

# THE LINE UP!



Aberdeen Diving Club's monthly newsletter

Issue 24 – April & May 2019

It has once again been another busy couple months for the divers and coaches. We have had divers attending the full range of levels from Novice, Age Groups and up to the Elite level. In April we even had our Masters divers attending the Spring masters with some fantastic results. The divers who have not been competing have been busy learning new dives and working hard in the gym to get stronger and more flexible.

Read further in the Newsletter to see a breakdown of each competition attended and the amazing results ADC achieved.

As you will remember ADC had it's Easter fundraising event going on over the past couple months and we are please to announce that the Smarties tubes and Giant Easter Bunny fundraisers raised £619.90. Thank you to everyone involved and well done to Scott Riddoch who guess the closest to the giant bunnies birthday!

ADC have a website that is updated regularly with info about competition dates, results and policies. It also has a second hand kit marketplace so if you are ever looking for some information this should be your first stop.



## Notices & Reminders

### ⇒ 16th June

SASA Levels, Dundee,  
ADC Levels 1, 2 & 2 14+ divers

### ⇒ 21st - 23rd June

GB Team Z Camp 3 & 7,  
Sheffield, ADC Team Z divers

### ⇒ 23rd June

ADC Summer Social, Bowling

### ⇒ 27th - 30th June

SE National Age Groups,  
Sheffield,  
ADC Age Group divers

### ⇒ 6th - 7th July

SE National Skills Finals,  
Plymouth,  
Invited ADC Novice divers

### ⇒ 8th September

SASA Levels, Aberdeen,  
All Levels



# SASA Levels April (Edinburgh)

Another set of great results at the SASA levels in Edinburgh. The coaches saw lots of great diving and ADC came away with a medal count of 7x Gold, 3x Silver and 4x Bronze.

Special shout out Semyon, Liam, Maya, Amiyah, Isla, Poppy and Dominic for competing in their first diving competition and focusing to dive their best. Also to Ben Morrice who was taking part in his first level 2 event after moving up from level 1.

Also special also must go to Nicholas Cannon who unfortunately wasn't able to dive after taking a bad knock to the head in the changing rooms, but he was an absolute gem all day watching and supporting his teammates. A .pdf of the results from the day can be found on the results page of our website.

## Mini E

### Boys

**Gold** - Semyon Bykov

**Silver** - Dominic Roberts

### Girls

**Gold** - Isla Berry

**Bronze** - Amiyah Taylor-Sinclair

6th - Poppy Martin

## LEVEL 1

### Group E Boys

**Bronze** - Blair Crooks

4th - Zain Sellar

### Group E Girls

**Gold** - Maisy Murray

### Group D Boys

**Gold** - Scott Riddoch

4th - Liam Davie-Wright

5th - Luke Beattie

### Group D Girls

**Silver** - Brooke Mackintosh

**Bronze** - Maya Leighton

5th - Mia Pritchard

### Group C Boys

**Silver** - Josh Douglas

## LEVEL 2 14+

### Girls

5th - Holly Thomson

6th - Madeleine McDermott-Dick

7th - Isabelle Gore

## LEVEL 2

### Group E Girls

**Gold** - Jade Hendrie

### Group D Boys

**Gold** - Ben Morrice

**Bronze** - Anna Duthie

### Group D Girls

**5th** - Anna Duthie

### Group C Girls

**Gold** - Niamh Farquharson

7th - Amy Stewart

8th - Lucy Fraser

10th - Millie Murdoch



# GB Junior Elites

At the start of April, Clara Kerr travelled down to Sheffield for the British Junior Elite Championships. This is the biggest event in the year for juniors and sees the best divers from all across the UK, and some international teams travelling to compete. As Clara had only just started to recover from ongoing injuries and was also moving up into a new age group, there were no expectations for Clara. She also had to juggle her training and competitions with revising for her Nat 5 exams which started the following week.

On the first day of competitions, Clara was competing in the Girls group A 1m event. She put together a very steady list and managed to qualify for the final. She then did some lovely dives in the final to finish 5<sup>th</sup> with a score of 320.50.

The second day of competitions saw Clara competing in the Girls group A platform event. Due to Clara's injuries, she was using an easier list of dives than usual. She performed these beautifully but as her tariff was lower than others she finished 7<sup>th</sup>, just missing out on the final. A fantastic effort though.

