

# THE LINE UP!

Happy New Year and welcome back from the festive break. January has been a steady month for diving, with divers getting back into training and tackling the first couple competition of the year.

This year we're starting Superstar testing. This testing will be done monthly and will involve every diver in the club being tested in a range of dry exercises. Divers will be scored and the top 10 in each skill will be awarded points and put on a club wide scoreboard. Testing will include exercises like handstand hold, L-sit and many more. See the next months issue to find out results.

Thank you to everyone who participated in our Sponsored drop at the end of 2018, you all help raise an amazing amount of money for our club. The final total was £2,867.41 . There was a prize for the diver who raised the most sponsorship and that diver was Ellen Archer, who raised £238.20. Great job Ellen and great job team!!!



## Notices & Reminders

\* Upcoming events

- ⇒ **23rd February 2019** - 2nd Annual ADC Prize Giving, All ADC community welcome
- ⇒ **1st - 3rd March** - Talent Zone Camp 2 & 6, Southend, GB Team Z
- ⇒ **2nd March** - SASA Levels, Ayr, All L1 & L2 ADC divers
- ⇒ **14th - 17th March** - G Star, Leeds, ADC Age Group Divers
- ⇒ **6th April** - SASA Levels, Edinburgh, All ADC divers
- ⇒ **11th - 14th April** - Junior Elites, Sheffield, ADC Elite divers
- ⇒ **27th - 28th April** - Shipley Novices, Shipley, Invited ADC Novice divers



# SASA Levels

## January

Fantastic day yesterday at the first SASA levels of 2019. Aberdeen had 11 divers competing in 4 different levels and had some great results.

Special mention to Niamh R. competing in her first level 3 event, Clara for her first level 4 event and to Holly T and Madeleine for competing a set of dives from 1m and 3m for the first time in the level 2 14+ event.

A PDF of all the results can be found on the Results page of our website.

### Level 2

#### Girls C

GOLD - Emma Kelsey (305.50)

BRONZE - Millie Murdoch (272.55)

4<sup>th</sup> - Amelie Horne (272.20)

5<sup>th</sup> - Niamh Farquharson (262.00)

6<sup>th</sup> - Amy Stewart (257.55)

### Level 2 14+

#### Girls

5<sup>th</sup> - Madeleine McDermott-Dick (234.60)

6<sup>th</sup> - Holly Thomson (233.15)

### Level 3 (1m)

#### Boys 13 & Under

SILVER - Noah Penman (150.15)

#### Girls 13 & Under

BRONZE - Niamh Rogerson (129.65)

#### Girls 14 & Over

4<sup>th</sup> - Lucy Allardyce (131.30)

### Level 4 (3m)

#### Girls 14 & Over

SILVER - Clara Kerr (223.35)



# ***British National Diving Cup 2019***

Aberdeen Diving Club had one diver, Clara Kerr, competing in the British National Cup event in Plymouth. This is a senior event which sees the best senior divers from all across Britain competing. The British National Cup also acts as a qualifier for the upcoming Grand Prix's and World Series so GB's best divers, including Olympic medallists Tom Daley, Daniel Goodfellow and Jack Laugher were fighting it out for a spot on the team.

This is the biggest event Clara has ever competed in and was a great experience for her. The aim of this event was to get Clara comfortable competing with such high level athletes and practicing competing a senior list. She also had some new dives which she has never competed before, so a great chance to practice this in a competition at the start of the season. Due to an injury, Clara was unable to train her platform dives leading up to the event, so was just competing in the Women's 1m and 3m events. This was the most amount of entrants seen at National Cup, with around 30 divers competing in each preliminary. Clara had a rocky start in her 1m event, but managed to keep herself composed and come back fighting on her last few dives. The final day saw Clara on 3m. This was a much more consistent performance with Clara in contention to make it to the final. Unfortunately, she missed out on the final but has some great things to take away from this competition.

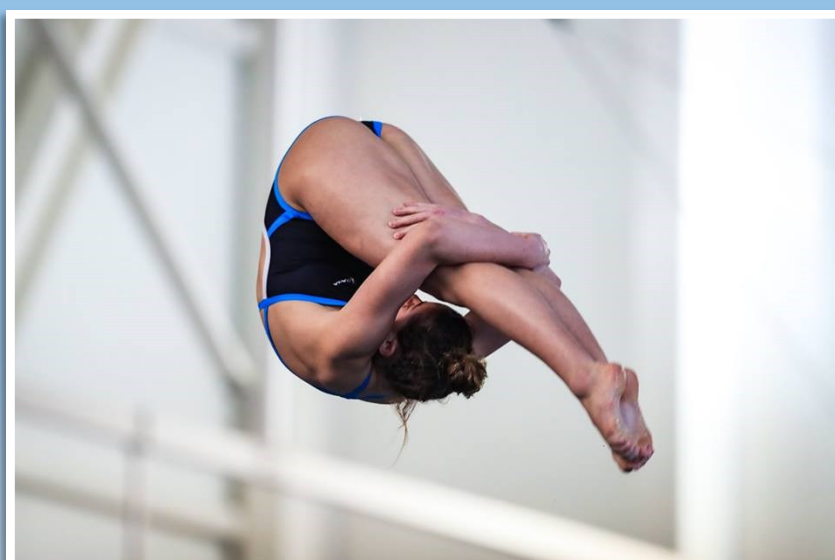
Results:

## **Women's 1m Preliminary (29 divers total)**

28<sup>th</sup> - Clara Kerr (140.05)

## **Women's 3m Preliminary (23 dives total)**

15<sup>th</sup> - Clara Kerr (198.50)





# 2nd Annual Awards Night & Social

Coming up towards the end of February is our Annual ADC Awards Night and Social. 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 see in training. This is also going to be our second Aberdeen Diving Club Awards Night, and 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 guaranteed to be a fantastic evening and we hope you are all looking forward to it. Information below and be sure to read the next issue for a rundown with photos and award winners.



