



Albatross Swoop

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DECEMBER 2016

WELCOME to the latest edition of the Club newsletter.

It's been a very busy six months both with competitions and social events.

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

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Annual Albatross Xmas Gala

The annual Albatross Xmas Gala is one of the highlights of the year where families and friends can watch all our club divers perform our fantastic diving display.

The club would like to thank all the divers, coaches, parents and other family members who baked cakes, donated gifts and put in their own time to support this fundraising event and make this day special.

The standard was high in the individual competitions and all the divers should be very proud of their performances. Congratulations to all the divers who won a trophy on the day.

The fancy dress synchronised competition was as always great fun, brilliant costumes and lots of laughs.

The parents competition has proved to be a big hit, mostly between body and water!



Farewell to Celie and Charlie

We say a fond farewell to Charlie and Celie, two of our longest standing club members, we wish them both the best of luck for the future. Celie is concentrating on her A-levels and music whilst Charlie has taken up a place at Princeton University. Both have and we hope will continue to make the odd 'guest' appearance.





Did you know?

The Olympic diving debut in Saint Louis in 1904 took the form of distance diving – the diver who remained underwater for the longest distance before resurfacing was the winner!

For
competition
dates go to:
[http://
www.albatrossdiving.
org/events/](http://www.albatrossdiving.org/events/)

Diver of the Month

In **December** the award for Diver of the Month was presented to age group diver, **Finlay**.

Finlay was nominated and selected for his exceptional performance at both the Southampton Invitational and ESSA final and improving his dive lists to be able to compete with the best of his age. Well done Finlay!

Other nominees for the award in December included:

Maddy - for her amazing performance at the Xmas gala

Sophie - for her performance at the gala plus winning the raw score trophy for the second year running

Maya - huge improvement with lots of new dives learnt including 103c all boards and 301c. She works hard, she is very brave, always willing to try new skill and tries to do everything asked of her

Billy - performance at the Xmas gala and ESSA finals.

Amelia - for her positive attitude to training, always being willing to try new things and working hard to make changes

Freya - learning five new dives recently.



In **November** the award for Diver of the Month was presented to **Aiden**.

Aiden was nominated and selected for improvement through all his diving which has resulted in a gold medal at the Irish Open National Championships.

Ollie – committed, continued hard work and silver and bronze medals at the national age groups.

Alfie - huge improvement in attitude and achievement in training, bravery in trying new dives, 4th place at Peter Waterfield.

Amelia - eagerness to try new dives, continuing work on her technique.

Tilly - good performance at Southampton Invitational and Leeds, good attitude to training and willingness to take on new dives.

Finlay Cook - recent achievements in competitions and overall hard work.

Lauren - consistently good and works hard.

Henry - for White Rose bronze medal and learning new dives.

Harry - for bronze medal performance and working hard in training in Dublin.



Competition Round-up - ASA National Age Group Championships, Sheffield, July 2016

Ollie and **Charlotte** brought home four National medals from the 2016 ASA National Age Group Diving Championship held at Ponds Forge, Sheffield.

Ollie (group B 14 -15 yrs.) ended his platform set with a strong inward two and a half somersault tuck to win the silver medal. His success was repeated on 3m where his newly learned back one and a half two and a half twisting dive helped clinch the bronze.

Charlotte (group A 16-17 yrs.) put in a strong performance on 3m, including excellent required dives and success with her newly learned back one and a half two and a half twist-er, brought her the silver medal. She returned to the podium to receive a well-deserved bronze in the 1m event.



Albatross divers were also placed in the top six in a further five events with all team members achieving personal best scores.

Ethan (group C 12- 13 yrs.) was 4th 1m springboard, he had led the pack following excellent required dives and finished with a standout front two and a half somersault tuck dive (42 points) only to just miss out on a medal by an agonising 1.75 points! Ethan was also rewarded with a personal best in the 3m event.

Diving in boys B **Edward** had a fantastic competition. Edward achieved personal best scores in all his events to finish a highly credible 5th on platform and 5th on 1m. Edward's dive of the meet was his front two and a half somersault tucked on 1m which was awarded a superb 45.6 points.

Further top six placings were achieved by **Ollie**, 4th in boys B 1m and **Charlotte** 6th in girls A platform.

