

THE LINE UP!

It's the end of the summer holidays and divers are settling back into their normal routines. Many divers have been away on holidays over the summer and they have enjoyed their time off school. Diving doesn't stop for us over summer, training continues and this year ADC ran 3 weeks of summer dives camps. This involved the divers doing an extra 2 hours in the morning for each week. These camps were a great success and many of the divers attending learned something new so big congratulations to them. Lots of the divers ended up diving 2 hours in the morning and 2 hours in the evening so well done for all the hard work!

The summer this year in Scotland was fantastic. We got some very lovely weather with lots of sunshine which meant we got to go outside more often and enjoy it whilst still working hard. It is less

likely we will be going outside as often as it approaches winter and can we remind all divers that since it getting less warm to bring suitable shoes and clothing for training. Temperatures in sports halls and studios may be cooler.

Diving competition over the summer are less often and in the month of July ADC attended The International Meet in Barcelona, Spain and The Swim England National Skills Finals down in Sheffield. More details of the events further on in the newsletter.



Notices & Reminders

- * Upcoming events
- ⇒ **2nd September** - SASA Levels, Aberdeen, All ADC Divers
- ⇒ **TBC October** - Celtic Cup, Ireland, Invited Scottish Novice Divers, might be postponed to 2019
- ⇒ **20th - 22nd October** - Southampton Invitational, Southampton, Invited ADC Age Group Divers
- ⇒ **26th - 28th October** - Irish Nationals, Ireland, Invited ADC Divers
- ⇒ **27th October** - Tynemouth Trophy, Tynemouth, Invited ADC Novice Divers
- ⇒ **10th November** - SASA Levels, Edinburgh, All ADC Divers

Barcelona International Meet

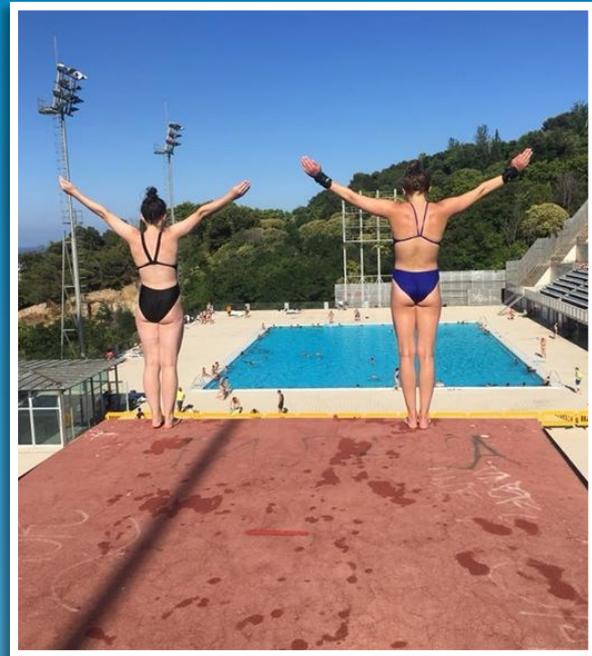
Aberdeen Diving Club took two divers, Clara Kerr and Robyn Low, to Barcelona this summer to take part in the International competition at the Piscina Minicipal de Montjuic. This is a tough event with divers from many different countries coming to compete.

Diving in an outdoor pool is very different to our normal training facilities, so it is always a great experience for the divers. This was Robyn's first time competing abroad and she adapted very well and trained hard for the few days leading up to the competitions. Both Clara and Robyn were competing in the Girls Group B 1m, 3m and platform events.

First up we had the Girls Group B Platform. Robyn competed very well finishing 9th in a tough competition. Clara did some beautiful required dives and came away as a **BRONZE** medallist. Clara was also competing dives from 10m for the first time, which can be quite scary outside when it gets windy!

The following day, we had the girls 1m event. Robyn was training very well in training before, but unfortunately dropped a few of her dives in the competition and finished in 19th. She did however makes some great changes to some of her dives so great effort. Clara started off steady and was super positive all throughout the event. She then pulled out fantastic last three dives to get her the **SILVER** medal!

On the final day of competitions, Clara and Robyn were competing in the Girls Group B 3m. Both girls were training hard in the morning training session and had a great competition. Robyn did some lovely dives and finished in 16th place. Clara dived beautifully, got a massive personal best and came away as the Girls 3m **CHAMPION**. A full set of medals for Clara so a HUGE well done.



After the competitions, they had a well-deserved couple of days off to see the city and go to beach before flying home. Amazing job all week girls, you did ADC proud!!



National Skills Finals

2018

This year, Aberdeen Diving Club had 4 divers attending the National Skills Finals down in Manchester; Emma Kelsey (novice Girls C1), Holly Hendry (novice girls B+), Lucy Allardyce (novice girls B+) and Niamh Rogerson (novice girls D2).

