



WELCOME to
the Christmas
edition of the
Club newsletter.

We would like to
take this
opportunity to
wish all the
coaches, divers
and their
families a very
Merry Christmas
and a prosperous
2014.

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EDITION 7

DECEMBER 2013



Cracking Christmas Gala

Following a few weeks of uncertainty over access to the high boards, the 35th annual Albatross Christmas Gala held on Saturday 7th December was a resounding success.

Special guests attending the event included Anne Jessel the Club President and the Mayor of Reading Councillor Marion Livingston.

Divers' families and friends were wowed by the amazing opening and closing display, which included divers from all levels of the club from the Learn to Dive Programme right through to the Elite Divers.

The individual competitions were heavily fought, with congratulations to the divers who won a trophy on the day.

As in previous years, the hilarious fancy dress synchronised competition was truly a sight to behold. Sadly, only a few costumes made it through to the second round of dives!

Thank you to all the divers, our loyal volunteer coaches and committee members for all their hard work in arranging a fantastic event.



Junior coaches were recognised at the gala for the support they give to the Learn to Dive Programme

A full roundup of the results can be found on pages 6 and 7.



Sponsor in-Spire's Albatross

Following a successful bid process, Spire Healthcare Group have agreed to sponsor the Club. Exact details of the agreement are still being confirmed but this is fantastic news for the club's future development.

Initial benefits to the club include:

- Tracksuits with club and sponsor logos for coaches and competitive divers from a defined grade
- Spire Healthcare Group generously sponsored the Christmas Gala programme costs

Other benefits under negotiation include Spire Healthcare Group possibly making an annual investment contribution either capital or developmental; diver training in managing their muscles and limbs by qualified physiotherapists; access to fast private injury assessment at a reduced cost and subsidised physiotherapy sessions for club members.

Thank you Emma for all your hard work in securing sponsorship for the club.

Diving Tower & New Equipment

The last diving session before Christmas will be Saturday 14th December. This is due to maintenance work which will be carried out on the diving tower to ensure its longevity. Unfortunately, the Learn to Dive Programme will have to be suspended during this period but the work should be completed by the 11th February.

Squad members have been advised by their coaches about the alternative arrangements

during this time..

The disruption does have a silver lining - whilst the works are being conducted the additional 1m springboard will be reinstated and brand new dive replay recording equipment will be installed at Central Pool.

The dry-land equipment at Bulmershe Leisure Centre will also receive a makeover in the new year. A new rig and gym bars are being installed and the other equipment will be serviced.



Did you know?
Men's diving became part of the Olympic games in 1904, when it was called fancy diving,. Women's diving was added to the programme in 1912.



Diary Dates

Awards Evening
Saturday 8th February
Albatross Interclub
Sunday 22nd June 2014

Squad News

In September the Right Track Squad welcomed Freya, Jaydon and Olivia on a 3-month trial basis ending at Christmas

We would also like to congratulate Isabel, William and Millie for successfully completing their 3-month trial period in the Right Track squad.

Lottie, Quinn and Ethan having all reached Grade 7 are graduating to the Skills Squad - well done to you all.

Shipley Novices

A new novice competition is being added to our calendar next year.

The competition will take place on 15th/16th March 2014 in Bradford and will be a fantastic opportunity for novice divers to experience a competition far from home.

Coaches will advise divers if they are being entered for the competition.



Swim 21 Accreditation

On Wednesday 11th December the Club received the fantastic news that our submission for Swim21 essential accreditation has been passed. This accreditation is not only a recognition of professionalism but has the added benefits of access to grant funding, ASA support, training and development. Thank you Sharon and Emma for all your hard work in completing the submission by the deadline.

Award Winning Coach

On Sunday 8th December, Bernie Bicknell's contribution to sport was recognised at the Reading Sports Personality Awards. Bernie has been involved with the Club for the past 20 years - first as a parent volunteer, and now as a Coach and Coordinator of the Learn to Dive Programme where he nurtures 80 children and parents as they take their first steps into the world of diving. We are very grateful to Bernie for everything he has done and continues to do to support the Club. We applaud you, congratulations Bernie on a well deserved award.



Glorious Garden Party

In a final salute to the summer the inaugural Albatross Garden Party was held on Saturday 21st September in regal Henley-on-Thames. The afternoon was thoroughly enjoyed by everyone who attended.



We would like to take this opportunity to thank the Bailey Family for generously hosting the Garden Party at their home.

Follow Albatross on Facebook

We have not one but two Facebook pages. The first is a club promotional page to promote the club and encourage people to 'Like' our club.



Headline achievements, such as articles in the local online news sites and forthcoming events can be promoted on
<https://www.facebook.com/pages/Albatross-Diving-Club-Reading/192944964219039>

The second account is a group page which can be accessed by invitation only. Current club members will be able to post text and photos on this site which will only be visible to this secure group.

This page will be used by the club to communicate to members up-to-date information about training, events and competitions, dry-land training dates, squad information, etc.

Thank you to Donna Heath for setting up these pages. If you wish to access the secret group page please speak to Donna.