Clara's final event was the Girls group A 3m event. Clara's first couple of dives were beautiful, but unfortunately made a mistake on one of her easier dives which put her down in the rankings. She then managed to bring it back with an outstanding last dive which allowed her to qualify for the final in 5<sup>th</sup>. She then went into the final and smashed all 4 of her dives and came away with the SILVER medal. This is an outstanding achievement and a MASSIVE PB. Well done Clara!!



# GBDF Spring Masters

Aberdeen Diving Club had three of their divers competing, Lauren Anderson, Laurie Rominger and Iain Banks at the Spring Masters Competition in Edinburgh. The masters competitions are split into two levels, Novice being slightly easier with less dives being required in order to compete and then the masters competitions. Over the weekend competition we had all three divers competing on both 1m and 3m in the novice events.

## Day 1

Iain kicked us off in the Novice Men's 1m, he dived amazingly considering he only started diving a couple of months previously. Iain managed to dive amazingly and came away with the GOLD medal. To follow we had Lauren and Laurie competing in their separate age groups in the Novice Ladies' 3m. Lauren managed to compete a brand new dive very well and came away with the SILVER medal, while Laurie dived amazingly nailing every dive to easily get the GOLD medal. We had a great start to our weekend.

## Day 2

Starting off Sunday for ADC we had Iain in the Novice Men's 3m, after learning his 4<sup>th</sup> dive just a couple of days before he competed it, Iain managed to come away with another GOLD medal. In the Novice Ladies 1m, Lauren and Laurie were diving in their respective age categories. After making a mistake on her last dive in training, Lauren didn't let that discourage her and she managed to come away with another medal this time taking the BRONZE. Laurie put together a fantastic set of dives, also competing a new dive coming away with the SILVER medal.



# Shipley Novices

Aberdeen had 23 divers head down to compete in the Shipley Novices Competitions from the 27th-28th April. Team Aberdeen did amazing, every diver who had compete at Shipley Novices last year all upped their game this year achieving a personal best (PB) score. There were several divers taking part in their first away trip diving competition so a special well done must go to Zain Sellars, Ben Morrice, Nicholas Connon, Dana Ross, Lucy Fraser, Anna Goodbrand and Isabelle Gore who all took it in their stride diving confidently and behaving well all weekend under the chaperones care.

## Boys Group E – 21 divers

10<sup>th</sup> - Zain Sellar (120.90)  
11<sup>th</sup> - Blair Crooks (120.85)

## Girls Group E – 25 divers

4<sup>th</sup> - Jade Hendrie (158.20)  
8<sup>th</sup> - Maisy Murray (139.40)  
9<sup>th</sup> - Sophie Horne (136.55)

## Boys Group D – 29 divers

**SILVER** - Ben Morrice (159.70)  
17<sup>th</sup> - Scott Riddoch (121.95)  
19<sup>th</sup> - Nicholas Connon (120.30)

## Girls Group D1 – 21 divers

4<sup>th</sup> - Megan Williams (145.70)  
11<sup>th</sup> - Mia Pritchard (132.20)  
13<sup>th</sup> - Ellen Archer (127.40)

## Girls Group D2 – 41 divers

4<sup>th</sup> - Brooke Mackintosh (155.10)  
11<sup>th</sup> - Anna Duthie (143.90)  
34<sup>th</sup> - Dana Ross (120.60)  
41<sup>st</sup> - Anna Goodbrand (90.80)

## Boys Group C – 33 divers

24<sup>th</sup> - Josh Douglas (125.90)

## Girls Group C – 33 divers

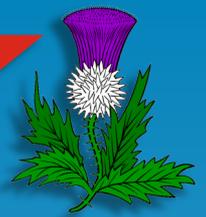
**SILVER** - Amelie Horne (152.90)  
**BRONZE** - Niamh Farquharson (150.45)  
6<sup>th</sup> - Amy Stewart (148.25)  
9<sup>th</sup> - Millie Murdoch (142.50)  
15<sup>th</sup> - Lucy Fraser (135.65)

## Girls Group B – 16 divers

8<sup>th</sup> - Holly Thomson (157.20)  
10<sup>th</sup> - Isabelle Gore (149.05)



# Thistle Trophy



# Scotland

Thistle Trophy is a competition that has been running for many years but this was only Aberdeen's second year hosting the event. This year was once again a huge success for our divers, with ADC taking a total of 9 medal across the 11 age categories, and lots of fabulous diving taking place from all the divers. A .pdf of the full results can be found on the website Results page.

