



City of Sheffield Diving Club Information Pack

2011

www.cityofsheffielddiving.co.uk/



Welcome to the City of Sheffield Diving Club (COSDC)

Welcome to the City of Sheffield Diving Club Information Pack, designed to provide you with all the information you need to know about the Club when you first join. The Club is the competitive outlet for the Sheffield City Council Diving Training Scheme and provides divers in the programme with an avenue to compete. We are one of the top diving clubs in the country, catering for divers on the first step of the competition ladder through to Senior International level.

Club Achievements

Members of the City of Sheffield Diving Club have represented Great Britain at every Olympic Games since the 1992 Barcelona Olympics. COSDC divers have claimed medals and titles at European, Commonwealth, World and Olympic level. In 2004 Sheffield diver Leon Taylor won a silver medal at the Athens Olympic Games in the Men's platform synchro event. The Clubs Junior, Senior and Masters Teams regularly compete on the International diving circuit and we have coaches on junior and senior Great Britain squads.

In 2008 the Club was awarded the Swim 21 'Performance Club' accreditation, supporting its position as one of the top diving clubs in the country. The Swim 21 accreditation is the national 'Quality mark' for diving clubs and recognises that they are committed to providing safe, effective and quality services for the benefit of their members.

Membership Information

The Club has members of all ages and abilities. To join the Club divers pay an annual membership fee. There is also an optional associate membership available for parents and committee members. Chaperones are required to become associate members of the club in order to chaperone on any club trips. Club membership forms and payment should be posted to the COSDC Treasurer annually.

Membership Subscriptions for 2011

Membership fees are aligned with the prices set by the Amateur Swimming Association (ASA), the English National Governing Body for Aquatics.

Category 1. FULL/COMPETITORS MEMBERSHIP £90.00

Category 2. ASSOCIATE MEMBERSHIP £25.00

Monies paid for annual membership includes registration as appropriate with:

- ASA
- GBDF (Masters)
- NERASA (North East Region ASA)
- Sheffield & District
- Yorkshire ASA

Annual Subscription also includes:

- Insurance with the ASA
- Monies towards Coaches expenses at competitions (travel and accommodation)
- Administration costs (stationary and postage)
- Equipment
- Annual Audit of Accounts



Competitions and Entry Procedures

Regional Events

The 'Syd Boothroyd' NER Grand Prix (ASA Yorkshire Championships)

The Amateur Swimming Association North East Region maintains the two sub-regions of Northumberland and Durham Counties Swimming Association and the Yorkshire Swimming Association. The North East Region Grand Prix is held annually by the ASA North East Region Association and incorporates the Yorkshire Championships and the Northumberland and Durham Championships. There are three categories of events:

- Skills Finals (Novice level)
- Age Group Championships (Age Group level)
- Open Championships (Junior Elite and Senior levels combined)
- Synchronised 3metre and Platform (open to age group and open divers)

All divers that can meet the criteria are expected to compete in the NER Grand Prix annually. The event is spread across three 'one day' competition days and a 'Top Club' trophy is awarded to the club accumulating the highest points across all categories.

Entry Procedure: The Events Coordinator / coaches distribute the competition entry forms to the divers. The completed entry form and payment should then be posted by the diver directly to the Meet Organisers address detailed on the entry form.

Club Invitational Competitions

The City of Sheffield Diving Club attends the following events annually.

Age Group & Junior Elite combined events:

- Southampton Invitational (October, Southampton)
- Luton Kingfishers Challenge (November, Luton)
- Armada Cup (February, Plymouth)
- G-Star Championships (April, Leeds)

Skills (Novice) events:

- White Rose Novices (October, Leeds)
- Shipley Novices (Bradford)
- Hydro Novices (Harrogate)
- GBDF Novice/Intermediate Championships (Various venues)

Entry Procedure: Coaches provide a list of the divers eligible to compete to the Events Coordinator, who then distributes selection letters to the divers. The Events Coordinator then enters the divers on a Club entry form once payment for entry fees has been received. Cheques should be made payable to 'C.O.S.D.C'. The club will then send off a club cheque to the organising Club. None local events will usually be chaperoned trips.

Masters / Novice Masters events:

- GBDF Masters, Dutch Open Masters, Irish Open Masters, LEN European Masters

Please note that this list is not exhaustive and that there may be additional competitive opportunities. In addition, the club may choose not to attend a competition in order to prioritise National or International events.