Niamh finished in 40th, although not diving how she wanted to, Niamh stayed very positive and has learnt a lot for future competitions. She also didn't let her scores effect her and still showed some lovely skills throughout the whole competition, especially her poolside dives.

Holly and Lucy were against a group of 29 divers in the Girls group B+. Holly was competing dives she had only just relearned earlier in the week. Holly took this added pressure and used it to her advantage, keeping herself in amongst the top of the pack the whole way through and finishing in 7th. Lucy finished in the **BRONZE** medal position. Her competition started out well but on her 4th (and favourite) dive she dropped right down to the bottom of the rankings after it went wrong. Lucy managed to put the mistake to the back of her mind and concentrate on what she still had to do, slowly making her way back into a medal position.

Emma finished in 16th position out of a massive group of 43 divers. She demonstrated her progress by executing technical dives and also taking away some valuable lessons. Emma was diving on the Sunday, making Saturday a very long day for her. She took this like a champ cheering on and supporting her teammates throughout the day.



This was the first time Aberdeen Diving Club had been to the National Skills Finals so we were unsure on what to expect going into the competition, but the girls dived amazingly even with the very high level of competition. Well done to all four girls!!!



DIVER OF THE MONTH

Diver of the month goes to **Sophie Horne.**

Sophie currently trains with the Mini Rippers squad doing 4 hours a week training. Sophie works incredibly hard every session in both wet and dry. Every week she attends the extra 1hr drop in dry training where she consistently gives 100% in every skill or exercise asked of her. Her hard work in the gym has been paying off and this can be seen in her dives which are getting much better more consistent. Her coach said "Sophie never complains a skill is too easy or too hard she just focuses and gives it her full effort". Sophie has recently been working on her dives for the upcoming competitions towards the end of the year and specifically her line-ups off 3m, where she is working hard to get that perfect entry shape. Keep up the great training attitude Sophie and well done!!

NEW DIVES

Month of July/August

Junior Performance:

Clara Kerr: Reverse 1½ somersaults pike (303b) 3m, Forward 2½ somersaults pike (105b) 10m

Junior Potential:

Emma Kelsey: Forward 1½ somersault tuck (103c) 1m, Inward dive tuck (401c) 3m

Niamh Rogerson: Forward 1½ somersault tuck (103c) 1m, Back tuck roll (21c) 5m

Junior Competitor 1 & 2:

Moray Gault: Forward somersault 1½ twist (5132d) 1m Forward dive pike (101b)
Inward dive pike (401b) Backward dive tuck (201c)
Forward 1½ somersault pike (103b) 5m

Noah Penman: Inward somersault tuck (402c) Forward double somersault (104c) 1m,
Inward 1½ somersault tuck (403c) 3m

Junior Rippers:

Amelie Horne: Forward somersault tuck (102c) 1m, Back tuck roll (21c) 5m

Jade Hendrie: Inward dive tuck (401c) Forward somersault tuck (102c) 1m, Pike fall (10b) (5m)

Lucy Fraser: Forward dive tuck (101c) 3m

Anna Duthie: Backward dive tuck (201c) 1m

Maisy Murray: Backward tuck roll (21c) 3m

Megan Williams: Backward tuck roll (21c) 3m

NEW DIVES cont.

Month of July/August

Entry:

Niamh Farquharson: Backward dive pike (201b) 3m,
Reverse dive tuck (301c) Handstand somersault tuck (612c) 5m

Lucy Allardyce: Forward 1½ somersault 1 twist (5123d) 3m,

Mini Rippers:

Mac Garden: Forward straight fall (10a) 3m

Baillie Murdoch: Forward pike fall (10b) Forward straight fall (10a) 3m

Semyon Bykov: Forward straight fall (10a) 3m

Fyvie Gault: Forward tuck roll (11c) 3m

Murray Balfour: Back fall (20a) 3m, Pike fall (10b) 5m

Jessica Mcrae: Forward straight fall (10a) 3m

Boost & Club Ready:

Arianna Castillo: Pike fall (10b) 5m

Luke Beattie: Forward dive tuck (101c) 3m

Amy Stewart: Forward 1 ½ somersault tuck (103c) 1m, Forward dive tuck (101c) 3m,
Reverse dive tuck (301c) 1m

TID:

Ben G: Pike fall (10b) 3m

Fraser: Pike fall (10b) 3m

Evie: Pike fall (10b) 3m

Maya: Pike fall (10b) Tuck Roll (11c) 3m

Liam: Pike fall (10b) Tuck Roll (11c) 3m

Matthew: Pike fall (10b) Tuck Roll (11c) 3m

Ben P: Pike fall (10b) 3m

Amelia: Pike fall (10b) 3m

Leisha: Pike fall (10b) 3m

Olivia: Pike fall (10b) 3m

Jamie: Pike fall (10b) 3m

Owen: Pike fall (10b) 3m

Isla B.: Pike fall (10b) 3m

Bettsy: Pike fall (10b) 3m

Megan: Pike fall (10b) 3m