. A special Congratulations goes to Ben and Nick who finished a remarkable 4th place in the Men's 3m Synchro, just missing out on a bronze medal by 2 points. GB now has spots for 14 divers to compete at the Beijing Olympics - doubling the number of spots acquired for the Athens Games in 2004. China, Germany, Russia and the USA are the only other Nations to qualify at least one spot in ALL of the diving disciplines. Sheffield divers must now compete for places at the Olympic trials on the 21st & 22nd June at Leeds.

Armada Cup - Team Winners!

Sheffield divers dominated Plymouth diving pool on the 15th - 17th February to take home the 2008 Brewin Dolphin Team Trophy. The team amassed 9 bronze, 8 silver and 12 gold medals to win the team trophy by 140 points. A big THANK YOU to the team chaperones, Sheli Aldred, Linda Sylvester and Alan Richards for all their hard work over the weekend. All the results from the 2008 Armada Cup can be found at: www.plymouthdiving.com/

North East Region Leg 3

Full results from the North East Region Leg 3 at Harrogate on Saturday 8th March can be found on the clubs website.



National Age-Group Results

Channein Francis 1m 1st, 3m 1st, Emily Westry - 1m 5th, 3m 5th, HB 9th, Clare Cryan - 1m 1st, 3m 1st
Elliot Beeden - 1m 9th, 3m 8th, HB 5th, Ben Hames - 1m 10th, 3m 11th, HB 8th

Aachen International Youth Meet

Well done to all the Sheffield divers who competed in Aachen against a tough junior international field including Canada, Russia, Ukraine and Italy: Sam Hydes - Boys B HB 5th
Megan Sylvester - Girls B Platform GOLD, 3m 10th
Asthon Hall - Boys Group B 1m 11th, 3m 27th, HB 7th
James Milton - Boys B 1m 6th, 3m 21st, HB 10th

G-Star Team Winners... again!

The City of Sheffield Diving Club won best team against 14 clubs from across the country at the 2008 G-Star Championships last weekend. The team which won at total of 9 gold medals amassed a winning score of 532 team points. Well done to Cameron Brooks-Clarke, Qais Butcher, Hannah Talbot and Christopher Parsons for their performances at their first Age-Group meeting. Congratulations goes to Ashton Hall who won the *Diver of the Meet Trophy* which is voted for by the event coaches for his fantastic performances. Results are available at www.diveleeds.com.

Coaching News

- On the 15th and 16th March four Sheffield coaches, Ian Keighley, Nikki Smith, Vikki Bishop and Amy Green completed their British Weightlifting Leaders Certificate. The award is equivalent to a Level 1 Coaching certificate and teaches resistance training methods, such as weight training, power lifting and callisthenics.
- Nikki Smith attended her first Senior Meet - Moscow Grand Prix, 10th - 13th April.
- Adam Sotheran will be attending the FINA World Series Leg 2 in Sheffield 24th-25th May and the Rostock Grand Prix on the 6-8th June.

Fundraising

We raised £915.00 at M&S in March. This was a tremendous effort from all divers who attended and they all worked extremely hard all day. We had a fantastic turnout but unfortunately we were double booked and could not get on all of the checkouts..... however this did not dampen the spirits it just made everyone more determined to do well.

We have been offered two more days with Marks & Spencer's, so please put Saturday 13th December 2008 in your diaries, and as soon as the committee have chosen another day, we will let you know.

Merchandise

All merchandise is available to order from Linda Sylvester at andyndlinda@sky.com or [07928851178](tel:07928851178)

Parents Corner - Scoring

In competitions, divers are awarded points up to 10 by each of a panel of judges. Each member of the panel scores a dive based on the elements of approach, take-off, flight, execution and entry into the water. The highest and lowest marks awarded are disregarded, and the scores from the remaining judges are added together. This score is then multiplied by the degree of difficulty (or 'tariff') of the dive, which is based on the number and types of maneuvers attempted, such as somersaults, pikes, tucks and twists.

