

News on 10

Official Diving Newsletter

Issue 10: July 2008

The Olympic Diving Trials

A ten-strong diving squad was selected as part of Team GB and will now focus their attentions on success in Beijing after some excellent performances at the Diving Trials in Leeds.

Rebecca Gallantree (City of Leeds), Stacie Powell (Southampton Diving) and Tonia Couch (Plymouth Diving) were the final athletes to add their names to the biggest ever list of Olympic divers.

Gallantree performed impressively throughout the preliminary, semi-final and final of the women's 3m Individual, scoring a total score of 847.95 as she guaranteed her qualification to her first Olympic Games.

"It really hasn't sunk in for me yet," Gallantree said. "I have been working so hard with the sports science staff in order to help me deal with the pressure of events like this, and I kept focused on what needed to be done."

The women's 10m Individual were the final spots that needed to be qualified and Powell and Couch went into the event looking confident after sealing their Olympic places in the women's 10m Synchro.

The competition proved to be close with five divers vying for two Olympic places. Powell and Couch were given a run for their money by Monique McCaroll (Southampton Diving) Sarah Barrow (Plymouth Diving) and Brooke Graddon (Plymouth Diving).

Powell finished with a total of 996.25 and Couch scored 982.70 as they took their Olympic spots. Both athletes will now compete in the 10m individual and synchro.

"I am overwhelmed by what has just happened," Powell said. "I am so happy with that result... "I think all the background work I put in with Alex Bagiu when I first learnt to dive is

really paying off. I also think that the hard work Tonia and I put into our synchro has really helped my individual." On her selection Couch said: "I am really happy, there are only three of us that are competing in two events and I think that is a real achievement."

Tom Daley (Plymouth Diving), who guaranteed his Olympic individual place in Beijing in February, performed his list of dives at the Diving Trials and achieved his aim of breaking the 500 point barrier.

The Olympic Diving squad is as follows:

Synchronised Diving

Men's Springboard (3m): Ben Swain, Nicholas Robinson-Baker (Both City of Sheffield)

Men's Platform (10m): Tom Daley (Plymouth Diving), Blake Aldridge (Southampton Diving)

Women's Springboard (3m): Hayley Sage (City of Sheffield), Tandi Gerrard (City of Leeds)

Women's Platform (10m): Stacie Powell (Southampton Diving), Tonia Couch (Plymouth Diving)

Individual Diving

Men's Springboard (3m): Ben Swain (City of Sheffield)

Men's Platform (10m): Thomas Daley (Plymouth Diving), Peter Waterfield (Southampton Diving)

Women's Springboard (3m): Rebecca Gallantree (City of Leeds)

Women's Platform (10m): Tonia Couch (Plymouth Diving), Stacie Powell (Southampton Diving)

2008 FINA Diving World Series Sheffield 24 - 25 May 2008

This years FINA World Diving Series yet again produced some fantastic diving, and great results from all divers.

The British Diving team took on some of the world's best divers this May in Sheffield at the FINA Diving World Series, surpassing their performance from last year's inaugural event by securing five medals; a gold, two silver and two bronze.

The event in Sheffield was the second of three in the 2008 series. The competition, open only to the top eight divers in the world, guaranteed a place for the host nation in every category, giving British divers a fantastic opportunity to test themselves against the world's best in Olympic year.

An exceptional performance from the World Cup bronze medallists Tom Daley and Blake Aldridge in the 10m Platform synchronised even secured Great Britain's first ever World Series gold medal. They beat Russia's gold medallists from the first World Series event of 2008 in Mexico and America's 2007 World Championships bronze medallists.



The 14-year-old Daley continued to produce confident performances the following day, despite only just qualifying for the final of the 10m platform event.

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FINA World Series Legacy Programme



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He went on to take the silver medal with teammate and Olympic silver medallist Pete Waterfield taking bronze. The gold went to China's synchro World Champion Huo Liang.

Bronze medallists at last year's event, Britain's Ben Swain and Nick Robinson-Baker, replicated their performance in the 3m synchro dive, while Monique McCarroll and Sarah Barrow won silver in the 10m platform synchro. Barrow said: "We are very happy with the silver against a field of the world's best divers, who will all be in action at the Olympics. We can still improve, it wasn't as good as we've been in training but we are getting there."

