

THE LINE UP!

Aberdeen Diving Club's monthly newsletter Issue 23 – February/March 2019

February and March have been a busy time for the divers. At the end of February ADC had it's second Annual Awards Night and Social, see further on for rundown and photos. There have also been a couple competition over the month of March where the divers got some great results. Out with competitions the divers have been working really hard in the pool to increase their degree of difficulty and learn new dives. All the new dives can be seen in the dive rundown at the end.

Aberdeen Diving Club have an Instagram Page, be sure to follow it to see updates to the gallery of picture from competitions divers have attended and other ADC events.



We are currently in the process of doing an Easter fundraising event for the club. Each diver will be given a tube of smarties and their challenge is to eat all the smarties (I'm sure that'll be easy enough) then fill the tube with 20p's. Once filled, seal the tube up and bring it back to the club. As a prize for managing to fill the tube they will receive an Easter egg!!!



Notices & Reminders

- * Upcoming events
- ⇒ **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
- ⇒ **3rd - 5th May** - Thistle Trophy, Aberdeen, All ADC Novice divers
- ⇒ **3rd - 5th May** - SNAGs, Aberdeen, All ADC Age Group divers
- ⇒ **6th April** - SASA Levels, Edinburgh, All ADC Novice divers
- ⇒ **21st - 23rd June** - GB Team Z Camp 3 & 7, Sheffield, Team Z



SASA Levels March (Ayr)

Fantastic results at today's SASA levels in Ayr. Lots of great diving was one show and several medals won across both levels. Taking away a total of 5x Golds, 4x Silvers and 3x Bronze medals. Unfortunately no medals could be handed out today due a mix up of who was supplying the medals, but the necessary divers are receiving their medals at their next training session.

Special shout out to Zain Sellars, Nicholas Connon and Dana Ross for competing in their first diving competition and diving absolutely fantastic. Dana also received our 'star' diver of the trip.

Special mention to Jade Hendrie, Sophie Horne, Anna Duthie taking part in their first level 2 after moving up.

A downloadable .pdf of the results can be found on the Results page of our website.

7 and Under

Gold - Angus Macrae

LEVEL 1

Group E Boys

5th - Blair Crooks

6th - Murray Balfour

8th - Zain Sellar

Group E Girls

Gold - Annabel Bostock

Silver - Maisy Murray

Group D Boys

Gold - Ben Morrice

Bronze - Scott Riddoch

5th - Nicholas Connon

8th - Luke Beattie

Group D Girls

Bronze - Andrea Bostock

5th - Mia Pritchard

6th - Brooke Mackintosh

8th - Dana Ross

11th - Megan Williams

13th - Ellen Archer

Group C Boys

Silver - Josh Douglas

LEVEL 2

Group E Girls

Silver - Jade Hendrie

4th - Sophie Horne

Group D Girls

Gold - Anna Duthie

Group C Girls

Gold - Emma Kelsey

Silver - Millie Murdoch

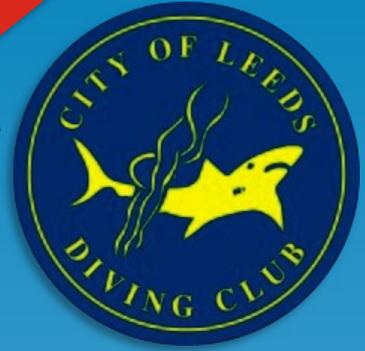
Bronze - Niamh Farquharson

4th - Amelie Horne

9th - Amy Stewart



G-Star 2019



Aberdeen Diving Club had two divers, Clara Kerr & Noah Penman, competing in the G-Star competition event in Leeds. This is a higher level Age group event which sees some of the up-and-coming age group divers compete with elite divers from all across Britain . This 3 day competition had Clara and Noah competing on all 3 boards in the Women's Group A+ and Boys Group C category respectively.

