



Albatross Swoop

EDITION 6

JULY 2013

WELCOME to the summer edition of the Club newsletter.

In this edition find out more about what's been happening at the Club in the first half of the year.

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Exceptional Albatross Interclub

The annual Albatross Interclub held on Saturday 22nd June was a resounding success. An unprecedented number of over 200 divers, representing 14 clubs, were welcomed to Central Pool over the course of the afternoon, which was thoroughly enjoyed by all.

Congratulations to all the divers who took part in the competition. The event was for some of the divers their first experience of a competition and they deserve to be proud, as everyone performed brilliantly.

Not forgetting the coaches for supporting the divers in preparing for the interclub and on the day itself, without you generously giving your time the club would not be as strong as it is today.

Thank you to everyone who contributed towards the event by donating time, food, raffle prizes and helping on the day,

without this support the event would not have been the success it was.

Albatross came second in the team trophy, only just missing out to Southampton.

Results:

Boys Group "E"

Quinn Shaw -1st Place

Freddy Barnes -5th Place



Girls Group "E"

Isabel Holloway - 5th Place

Boys Group "D"

Ethan Jones -3rd Place

William Frewin -18th Place

Girls Group "D"

Milly Orgill -17th Place



Boys Group "C"

Henry Middleton -1st Place

Edward Beal -2nd Place

Riley Kurdirka -3rd Place

Billy Minns -5th Place

Girls Group "C"

Darcy Hudson -2nd Place

Holly Maule -8th Place

Jasmine McCallum -28th Place

Lottie Gosling -33rd Place

Girls Group A/G "A"

Katherine Scott -1st Place

Leilani Mullen -2nd Place

Brilliant Annual BBQ

On Sunday 23rd June, still high from their success at the Albatross Interclub, the divers, their families and coaches descended on the Reading Blue Coat School for the annual BBQ. A fantastic time was had by everyone and the covered heated swimming pool was far too inviting for the divers and coaches to ignore.

After three hours of fun in the pool the wrinkly divers and

coaches were coaxed out of the water with the temptation of fantastic BBQ food.

Once refueling was completed there was an opportunity for a game or two of rounders and cricket on the field.

Thank you to everyone who attended and for providing salad and puddings and for helping man the BBQ.



Dive Numbers Deciphered

If you don't know your 101B from your 203C then do not despair as we aim to demystify the world of dive numbers.

There are six categories of dives and every dive begins with a number that determines what type of dive will be performed:

1. Forward Dives
2. Back Dives
3. Reverse Dives
4. Inward Dives
5. Twisting Dives
6. Armstand Dives

The second numeral is zero.

The final number indicates the number of somersaults:

1. ½ (a dive)
2. 1 somersault
3. 1½ somersaults
4. 2 somersaults
5. 2½ somersaults
6. 3 somersaults
7. 3½ somersaults
8. 4 somersaults

The final identification denotes the position of the dive:

- A. Straight position
- B. Pike Position
- C. Tuck Position
- D. Free Position

Examples:

- 101B – Forward Dive in Pike Position
- 203C – Back 1½ Somersaults in Tuck Position
- 305C – Reverse 2½ Somersaults in Tuck Position
- 403B – Inward 1½ Somersaults in Pike Position

Twisting Dives

Twisting dives start with the number five indicating the twisting group. The second number indicates the direction the dive will go;

1- forward, 2-backward, 3-reverse, 4- inward.

The third number indicates how many half-somersaults are in the dive and the fourth number tells how many half-twists are in the dive.

For example:

5233D - back one-and-one half somersault one-and-one-half twist in the free position.

Armstand Dives

Armstand dives start with the number six. For non-twisting armstands, three digits are used. The second number indicates the direction; 1 - forward, 2 - backward, 3 -Reverse or 4 - Inward. The third number indicates the number of half-somersaults. For example:

622B - Armstand back-one somersault in the pike position

Twisting armstands start with 6, but will have four digits. The second number indicates the direction, the third number is how many half-somersaults and the fourth number is how many half-twists. A 6243D - armstand back double somersault with one-and-one-half twists in the free position.

Read more at: <http://diving.isport.com/diving-guides/explaining-the-diving-numbers>



Armada Cup Team
with Tom Daley

*Did you know
that diving is the
only sport to use
the word
"armstand".*



Interclub 2013 -
Girls Group C Darcy Hudson

Diver Development - New Equipment

Investment in the divers at the club is continuing. Already this year divers have been fortunate enough to have the 1m platform and the 1m/ 3m springboards refurbished but further technology is being purchased to assist the coaches and divers.

Reading Borough Council have agreed that a video replay system can be installed. This will be an invaluable piece of equipment as it will enable the

coaches to talk through how a diver can improve.

A second rig over the trampoline at the Bulmershe Leisure Centre has also been approved.



Annual Awards Evening

On Saturday 9th January 2013 the Annual Albatross Diving Club Awards evening and skittles night was held at the Burghfield Community Sports

Association. A great time was had by everyone who attended.



The awards this year were presented to:

Jeff Pearce - Mary Kinghorn Trophy

This trophy is awarded by club members to the coach who they feel contributed to their progression in diving through their support, encouragement, patience and technical coaching.