Steve Foley - NPD would like to thank all divers in the National Squad who worked extremely hard in securing places for Team GB, but missed out on selection themselves.

Upcoming Dates

July

5 - 6 National Skills Finals

August

10-23 OLYMPIC GAMES

September

October

5 Partnership Event East & London Region (incorp. Essex) Level 3 Springboard

25 Tynemouth Trophy

The Legacy Programme for the FINA Diving World Series has been designed to extend far beyond the competition and to enthuse young people and volunteers to become involved in diving.

Working with the local School Sports Co-ordinators and Sheffield's Diving Development Officers the Amateur Swimming Association (ASA) organised a new schools Flip'n'Fun competition off the back of the taster sessions, which the local club coaches delivered.

The Legacy Programme was launched at Sheffield's Swim Strategy with the help of Jodie McGroarty, who gave a talk to promote the FINA Diving World Series and Flip'n'Fun.

A total of 13 Schools and 130 children took part in the taster sessions across 5 local pools and the top four schools were invited to the FINA Diving World Series Schools final, which took place on Wednesday 21st May.

The event was a great success with Windmill Hill School winning the event. All the children were given commemorative T-shirts and really enjoyed the day, which included watching the British squad train.

The Legacy Programme has provided the schools with more variety and activity to be delivered within their school swimming programme, but also to maintain links with the local diving club and promote diving. The teachers said it has been one of the best programmes their school has been involved in and every child had a great time.

Working with City of Sheffield Diving Club, the Legacy Programme has also organised a Talent ID programme, which will take place over the spring/summer period in 3 clusters each having 6 schools.

Within this programme children will have a free Flip'n'Fun session and also receive a free voucher for another session and some children will be identified to go into a gifted and talented trial.

This will be delivered to children in school years 2-4 and upon completion up to 1,500 children will have tried diving with an uptake of 15% going into diving lessons and 10% going into squads.

Young volunteers from the local clubs had the opportunity to become involved in the volunteering programme. Volunteers worked with allocated schools at the Flip'n'Fun taster sessions & competitions, under the guidance and mentoring of the level two swimming teachers, the Regional Diving Development Officers, Sheffield Sports Development Officer and local diving coaches.

The ASA will also look to continue projects like this throughout the year



Leon Taylor retires from Diving



Leon Taylor has announced his retirement from the Olympic sport of diving following a career spanning 22 years where he forged a reputation as arguably Britain's best-ever diver.

Taylor's list of international honours includes an Olympic silver medal and a World Championship bronze. Yet unfortunately his role of honour is matched in length by a catalogue of injuries that have forced the 30-year-old into retirement less than three months out from realising another Olympic dream in Beijing.

A worn-out vertebral disc in Taylor's lower back has decimated preparations towards a fourth Olympic Games.

"It's been the toughest battle of my career but I have a worn out disc in my lower back and unfortunately there's just no getting over this injury," explained Taylor.

Beijing was always going to be my final event but these last few months have really seen the punishment I've gone through to compete at the highest level in the sport that I love finally catch up with me.

Taylor and 10m Platform Synchro partner Pete Waterfield made history at the 2004 Athens Olympics when they delivered Britain's first medal of the Games, the first diving medal for 40 years and the first silver medal in 84 years.

Leon Taylor will sit alongside the name of his longstanding diving partner Pete Waterfield (Southampton Diving) in the history books with most of their international success coming as a synchronised diving pairing.

Taylor's short term plans are still very much involved in the sport as he plans to do what he can to help and support the team going to the Olympics.

"I'll act as a mentor to the entire squad so if there's anything they need I can be on hand to help and pass on what I've learned about a sport that has given me so much joy," explained Taylor. "I'm disappointed to not be competing but it will be just as important making sure the next generations are as well prepared.

Taylor leaves British Diving in good shape with a crop of youngsters inspired by his achievements coming through the ranks and destined for the experience of a Beijing Olympics. The development of Tom Daley and others as medal hopes for the London 2012 Olympics has been something Taylor has been actively involved in as a mentor and this role will continue.

Steve Foley, British Diving NPD, I totally admire him ..., he really is an inspiration.

Together with Peter, Leon formed one of the best synchro teams in the world and the best we've ever produced in Britain. They've been at the top of the sport for eight years and that is a very long time in diving, giving the unforgiving nature of the sport."

