

THE LINE UP!

Aberdeen Diving Club's monthly newsletter

Issue 13 – January 2018

Happy New Year and welcome back from the festive break. December and January have been quiet months with divers getting back to normal training hours and having a break from competitions. Lot's of divers learning new dives over this period and many working hard to improve on older ones.

2018 brings more competitions starting at the beginning of February with Armada Cup in Plymouth. We would ask all members to please keep an eye on you emails for invitations to upcoming competitions. We will need responses as quick as possible to allow our Team Managers to organise the required travel and accommodation to secure the best deals to keep prices affordable for all.

Thank you to everyone who participated in our Smarties tube fundraiser. An amazing £301.00 was raised for the club. Good job team!!!

As some of you may remember from this time last year we started our first year of Talent Identification testing. The TID coaches are currently back in primary schools doing phase 1 testing to kick off our second year of TID. During the phase 2 of testing last year we had existing club divers help out in the pool and dry. Should the current ADC members wish to be involved again this year with phase 2 we will be need demonstrations again so keep an eye out for information to follow on that.

Notices & Reminders

- * We are looking to purchase new kit for Aberdeen Diving Club members so recommend that any kit purchases be delayed until this process is complete
- * Upcoming events
 - ⇒ **SASA Levels February** - 17th January, all ADC divers
 - ⇒ **10th-13th February** - Armada Cup, Plymouth, Age Group divers
 - ⇒ **SASA Levels March** - 24th March, 7 & Under & Level 1
 - ⇒ **16th-18th March** - G Star, Leeds, ADC Age Group Divers
 - ⇒ **SASA Levels April** - 14th April, all ADC divers
 - ⇒ **21st-22nd April** - Shipley Novice, City of Bradford, ADC Novice Divers

ADC New Year Social & Awards Night

Coming up at the beginning of February is our ADC New Year's Social including our first annual Awards Night. This will be a chance for the divers and coaches to have a fun evening with the fellow members of the diving club outside the pool and meet other divers from the club whom they may not seen training. This is also going to be our first Aberdeen Diving Club Awards Night, that will take into consideration every club member for the awards.

The awards include Diver of the Year, Most Improved Diver, and Divers of each squad individually. This is sure to be a fantastic evening and be sure to read the next issue for a rundown with photos and award recipients.



The poster features a dark purple background with a bokeh effect of colorful light circles. At the top, a white rectangular box contains the text 'ABRDEEN DIVING CLUB'. To the right, a yellow starburst shape contains the text '£5 adult' and '£3 child'. The main title 'NEW YEAR SOCIAL' is written in large, bold, white capital letters. Below this, the year '2018' is on the left and 'AWARDS NIGHT' is on the right, separated by a central icon of a vinyl record with a stylized needle. The venue 'MILLTIMBER COMMUNITY HALL' and date 'SATURDAY FEB 3RD' are on the bottom left, with the time '6.00PM - 11.00PM' below. The bottom right lists 'ALL DIVERS & FAMILIES WELCOME' followed by 'DJ, DISCO, CEILIDH, GAMES, DRINKS & NIBBLES.' in yellow. At the very bottom, two lines of small white text provide additional information.

ABRDEEN DIVING CLUB

£5 adult
£3 child

NEW
YEAR
SOCIAL

2018

AWARDS NIGHT

MILLTIMBER
COMMUNITY HALL
SATURDAY FEB 3RD
6.00PM - 11.00PM

ALL DIVERS &
FAMILIES WELCOME
DJ, DISCO, CEILIDH,
GAMES, DRINKS & NIBBLES.

Anyone under 18 must be accompanied by an adult.
Alcohol sold on the night must be consumed on the premises. Please drink responsibly.

Information

Meet Ryan

SASA Levels 2018

The dates of the SASA Levels competitions in 2018 are now available (please note that these are subject to change):

Saturday 17th February - All levels - Edinburgh

Saturday 24th March - 7 & Under and Level 1 only - Ayr

Saturday 14th April - All levels - Edinburgh

Saturday 9th June - Level 2 only - Dundee

Sunday 2nd September - All levels - Aberdeen

Saturday 10th November - All levels - Edinburgh



DIVER OF THE MONTH

Annabel Bostock

Congratulations to Annabel Bostock who is this month's Diver of the Month. She has shown a fantastic attitude when trying to progress her diving skill. She always works hard in the pool and dry training willing to put in the hard work knowing it'll pay off. Competing in her first three competitions over the last several months her improvement was noticed by all the coaches. Moving from the 7 & Under competitive group up to Level 1 competitive group requires 3 different forward line ups

to be learnt from 3m board. Annabel approached this with great determination and smiles, even when they didn't go perfect sometimes she wanted to try again. Keep up the good work Annabel!

NEW DIVES

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

December and January

JP:

Clara: 203c (3mp), 304c (1m)

JC1/2:

Robyn: 202b, 5221d (1m), 5231d (3m)

Farquhar: 5124d (1m), 205c (3m)

TID Squad:

Noah: 401c (3m)

Jade: 11c, 10a, (3m) 100a (10m)

Murray: 20a (1m), 11c (3m), 100a (10m)

Anna D: 20a (3m), 11c (5m)

Ben: 20a (3m), 10b, 11c (5m)

Ellen: 10a (3m), 100a (10m)

Mia: 100a (3m), 200a (5m)

Andrea: 20a, 21c (3m)

Oscar: 20a, 21c (3m)

Niamh: 20a, 21c (3m)

Emma K: 20a, 21c (3m)

Sam: 20a, 21c (3m)

Amalie: 21c (3m)

TID Lessons:

Joe: 10b, 11c (5m)

Millie: 20a (3m), 11c (5m), 100a (7.5m)

Skye: 10b (3m)

Arianna: 20a (3m), 10b, 11c (5m)

Cameron: 20a (3m), 200a (10m)

Amy: 20a (3m), 200a (5m)

Mini Ripper:

Scott: 100a (5m)

Sophie H: 100a (7.5m)

Club Ready:

Innes: 101b, 401b (1m)

Mackenzie: 101b (1m)

Amy: 101b (1m)

Madeline: 101b (1m)

Entry:

Lucy: 401b (5m)

Elayna: 101b (3m)

Niamh: 201c (3m)