



Albatross Swoop

EDITION 10

MAY 2015

WELCOME to the latest edition of the Club newsletter.

It's been a very busy few months as the competition season is now in full swing.

Find out over the next few pages what's been happening and how our divers have been getting on in competitions.

INSIDE THIS ISSUE:

Awards Evening 1

Diver of the Month 2

Competition round-up 3

Annual Awards Ceremony

This year, the Wokingham Superbowl played host to the Albatross Diving Club Annual Awards Ceremony which acknowledges the divers, coaches, club members and events of 2014.

There was much to celebrate, with success across the country in competition, finalists and medals being gained throughout the year at all levels from Novice to Elite. Whilst Albatross is a small Club it can hold its head high. The Awards Evening emphasises the fact that when the Club works together, success is the result.

A total of 13 awards were presented during the evening. The first group being a series of trophies recognising diving improvement and success. Tilly Waight and Alfie Cook were awarded the trophies for the Girl and Boy showing the Most Improvement on the Learn to Dive Programme.

Molly Lefever and James Ridley were awarded the Best Girl and Boy Newcomer of the Year. They both joined the competitive squads during 2014.

Billy Minns was recognised for Improving Significantly at Novice Level.

Ethan Jones picked up the trophy for the most Significant Progress as an Advanced Diver covering Age Group and Elite diving.

The Club then went on to recognise the sporting attributes of supportiveness, team spirit and attitude to taking on a challenge. Charlotte West was awarded the cup for the Most Supportive Diver during Training Sessions.

Amy Watts, who is both a diver and

junior coach, was recognised for her support of her team mates and competitors at competition by being awarded the 2014 Team Spirit Trophy.

There were two winners of the Challenge Cup, Jasmine McCallum and Lottie Gosling for their unfailing willingness and trust in their coach to take on the challenge of new dives.

In recognition of the young coaching assistants who volunteer weekly to support the qualified club coaches, Celie Mullen was presented with the Youth Coach Development Award for her aptitude and commitment to coaching alongside her own diving training and school commitments.

The Mary Kinghorn Trophy, is awarded each year by the divers to the coach who they feel has best contributed to their progression in diving through their support, encouragement, patience and technical coaching. This year the award went to Chris Beal who is a valuable new addition to the permanent coaching team.

The Keith Meek Award recognises the outstanding contribution of a volunteer. Whilst all the coaches and committee members give their time voluntarily the contribution of Nicky Frewin was particularly outstanding throughout the year.

The final two awards recognise overall excellence in the sport. James West, was the worthy recipient of the Chris Barker Shield for competition excellence and Charlie Minns was awarded the President's Cup for attitude and achievement.





Did you know?

Competitive diving developed from gymnastics in the 18th century, when gymnasts in Sweden and Germany began to perform tumbling routines into water.

Diary Date

Committee Meeting

Wednesday 6 May
19.30 @ Nicky
Frewin's House

Annual General Meeting

Tuesday 2 June 2015
18.30 @ Central Pool

Interclub

Sunday 14 June 2015

Diver of the Month

In December the award for Diver of the Month was presented to Age Group diver, Ethan Jones.

Ethan was nominated and selected as Diver of the Month for his attitude and determination in all the new dives he has learnt over the past few months and for hard work, commitment and determination to work on all aspects of his diving including new dives 203C, 303C and 5231D on 3m and 105C on 5m .



Other nominees for the award in December included:

- Isabel Holloway for overcoming her nerves and fears in the lead up to the Gala to learn forward one and a half somersault, inward dives, reverse dive, dives off 5m and back somersault
- James Ridley for all round dedication to his diving, showing real focus and listening skills.
- Lottie Gosling for commitment and effort in learning new dives, a good performance at Peter Waterfield when diving up an age and almost reaching National Skills qualifying score. Great performance at Gala particularly in Junior championship
- Jasmine McCallum for commitment and effort in learning new dives, a good performance at Peter Waterfield when diving up an age and almost reaching national skills qualifying score. Great performance at Gala particularly in Junior championship
- Billy Minns for his overall improvement in his dives and the amount of new difficult dives he has learnt in a short time
- Charlotte West for her huge improvements in entries and shapes and her ability to keep smiling
- James West for the work he has put into his dives and consistent performance at the Southampton Invitational and Luton Challenge

Parents the Club Needs You!

Albatross is a successful voluntary Club and to keep the Club running smoothly not only do we need our team of dedicated coaches who give hours of their time freely every week, we also need parents of the divers from RightTrack to Elite to volunteer to help in the background.

Time is precious and for the majority of parents, in limited supply. However as a small club, the more parents we have involved the better. It doesn't matter if your son/daughter has been in RightTrack for a week, month or with the Club for years, everyone can help in some way.

There are a wide variety of tasks that need completing. If you would like to help but are unable to attend the committee meetings, don't worry - there are jobs that can be completed at home or in your own time. Whatever your skills/interests are, please speak to Emma West.

We will be holding the AGM on Tuesday 2 June 6.30pm at the pool, please come along and hear more about your club.



Sport England Talented Athlete Scholarship Scheme

Check out Albatross Diver, Seb Masterton's profile on the Sport England TASS website.

<https://www.tass.gov.uk/athletes/sebastian-masterton.html>



Competition Round-up - Gavin Brown Love to Dive

On Sunday 22nd February a team of rising stars travelled to Southampton to compete in The Gavin Brown Diving Competition. The team consisted of Isabel Holloway, Molly Lefever, James Ridley, Aiden Jones, Zachary Cooper, Milly Orgill, Alfie Cook, William Frewin and Katie Wright.