National Events

The Amateur Swimming Association (ASA) is the English National Governing Body for diving. The ASA organises National championships for Skills, Age Group, Junior and Senior Elite levels of diving competition. The Great Britain Diving Federation (GBDF) is an independent, voluntary organisation that organises Novice and Masters events.

Types of National Events

- **ASA National Championships/British Championships** - For divers who are capable of performing the FINA senior list of dives, regardless of their age group to a high standard. The UK's leading divers compete at this level Nationally, for the opportunity to be selected for the Senior Grand Prix Circuit and major LEN (European Governing Body) and FINA (World Organisation) events.
- **ASA Junior Elite Championships** - For junior divers who are able to perform the FINA list of dives required for their age group to a high level. The UK's leading juniors dive at this level nationally, for the opportunity to be selected for the Junior International competition circuit, European Junior and World Junior Championships.
- **ASA National Age Group Championships** - Aimed at divers who are capable of putting together a comprehensive dive list, usually from 2-3 different board heights. Also aimed as a stepping stone for those looking to perform at Elite Junior level.
- **ASA National Skills Finals** - Formerly the National Novice Championships. Aimed at divers taking the first step to competitive participation. To compete at this level, divers must be capable of completing level 6 of the ASA Diving Awards Scheme.
- **GBDF Masters Championships (Spring, Summer and Winter events)** - Aimed at divers competing in Novice Masters and Masters categories.

Entry Procedure: For all ASA National events it is the divers' responsibility to download the entry form from www.swimming.org/. Follow the link from the 'Calendar' tab at the top of the home page, then enter 'Competitions' then 'Diving' in the event type and the month and year. Then select 'Filter Events' and scroll down to the required competition. Entry forms must be completed and sent directly by the diver to the ASA before an official deadline date. A late entry fee of £30.00 will be enforced if entries are received after the deadline. Confirmation packs and entries can be viewed at this site after the closing date.

Coach's expenses at competitions

In most cases any team competition that is not local will be chaperoned, such as the Southampton Invitational and Armada Cup. This means that the divers travel and stay together as a team and are looked after by appropriately trained chaperones (club parents or guardians). In this instance the costs for the coaches and chaperones needs to be covered. The club makes a considerable contribution towards each attending coach and the remaining costs are split between the number of divers competing at that competition. In the case that a none local competition is not chaperoned, then coaches' expenses are split between the number of divers competing. Again the club makes a contribution to the coaches' expenses. The coaches' expenses cover accommodation, travel and meals.

Parents / Guardians wishing to chaperone at competitions must have ASA CRB clearance, Safeguarding and Protecting Children training and are required to be members of the club in order to be registered to the ASA. Interested parents should contact the Events Coordinator or Child Welfare Officer.



COSDC Committee

The City of Sheffield Diving Club is organised by a dedicated committee of parents, who are elected into post at the annual general meeting held each year. Club members are welcome to attend committee meetings and meeting dates and venues are displayed on the notice board and club website. The Club is always on the look out for volunteers to assist with committee tasks, in particular help with organising fundraising and social activities. If you would like to get involved then please contact the Club Secretary or the appropriate committee member.

The 2011 COSDC Committee

Committee Position	Committee Member	Role & Responsibilities
Chairperson	Russ Preece	Chair meetings and be responsible for key decision making and leadership
Secretary	Gayner Smallwood	Assists the Chairperson to plan meetings and deal with the club's correspondence
Assistant Secretary	Christine Cryan	Supports all duties of the Secretary
Head Coach	Nikki Smith	Plans and co-ordinates training and competitions
Assistant Coach	Nigel Mills	Supports all duties of the Head Coach
Treasurer & Memberships	Sheli Aldred	Manages the club's accounts and finances. Collects and manages club memberships.
Events Co-ordinator	Lynne Bingle	Co-ordinates team travel, itineraries and accommodation at competitions and camps
Competition Organiser	Dawn Milton	The lead in organising competitions run by the Club, assisted by other committee members
Merchandise Officer	Bev Semper	Responsible for sourcing, ordering and supplying club kit and merchandise
Fundraising Officer	Tom Owens	Develops opportunities for funding, grants and sponsorship into the club. Organises and coordinates fundraising events
Social Secretary	Steph Beeden	Organises & promotes social activities, such as the Christmas party & summer BBQ/Picnic
Child Welfare Officer	Kate Miskin	Assists with the safeguarding and protecting of all children and young people in the Club
Divers Representative	Clare Cryan	Acts as a link between the committee and the divers, providing guidance to divers
Masters Representative	Silke Fraser	Acts as a link between the committee and the Masters team, providing guidance
Committee Member	None appointed	Attends meetings and assists the committee in decision making and completing tasks
Press Officer	Mark Woodward	Publicises and promotes club and individuals activities



Merchandise

Divers are required to wear club kit at all competitions and should travel to and from events in a club tracksuit or hoodie, to ensure they look professional and are easily identifiable at all times. A Club tracksuit top or hoodie must be worn by divers when collecting medals or team trophies. The Amateur Swimming Association states that all divers must wear a tracksuit top during medal presentations at all National events.