Quinn, Albatross's youngest age group diver and **Billy**, diving in his first National Age Group competition both achieved personal best scores in all their events; Billy on 1m and 3m (group A) and Quinn on platform, 1m and 3m (group C)

This event is the largest national diving competition in England. Competition is tough and the Championships form an important step for young divers on the pathway



Peter Waterfield, Southampton, November 2016

Meah (8), Alfie (13), Will (14) and Alice (14) all finished strongly in their events to win well deserved medals at the recent Peter Waterfield skills diving competition. This is a qualification event for National Skills Finals next year and all Albatross divers made the grade with many achieving strong personal best scores.

Meah, Lauren and Daisy all showed their strength and form performing consistently across the stations in the group E (8/9 yrs.) event earning PBs and showing their real potential as divers. In group D (10/11 yrs.) Mollie and Amelia both achieved outstanding personal best scores by ten and twenty points respectively whilst team mates Maddy and Maya also gained PBs and valuable experience in what for Maddy was her very first away competition.

In group D (10/11yrs) Hernán and Austin both put in strong PB performances in a competitive field. Hernan really impressed on the 3m board with excellent form and finish whilst Austin showed his power and control on 1m and poolside.

Zac and Harry were competing in group C (12/13 yrs.). Harry was consistent on the 3m board, scoring highly for his back and forward line-up skills whilst Zac impressed with his inward and back dives tuck from the 1m spring-board.

It was medals all round in the group B event (14/15 yrs.) which has a different format to the younger categories- divers perform a list of dives from the 1m and 3m boards. Diving up one year thirteen year old Alfie impressed with a solid performance, including a strong inward one and a half somersault from 1m (38.5pts) which saw him as the top Albatross finisher. Will was only a point behind following a consistent performance across both boards whilst Alice also stepped into the medals following an excellent inward one and a half somersault from the 3m board (40.7pts).

This was an excellent start to the season for Albatross skills divers and coaches are excited to see what these divers can achieve in 2017.



Southampton Invitational, October 2016

Albatross Diving Club put in a strong performance at the Southampton Invitational. **Finlay** and **James** led the team bringing home two gold and two silver medals.

Competing in group B (14-15 yrs.) **Finlay** won gold on 3m where a strong inward two and a half somersault contributed to an outstanding personal best performance (289.65). He repeated this success on 1m where a newly learned back one and a half, one and a half twisting dive helped clinch the silver. Finlay recorded a PB on platform to finish 4th.

James used his newly learned back one and a half somersault pike to win gold on 1m group C (12-13yrs). On 3m a well-executed back two and a half somersault dive brought James the silver whilst on platform James finished 6th.

Charlotte and **Hal** also won medals in the group A (16+) events. Charlotte won silver on platform with the help of a PB scoring inward two and a half somersault dive (51.3). Charlotte returned to the podium to take silver in the 1m and bronze in the 3m events. Hal recorded a significant personal best (317.9) on 3m to win the preliminary round before going on to take silver in the final.

After strong performances in the preliminary rounds, including several new dives, Hal finished 5th on platform and 6th on 1m.

Alongside this podium success Albatross divers reached the final in a further three events with many team members also achieving personal best scores

Edward and **Ollie** both made finals in group B (14-15yrs) events. Edward delivered a strong PB performance on platform to finish 6th whilst Ollie dived consistently well on springboard finishing 5th in both the 1m and 3m. **Billy** group A (16+) alongside **Quinn**, **Ethan** and **Sophie** group C (12-13 yrs.) all competed well across their events with Quinn recording PBs on all boards and Sophie a PB on platform.

The invitational was a first taste of age group competition for five other team members. **Zac**, **Natalia**, **Molly**, **Milly** and **Tilly** gained valuable experience across all boards with Tilly in particular showing a promising performance on 3m where she performed her newly learned front two and a half somersault dive. All of these divers will be looking forward to future level 3 events.

This was a great start to the season for Team Albatross with Fin, James, Hal and Charlotte proving that Albatross can deliver podium success on the National Grand Prix Circuit.



White Rose, Leeds, November 2016

A team of Albatross divers consisting of Tilly, Milly, Lucy, Adam, Freya and Henry led by coach Bernie Bicknell attended the White Rose Competition in Leeds to compete against many of the top northern diving clubs.