Bernie Bicknell - Keith Meek Award

Awarded for voluntary contribution to the club. Bernie has played a major role in the clubs Learn to Dive Programme.

Ethan Jones - Best Boy Newcomer

Sophie Bailey -Best Girl Newcomer

Freddie Barnes -Learn to Dive Best Boy Improver

Milly Orgill - Learn to Dive Best Girl Improver

Celie Mullen & Sebastian Masterton – Chris Barker Shield

Awarded for competition excellence.

Jack Livingston-Smith –Presidents Cup

Awarded by the club president, Anne Jessel, for attitude and achievement

Finely Cook - significant progress as novice diver

Charlotte West - significant progress advanced diver

Amy Watts - most supportive diver during training sessions

Charlie Minns - team spirit and supporting team mates at competitions

James West & Darcey Hudson - Trust in coaches and to take on new challenges

Oliver Breach - Bravery Award

This award recognises a diver who has returned after a mishap or overcome a particular fear or hurdle.

Congratulations to everyone who won an award and to the committee for arranging a great event.



Interclub 2013 - Girls Group A/G "A" Katherine Scott , Leilani Mullen and coach Andy Cook



Coaches make the Grade

It's the time of year when the school reports are arriving home and parents are congratulating their children on their achievements. We would also like to take this opportunity to congratulate Andy Cook and Matt Pipe on gained their Level 2 coaching qualification and to Chris Beal and Katherine Scott who gained their Level 1 coaching qualification.

At the beginning of the year, Malcolm, Matt and Sebastian Masterton were recognised in the Reading and Wokingham Sports Personality awards. In a ceremony hosted by Wokingham Borough Sports Council Malcolm Green was awarded Coach of the Year, Sebastian Masterton was awarded Junior Boy Sports Personality and Matthew Pipe was nominated for Volunteer of the Year.



The following evening, Malcolm was honoured once again in the Reading awards. At this event Malcolm was presented with a Sports Loyalty Award and Sebastian was presented with the Inspiration in Sport Award.

After 10 years with the Club, Albatross said a sad goodbye to diver and Coach Dannielle Hale who has moved on to pursue a career as a personal trainer and swimming coach. Albatross recognised her departure with a commemorative gift in recognition of her commitment to the Club. We wish her every success for the future.

Albatross divers are fortunate to have a team of coaches who are dedicated and committed to the sport. Without their passion the club would not be able to offer the level of training that it currently does.



Summer Holiday Training



Interclub 2013 -
Boys Group D
Ethan Jones

There will be no training on Thursdays during the summer, all other training sessions are as normal.

The Learn to Dive programme will finish on Saturday 27th July for the summer, returning in September.

Remember to let your coach know when you won't be attending training during the summer holidays.

When you are unable to attend it's important that you keep your muscles flexible and supple. Please carry out your gym exercises twice a week to maintain your flexibility.



The G-Star Team relaxing after an intense day of competitions and finals.

Competition Entry Fees

Competition entry fees have previously been covered by the monthly membership fees. Due to rising pool hire costs and competition entry fees Albatross will now have to fall in line with all other clubs nationally and pass these costs on to the competition entrant.

From 1 September 2013 parents will be required to pay the competition entrance fees for their children.

The entry fees are typically around £10 per board for age group/elite competitions.

There will be no increase in the membership fees for 2013 - 2014.



A well deserved rest after training in Southend.

Dates for your Diary



Albatross Garden Party
Saturday 21st September
3pm to 7pm
Henley on Thames

Support the club by bringing family and friends along for a relaxing afternoon in beautiful Henley-on-Thames.

Albatross Club Gala
Saturday 7th December

Everyone in the club from the Learn to Dive Divers to the Elite squad will participate in the annual gala.

Save the date for this important event in the Club's calendar.

Committee Meeting
Wednesday 18th September
7.30pm

Competition Round-up - Gavin Brown



A team of rising stars travelled to Southampton to compete in The Gavin Brown Diving Competition.

The team consisted of Quinn Shaw,

Sophie Bailey, Ethan Jones, Joseph Durcan, Henry Middleton, Jasmine McCallum, Lottie Gosling and Darcy Hudson.

Quinn dived in the boys 8-9 age group, putting in a consistent set of dives to take Gold, finishing 13 points clear of his nearest rival.

Sophie in the girls 8-9 age group dived very well. Sophie was just edged out of the gold medal position to take Silver.

In the boys 10-11 age group Ethan, competing in his very first competition, put in a very good set of dives to achieve Gold.

Henry was our diver in the boys 12-13 age group, having a very good competition and winning Gold.

Three divers competed in the girls 12-13 age group. Darcy dived consistently in the competition winning her the Gold medal, Lottie and Jasmine finished 8th and 9th position respectively.

At the end of a long day we made our way home feeling very proud, having gained four Gold medals and one Silver medal. With our other divers managing top ten finishes, it proved to be a very successful day for Albatross.

SE & SW Regional Age Groups, Southampton

Albatross Diving Club was represented by five divers across four categories. The divers are hoping to qualify for the ASA National Age Group Finals in July where they will compete in Sheffield against their contemporaries from across the country.