Club kit is available to order by contacting the COSDC Merchandise Officer. The Merchandise Officers contact details and kit images can be found on the diving notice board or on the clubs website under the merchandise section. Please return unwanted kit (no matter how old) to the Merchandise Officer to be redistributed.

Social Events

The club hosts the COSDC Christmas Party and the Rother Valley Social annually. The club hopes to increase its social calendar and develop regular social activities across the year. We are always on the look out for help or new ideas for social events to engage all members, family and friends and build a strong diving community.

Fundraising

The club undertakes a variety of fundraising activities to raise funds for competitions, equipment and coaching. Regular activities include organising raffles and bag packing sessions at local supermarkets. All divers are expected to contribute a number of voluntary hours to bag packing sessions. The Club asks divers to attend a minimum of two slots across the year. Ideas and help with fundraising events are warmly welcomed.

The club welcomes sponsorship, raffle prizes, donations, or any form of support from businesses no matter how small. If you can help or know someone who can assist in this area please contact the Fundraising Officer.

Communications

The Club utilises email as an important communication tool and has collated a mailing list of current members. Members are required to give permission for their e-mail address to be used solely for Club communications. This is done when completing the annual club membership form. Correspondence such as competition letters and information on social and fundraising activities can be distributed easily and cost effectively via this method. It is the member's responsibility to ensure the club has a current and active email address. If your email address or contact details change then please inform Nikki Smith as soon as possible. If you do not have access to email then please inform Nikki Smith to make alternative arrangements to receive information from the committee. .

Notice board

The diving notice board **must** be checked on a weekly basis for important information on training alterations and cancellations. The notice board is located to the right hand side of the entrance onto the pool viewing balcony. The Club post box can also be found here. Please use this to post correspondence such as letters, reply slips and competition entries. Please post all correspondence in a clearly marked envelope. In addition the club welcomes members to post feedback or suggestions for improvements. Club feedback forms can be found in by the notice board area or downloaded from the website.



Newsletters

Joint training scheme and club newsletters are produced on a regular basis. Newsletters are emailed to all members on the mailing list and will be displayed on the diving notice board and added to the Club Documents section of the website. If you have photographs from a competition or ideas for an article that you would like to see in the newsletter, then please contact the editor Nikki Smith.

Website

The club has a contemporary website that contains useful information such as club documents, competition packs, news and press releases. The club intends to develop the website into an invaluable resource for members, in which information such as training alterations and cancellations can be posted. The website should be checked on a regular basis by all members. The COSDC website is www.cityofsheffielddiving.co.uk/

Club Policies

The City of Sheffield Diving Club and Sheffield City Council have produced a joint Dress Code, Code of Conduct and Child Protection Policy. These policies are available to download and read on the clubs website. All divers, coaches, parents and guardians are asked to read and sign the Code of Conduct when completing an annual membership form to join the Club. Any instances of breaking these policies will be dealt with appropriately by the COSDC Committee.

Photography and Filming

As a high profile club, divers are often featured in local and national newspaper articles, promotional websites, photo shoots and on television news shows. The Club also produces an annual calendar containing images of club divers. Squad photographs are taken at the annual club photoshoot in the autumn each year. Parents are required to give permission to allow the filming / photographing of divers under the age of 18 years old for club purposes. This is done when completing the annual membership form.

Complaint Procedures

Complaints relating to coaching matters should be directed to the Head Coach. Complaints relating to the structure and running of the Club should be in writing to the City of Sheffield Diving Club Committee and sent to the Club Secretary.