Lucy (group C2) had a good competition scoring high marks for her poolside dives and line ups from the three metre board to finish in the top six and qualifying for the final. She performed another three dives finishing 6th.

Henry (group B) dived well, including a back one and somersaults with half twist from 3 metre scoring 38 points, also qualifying for the final and winning a bronze medal.

Adam (group C2) put in a very good set of dives scoring well on all of his dives from poolside and finished in 11th place.

Tilly and Milly were diving up an age group in girls B, they had excellent competitions scoring highly on all their dives and just missing out on qualifying for the final by 2 and 4 points respectively. Tilly finished 7th and Milly 8th. Freya also in group B had a brilliant competition, scoring just under 43 points on her inward one and half somersaults tuck from the 1 metre board as well as scoring well on the rest of her dives qualifying for the final where she came 5th.



Irish Open Championships, Dublin November 2016

Four Albatross divers attended the Irish Open Championship bringing home two medals.

Aidan competed in the novice D boys event, diving consistently throughout with his highest scoring dive his back straight fall from the 3m board, finishing with a points total of 279.90 and winning the gold medal for the event!

Zac and Harry both competed in Novice C boys. Both dived well throughout with Zac gaining the highest raw score of 25.5 points for his forward straight fall on 3m, finishing 5th with a points total of 257.05. Harry went two better to collect the bronze medal with a score of 266.05.

The final event of the weekend was the men's 1m where our very own coach and diver Matt finished 6th in a very tough event which included Olympian Oliver Dingley.



Luton Challenge, November 2016

Hal and James delivered excellent performances to win bronze and silver medals at the Luton Challenge Diving Grand Prix. Ethan also shone with an outstanding personal best performance on platform.

The standard of the Luton event is high attracting seasoned junior elite and age group competitors from clubs across the UK alongside several senior divers. Divers and coaches are able to gauge performance within this field ready for the 2017 competition season.

Hal faced tough competition in the men's A (16+) 1m event but consistency and a well-executed inward two and a half somersaults (52.7pts) secured the bronze medal. Hal placed 4th on platform where his reverse two and a half somersaults was awarded 56 points.

James was a silver medallist in group C (12-13 yrs.) 3m event helped by an excellent inward two and a half somersaults (51.3 pts). James finished 4th on 1m.

13 year old Ethan was diving up a year in group B (14-15 yrs.) and put in an exceptional personal best performance on platform to finish in 5th place. His back one and a half somersaults one and a half twists and front two and a half dive pike from the 7.5 metre board receiving high scores from the judges.

Facing a tough field Charlotte made the finals in women's A (16+) 3m and platform events. On 3m Charlotte dived extremely well including a PB inward two and a half somersaults (52.65) to finish 4th and performed the same dive really well in the platform event finishing 5th.

Finlay, Ollie, Edward (men's A) and Quinn (boy's C) were also competing in this demanding level 3 & 4 event. The boys trialed several newly learned dives and, although none reached a final this time, all gained valuable experience ready for forthcoming events in 2017.

Luton also hosts a unique mixed 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. The standard in this event is always high so the club were extremely proud when Charlotte and younger brother James set an Albatross record becoming the first pair to make it into the quarter finals!



English Schools Final, London Aquatics Centre, December 2016

Eight Albatross divers qualified to represent their schools as part of the Southeast Region team at the English Schools finals on 11th December at the London Aquatic Centre.

The Southeast Region squad included the following Albatross divers: James, Quinn, Finlay, Natalia, Charlotte, Hal, Ollie and Billy. All competed well and thoroughly enjoyed the experience of competing at the Olympic pool.

James won a gold medal in the junior boys whilst his sister Charlotte and synchro partner Finlay secured a silver medal in the senior mixed synchro event. Finlay (4th), Hal (5th) and Natalia (5th) put in strong consistent performances in each of their events. Billy (11th) put in a strong set of dives and achieved a personal best. Quinn (17th) completed in the junior boys and Ollie (9th) in the senior boys.

Albatross Summer Picnic Reading Blue Coat School

Our annual picnic held at the outdoor swimming pool at Reading Blue Coat School was a well-attended event and everyone enjoyed a great day out. Thank you to everyone involved in the organisation of these events.