He'll continue to play a very active and important role in the team and we will be better for that.



At the recent Swim21 National Panel, a total of 41 accreditations were awarded. Of these, 20 clubs were accrediting for the first time as well as 21 clubs having worked their way through the process for a second time to achieve reaccreditation for a further four years.

Included in the submissions for accreditation this time was a notable **increase in new accreditations from Diving and Water Polo**, with **Diving Clubs, Havering Cormorants DC and Waltham Forest DC accrediting from London, Southampton Diving Academy from the South East and West Wiltshire Diving, the first diving club from the South West.**

Southampton Diving Academy is the first diving club to be accredited at performance level nationally.

Havering Cormorants Diving Club is the first club in the country to be accredited at two levels (teaching and skill development).

Congratulations to all the diving clubs and keep up the hard work!!!

The total number of Swim21 accreditations now stands at 355 and can be broken down by discipline, as follows:

Swimming: 340
Diving: 7
Synchronised Swimming: 5
Water Polo: 3
Total: 355

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the asa

New name, new logo

The ASA has unveiled a new name and new look to create a new definition of who it is and what it does. The organisation will now be known simply as 'the asa', rather than the Amateur Swimming Association (ASA), because as one of the most professionally run sports' national governing bodies the use of the word 'amateur' no longer delivers any real benefit in terms of what it does and has a different perception today than its original message.

The asa has taken this decision because it has grown dramatically over recent years and has a remit that extends further than many other national governing bodies. It is not only a membership organisation for clubs and competitors but is involved in delivering initiatives on behalf of government departments in the wider context of sport and health.

The asa is taking this opportunity to not only make a name change but to build a whole new corporate identity, which will make it more relevant to its stakeholders and deliver the key values it stands for, such as being unique; for everyone; forward thinking; trusted; a partnership and steeped in heritage.

A new logo has been designed to reinforce the vision of today's asa. It incorporates a distinctive wave (to symbolise the asa's connection with water and swimming) and a contemporary new typeface (to show the forward thinking nature of the organisation).

The wave is divided into five sections, with each section focusing on the five disciplines in the asa remit, i.e., Swimming (pool, open water & disability), Healthy Living, Water Polo, Diving and Synchronised Swimming. Each discipline will be represented by its own colour, which will be used for events and communications solely involving the relevant discipline. In addition, the asa logo has a new strapline – 'the essential element' – to reinforce that the asa is fundamental to everything within swimming, while linking to the essence of 'water'.

The new asa logo will be supported by the more traditional heraldic emblem, which has previously been used on all printed materials - awards, certificates, leaflets and reports. It was felt the emblem could be seen as old-fashioned but does still show the organisation's historic roots. Therefore this heraldic emblem will now appear as a 'badge of honour', which sits quietly to the top left hand corner of publications and literature.

The new identity (including the new logo) will slowly be phased in to ensure a cost effective introduction. It will be seen throughout the asa literature, the awards scheme, website, promotional items, advertising and promotions.

Diving featured on 'Superstars'

'Superstars', a programme where high performance athletes are challenged to train & compete in Olympic sports other than their own, will feature Diving this summer. The programme will be shown starting on 11 July.

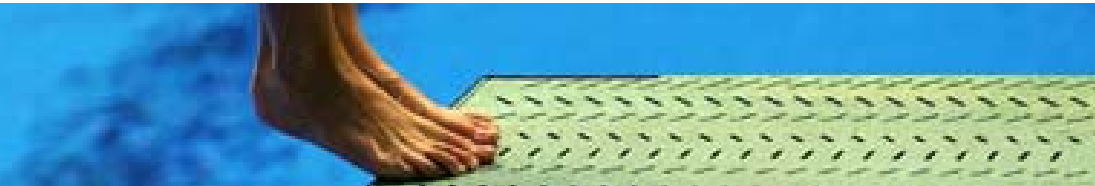
ASA & GBDF Join forces

British Swimming and the ASA have joined forces with the Great Britain Diving Federation (GBDF) to build a vibrant future for community diving in England. The governing bodies will be working with the GBDF (an independent, voluntary organisation, dedicated to promoting Springboard and Highboard Diving) to drive the Community and Masters Diving programme.