Day 1

Clara was competing in the women's A+ 1m event and put together a very steady list to finish 7th, just missing out on the final. Fantastic effort, and the first time competing a new dive so lots of positives to take from the event and things to work on for next time. Noah was competing in the Boys Group C platform event. This was Noah's first ever platform competition and he put together a fantastic list to qualify for the final!!! He finished 6th in the final, with some great dives. Amazing experience for Noah and a great start to the weekend!

Day 2

Noah was competing in the boys group C 3m and finished in 9th place. This again is Noah's first 3m competition so fantastic effort. He had a bit of a shaky start on his first few dives but had an amazing attitude and brought it back on the last 3. Clara was up next in the women's A+ 3m and finished in 8th place. Some lovely dives and a very consistent list. It was Clara's second time competing a new dive which she is nervous about so amazing job!

Day 3

Noah was competing in the boys group C 1m and dived beautifully to qualify for his second final of the weekend. He finished 6th in the final with some lovely dives. This is an incredible achievement and Noah's first high level age group competition. His attitude all weekend was amazing and was keen to get back home to work on new skills for his competitions coming up. Clara was up next in the women's A+ platform and managed to qualify for the final in 5th place!!! Clara has been injured for many months and only just got a list back on 5m a couple of weeks prior. Although she wasn't using the same dives as normal, she smashed her dives in the final to come away with the BRONZE medal.



2nd Annual Awards Night & Social

In February we have our ADC Awards Night and Social. This was a fantastic night with some cracking dancing from the divers and parents. The coaches were very pleased to have been able to hand out the many Awards and give recognition to divers that have excelled in various areas over this past year. A big thanks to the parents who were part of the group who helped organise the night and to anyone who helped bake some treats.

Below are some of the pictures from the night, more can be found on the ADC Facebook page. A rundown of the awards follow:



2018 Awards Rundown

Masters Winner - Emma Agnew

Masters is a squad is for over 16s and train 4 hours per week. While competition is still on the cards as masters' divers will be look at attending masters' events, this squad also brings in elements of more relaxed training and social diving.

Emma only joined masters in August 2018, since then she has blended into the squad seamlessly. She has a great attitude to learning new dives and will go up and try straight away. Back in October just a couple month after joining masters Emma competed in her first competition coming in 4th place with a great performance. Her coach says Emma is a pleasure to teach and is excited to see what new dives she can learn in the next year.



TID

We began testing children from local primary schools around this time last year. We carried out two phases of testing before placing our current TID divers into two groups: Lessons (who train for 3.5 hours per week), and Squad (who train for 6 hours per week).

TID Lessons - Owen Rennie

Owen tries super hard in both the gym and the pool. He's always keen to be the first to try new dives and jumps straight back on the board if he hurts himself to try again. He's very supportive of his teammates and younger divers within the lessons. His coach says Owen is a pleasure to coach and always has fun.



TID Squad- Maya Leighton

May is extremely hard working and will rarely miss a training session. She has an excellent attitude towards her training in the pool and in gym. Maya has improved so much over the last year and when she comes up from every dive she always listen to feedback from her coach and tries to improve. Maya recently took her first dive off the 5m and soon will be taking part in her first diving competition.



2018 Awards Rundown

Boost - Cameron Hastings

Boost train on a Wednesday for 2 hours per week and divers can either complete all DS4 assessments and be invited up to the Club from the learn to dive program or be offered a trial where potential is spotted. They are looking at learning the fundamental skills and directions in diving and potentially competing at Novice events.

Cameron was placed into Boost after completing their 1 year in the TID program back in May 2018. His coach said he gives his everything every session and probably spends more time at ASV than at home. Cameron would attend every supervised and public session available working hard to progress and perfect dives. The hard work and extra effort put in by him paid off, he learnt loads of new dives and started winning medals at competitions.



Development - Holly Thompson.