Club Contact Details

Club Secretary - Gayner Smalwood

Address: 2 Knab Road
Ecclesall
Sheffield
S7 2ET

Email: gayners@blueyonder.co.uk

Key Club Contacts

Head Coach: Nikki Smith - nikki.sheffielddiving@yahoo.com

Child Welfare Officer: Kate Miskin - katemiskin@tesco.net

Events Coordinator: Dawn Milton - l.bingle@sheffield.ac.uk

Treasurer/Memberships: Michelle Aldred - stuandsheli@tiscali.co.uk

Merchandise Officer: Bev Semper - semperdanzac@aol.com

Fundraising Officer: Tom Owens - thomasowens@gmail.com

Diving Information

BRITISH SWIMMING - www.swimming.org/britishswimming/

British Swimming contains information about the world of high performance Swimming, Diving, Synchronised Swimming, Water Polo & Disability Swimming.

THE ASA - www.swimming.org/asa/

The ASA is the governing body for the sport in England. Here you will find information about clubs, competing, volunteering and coaching.

LEN - www.len.eu/

LEN is the European governing body of swimming, diving, water polo, synchronized swimming and open water swimming, representing 17 different Countries.

FINA - www.fina.org/

FINA is the international governing body of swimming, diving, water polo, synchronized swimming and open water swimming.



How to Interpret Dive Numbers

1	0	5	B
↑	↑	↑	↑
<u>Direction of Dive</u> 1 - Forward 2 - Backward 3 - Reverse 4 - Inward	<u>Flying Dives</u> 0 - Not Fly 1 - Fly	<u>Number of ½ Somersaults</u> 1 - ½ som 2 - 1 som 3 - 1 ½ som 4 - 2 som	<u>Position of Dive</u> A - Straight B - Pike C - Tuck D - Free

5	1	3	2	D
↑	↑	↑	↑	↑
<u>Twist/Armstand Indicator</u> 5 - Twist 6 - Armstand	<u>Direction of Dive</u> 1 - Forward 2 - Backward 3 - Reverse 4 - Inward	<u>Number of ½ Somersaults</u> 1 - ½ som 2 - 1 som 3 - 1 ½ som 4 - 2 som	<u>Number of ½ Twists</u> 1 - ½ Twist 2 - 1 Twist 3 - 1 ½ Twist 4 - 2 Twists	<u>Position of Dive</u> A - Straight B - Pike C - Tuck D - Free

6	1	2	C
↑	↑	↑	↑
<u>Armstand Indicator</u>	<u>Direction of Dive</u>	<u>Number of ½ Somersaults</u>	<u>Position of Dive</u>

Examples

- 103b Forward 1 ½ somersaults, pike
- 201a Back dive, straight
- 305c Reverse 2 ½ somersaults, tuck
- 405b Inward 2 ½ somersaults, pike
- 5132d Forward 1 ½ somersaults, 1 twist free
- 5235d Back 1 ½ somersaults, 2 ½ twists, free
- 5154b Forward 2 ½ somersaults, 2 twists, pike
- 612b Armstand forward 1 somersault, pike
- 626c Armstand back 3 somersaults, tuck
- 6241d Armstand back 1 ½ somersaults, ½ twist

Explanation of the use of positions

- Dives with ½ somersault and twists can only be executed in position A, B or C
- Dives with 1 or 1½ somersaults and twists can only be executed in position D
- Dives with 2 or more somersaults and twists can only be executed in position B or C
- Armstand dives with 1, 1½ or 2 somersaults or twists can only be executed in position D



Competition Levels Explained

The table below describes the levels of diving competition in Great Britain as outlined in the British Diving Athlete Development Plan (2005).