Club Kit

On Tuesday's Club night, at the Annual Gala and Interclub competition all divers must wear an Albatross costume and t-shirt.

Tracksuit tops and Club shorts must be worn for:

- Parades
- Medal ceremonies
- Team photos

In external competitions, divers can wear a non-club costume but an Albatross tracksuit or t-shirt must be worn to all competitions.

You can also purchase:

- Navy blue waterproof Albatross rucksacks available in two sizes
For a small additional charge, the diver's initials can be embroidered onto the bag.
- Breathable tops for dry-land training
- Vest tops to support the club in competitions.
- Tie-dye Chamois

If you wish to purchase any kit, please see Kathryn Masterton.



Competition Round-up - Southampton Invitational

Held over three days, this competition attracted 150 of the Nation's very best junior divers. Albatross divers brought home a sweep of medals earning the Club a 4th place National ranking and confirmed Albatross as the Nation's top non-professional diving club.

Podium success on the high-board came from Seb who took silver in boys A 16+ years, whilst Erin and Jack won bronze in the girls & boys D 10-11 years events.

Other high-board medallists included Charlie (4th), Hal (6th) and Celie (6th) in boys/girls B 14-15 years. Their younger team mates Oliver and Charlotte were placed 5th and 6th in boys/girls C 12-13 years. James also dived well, placing 7th in the boys D preliminary event where he was the youngest competitor.

On the 3m spring-board, standout performances came from Charlie (boys B) and Jack (boys

D). Both boys achieved personal bests to win silver medals. Their team-mate Seb was 6th in boys A.

Podium placings on 1 metre springboard came, once again, from Charlie who won silver in the boys B event. Seb (boys A) and Erin (girls D) also made the podium winning bronze medals. Hal was 4th in boys B whilst Celie was 5th in the highly competitive girls B event. Finlay won his first medal at this level; a well-deserved 4th place in boys C. Also on 1 metre, Darcy was making her debut in a level 3 competition. Darcy put in a consistent set of dives to finish in a highly creditable 14th place in girls C.



Peter Waterfield Invitational, Southampton

Standards are high in this competition, since it's a qualifier for the National Skills Championships in 2014 and attracts the UK's top novices and divers starting out on their competitive diving careers.

Diver of the meet was Ethan who won gold in the highly competitive boys D 10-11 years. Ethan put in an excellent set of dives to win gold by a clear margin of 16 points in his first year as a competitive diver and he is definitely someone to watch at the National Championships.

Stand out performances also came from Edward who won silver in boys group C 12-13 years and Billy

(13 years) who won bronze whilst diving "up" in age group in boys B 14-15 years. Consistency, plus a well-executed, newly learnt, inward one and a half somersault, earned Billy 305.35 points, National qualification and the bronze medal. Also diving in boys and girls group B were Henry and Leilani who put in solid performances to take 5th place boys and 6th place girls. Leilani qualified easily with a margin of over 20 points. Henry should be commended as, like Billy, he dived "up" and proved he could deliver a demanding set of dives. In group C girls, Holly dived well to finish in 14th place whilst Lottie, in her first major away event, also put in some solid dives to finish 24th.

Finally, our youngest competitors Sophie and Quinn took to the boards in the group E 8-9 yrs events. Both youngsters dived well, against strong competition, finishing in 4th and 5th place and qualifying for Nationals.

This was an excellent competition for Albatross and was made special for the younger divers when Olympic Diver Pete Waterfield dropped by to present their medals.



Cheltenham GBDF Novice & Intermediate Event

Katharine, Edward and Henry were all competing for the first time in the Intermediate level of the Great Britain Diving Federation event and all came away with medals for their efforts.

Edward and Henry were competing in the Boys 12/13 age group. It was a competitive event with some good divers performing high tariff dives. Right from the beginning there was nothing to choose between the two Albatross divers. Henry was the first to lead the field after a great back tuck dive from the one metre board that produced scores of eight from some of the judges. Edward then responded with high scores on his

inward pike dive from the five metre board. Henry continued to impress with a well-performed reverse tuck dive from three metre to push him in front of Edward. By the end of the seven dives, it was only higher tariff dives by one of the other competitors that relegated Henry in to second place and Edward to third, just one point behind. This was a very strong set of dives from both divers, particularly after some tough training sessions leading up to this event.

Katharine had to wait until the last event of the day to compete in the Girls 17/18 age group. Whilst competing in a small field of divers, Katharine had to maintain a strong performance to be in with a chance of doing well in this event. Three compulsory dives were required from the one metre board and she very quickly got in to a great rhythm with almost identical high marks being scored for each forward, back and inward dive. Despite some



scary training dives earlier in the week, Katharine was able to execute a much safer one and a half somersaults piked on the one metre board for some good marks. Three more dives followed, with the pick of these being her inward somersault, which gave her the best scoring dive, and sent her on her way to a well deserved gold medal.

A great day for all three divers and they should be extremely pleased with their performances.



