

# THE LINE UP!

ADC have been diving head first into the competition season this month.

Divers took part in the SASA Level 1, achieving fantastic results in Ayr. Some of our Age Group divers attended G-Star down in Leeds, also with smashing results! Divers have been working hard in both pool and dry land to develop their skills - well done team!

The coaches have been just as busy, completing Phase 2 testing of our 2nd year of TID testing. Watch this space in our next issue of the newsletter to meet our new TID divers.

This month lots of ADC divers have been focusing on improving their flexibility and balance in the gym. Divers need to be flexible to ensure they can get into the required shapes when performing dives and help avoid injury when training. Good balance ensures better take offs when performing dives. There are many different ways this can be improved as our entry squad found out when they tried out partner yoga with coach Kimberly. This included some impressive skill being performed as a pair and definitely some hilarious falls. Keep up the hard work divers.



## Notices & Reminders

- \* Upcoming events
  - ⇒ **2nd - 5th April** - British Junior Elites, Plymouth, ADC Elite Divers
  - ⇒ **SASA Levels April** - 14th April, all ADC divers
  - ⇒ **21st - 22nd April** - Shipley Novice, City of Bradford, ADC Novice Divers
  - ⇒ **18th - 20th May** - Thistle Trophy, Aberdeen, ADC Novice Divers
  - ⇒ **18th - 20th May** - Scottish National Age Groups, Aberdeen, ADC Age Group Divers

# G-Star, Leeds

G-Star Championships took place on the 16th-18th March down in Leeds. ADC had two divers travelling down to compete at the event, Clara Kerr and Robyn Low. Unfortunately Robyn had torn ligaments in her hand just a couple days prior to the competition, but was determined to give it a shot and train in the pool hoping it would be alright on the 3m and 1m competition days.

The first event of the comp was the Girls group B Platform event. Clara dived beautifully in the morning preliminaries to qualify for the final and went on to finish 6th in a very close competition.

Next up was the 1m event, unfortunately Robyn was definitely unable to compete due to her hand but tried her best to fight through the pain in the morning training. Clara had a very steady competition managing to qualify for the finals in 1st place. Then went on to keep hold of that position in the finals becoming the 1m Girls Group B champion with an “outstanding set of dives” as said by her coach Anna Sless.

The final event that ADC took part in was the Girls 3m springboard. Clara qualified for her third final of the weekend and finished 4th overall, just missing out on the medals but had two AMAZING dives, one which she has never competed before so outstanding effort.



# SASA Levels, Ayr

Team Aberdeen had a great day at the March SASA level 1 competition in Ayr today. Some beautiful dives and amazing results. A special shout goes to Ellen Archer, Megan Williams and Ben Morrice who competed in their first ever diving competition.

A big thank you to parents who drove their kids down and helped ride share.

Full results will be available to download from our website that will be up and running very soon, so keep an eye on the Facebook for a link to the site.

## Level 1

### Girls 8-10 years

- 2nd - Anna Duthie (209.55)
- 8th - Megan Williams (177.75)
- 9th - Jade Hendrie (176.50)
- 10th - Maisy Murray (176.00)
- 12th - Ellen Archer (174.90)

### Girls 11-13 years

- 1st - Emma Kelsey (228.55)
- 2nd - Niamh Rogerson (219.00)
- 5th - Millie Murdoch (195.65)
- 6th - Amelie Horne (195.20)

### Boys 8-10 years

- 2nd - Ben Morrice (195.70)

### Boys 11-13 years

- 4th - Josh Douglas (170.25)