Competition Level	Description
<p>Level 5 - Training to Win</p> <p>Type of Event</p> <ul style="list-style-type: none"> - ASA/GB National Championships - GB Jr & Sr International events e.g. FINA Grand Prix Circuit, European Championships, Commonwealth Games, World Championships, Olympic Games <p>Run By</p> <ul style="list-style-type: none"> - ASA/National (English/British) - LEN, FINA, IOC 	<p>For divers who are capable of performing the FINA senior list of dives, regardless of their age group. The UK's leading divers compete at this level Nationally, for the opportunity to be selected for the lottery funded programmes and the Junior International circuit. Selections are also made for the Senior Grand Prix Circuit and all major LEN and FINA events.</p> <p>Squad level: National Squad</p>
<p>Level 4 - Training to Compete</p> <p>Type of Event</p> <ul style="list-style-type: none"> - ASA Elite Juniors Championships - GB International meetings e.g. CAMO, Aachen, Junior Europeans, Junior Worlds and more - Minor international club meetings e.g. Barcelona - Regional or GB National Championships e.g. NER Senior Regional Championships - Club Invitational meets e.g. G Star, Armada Cup <p>Run By</p> <ul style="list-style-type: none"> - ASA (English/British) - NER ASA/Yorkshire Region (NER Grand Prix) - International Clubs - British Clubs - Leeds, Plymouth, Southampton, Luton 	<p>For divers who are able to perform the FINA list of divers required for their age group, to a satisfactory level (see standard scores for a guide). The UK's leading Juniors dive at this level Nationally, for the opportunity to be selected for the lottery funded Junior Olympic Programme and the Junior International competition circuit.</p> <p>Squad level: National Squad Elite Development Squad</p>
<p>Level 3 - Training to Train</p> <p>Type of Event</p> <ul style="list-style-type: none"> - National Age Group Championships - Club Invitational meets e.g. G Star, Armada Cup - Regional Age Group Championships - NER Yorkshire Championships <p>Run By</p> <ul style="list-style-type: none"> - ASA (English/British) - NER ASA/Yorkshire Region (NER Grand Prix) - British Clubs - Leeds, Plymouth, Southampton, Luton 	<p>Aimed at divers who want or need the challenge of putting together a more comprehensive dive "list", possibly from 2 or 3 different board heights. Also aimed as a stepping stone for those looking to perform at Elite Junior level.</p> <p>Squad: National Age Group Squad Elite Development 2 Squad</p>
<p>Level 2 - Learning to Train</p> <p>Type of Event</p> <ul style="list-style-type: none"> - ASA National Skills Finals - Regional Yorkshire Skills Finals (NER Grand Prix) - Skills Finals, 'Novice' Invitational meets e.g. White Rose <p>Run By</p> <ul style="list-style-type: none"> - ASA (English/British) - NER ASA/Yorkshire Region (NER Grand Prix) - Diving Clubs - Bradford, Leeds, Harrogate etc. 	<p>Aimed at divers taking the next step to competitive participation. To compete at this level, divers should have passed their ASA Diving Awards Level 3, stage 3 award.</p> <p>Squad: Junior Development Squad Skill Development Squad Talent (TID) Squad</p>



Competition Facilities

Corby East Midlands International Pool

George Street

Corby

NN17 1QB

Approximate drive time from Sheffield City Centre - 1 hour 50 minutes

Halifax Swimming Pool

Skircoat Road

Halifax

West Yorkshire

HX1 2JN

Approximate drive time from Sheffield City Centre - 50 minutes

Harrogate Hydro

Jennyfield Drive

Harrogate

North Yorkshire

HG1 2RP

Approximate drive time from Sheffield City Centre - 1 hour 15 minutes

Maltby Sports Centre

Braithwell Road

Maltby

Rotherham

S66 8JE

Approximate drive time from Sheffield City Centre - 25 minutes

Manchester Aquatics Centre

Booth Street East

Manchester

M13 9SS

Approximate drive time from Sheffield City Centre - 1 hour 10 minutes

National Sports Centre (Crystal Palace)

Ledrington Road

Anerley

SE19 2BB

Approximate drive time from Sheffield City Centre - 3 hr 50 minutes

Plymouth Diving Pool (Central Park Pool)

Outland Road

Milehouse

Plymouth

Devon

PL2 3DG

Approximate drive time from Sheffield City Centre - 5 hours



Royal Commonwealth Pool (Edinburgh)

21 Dalkeith Road
Edinburgh
EH16 5BB

Approximate drive time from Sheffield City Centre - 5 hours 30 minutes

Shipley Pool

Alexandra Road
Shipley
Bradford
BD18 3ER

Approximate drive time from Sheffield City Centre - 60 minutes

Sunderland Aquatics Pool

Stadium Park
Sunderland
SR5 1SU

Approximate drive time from Sheffield City Centre - 2 hr 20 minutes

The John Charles Centre for Sport (Leeds)

Middleton Grove
Leeds
LS11 5DJ

Approximate drive time from Sheffield City Centre - 45 minutes

The Quays (Southampton)

Eddie Read Swimming and Diving Complex
27 Harbour Parade
Southampton
SO15 1BA

Approximate drive time from Sheffield City Centre - 3 hours 50 minutes

Tynemouth Diving Club

Tynemouth Pool
Beach Road
North Shields
Tyne and Wear
NE29 9PX

Approximate drive time from Sheffield City Centre - 2 hours 30 minutes

Tunbridge Wells Sports Centre

St Johns Rd
Royal Tunbridge Wells
Kent
TN4 9TX

Approximate drive time from Sheffield City Centre - 3 hr 45 minutes