First to dive were Isabel and Molly in Girls 10-11 age group. Isabel put in a consistent set of dives, doing especially well on her inward dive tuck and reverse dive tuck both from the 1m to finish in 2nd place. Molly also dived very well in her first competition away from Reading, scoring high marks for her back dive tuck from 1m. In what was a very tight competition, Molly was just edged out of the top three to take 4th place.

In the boys 10-11 age group James, Zachary and Aiden were diving. Aiden put in a very good set of dives, scoring well on his forward pike fall from the 3m to take 16th place. Zachary scored well on his forward tuck roll from 3m and after a steady contest Zachary took 12th place. Our highest placed diver in this event was James, doing well

with all his dives to finish in 9th place.

Our divers in the boys 12-13 age group were Alfie and William. Alfie had a very good competition, doing exceptionally well on his inward dive from 1m and 3m to finish in 7th place. William had an exceptional contest scoring an average of 32 points for every dive. William successfully won Albatross its first Gold medal of the day. He also won the trophy for the most outstanding diver of the day.

Milly, diving in the girls 12-13 age group put in a strong performance, scoring well on her inward dive from 1m. Milly's consistency won her the Bronze medal.

The last competitor of the day was Katie in the girls 14-18 age group. Katie had a good competition, scoring 32 points for her inward dive tuck off 3m. Katie finished in 4th place after just missing out on a top three position.



Armada Cup Diving Championships, Plymouth

Albatross diver, eleven year old James West won a hat trick of medals at The Armada Cup Diving Championships in Plymouth. This Grand Prix event attracts Britain's best junior divers who compete for event titles and qualification scores for 2015 National Championships. James, competing in the youngest age category, dived consistently to take Gold on 1m, Silver in 3m and Bronze on platform. Team mate, Quinn Shaw was also a finalist taking 6th place on 3m and 5th place on platform.

Albatross divers also shone in the highly competitive men's 16 plus events. Charlie Minns dived superbly on 1m winning Silver with a personal best performance. Team mate Seb Masterton won Bronze. Seb took a further Bronze medal in the 3m event with team mate Hal Watts in 4th. Charlie returned to contest the Men's high board final finishing a well-deserved 4th in a nail biting event which really showcased UK junior high board diving talent.

This level of success in the top and bottom age categories is a first for Albatross Diving Club and testimony to the hard-work and dedication of Reading's young divers and their coaches.

The whole team of eleven divers dived well with most achieving National Qualification scores. Albatross looks set for further podium success during this competition season.



British Gas Diving Championships, Plymouth

February also saw the country's best divers travel to Plymouth to battle for honours at the British Gas Diving Championships.

Olympic and Commonwealth stars Tom Daley, Reading's Chris Mears, Oliver Dingley, James Denny and Jack Laugher were all in attendance to begin their campaigns for selection in Rio.

For the first time in recent years, Reading have added another name to the list of competitors at this

premiere domestic diving competition with Seb Masterton making his debut in this prestigious event.

Seb competed alongside Chris Mears and Jack Laugher on the 3m and Oliver Dingley and James Denny on 1m.

Whilst performing well on the 3m springboard it was the 1m that really brought out the best in Seb. He consistently executed his list of high tariff dives to bring home the



Junior Bronze medal with a new personal best score over 6 dives, missing the Silver by just 1.7 points. Congratulations Seb on a fantastic achievement!



ShIPLEY Novices, Bradford

On the weekend of 15/16th March a team of three novice divers from Albatross Diving Club travelled to Bradford to compete in The Shipley Novices competition. The team consisted of William Frewin, Henry Middleton and Billy Minns.



William was diving in the boys 12-13 age group. He put in a very good set of dives scoring well on his inward and back dive tuck from 1m. In an event with thirty one divers competing William took the Bronze medal after narrowly missing out on the Silver.

The final competition of the day was the boys 14-16 age group with Henry and Billy diving. Henry had a consistent contest scoring good marks for his reverse dive tuck from 1m and finished in 12th place. Billy also had a strong competition, doing exceptionally well on his inward one and a half somersaults from 1m. This consistency saw Billy take 5th place in another big event with thirty one divers.

British Gas National Junior Elite, Plymouth

Seb Masterton rounded off his last year diving at the British Gas Junior Elite Diving Competition with a Club and Personal Best performance scoring 526.15 on the 3m springboard to win the Bronze medal.

After qualifying for the final in 4th place, Seb put in a phenomenal performance over his 5 optional dives; with his final dive of a front 2.5 somersault 1 twist scoring an Albatross Club record of 69.

Seb was joined at the event by fellow Elite divers Hal Watts and Charlie Minns. Joining Seb in the 3m final Charlie showed a strong performance with his same twist also hitting 60 points.

In the 1m event, Seb was just outside the medals, finishing in 4th place. This included a score of 61.5 on a reverse 2.5 somersaults dive. Hal also dived well and was unlucky to finish just outside the 6 finalists places in 7th.

The standard of competition was high. Charlie and Hal both demonstrated skilled and consistent diving to achieve new Personal Best scores on both springboards.



The final day saw platform divers Charlie and Hal both made the final. After a closely fought competition, Charlie finished in 5th place and Hal in 6th Place.