Luton Challenge Diving Invitational

The Luton challenge requires Divers to dive "up" a year. Hal delivered his best performance of the season to win the Bronze medal in the boys A 16+ Platform event, beating two Junior GB International Divers. Seb and Charlie also gave excellent performances to finish 5th and 6th. Having three competitorss in the A+ platform final is a first for Albatross as the divers are rarely able to train on high board.

On A+ boys 1 metre springboard final Seb came 6th, Hal 9th and Charlie 10th. Charlotte was diving for the first time in the Girls B 14-15 years 3 metre springboard where she finished in 6th place.

Oliver and Finlay competed in the boys C 1m and platform events. On springboard, Finlay finished 8th with Olly just behind in 12th. Fortunes were reversed in the platform event, where a strong performance from Oliver saw him finish in 5th and Finlay in 8th.

The youngest competitors were Erin, Jack and James in the highly competitive Group D 10-11 years events. Jack finished in 4th while James dived well to finish 6th. Erin was diving on 3 metre where a newly learnt, inward one and a half somersault pike won her 6th place in the final..



Luton also hosts a pairs knockout event which brings divers at different stages of their diving career together. Each pair consists of one diver under 14 and one over 16. The pairs then compete head to head over several rounds. Seb and Charlotte entered to find themselves facing stiff competition from many of the UKs top junior divers and several Olympians including Hannah Starling and Rebecca Gallantree. Everyone was able to showcase their diving talent and celebrate the sport of diving.

Luton was a great end to the diving season!

Annual Christmas Gala Results

Right Track Squad

Female

- 1st** Lottie Gosling
- 2nd** Jasmine McCallum
- 3rd** Freya Nellis
- 4th** Isabel Holloway
- 5th** Milly Orgill
- 6th** Olivia Crane



Male

- 1st** Ethan Jones
- 2nd** Quinn Shaw
- 3rd** William Frewin
- 4th** Jaydon Coaker



Learn to Dive

7 and under

- 1st** James Clark
- 2nd** Alfie Hawksworth
- 3rd** Sam Bailey
- 4th** Neve Shaw
- 5th** Amelia King
- 6th** William Jenkins



Learn to Dive

8 to 9 years

- 1st** Frances Harvey
- 2nd** Aiden Jones
- 3rd** Frankie Smith
- 4th** Zachary Cooper
- 5th** Freddy Barnes
- 6th** Charlie Borg

- 7th** Harry Healey
- 8th** Iona Terekhov
- 9th** James Ridley
- 10th** Hugh Balenthiran
- 11th** Matilda McClean
- 12th** Lily Piper
- 13th** Becky Turner
- 14th** Lorna Morrison
- 15th** Thomas Jenkins
- 16th** Jemima Crocker
- 17th** Molly Lefever
- 18th** James Steed
- 19th** Tom Goodenough

- 20th** Lucy Clarke
- 21st** Defne Baker

Learn to Dive

10 to 11 years

- 1st** Erin Tyszkiewicz
- 2nd** Duncan Piper
- 3rd** Skye Mullally-Ifill
- 4th** Imogen Harrison
- 5th** Bethany Morrison
- 6th** Alice Mardell
- 7th** Mia Sanders
- 8th** Jake Smith
- 9th** Gabriel Evans
- 10th** Stella Leeming



Skills Squad Championships

Female

- 1st** Leilani Mullen
- 2nd** Katharine Scott
- 3rd** Holly Maule
- 4th** Sophie Bailey



Male

- 1st** Edward Beale
- 2nd** Billy Minns



Annual Christmas Gala Results Continued

Open Championships

Female Senior

- 1st Amy Watts
- 2nd Celie Mullen
- 3rd Katharine Scott
- 4th Leilani Mullen



Female Junior

- 1st Charlotte West
- 2nd Erin Watts
- 3rd Darcy Hudson

Learn to Dive

12+ years

- 1st Katie Wright
- 2nd Felicity Smith
- 3rd Stephanie Garside
- 4th Holly Willis



Male Senior

- 1st Seb Masterton
- 2nd Hal Watts
- 3rd Charlie Minns
- 4th Matt Pipe

Synchronised

12 and over

- 1st Charlie Minns & Hal Watts
- 2nd Celie Mullen & Charlotte West
- 3rd Katharine Scott & Leilani Mullen
- 4th Seb Masterton & Matt Pipe

5th Finley Cook & Edward Beal

- 6th Darcy Hudson & Freya Nelis
- 7th Holly Maule & Billy Minns
- 8th William Frewin & Jaydon Coaker

- 9th Jasmine McCallum & Lottie Gosling



Male Junior

- 1st Finley Cook
- 2nd James West
- 3rd Jack Livingstone-Smith
- 4th Billy Minns

Best Raw Score

- Female** Leilani Mullen
Male James West



Synchronised

11 and under

- 1st Jack Livingstone-Smith & James West
- 2nd Ethan Jones & Quinn Shaw
- 3rd Sophie Bailey & Erin Watts
- 4th Milly Orgill & Isabel Holloway
- 5th Olivia Crane & Neve Shaw

