



Albatross Swoop

EDITION 12

JULY 2016

WELCOME to the latest edition of the Club newsletter.

Divers have been busy competing in National Events over the last few weeks. Find out over the next few pages how they have been getting on.

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Awesome 27th Interclub

The Club held its 27th Interclub Competition on Sunday 19th June. This competition attracts many clubs from all over Southern England and Wales. Albatross had a team of 27 divers competing from 6 years old up to 16.

The first Albatross diver of the day was Tabitha from our Learn to Dive programme, diving in the Girls Age Group 6-7 Years. Tabitha held her nerve to put in a consistent set of dives to win the Silver medal.

The next competition was Girls Age Group 8-9 years with Lauren, Elizabeth, Meah and Daisy competing. All girls had a good competition with Elizabeth finishing 13th and Meah in 5th. Daisy dived well to take the Bronze medal and Lauren gave a strong set of dives to win the Gold medal.

In the Boys Age Group 8-9 years Xander, another young diver from our Learn to Dive Programme had a steady competition to take 6th place.

One of the largest competitions of the day was Girls Age Group 10-11 years with 30 entries. Maya, Molly, Natalia, Maddie and Amelia dived in this group. All girls dived well, with Maddie finishing in 23rd, Amelia 17th, Maya 11th. Molly just missed out on the medals in 4th and Natalia had an excellent competition, scoring high marks on all of her dives to win the Silver medal.

In the Boys Age Group 10-11 years we had 3 divers competing. All 3 boys had a good competition scoring consistently on all

their dives. In a very close contest, they finished with Austin 6th, Aiden 5th and Hernán winning the Bronze medal.

Milly, Tilly, Lucy and Caroline competed in the Girls Age Group 12-13 years which was by far the biggest event of the day with 33 competitors. All 4 girls dived consistently to finish with Milly 4th, Tilly 5th, Lucy 9th and Caroline 33rd.

Boys Age Group 12-13 years saw Alfie, Adam, James and Zac diving. Alfie had a great competition, diving with increased consistency to win the Gold Medal, averaging 30 points for each of his four dives. Adam took the Bronze medal, Zac 4th and James finished 12th.

Freya was our only diver in the Girls Age Group 14-15 years. Freya had an extremely good competition, scoring almost 40 points with her inward one and half somersault from the 1m board to take the Bronze medal.

The penultimate event of the day was the Boys Age Group 14-15 years. William had a really good competition scoring high marks and averaging over 30 points for each of his dives to take the Gold medal.

The final event of the day was the Girls Age Group 16-18 years with Katie diving. Katie had her usual steady competition to take the Bronze medal.

At the end of the day Albatross also celebrated winning the Team Trophy for the first time in six years.

Albatross would like to thank Mass Media Design and First South Western Trains for their kind support on the event.

The event wouldn't be the success that it is without the help of the committee, coaches, older divers and parents, thank you all for your support.



Sports Personality Award Winners

The Reading Sports Personality Awards were held at the Hilton Hotel on Sunday 3 January 2016. Congratulations to the Albatross Elite and Age Group Divers as they took home the Junior Team of the Year and to James for winning Junior Improver of the Year.



Did you know?

Britain's Leon Taylor invented the back 2.5 somersaults, 2.5 twists. It is now used by many of the world's top male divers.



End of Summer Social Event

**Albatross Diving Club Fun afternoon
at Reading Bluecoat School on
Sunday 11th September 2016
1pm – 6.30pm**



Come and join us for an afternoon of fun and games in the pool and on the field at Reading Bluecoat School. It has been a few years since we held one of these events so all the more reason to come and join the fun! Do not Miss it!

Please bring a picnic and drinks for your family and we will provide the games and party vibes!

Open to the whole club – Learn to Dive, Right track, Skills, Age groups, Elites, siblings and parents.

Only 40 allowed in the pool so please RSVP as soon as possible to secure your place.