FINA stipulates the following scores for a dive:

- Completely failed 0 Points
- Unsatisfactory $\frac{1}{2}$ to 2 points
- Deficient $2\frac{1}{2}$ to $4\frac{1}{2}$ points
- Satisfactory 5 to 6 points
- Good $6\frac{1}{2}$ to 8 points
- Very good $8\frac{1}{2}$ to 10 points

FINA Diving World Series 2008 24-25th May

See the world's best divers in action in Sheffield at Ponds Forge on the 24-25th May. Sheffield is part of the three-part FINA Diving World Series, which also takes place in Mexico and China. The top 8 world ranked divers will go for honours in individual and synchro events on the 3m Springboard and 10m Platform. Come along and support Sheffield divers Ben Swain, Nicholas Robinson Baker, Jodie McGroaty and Hayley Sage who will be competing for Great

Britain in the springboard events. Tickets are on sale now and available to purchase from www.britishswimming.org

Saturday & Sunday

Adult Day Ticket £10
Child Day Ticket £5

Weekend Ticket

Adults £15
Child £7.50

Competition Procedures

The club's events organiser Dawn Milton is currently trialling an emailing communication system, in which competition information and letters are sent out to divers/parents via email. So far this system appears to be more effective as letters were getting lost by hand. In order to do this effectively Dawn has collected an email directory. Should your email address change then please inform Dawn immediately. Also if you do not have access to email or don't check it very often, again please make Dawn aware of this and she will ensure you receive hard copies of all correspondence. See the club's website for information on coach's expenses at competitions. Please also check the competition calendar on the notice board for upcoming competitions and be aware of the different entry procedures for different levels of events which can be found under the competitions section of the club's website.

Upcoming Competitions

Hydro Novices

10th-11th May, Harrogate
(TID, Regional Novice)

ASA Elite Junior Diving Championships 2008

27th - 30th May, Leeds

National Skills

5-6th July, Plymouth

Contacts Us...

Head Coach - Nikki Smith

nikki.sheffielddiving@yahoo.com

Secretary - Rachel Green

RachelGreen251@aol.com

Diving Development Officer - Helen Inglis

Helen.Inglis@sheffield.gov.uk

Sheffield Diving Club Newsletter

Diver Profile

Name: Megan Sylvester

Coach: Adam Sotheran

DOB: 4th July 1994

Height: 4ft 11ins

First GB selection year: 2005

Sporting successes:

2007 3m and HB Elite Jr Champion

2008 3m and HB 3rd junior at British Championships

Member of the British Diving Junior Development programme

2008 Gold medal on HB at Aachen International Meet

Sporting hero's: Laura Wilkinson and Jane Smith

Favourite pool and why: Ponds Forge it's my home pool and Camo in Canada because they have music under the water

Biggest Influence: My family and my coach Adam Sotheran

Ultimate Ambition: 2012 Olympics and to win gold on platform



Fundraising Organiser

Hi everyone, I'm Suzanna, Channeins mum, I have taken on the role of fundraising for the club. Thanks for all your support at the Open Day in December, and to all of you who bought a calendar. We hope to make the 2008 Open Day even more fun and successful as we have 10 months to prepare.

I hope to do some more bag packing sessions to raise funds, and also raffles and sponsored events. I'm new to fundraising myself and would be interested to hear any ideas you may have, and any fundraising activities you would like to see happening. There are larger funding opportunities I will be exploring this year, and one of the criteria for these type of funds is showing we can raise our own money, which we are starting to do well. I'm also interested to hear if anyone has unwanted gifts etc. we can use for prizes. It doesn't matter how small they are, as we can have different types of raffles at different events. Likewise if anyone works for a company which might sponsor us in the way of a prize donation, or in any other way, please let me know. We can print them an advert in the newsletter and put up posters at events for them.

The main thing we can **ALL** do is pull together to help the club, and we already have a strong foundation which can easily be built on. The future of our club looks bright and I will do all that I can to help our team become the best, you can contact me via email: dnbsuze@hotmail.co.uk or approach me personally. If you are not sure who I am please ask, you will often find me in the gym!

DATES FOR DIARIES

Competitions:

2009 Armada Cup 18-22th Feb

2008 Southampton Invitational
25 - 27 October

Bag Packing:

Saturday 13th December 2008

XMAS Party:

Yes I know this is early, but this year no one can say we have not prepared for it.

**FRIDAY 19TH DECEMBER
2008 - FARM ROAD SPORTS
AND SOCIAL CLUB.**

Tickets will be on sale later on in the year (don't want anyone to loose them now do we)