Development train between 2-4 hours per week and divers can either complete all DS4 assessments and be invited up to the Club from the learn to dive program or be offered a trial where potential is spotted. In this squad divers are in the older range of Novice competition looking to compete at Level 2 14+.

Holly has learnt several new divers recently from the 3m and 5m, and when initially asked to do these harder divers she made no fuss and was very willing to give everything a go. Holly recently moved up to the new 14+ Level 2 events and gave a very good performance at this new level even competing a dive she had only learnt a week prior. Holly's coach says they have great attendance at sessions and work hard in the gym and pool.



2018 Awards Rundown

Mini Rippers - Blair Crooks

Mini rippers are a squad of young divers between the ages of 6 and 9 who have shown potential in the sport. They train for four hours per week and are looking for an introduction to novice competitions when ready.

Despite still being one of the youngest members of his squad Blair has become very brave recently repeating new skills that had previously scared them. Blair was off for many weeks with an injury last year but came back with the same fantastic attitude he has always had towards diving, he works extremely hard to improve in both the dry sessions and in the pool where they really focus on feedback and trying to correct dives. Never complaining skills are too hard, he always pushed himself to be the best.



Junior Rippers - Jade Hendrie

Junior rippers are a squad of young divers currently between the ages of 8 and 11 who have shown potential in the sport in both the pool and dry. They train for 6 hours per week and in this squad, we are expecting divers to have a good training attitude, and focus is aimed at competently and medaling at SASA levels and high-end novice events.

Jade was placed in Junior Rippers after completing her 1 year in TID back in May 2018. When placed initially Jade was lacking with body control in mid-air but over the last year she has worked hard in the gym and pool to improve this. Every session she shows up with the biggest smile and can't wait to show her coach what they've been practicing at home. Listening and remembering feedback is crucial to making progress in diving and this is something jade has mastered. She has absolutely no fear when it comes to learning new dives, when asked to try something she has a massive smile and will give it a go without hesitation. Even if the dive doesn't go quite as planned she gets up and tries again. Her progress is becoming more noticeable and despite being almost 2 years younger than some of her competitors jade manages to hold her own and medal in 2nd at their last 2 SASA levels. Jades coach is looking forward to seeing her compete at their first Level 2 event.



2018 Awards Rundown

Entry - Niamh Farquharson

We now move onto entry squad, this squad train 6.5 hours per week. This is where we expect the divers to begin to really master the fundamental techniques, work hard in the gym looking to always be making progress and, in the pool, looking to begin increasing difficulty levels.

At the beginning of the 2018 Niamh was struggling to find her groove with diving. Lead-ups to basic dives were proving difficult and most of the time when they ran into a mental block issue. Since that time she has come on leaps and bounds. In the pool she not only gets up on the board and goes for new dives without any hesitation, but will often be seen spending time to encourage and support other nervous divers in lessons and public session. This is an amazing quality to have as a diver and a person.



JC - Moray Gault

Junior Competitive is split into two levels, JC1 and JC2 who train 7.5 and 9 hours per week respectively. At this level there is increasing focus on strength and conditioning and increasing the rate of learning higher dd dives. We would expect divers in this squad to be preparing to compete competently at Age Group level, with a more complex dive list.

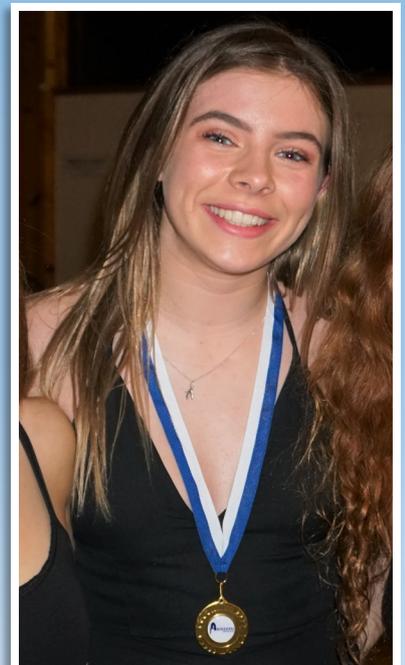
Moray had a great year last year. He competed in his first Age Group comp, learnt a huge set of new dives from 1m, 3m & 5m and medaled at both events they took part in at SNAGS. Moray is great fun within session and if there was an award for best dancing on a diving board it would also go to him.