The organisations will develop the existing Masters diving programme, which encompasses the whole range of ability of divers over 25 years of age, and try to recruit more volunteers into the Masters diving community. The asa's Facility Team will also work with the GBDF to establish a clear strategy for diving provision, which will ensure there is a realistic provision for diving facilities to meet the needs of both elite diving and community diving.

David Sparkes, the asa's Chief Executive Officer, said: "Working together we believe we can strengthen and build a vibrant community programme in diving in England. "We know there is interest in this level of sport and we see this with masters swimming, where keenly contested national and district competitions are held, so we hope this partnership can help push up the numbers of those taking part in Masters diving."

Jim McNally, the Chief Executive of the GBDF, said: "We welcome this opportunity to work closely with British Swimming & the ASA to develop the availability of the sport of diving and increase participation across all age groups. Divers from 18 to 90-years-old compete in GBDF events and we are sure that this activity is a major contribution to healthy living.



AASE News

Successful OFSTED inspection for AASE Programme

The Institute of Swimming (IoS) is pleased to announce a successful outcome of OFSTED inspection into the Advanced Apprenticeship in Sporting Excellence (AASE) aquatic programme. The report highlights the key strengths of the programme: very good skills development in a variety of aquatic sports; good quality resources; very good coaching to develop excellence in sports performance and good use of residential camps and workshops to develop learners' social, academic and aquatic skills. The report also details the improvement and development of the programme since its induction just under two years ago to ensure the current learners receive the resources and support required to become champions whilst continuing their education. Steve Mitchell, AASE Programme Manager at Skills Active described the result of the inspection as 'a credit to the expertise, enthusiasm and knowledge of the team'. The OFSTED report also provided some excellent feedback to ensure the AASE continues to develop and improve.

AASE Diving Berlin training camp

Dave, Ashley and I all had the amazing opportunity to attend Berlin training camp during the 18th-23rd Feb with AASE. The team of divers and coaches (24 in all) travelled late Monday to arrive in the city of Berlin for a week's worth of hard-core training. The first thing that comes to mind when asked about Berlin is: the facilities. I cannot describe how amazing these were. In total: 6 x 1m, 4 x 3m (1 hydrolyic-raises from 1 to 5m high), 2 x 5m, 1 x 7, and 2 x 10m. Not to mention the dry land including 3 floor trampolines, 3 dryboards into pit, 2 dry platforms, board harness, tumble and trampoline tumble track. Our week spent in Berlin was mostly in the water, training 2-3 times a day, includ-

ing gym work before each pool session. As you can imagine.. it was knacking! We soon realised why the bed curfew was 9.30. In between training, we listened to various talks on different aspects of diving, in particular, things you never really think about until your asked. "relaxation techniques" and "psychological techniques" sound quite funny at first, but in actual fact, come in quite useful. Nobody has ever sat down with me before to find out which methods of relaxing in competition suit me best, or ... competition routines and what works well for you. So overall these were definitely helpful. On one afternoon during the week the team took a trip to Berlin town centre, where we did a bit of sight-seeing on the Berlin tower, and of course... shopping in Germany. The last day was spent taking part in a mini competition between all divers, having different rounds, and choosing the order of your dives as you went along.

The week in Berlin was again an amazing opportunity and all 3 of us learnt a great deal. New dives were brought home, as well as adapted hurdles, take offs and overall dive movements. I can say that it was one of highlights of my time spent diving and hope to have the opportunity to be invited again for another.

By Lydia Moore - Beaumont Diving Academy.

AASE Athletes continue to succeed

With a successful OFSTED, divers on the AASE programme really are showing the benefits. Both Jodie McGroarty and Sarah Barrow who have been on the programme for 18 months, have both qualified Great Britain a spot at the Games in Beijing. On top of this success both girls will be starting a University degree in September, showing that education and Elitism can go hand in hand.

Diving Development Staff changes

Over recent months a review of English Talent Programmes has taken place and resulted in a number of staff changes.

Jo Calvino formerly the Diving Development Officer - South, has now moved into a new role within the asa, as the **Aquatics Development Programme Co-Ordinator for London**. Jo will be organising master classes across different disciplines to bring a real benefit to athletes and coaches.

Rebecca Burrows formerly the Diving Development Officer - North has moved across to the IOS to take up the position of **Talent Development Officer for Diving - North**.

Katie Hazleton formerly AASE Diving Officer has also moved across to the IOS and become the **Talent Development Officer for Diving - North**.