## Boys Group F – 1 diver

GOLD - Angus Macrae (178.50)

## Boys Group E – 9 divers

5<sup>th</sup> - Murray Balfour (237.85)

7<sup>th</sup> - Zain Sellar (222.60)

8<sup>th</sup> - Blair Crooks (222.15)

## Girls Group E – 12 divers

BRONZE - Jade Hendrie (314.40)

4<sup>th</sup> - Annabel Bostock (309.80)

5<sup>th</sup> - Maisy Murray (283.80)

6<sup>th</sup> - Sophie Horne (272.50)

7<sup>th</sup> - Amelia Leslie (269.55)

10<sup>th</sup> - Jessica Macrae (253.90)

11<sup>th</sup> - Megan Horsburgh (249.75)

## Boys Group D – 15 divers

GOLD - Ben Morrice (292.10)

SILVER - Ashton Waddell (290.80)

7<sup>th</sup> - Liam Davie-Wright (251.45)

9<sup>th</sup> - Nicholas Connon (248.00)

11<sup>th</sup> - Scott Riddoch (243.25)

## Girls Group D1 – 30 divers

5<sup>th</sup> - Andrea Bostock (282.15)

10<sup>th</sup> - Brooke Mackintosh (274.65)

13<sup>th</sup> - Anna Duthie (267.95)

14<sup>th</sup> - Maya Leighton (263.15)

15<sup>th</sup> - Mia Pritchard (261.75)

18<sup>th</sup> - Megan Williams (251.20)

24<sup>th</sup> - Dana Ross (230.05)

25<sup>th</sup> - Ellen Archer (226.25)

## Girls Group C – 17 divers

GOLD - Niamh Farquharson (282.60)

BRONZE - Lucy Fraser (275.40)

5<sup>th</sup> - Amelie Horne (273.30)

7<sup>th</sup> - Millie Murdoch (272.85)

10<sup>th</sup> - Amy Stewart (266.50)

## Boys Group C – 14 divers

13<sup>th</sup> - Josh Douglas (256.55)

## Girls Group B – 9 divers

BRONZE - Holly Thomson (211.60)

7<sup>th</sup> - Madeleine McDermott-Dick  
(198.00)

8<sup>th</sup> - Emma Findlay (172.35)

9<sup>th</sup> - Isabelle Gore (169.80)

## Thistle Trophy 1m Synchro – 18 pairs

GOLD - Holly Hendry + Niamh Farquharson (149.85)

BRONZE - Amelie Horne + Amy Stewart (143.37)

4<sup>th</sup> - Millie Murdoch + Lucy Fraser (140.76)

6<sup>th</sup> - Andrea Bostock + Anna Duthie (137.37)

7<sup>th</sup> - Madeleine McDermott-Dick + Holly Thomson (135.35)

11<sup>th</sup> - Ben Morrice + Brooke Mackintosh (121.20)

14<sup>th</sup> - Annabel Bostock + Jade Hendrie (109.68)



# Scottish National and Open

## Age Groups (SNAGs)



Scottish  
Swimming

Scottish National and Open Age Groups took place along side Thistle Trophy over the course of 3 days. ADC had 4 Age Group divers taking part, Moray Gault, Noah Penman, Niamh Rogerson (Group C) and Lucy Allardyce (Group B). All divers came away with an array of medals and great competition experience for the lead up to the English National Age Groups (NAGs) in the end of June. Well done divers and a .pdf of the full results can be found on the website Results page, below is a quick rundown. Square bracketed position includes the non-Scottish (open) divers in the results.

### SNAGs 3m Synchro - 11 pairs

4th - Noah Penman + Moray Gault (185.16)

9th - Niamh Rogerson + Summer Ross (145.53)

### Boys Group C

#### 1m - 8 divers

GOLD [1st] - Noah Penman (225.60)

SILVER [2nd] - Moray Gault (187.65)

#### 3m - 7 divers

GOLD [1st] - Noah Penman (222.65)

SILVER [2nd] - Moray Gault (213.65)

#### Platform - 6 divers

GOLD [2nd] - Noah Penman (195.00)

SILVER [3rd] - Moray Gault (181.15)

### Girls Group C

#### 1m - 16 divers

4th [12th] - Niamh Rogerson (152.25)

#### 3m - 7 divers

4th [9th] - Niamh Rogerson (182.55)