First to compete were James West and Jack Livingstone-Smith showing their skills on the 5m platform in the boys U11's. Both boys performed a series of 6 dives demonstrating their strength and agility at this high level of competition, James securing the bronze medal and Jack a solid 5th placing.

Erin Watts followed, again on the 5m platform in the girls U11's. Erin more than rose to the challenge winning the Open

bronze across the two regions and the South East gold by a margin of 8 points.

Charlotte West and Finlay Cook competed in two competitions each covering both the 1m and 3m springboards. In the U13 girls Charlotte qualified comfortably on both boards in a pleasing 7th place,

Finlay in the U13 boys also put in a solid performance on both springboards reaching the qualifying standard for the finals and achieving a respectable 11th placing on the 1m and 13th on the 3m.

This year Albatross will be sending their

largest group of divers to the Age Group Finals for some years showing a solid level of growth in the Club with divers demonstrating maturity and developing skill to reach this high level of national competition.

Find out how they got on in the next edition. Pictured below are our 5 competing divers and Rosie (Jacks sister) in Sheffield. They rose to the challenge of competing against the best age group divers in the country.



National Elite Competition, Leeds

Sebastian Masterton, Charlie Minns, Hal Watts and Celie Mullen represented Albatross in this competition which showcases the top young divers in the country.

For the first time for some years Albatross also entered the boys 14-18 years 3m Synchronised Diving Event seeing Seb teamed up with Duran Omer, from Southend Diving Club. A very commendable performance resulted in a finishing position of 5th place.

In the individual events competition was tough with groups containing divers who have already represented team GB internationally at junior level.

Celie, Charlie and Hal were all in B group. Celie, at the younger end of her age group

gained her highest position on the 7.5m and 5m platforms. The boys both showed their best performances on the springboards with Charlie making the final on the 1m with consistently strong inward dives and Hal the final on the 3m springboard.

Seb was competing at the younger end of Group A. Competing only on the springboards had a tough challenge facing him but rose to it gaining 7th position out of 16 divers in both competitions and just missing out on a place in the finals.



National Skills Level 2 Finals, Plymouth



A team of ten divers travelled to The Plymouth Life Centre to compete at The National Skills Level 2 Finals. The event attracted a record number of divers with over 321 competing. Our team consisted of Leilani Mullen, Hannah Barrett, Riley Kudirka, Billy Minns, Edward Beal, Henry Middleton, Darcy Hudson, Holly Maule, Hayley Brown, Sophie Bailey and coaches Nicki Watts, Bernie Bicknell and Andy Cook.

On day one Riley, Henry, Billy and

Edward competed in the boys age group C. Riley gave a strong performance finishing 13th. Edward took 16th place. Henry in his first event at this level finished in 24th place and Billy who was also competing at this level for first time finished in 37th.

Day 2 started with Leilani and Hannah in the girls age group B. Leilani had a strong competition taking a very creditable 4th place with Hannah finishing in 24th.

Next to compete was Sophie Bailey in her first major diving competition in the girls age E group finishing in 21st place.

The final event of the weekend was

the girls age group C. Holly, Hayley and Darcy represented Albatross at this level for the first time. Holly gave a good account and finished in 15th place. Hayley had a good competition finishing in 18th place. Darcy, in a close contest that had only 7 points separating the top four divers had to eventually settle for 4th place.



G-Star Competition, Leeds

Albatross Diving Club showed off their skills in Leeds with Age Group Divers up against the elite of the country.

Erin Watts, competing in D group girls finished 6th in the 5m finals platform event and was able to match up to the competition on 3m springboard where she came an encouraging 12th.

Jack Livingstone-Smith and James West competed in D group boys. Jack finished 7th and just outside a place in the finals with James finishing 8th in the 1m

competition. The 5m platform saw Jack making his first final at this level taking 6th position, with James finishing 9th. The third day saw the boys again competing well on the 3m with Jack finishing 9th and James 12th.

In C group boys Finley went head to head with Oliver, both boys being new to competing at this high level. In the springboard events Finley finished 8th to Oliver's 13th on the 1m and 12th to 15th on 3m. The 5m platform saw a reversal of fortunes with Oliver excelling and

reaching just short of 30 points a dive to finish 11th to Finley's 17th.

Charlotte West in group C girls earned 19th place on the 3m board and, having dropped one dive ended in 7th position on the 5m and 7.5m boards

Sebastian Masterton was diving in A group boys against international divers and Olympian Jack Laugher. Seb just missed out on the 3m final in 8th position but reached the final of the 1m springboard finishing in 4th place.

Masters Competition, Luton



The spring masters were held at the new pool in Luton. Matt Pipe represented Albatross at the event competing in both the 1m and 3m spring board events.

The event was spread across the weekend with the Men's 16-29 1m event taking place first thing on the Saturday morning. Matt finished the event with a score of 230. It was however not enough to take the Gold medal, and Matt received the Silver medal.

On day two of the event Matt entered the 3m competition. The competition was closely run, with Matt finishing the competition on 239 points and again taking the Silver medal