

THE LINE UP!

The last two months have been full of lots of training, assessments, camps and a couple competitions.

At the beginning of September Aberdeen hosted the SASA levels event where we had 35 of our divers competing. ADC came away 17 medals along with many solid performances from the divers. The results from the competition show how much progress the divers are making.

Aberdeen also attended the Irish National and Open Diving Championship at the end of October. This was a great competition for the divers who attended, and you can read more about their performances further on in newsletter.

A few of the ADC divers have been attending talent training camps and assessment camps over the past couple month. These were great experience for the divers. Getting selected for attendance at these events is an achievement in itself. With the upcoming Talent Games in Leeds a good opportunity for the divers competing to train specifics.

Our club kit order is once again open. The purchase link for the can be found on the Facebook group page and the shop will be open until 5pm Monday 12th November.

Save the Date!!! The 2nd Annual ADC Prize giving will be on **Saturday 16th February 2019**.

Notices & Reminders

- * Upcoming events
- ⇒ **10th November** - SASA Levels, Edinburgh, All ADC Divers
- ⇒ **17th - 18th November** - Talent Games, Leeds, Invited ADC Divers
- ⇒ **23rd - 25th November** - Luton Challenge, Luton, Invited ADC Age Group Divers
- ⇒ **24th November** - Sheffield Santa Skills, Sheffield, All ADC Divers
- ⇒ **29th - 2nd December** - Scottish National and Open Diving Championships, Edinburgh, Invited ADC Age Group Divers
- ⇒ **16th February 2019** - 2nd Annual ADC Prize Giving, All ADC community welcome



SASA Levels

September

Team ADC has had an absolutely fantastic day at the September SASA levels at our home pool in Aberdeen today! Aberdeen Diving Club had 35 divers competing across all the levels and we came away with a total of 17 medals. The coaches were so happy with everyone's diving and results. It's very clear that everyone has been working hard over summer to improve, keep up the great work team! A special mention goes to Amelie Horne for competing in her first Level 2 comp after moving up from Level 1. A PDF of all the results can be found on the Results page of our website.



7 AND UNDER

1st - Blair Crooks

LEVEL 1

Boys 8-10

1st - Ben Morrice

2nd - Scott Riddoch

4th - Cameron Hastings

9th - Murray Balfour

Boys 11-13

2nd - Josh Douglas

Girls 8-10

1st - Anna Duthie

2nd - Jade Hendrie

3rd - Andrea Bostock

4th - Megan Williams

5th - Maisy Murray

6th - Brooke Mackintosh

7th - Mia Pritchard

8th - Sophie Horne

9th - Ellen Archer

11th - Annabel Bostock

18th - Anna Goodbrand

Girls 11-13

1st - Millie Murdoch

3rd - Amy Stewart

4th - Lucy Fraser



LEVEL 2

Boys 8-10

2nd - Ashton Waddell

Girls 11-13

1st - Emma Kelsey

2nd - Niamh Rogerson

5th - Amelie Horne

7th - Niamh Farquharson

14th - Holly Thomson

Girls 14-18

3rd - Madeline McDermott-Dick

4th - Emma Findlay

5th - Grace Dymond

Boys 14-18

2nd - Jamie MacKenzie



LEVEL 3

Boys 13 and under

4th - Moray Gault

Girls 14 and over

1st - Clara Kerr

2nd - Robyn Low

3rd - Lucy Allardyce

7th - Holly Hendry

Team Y Assessment Camp

At the end of September Clara Kerr attended the Team Y assessment camp down in Sheffield. This involves testing in the Dryland and Pool. Team Y is a selection of the top junior divers from across the UK. This assessment camp is by invite only and Clara's performances and results from many competitions over the last year, notably the Junior Elites, secured her the opportunity to attend the assessment camp.

The dryland physical testing covers strength, flexibility and technical skills. Some examples of specifics include chin ups, pike ups, sprints, pike shape, splits, handstands and fast standing back somersaults.

In the pool they initially get tested on 5m entries, Clara excelled specifically in this area. They then get tested on various pool skills including a set of their required dives on the 3m springboard or Platform. Although Clara was unsuccessful she had a great experience and came away with lots of positive feedback and diving knowledge.



Talent Games 2018

The Talent Games is an exciting national competition where divers aged 11 years and under compete across a range of dryland and pool-based activities. The competition, held over two days, is also the selection event for the Swim England Diving Team Z squad (the first level of the British Diving talent squad). Divers compete in various wet and dry competitions. Each skill is awarded points and is totalled up. The dry dive competition consists of 3 events; Dry Board; Physical Competitions (power, speed and control) and finally a Floor Routine. The pool competitions include events on the 1m springboard, 3m springboard and 3m platform. The standard and expectations of a diver's ability attending this competition is high, with only the top 12 male and female divers being considered for Team Z selection.