JP - Clara Kerr

Junior Potential/ Junior Performance train 13 hours per week. At this level the focus is on building strength and learning higher dd dives. We would expect divers in this squad to be competing and medaling at an Age Group level and on the Elite diving pathway while always progressing to learn a more complex dive list.

In 2018 Clara became British Junior Elite Champion on platform in their age group, following this she went on to represent the British junior team for the first time in Dresden. Despite struggling with injury during the year, she has continued to push themselves to improve and to learn new skills and has started the new season by attending the first ever British National Cup event.



2018 Awards Rundown

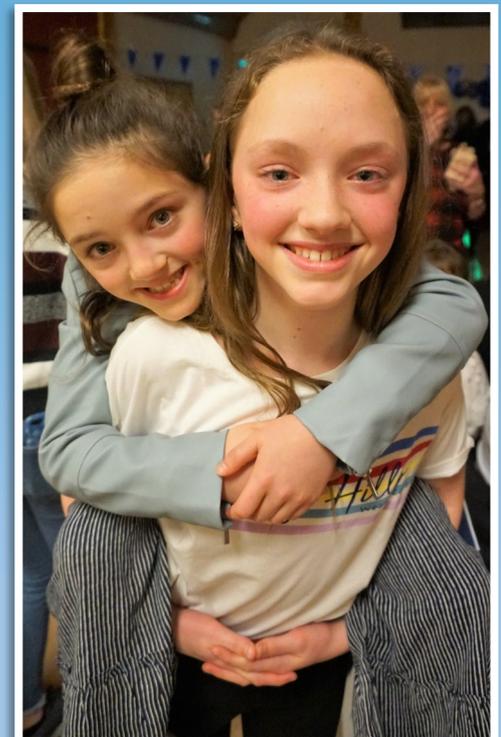
Special Mention - Robyn Low

As most of you know in September last year Robyn unfortunately broke her femur at training. This was a horrific accident which resulted in Robyn getting surgery to have pins placed in her legs leaving her out of action for weeks. 5 months on from the break, Robyn is in full recovery and back in the pool training. To even get back on the board is a massive achievement, and Robyn is back to bouncing about on the trampoline and is working hard to get her strength and dives back. Well done Robyn, it's amazing to have you back.



Special Mention - Amelie & Sophie Horne

Our second special mention goes to two of our divers who unfortunately will be leaving us come this Summer when they move to the states. Amelie and Sophie Horne have been members of this club coming up on two years and over that two-year period have excelled in the sport and become prominent members of this club making friends with everyone. Amelie was part of our first year of TID selection and her sister Sophie was spotted in a taster lesson and invited to join Mini Rippers. Both girls work extremely hard and both now train in Junior Rippers 6 hours a week. Their coach Kim says "they are fantastic to coach always turning up to training with smiles ready to give giving 100%. Both girls are very welcoming hard-working members of their squad and I know you'll take these qualities to whatever sports clubs you join in the states." The coaches want to take this opportunity to thank their parents Kirsten and Benj as they have both helped the club at every opportunity whether it's chaperoning, building a fantastic website or helping to organise this awards nights.