#### Platform - 6 divers

BRONZE [7th] - Niamh Rogerson (182.35)

### Girls Group B

#### 1m - 11 divers

GOLD [3rd] - Lucy Allardyce (206.80)

#### 3m - 8 divers

SILVER [7th] - Lucy Allardyce (191.70)

#### Platform - 10 divers

SILVER [8th] - Lucy Allardyce (160.00)



# TID 2018/19 Graduates

The start of June brings an end to our current 2018/19 TID divers first year of training. This year only some of the divers have been moved out of TID into their new training squads. A huge congratulations to all of you, you've been a fantastic group to coach and a great addition to the ADC team. We wish you the best of luck in your new squads and hope to see you continuing your hard work and success over the rest of your diving career.

The rest of the divers will remain for a little longer within the TID training program and will train alongside our new 2019/2020 intake of TID divers. We hope they will set a great example to the newer ones and continue to progress and aim for competition level.

Below is a little throwback to the phase 2 of testing back in April/May of 2018 alongside a recent photo of the divers.



Nicholas 'Nick' Connon  
Entry Squad



Liam Davie-Wright  
Junior Rippers



Maya Leighton  
Junior Rippers



Amelia Leslie & Megan Horsburgh  
Junior Rippers



Emmanuela Onyewueke  
Junior Rippers



Dana Ross  
Junior Rippers



Layla Ross  
Mini Rippers



Dominic Roberts  
Mini Rippers



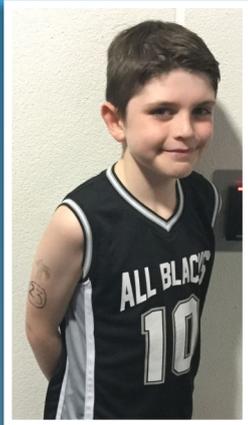
Chloe Thompson  
Mini Rippers

# TID 2018/2019



Ewan MacDonald, Betsy Kirk

Boost



Adam Berry, Owen Rennie, Olivia Jordan

Boost



Kacey Johnston, Skye Stevens

Dive Skills 2



Maya Barry, Agness Lai, Klara Lambon

Dive Skills 2

# TID 2018/2019



## Remain TID

Hannah Wilson, Joseph 'JoJo' Lai, Poppy Martin, Alicia Modrzewska, Lesha Despande, Felicity Davies, Alexandra 'Lexi' Marsters, Isla 'Sausage' McPhee, Samuel 'Sammy' Tomisson, Maisie Laurenson, Isla Berry, Fraser 'Frazzle' Allan, Jamie 'Jim-Jam' Ness, Amiyah Taylor-Sinclair, Chizoba Ibenegbu



## Summer Social !!!



We would like to end the summer school term with a fun social evening bowling at Codonas and invite all the coaches, divers and their parents. This will take place on the evening of Sunday 23rd of June.

We have six lanes (each with 6 bowlers) at 7pm and six lanes at 8pm. We encourage the older divers and their parents to bowl at the later slot of 8pm so the younger divers and their parents can bowl at the earlier time but of course, this is not compulsory. While the divers may want to bowl at the same time and in the same lane as their friends, adults may wish to mix and perhaps bowl with other parents you don't know so well. And all welcome to be there for both hours to have a drink and 'mingle'. This evening is primarily about having fun and getting to know each other better but we would ask that you pay £3 per bowler by bank transfer using your diver's name as a reference. See the Facebook post for the payment details and doodle poll.

We look forward to seeing as many of you as possible on the night. If you have any questions please ask one of the coaches or in the 'comments' section of the Facebook post.



**Diver of the months goes to Holly Thomson.**

## DIVER OF THE MONTH

Over the past few months Holly has been working to learn new dives and has recently moved her 101c, 401c and 103c to 5m. In the past few weeks Holly has also learnt 104c on 1m. When asked to try this dive Holly did so without any objections and went for the dive first time which is great to see in a diver. She has recently competed in Shipley novice where she came 8th and then improved on this performance in Thistle Trophy to win BRONZE when up against girls who had lists with higher tariffs. Holly has great attendance to her training sessions and always puts her full effort in especially in the pool. This hard work is paying off as at her last SASA levels event Holly managed to reach the qualifying score for the Swim England National Skills event down in

Plymouth at the beginning of July. Well done Holly!