It was an absolutely fantastic event last year, we would encourage all divers to come and bring their siblings, parents, grandparents etc. All very welcome. If you need any information regarding the night please check the Facebook post for details or ask a coach at your next session.



## Team Z - Camp 1

Camp 1 of the English and Scottish Team Z Squads took place from the 11th-13th in Leeds, England. It was a fantastic experience for Niamh Rogerson who had a busy weekend including entries work, basic tuck dives in all directions, skill testing in the pool and exercise testing in the dryland. In the beginning of March Niamh will again travel with the other Scottish divers on Team Z down to Southend to take part in Camp 2.



## DIVER OF THE MONTH

**Diver of the months goes to Sara from Boost.**

This month's 'Diver of the Month' goes to Sara who trains 2 hours a week with the Boost squad. Her coach said 'I've seen huge improvements in all her skills and she recently learnt 401c (inward dive tuck) on 1m and was very brave about giving it a go.' Sara's attendance is good and she has been working really hard over the last several months too improve her line up skills. Sara was initially wanting to just train diving recreationally but recently made the confident decision to start competing. Her coach as well as the rest of the team look forward to seeing her attend her first event soon. Keep up the great work and positive attitude Sara!!!



# NEW DIVES

## Month of January

### Junior Performance:

**Clara Kerr:** Reverse 1½ somersault pike (303b) 1m, Reverse 2½ somersault tuck (305c) 3m

### Junior Potential:

**Emma Kelsey:** Backward somersault tuck (202c) Backward somersault straight (202a)  
Backward dive pike (201b) Inward somersault tuck (402c) 1m

**Niamh Rogerson:** Backward somersault tuck (202c) Backward somersault straight (202a) 1m  
Backward dive pike (201b) 3m

### Junior Competitor 1 & 2:

**Moray Gault:** Backward somersault 2½ twist (5225d) Forward double somersault pike (104b)  
Backward 1½ somersault (203c) 1m Forward 1½ somersault 2 twist (5134d) 3m  
Inward 1½ somersault tuck (403c) 5m

**Noah Penman:** Forward somersault 2 twist (5124d) Backward somersault 1½ twist (5223d)  
Backward 1½ somersault ½ twist (5231d) 1m  
Forward 1½ somersault 2 twist (5132d) Backward 1½ somersault 1½ twist (5225d) 3m  
Backward 1½ somersault ½ twist (5231d) Reverse dive tuck (301c)  
Inward 1½ somersault tuck (403c) 5m

### Junior Rippers:

**Millie Murdoch:** Forward somersault pike (102b) 1m

**Amelie Horne:** Forward dive pike (101b) Reverse dive tuck (301c) 1m, Back fall (20a) 5m

**Sophie Horne:** Forward dive pike (101b) 1m, Pike fall (10b) Tuck roll (11c) 5m

**Anna Duthie:** Reverse dive tuck (301c) Forward 1½ somersault tuck (103c) 1m,  
Inward dive tuck (401c) 3m

**Maisy Murray:** Forward dive pike (101b) 1m

**Andrea Bostock:** Forward dive pike (101b) Forward somersault tuck (102c) 1m,

**Annabel Bostock:** Forward dive pike (101b) Forward somersault tuck (102c) 1m,  
Inward dive tuck (401c) 3m, Straight fall (10a) 5m

**Jade Hendrie:** Straight fall (10a) 5m

**Ben Morrice:** Forward 1½ somersault tuck (103c) 1m, Inward dive tuck (401c) 3m

**Scott Riddoch:** Forward dive pike (101b) 1m

### Entry:

**Amy Stewart:** Inward dive tuck (401c) 3m

### Mini Rippers:

**Zain Sellar:** Straight fall (10a) 3m

**Seth O'Connor:** Back fall (20a) 1m

# NEW DIVES cont.

## Month of January

### Development Adv:

**Madeline Mc:** Forward 1½ somersault tuck (103c) 5m

**Holly Thompson:** Reverse dive tuck (301c) 3m, Forward dive tuck (101c) Inward dive tuck (401c) 5m

### TID:

**Chloe:** Straight fall (10a) 3m

**Matthew:** Pike fall (10b) 5m

**Nicolas:** Pike fall (10b) 5m

**Leshia:** Straight fall (10a) 3m

**Owen:** Straight fall (10a) 3m

**Ewan:** Back fall (20a) 1m

**Maya:** Pike fall (10b) 5m

**Amiyah:** Pike fall (10b) 3m

**Adam:** Straight fall (10a) 3m

**Maisie:** Forward tuck roll (11c) 3m

**Poppy:** Straight fall (10a) 3m

**Olivia:** Straight fall (10a) 3m

**Isla B:** Straight fall (10a) 3m

**Isla M:** Back fall (20a) 1m

**Frazzle:** Straight fall (10a) 3m

**Emmanuela:** Forward tuck roll (11c) 3m

### Masters:

**Naill:** Back dive tuck (201c) 3m

**Emma:** Forward somersault straight (102a) 1m, Back dive tuck (201c) 3m

**Student Iain:** Forward somersault tuck (102c) Inward dive tuck (401c) 1m,  
Pike fall (10b) Forward tuck roll (11c) Back fall (20a) 3m