2018 Awards Rundown

Most Improved Diver

Special Mention - Niamh Farquharson

This award is a difficult one to make given how many talented and fantastic divers we have in the club. But this year there were two divers who were neck and neck with nomination and it came down to just a 1 vote difference, so we'd first like to give a special mention to a diver who has made massive improvements over the last year. Niamh Farquharson who as previously mentioned has made some immense improvement within her squad. At the beginning of 2018, she was lacking pike shape flexibility and overall strength, but through dedication both in training and at home, Niamh now has a flat pike shape and works hard through the conditioning sessions to keep building up strength. Since improving in the gym and building on her self-belief, over the last year she learnt roughly 20 new dives off boards ranging from the 1m to the 7.5m. She has also managed to improve her SASA levels scores from 245 to 283. Niamh has clearly shown her dedication to diving, attending every competition she has been invited to as well as turning up to all three of the supervised sessions that are on during the week. Great work this year Niamh and keep up this amazing attitude.



Winner - Noah Penman

Noah is very committed to diving and rarely misses a session making sure to give 100% all the time. He never refuse a new skill and if a dive goes wrong and they hurt themselves they'll get straight back up on the board and try the skill again. Noah has won medals at SASA level 2 and recently level 3 events. He was moved up to Age Group at the tail end of last year where he medaled at their first Age Group event. Noah now has a full list off all 3 boards which results in him being invited to higher-end Age Group events in the coming months. Over the last year Naoh has learnt almost 30 new dives ranging from the 1m to the 5m board. He attended the 2018 Talent Games in November and just being offered the chance to compete among some of the best young divers in the country is a fantastic achievement and experience for his future diving career. Noah's coach says that he is supportive of all his teammates and is an absolute pleasure to coach.



2018 Awards Rundown

Diver of the year

Winner - Niamh Rogerson

While so many of the divers in this club have had a fantastic year in training and competitions, there is one specific diver who has had an outstanding year, one that is well worthy of winning the diver of the Year award. Niamh has shown incredible dedication, commitment and hard work to both training and competition. She is a pleasure to coach is always willing to try new skills and push herself to improve and better her technique. Niamh is supportive of their teammates and provides hours of entertainment at competitions. All of Niamh's hard work has paid off and following her success at the Talent Games in 2018 she was selected for the Swim England and Scottish Swimming Talent Zone squad, the first ever Aberdeen diver to have been selected.



SASA Levels 2019

Restructure

The SASA Levels are competitions for Scottish divers of all abilities of which there are 6 of them throughout the year, either in Aberdeen, Edinburgh, Ayr or Dundee. 2019 has brought some changes to the structure of SASA Levels events

- 1 The first of which impacts the Level 2 event which is now structured in such a way that it can now be used as a qualification for the Swim England National Skills Finals (in July). Level 2 now also has a 14+ category.
2. The second change is the addition of a new fourth level of competition. This will accommodate diver who are progressing to the elite level whilst now allowing age-group divers (level 3) to compete against divers that are their ability.
3. The final change involves a change to the 7 & Under event, as of April. This will now be called 'Mini E' and will be for divers 9 & Under. This for Scotland's youngest divers and is aimed at giving divers an introduction to competing and strive to move up through the Levels.

Within each level divers are split as follows (age as of 31st December in year of competition).

Within the Mini E events (Novice):

Group Mini E - divers aged 9 & below

Within the Level 1 & 2 events (Novice):

Group E - divers aged 8 - 9 years

Group D - divers aged 10 - 11 years

Group C - divers aged 12 - 13 years

Group B - divers aged 14 - 18 years

Within the Level 3 event (Age Group):

Divers aged 13 & below (groups E, D & C)

Divers aged 14 & above (groups B, A & Senior)

Within the Level 4 event (Elite & Senior):

Divers aged 15 & below (groups C & B)

Divers aged 15 & above (groups A & Senior)

DIVER OF THE MONTH

Diver of the months goes to Liam Davie-Wright.

Liam currently trains 6 hours a week in our TID Squad classes. Liam is incredibly hard working in the gym where is always trying to get more flexible and stronger. When Liam joined diving last year he wasn't able to do any hanging pike ups, but he worked hard over and over again to now be able to do 5 in a row. In the pool Liam is fearless and has just reach the level where he will be starting to compete at Novice events and his coach is looking forward to seeing him take part in his first comp this coming weekend. Keep up this amazing hardworking attitude Liam and nothing will stop you!!!