The competition this year runs from the 17th - 18th November down in Leeds. Aberdeen diving club have 3 divers attending this year. Noah Penman, Moray Gault and Niamh Rogerson will travel down and compete, helping to represent the upcoming diving talent in Scotland. Good Luck!!!



Irish National and Open Diving Championships

SWIM IRELAND

Aberdeen Diving Club had 9 divers traveling to Ireland to compete. This is a 3 day competition and can involve long days at the pool, but the 9 divers took it in their stride always working hard when training and during their competition, then supporting the team the rest of the time.

Lucy Allardyce was competing in her first Age group competition. Over the 3 days she took part in the Girls B 1m, 3m and Platform events finishing in 8th, 9th and 8th respectively. She did some lovely dives and competed her forward two and a half on 3m for the first time. Lucy put in a great effort at her first age group competition.

Noah Penman was also competing in his first Age Group competition. He was supposed to be competing in the Boys D 1m and 3m events but due to injury had to pull out of the 3m event to heal. He dived fantastically in his 1m event and came away with the **BRONZE** medal.

In the Novice skills events first up was Holly Hendry (Girls B) who dived beautifully and came away with the **SILVER** medal. Up next was Ashton Waddell (Boys D) who put together a lovely set of dives to finish in 8th. ADC had 3 girls competing the Girls D skills and we had three top 10 finishes with Amelie Horne in 10th, Millie Murdoch in 5th and Niamh Rogerson taking **GOLD!!!** All 3 showed beautiful diving. There was 2 divers in final skills event (Girls C). Niamh Farquharson dived brilliantly finishing in 6th place, making some great changes to her dives. Emma Kelsey smashed it taking **GOLD!!!**.

Novice Skills

Boys D (22 divers)

8th - Ashton Waddell (261.20)

Girls D (28 divers)

GOLD - Niamh Rogerson (290.95)

5th - Millie Murdoch (268.30)

10th - Amelie Horne (252.10)

Girls C (19 divers)

GOLD – Emma Kelsey (295.00)

6th - Millie Murdoch (267.75)

Girls B (12 divers)

SILVER – Holly Hendry (307.10)

Age Group

Boys D

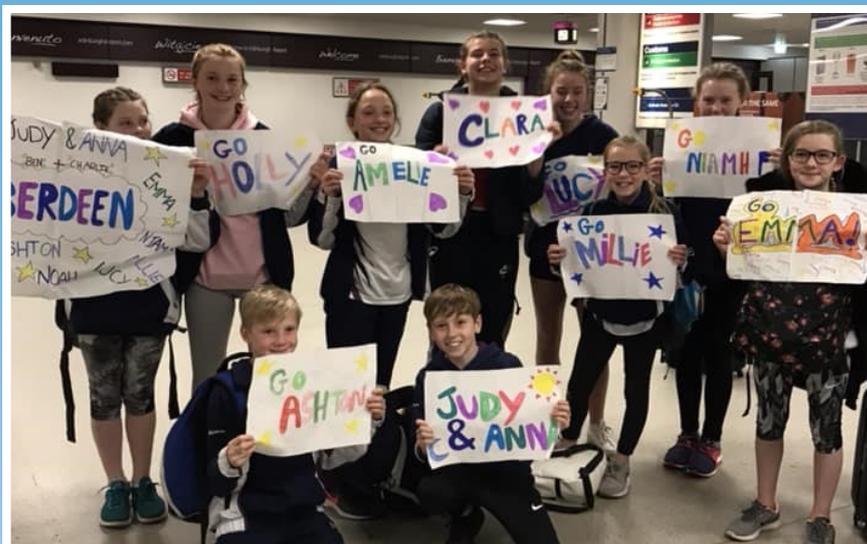
1m – BRONZE - Noah Penman (142.90)

Girls B

1m - 8th - Lucy Allardyce (181.30)

3m - 9th - Lucy Allardyce (179.15)

Platform - 8th - Lucy Allardyce (165.60)



DIVER OF THE MONTH

Diver of the month goes to **Jade Hendrie.**

Jade has made huge improvements over the last few months in her diving. She has learnt several new dives including her backward line-ups from 3m, forward line ups from the 5m and a beautiful inward dive tuck on the 1m springboard. Jade has been working hard in the gym every session trying to focus at the beginning of every skill asked of her and listening to feedback from her coach. Her coach said "Jade may be the youngest in her squad, still at 7yrs, but she doesn't let that stop her. Her focus recently has been trying to make corrections first time and make progress in every dive within her sessions". Jade got a massive PB and Silver medal at the September SASA levels competition showing how much progress she is making. Well done Jade keep up the focus and hard work!!