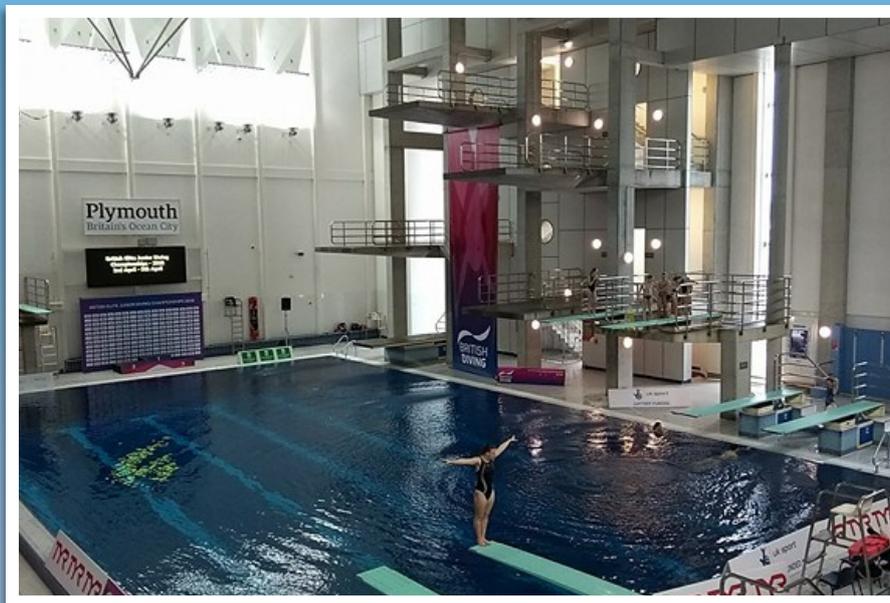


# *British Elites, Junior Diving Championship*

This month we wish Clara Kerr the best of luck as she heads off to the British Elite Diving Championships in Plymouth. This event is the highlight of the junior calendar and showcases the best divers under the age of 18 years old from around the UK. Many divers who are successful at the Junior Elites will go on to compete in Junior International teams and eventually progress onto competing Senior National events.

Divers at the British Elite Juniors compete across 3 age groups; Group C (9-13 years), Group B (14-15 years) and Group A (16-17 years) in springboard, platform and synchro events. This is the first time Clara will be competing at the Junior Elites and she will dive in Girls Group B on 1m, 3m and platform.

Good Luck Clara!!!



*Good Luck!*

**BRITISH  
DIVING**

# NEW DIVES

## Month of March

Thank you to all the contributors to this edition of 'The Line Up'. If you have any questions or are interested in contributing to future issues please get in touch at [admin@aberdeendingclub.org.uk](mailto:admin@aberdeendingclub.org.uk)

### JP:

Clara: 5233d (3m)

### JC1/2:

Moray: 5231d, 103b, 201c (3m)

### TID Squad:

Jade: 200a (10m)

Murray: 200a (7.5m)

Niamh R: 201c (1m)

Megan: 20a (3m)

Maisy: 20a (3m), 200a (7.5m)

Brooke: 10b (5m)

Millie: 401c (1m)

Annabel: 401c (1m), 20a (3m), 200a (5m)

### Entry:

Niamh F: 102b, 103 b (1m)

Holly H: 5122d (1m)

### TID Lessons:

Anna G: 20a (3m)

### Mini Ripper:

Sophie: 20a (1m), 11c (3m)

Blair: 20a (1m), 11c (3m)

Fyvie: 20a (1m)

Sophie: 20a (1m)

Seymon: 20a (1m)

### Club Ready:

Holly T: 401b (3m)

Izzy: 401c (3m), 20a (5m)

Innes: 101c (5m)

Amy: 101c (5m)

Madeleine:

### Masters:

Kirsten: 201b (1m), 201c, 103c (5m)



## DIVER OF THE MONTH Amelie Horne

### Congratulation

goes to Amelie Horne who has been much braver recently doing 20a, 21c and was the first TID to learn 401c, all with no fuss. She rarely misses training and engages well with feedback from her coach. She encourages other divers and always smiles and claps when someone learns something in her team. Amelie competed in Ayr competition recently managing to show off her newly learned inward dive with

confidence and shows her hard work in training is really paying off. Well done Amelie keep up the fantastic work!!!