NEW DIVES

Month of Feb & Mar

Junior Potential:

Emma Kelsey: Forward double somersault tuck (104c) Backward somersault ½ twist (5221d)
Reverse dive tuck (301c) **1m**, Backward dive pike (201b) Reverse dive tuck (301c) **3m**,
Forward dive pike (101b) Forward 1½ somersault pike (103b) Inward dive pike (401b)
Backward dive tuck (201c) **5m**

Niamh Rogerson: Forward double somersault tuck (104c) Backward somersault ½ twist (5221d)
Reverse dive pike (301b) Inward 1½ somersault tuck (403c)
Backward somersault tuck (202c) **1m**, Reverse dive pike (301b)
Inward somersault tuck (402c) Backward somersault tuck (202c)
Backward 1½ somersault tuck (203c) **3m**, Inward somersault tuck (402c) **3m plt**,
Forward dive pike (101b) Forward 1½ somersault pike (103b) Inward dive pike (401b)
Backward dive tuck (201c) Reverse dive tuck (301c) **5m**

Junior Competitor 1 & 2:

Moray Gault: Forward 2½ somersault tuck (105c) Backward 1½ somersault 2½ twist (5235d) **3m**,
Forward 1½ somersault 2 twist (5132d) **5m**

Noah Penman: Backward 1 somersault 2½ twist (5235d) Backward somersault pike (202b)
Reverse somersault tuck (302c) **1m**, Backward somersault 1½ twist (5223d)
Forward somersault 2 twist (5124d) **3m plt**, Forward 2½ somersault pike (105b) **3m**

Millie Murdoch: Forward 1½ somersault pike (103b) **1m**, Forward 1½ somersault tuck (103c) **3m**

Junior Rippers:

Amelie Horne: Reverse dive tuck (301c) Forward 1½ somersault pike (103b) **1m**, Backward dive tuck (201c)
Inward dive pike (401b) **3m**

Sophie Horne: Backward dive tuck (201c) **1m**, Forward dive tuck (101c) **3m**

Mia Pritchard: Backward dive tuck (201c) **1m**

Brooke Mackintosh: Backward dive tuck (201c) Forward 1½ somersault tuck (103c) **1m**
Inward dive tuck (401c) **3m**

Annabel Bostock: Forward 1½ somersault tuck (103c) **1m**, Forward dive pike (101b) **3m**

Jade Hendrie: Forward 1½ somersault tuck (103c) Inward dive pike (401b) **1m**,
Forward dive pike (101b) **3m**

Ben Morrice: Backward dive tuck (201c) **1m**

Scott Riddoch: Inward dive tuck (401c) **1m**, Forward dive tuck (101c) **3m**

Entry:

Amy Stewart: Backward dive tuck (201c) **3m**

Niamh Farquharson: Forward somersault 1 twist (5122d) Backward somersault tuck (201c) **1m**,
Forward 1½ somersault pike (103b) **5m**

Mini Rippers:

Angus Macrae: Back fall (20a) **1m**

NEW DIVES cont.

Month of Feb & Mar

Development & Advance Development:

Isabella Gore: Backward dive tuck (201c) **3m**

TID Lessons & TID Squad:

Ben Philip: Forward tuck roll (11c) **3m**

Dominic Roberts: Forward dive tuck (101c) **1m**

Amiyah Taylor-Sinclair: Forward tuck roll (11c) **3m**

Layla Ross: Straight fall (10a) **3m**

Megan Horsburgh: Straight fall (10a) **3m**

Jamie Ness: Back fall (20a) **1m**, Straight fall (10a) **3m**

Amelia Leslie: Pike fall (10b) Forward tuck roll (11c) Straight fall (10a) **3m**

Masters:

Lauren: Inward dive tuck (401c) Forward 1½ somersault tuck (103c) **3m**

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