£8 per person swimming and £4 per non swimmer

This is not a profit making event, we are simply aiming to cover the costs of hiring the venue.

If you have any questions please contact

Nicky Frewin
nfrewin@hotmail.com



Diary Date Christmas Gala

Saturday 3rd December
2016 @ Central Pool

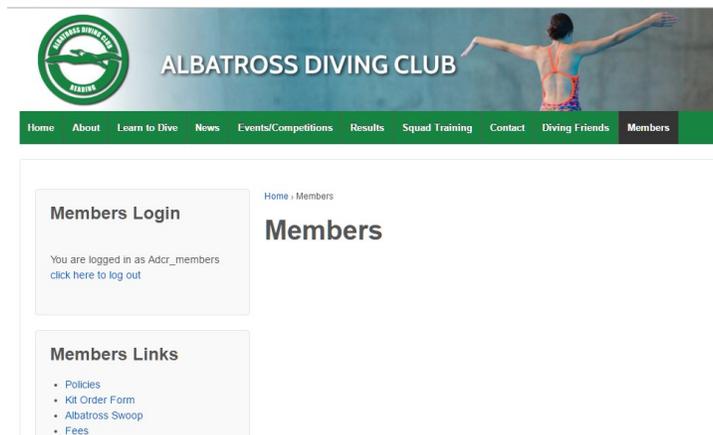
Albatross Website - Members Area

The [members](#) area of the Albatross website has been revamped. Included in the area is:

- Back copies of the Club Newsletter
- Frequently Asked Questions
- AGM Minutes
- 2016 Fees
- Club Kit Online Order Form
- Coming soon The Club Handbook. Thank you to Nicki for pulling this information together.

All current members will receive a Mailchimp communication with the username and password for the area. The password will be changed every 6 months and emailed out via Mailchimp.

There have been many more changes to the website recently - why not head over to take a look : www.albatrossdiving.org



If you have any suggestions for content on the website email: communications@albatrossdiving.org

Competition Round-up - Armada Cup

Charlie and James struck gold at the Armada Cup Diving Invitational in Plymouth.

Eleven of the club's Elite and Age Group divers brought home three individual Gold medals, four individual Silvers alongside eight top six placings. The team also won three Bronze medals in synchronised diving.

Charlie (men's 16+) took Gold on 1m whilst James (Boys C) dived extremely well to take gold in the 1m and 3m events. Silver medals went to Celie (women's 16+) on 3m whilst team mate Charlotte (women's 16+) won Silver on platform. Hal (men's 16+) also earned a Silver medal in the 1m event.

In synchronised diving Bronze medals were won by:

- Ethan and James - boys 13 and under 1m synchro;
- Charlie and Hal - boys 14-18 3m synchro; and
- Celie and Charlotte in Girls 14-18 3m synchro.

The Armada Cup is the first Grand Prix Diving Event of the 2016 diving calendar. Medals are fiercely contested with divers also seeking qualification scores for 2016 ASA

National finals. Alongside their medal success Charlie, Hal, Charlotte and Celie made the top six in all their events. They were joined by Ollie who placed 5th in boys B platform and Billy who placed 6th in men's 16+ platform. All gained National qualification scores.

Finlay (boys B+) and Quinn (boys C) built on their record at earlier competitions to secure 2016 National Age Group qualification on all boards. Team mate Henry (men's 16+) also moved one step closer to level three participation after he successfully competed his first ever six dive senior list on 3m and platform including some newly learned dives from the 7m board. Henry was joined by coach and Masters diver Matt in the Mens A+ 1m event where Matt finished 11th just ahead of Henry in 12th.



British Elite Junior Diving Championships

It was medals, PBs and a Club record for Albatross Elite Divers; Charlie, Hal, James and their coach Malcolm following the British Diving Junior Elite Competition held in Plymouth.