SPECIAL MENTION

This newsletter we would like to give a special mention to one of our divers who has gone above and beyond in the last several weeks. Niamh Farquharson (Entry Squad) has been seen on multiple occasions during supervised sessions helping members of the public to build up their confidence enough to jump off the higher platforms. In supervised sessions she not only works hard on her own dives but recently has been seen helping members of this year's TID squad to work at dives they are nervous about or have lost confidence in. This attitude towards other divers as well as her own training is very admirable from someone of her age. The coaches would just like to give recognition to Niamh F. for helping continue to make team ADC a friendly welcoming environment.



Save the date - 16th Feb 2019

Aberdeen Diving Club Annual Awards Night and Social

Earlier this year we had our first awards night and club social. It was a fantastic evening and we hope you can all join us again. Keep an eye on the Facebook page and emails for more information nearer the time.

NEW DIVES cont.

Month of Sept/Oct

Junior Performance:

Robyn Low: Forward 1½ somersault 1 twist (5132d) 1m

Clara Kerr: Inward ½ somersault pike (405b) 10m

Junior Potential:

Emma Kelsey: Forward somersault 1 twist (5122d) 1m, Forward dive tuck (101c) 5m

Niamh Rogerson: Reverse dive tuck (301c) 1m, Back dive tuck (201c) 3m, Forward dive tuck (101c) 5m

Junior Competitor 1 & 2:

Moray Gault: Forward 1½ somersault 1 twist (5132d) Backward 1½ somersault 1½ twist (5233d) 3m
Forward double somersault (104c)

Noah Penman: Inward 1½ somersault (403c) 1m Forward 1½ somersault 1 twist (5132d) 3m

Junior Rippers:

Amelie Horne: Inward dive tuck (401c) 3m

Jade Hendrie: Back tuck roll (21c) 3m, Pike fall (10b) Tuck roll (11c) 5m

Anna Duthie: Straight fall (10a) 5m

Maisy Murray: Forward somersault tuck (102c) 1m, Pike fall (10b) Tuck roll (11c) 5m

Megan Williams: Forward somersault tuck (102c) 1m, Pike fall (10b) Tuck roll (11c) 5m

Entry:

Holly Hendry: Forward 1½ somersault 1 twist (5132d) 3m

Mini Rippers:

Jessica Macrae: Back fall (20a) 3m

Sophie Horne: Back fall (20a) 3m

Scott Riddoch: Back fall (20a) 3m

Boost & Club Ready:

Madeline Mc: Backward dive tuck (201c) 3m

Grace Dymond: Inward dive tuck (401c) Reverse dive tuck (301c) 3m

Amy Stewart: Back tuck roll (21c) Forward dive tuck (101c) 5m

Jamie Mackenzie: Reverse dive tuck (301c) 3m

Izzy Gore: Reverse dive tuck (301c) 3m

Anna G: Inward dive tuck (401c) 1m

Tasia: Back fall (20a) 1m, Pike fall (10b) Forward tuck roll (11c) 3m

Anna B: Pike fall (10b) Forward tuck roll (11c) 3m

NEW DIVES cont.

Month of Sept/Oct

TID:

Chloe: Back fall (20a) 1m, Pike fall (10b) Forward tuck roll (11c) 3m

Dayna: Back fall (20a) 1m, Pike fall (10b) Forward tuck roll (11c) 3m

Matthew: Forward tuck roll (11c) 3m

Nicolas: Back fall (20a) 1m, Forward tuck roll (11c) 3m

Joseph: Forward tuck roll (11c) 3m

Evie: Back fall (20a)1m, Forward tuck roll (11c) 3m

Leshia: Forward tuck roll (11c) 3m

Jamie: Back fall (20a) 1m, Forward tuck roll (11c) 3m

Owen: Forward tuck roll (11c) 3m

Layla: Pike fall (10b) 3m

Ewan: Straight fall (10b) 3m

Maya: Back fall (20a) Forward dive tuck (101c) 1m, Straight fall (10b) 3m

Liam: Back fall (20a) 1m, Straight fall (10b) 3m

Skye: Pike fall (10b) 3m

Ben P: Pike fall (10b) 3m

Adam: Back fall (20a) 1m, Pike fall (10b) Forward tuck roll (11c) 3m

Dominic: Forward tuck roll (11c) 3m

Poppy: Back fall (20a) 1m

Olivia: Back fall (20a) 1m

Isla B: Back fall (20a) 1m