# NEW DIVES

## Month of April & May

### Junior Performance:

**Clara Kerr:** Forward 1½ somersault 1 twist (5132d) **7.5m**

### Junior Potential:

**Niamh Rogerson:** Inward somersault pike (402b) Backward 1½ somersault tuck (203c) **1m**,  
Backward somersault tuck (202c) Backward somersault straight (202a)  
Forward somersault straight (102a) **3mp** Inward 1½ somersault pike (403b)  
Backward 1½ somersault ½ twist (5231d) **3m** Forward 1½ somersault pike **7.5m**

### Junior Competitor 1 & 2:

**Moray Gault:** Backward 1½ somersault 1 ½ twist (5233d) Forward 1½ somersault 1 twist (5132d) **1m**,  
Backward somersault 1½ twist (5223d) **3mp**, Backward 1½ somersault 1½ twist (5233d) **5m**

**Noah Penman:** Handstand somersault tuck (612c) Forward double somersault (104c) **3mp**,  
Forward tuck roll (11c) Back tuck roll (21c) Forward 1½ somersault pike (103b)  
Handstand somersault pike (612b)

### Junior Rippers:

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

**Sophie Horne:** Forward somersault tuck (101c) Inward dive pike (401b) **1m**, Forward dive pike (101b) **3m**

**Mia Pritchard:** Inward dive tuck (401c) **3mp**

**Brooke Mackintosh:** Reverse dive tuck (301c) **1m**

**Andrea Bostock:** Forward 1½ somersault tuck (103c) **1m** Inward dive tuck (401c) **3m & 3mp**

**Annabel Bostock:** Inward dive tuck (401c) **3m & 3mp**

**Megan Williams:** Reverse dive tuck (301c) **1m**, Inward dive tuck (401c) **3m & 3mp**

**Jade Hendrie:** Inward dive tuck (401c), Inward dive pike (401b) **3m**, Inward dive tuck (401c) **3mp**

**Dana Ross:** Back fall (20a) **3m**

**Scott Riddoch:** Forward dive pike (101b) **3m**, Pike fall (10b) **5m**

**Liam Davie-Wright:** Inward dive tuck (401c) **1m**

**Maya Leighton:** Inward dive tuck (401c) **1m**, Back fall (20a) **3m**

**Amelia Leslie:** Back fall (20a) **3m**

**Megan Horsburgh:** Back fall (20a) **3m**

### Mini Rippers:

**Blair Crooks:** Inward dive tuck (401c) **1m**, Pike fall (10b) **5m**

# NEW DIVES cont.

## Month of April & May

### Entry:

**Millie Murdoch:** Backward dive tuck (201c) **3m**

**Emma Kelsey:** Forward 1½ somersault pike **7.5m**

**Amy Stewart:** Inward dive tuck (401c) **5m**

**Niamh Farquharson:** Inward 1 ½ somersault tuck (403c) **1m**, Backward 1 ½ somersault tuck (203c) **3m**

**Nicholas Connon:** Inward dive tuck (401c) **1m**, Backward tuck roll (21c) **3m**, Forward tuck roll (11c)  
Straight fall (10a) **5m**

**Lucy Allardyce:** Backward 1 ½ somersault tuck (203c) **1m**

**Ashton Waddell:** Reverse dive tuck (301c) **1m**, Back tuck roll (21c) **5m**

### Development & Advance Development:

**Madeleine McDermott-Dick :** Inward dive tuck (401c) **5m**

**Emma Findlay:** Backward dive tuck (201c) **3mp**, Inward dive tuck (401c) **5m**

**Kyle Skene:** Reverse dive tuck (301c) **1m**, Inward dive tuck (401c) **3m**

**Josh Herrera:** Reverse dive tuck (301c) **1m**, Inward dive tuck (401c) **3m**

**Holly Thomson:** Forward double somersault (104c) **1m**

### TID Lessons & TID Squad:

**Isla McPhee:** Forward tuck roll (11c) **3m**

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

**Chizoba Ibenegbu:** Pike fall (10b) **3m**

**Kacey Johnston:** Pike fall (10b) **3m**

### Boost:

**Ava Rankin:** Back fall (20a) Forward tuck roll (11c) Pike fall (10b) **3m**

**Lennox Hardie:** Back fall (20a)

**Annelise Megginson:** Back fall (20a)

### Masters:

**Iain:** Backward tuck roll (21c) Forward dive tuck (101c) **5m**