Junior Elites is the pinnacle of the British Junior Diving calendar when Great Britain's top junior competitors aged from 13 years and under through to 18 come together to battle it out for National Titles in their respective age groups. All competitors have committed themselves to the sport of diving and train extremely hard to achieve success. Medals at this level are hard earned and extremely well deserved.

It was with huge pride that 12 year old James stepped on to the podium to receive an individual Bronze medal in the Boys C 1m event. Since winning Gold on all boards at last year's National Age Group competition James has worked hard, perfecting his technique and learning more difficult dives ready for the challenge of elite competition. The hard work had clearly paid off. James showed great maturity to execute his 1m dives consistently to win bronze with an excellent score of 279.70. James also qualified for the final in the 3m event where he finished 5th with 313.75. On platform James also dived well to finish 7th with a preliminary score of 251.65.

Charlie (18) and Hal (17) were both competing in the boys 16 Plus events. The standard of diving in all events was first class and both boys knew there could be no room for error. Nothing prepared the team for the excitement of the platform event. Charlie entered the 5th round a strong contender for a finals place in 4th. A mis-timed entry then saw him drop 15 points behind the entire pack. To come back from this in any competition is tricky but at National Elites it seemed almost impossible. It was testimony to Charlie's skill and determination that his next two dives were outstanding scoring 64 points for his inward three and a half somersaults from 10m followed by 72.8 points for his newly learned reverse two and a half somersaults from 10m; a Club record! Charlie finished the competition in 5th with a finals score of 413.90. Hal put in a personal best platform performance to finish 7th with a preliminary score of 389.40.

Hal excelled in the 1m springboard event where a strong performance saw him achieve a personal best,

finishing just outside the medals in 4th place with 413.95. Charlie finished 5th with 379.75. Fortunes reversed on 3m where Hal finished 7th with a preliminary PB score of 417.40 whilst Charlie put in a strong set of finals dives to finish 5th with 461.50.

Junior Elites also includes synchronised diving where all boys won medals. James, diving alongside Angus from Southampton Diving Academy, took Silver in the boy's 9-13 yrs. synchronised diving event with a score of 206.28. Not to be outdone teammates, Charlie and Hal also won Silver medals diving in the boys 14-18 3m synchronised diving event scoring 222.81.

Junior Elites was Charlie's last official competition for Albatross Diving Club. A Silver medal, Personal Best scores and a Club record was a fitting end to what has been a highly successful junior diving career. Charlie is heading to Princeton University USA where he has been awarded a place to study mathematics and music and continue his dive training. We wish Charlie every success.



London Regional Skills

On Sunday 1st May, a team of 16 Albatross divers travelled to compete against many London diving clubs in The London Region Skills National Qualifying Competition in Ruislip.

The first event of the day had Lottie and Freya representing Albatross in the Girls Age Group B. Lottie had a competent event scoring well on her inward somersault tuck from the 1m board finishing the contest in 11th place. Freya had a good competition finishing in 5th place. Freya scored well over 30 points for her forward somersault with one twist from the 1m board, a dive she was using in competition for the first time.

William in the Boys Age Group B had a very strong competition, consistently scoring 6's and 7's for his dives off the 1m and 3m boards and finishing the contest with an excellent score in 1st place and securing the Gold medal.

Next to compete was Natalia, Molly and Amelia in the Girls Age Group D. Natalia put together a very good set of dives. Scoring well on her forward one and a half somersaults from the 1m board. Natalia just missed out on the Bronze medal by less than half a point to take 4th place. Molly dived consistently, scoring high marks on her back dive tuck from 1m. She finished the event just one point behind her team mate in 5th place. Amelia had a steady contest, scoring well on her back dive tuck from 1m and finishing the event in 10th place.

In the boys Age Group D Aiden and Hernán were flying the flag for Albatross. Aiden had a good competition, performing well on all of his dives, in particular his inward dive tuck from the 1m board to earn himself a Silver medal. Hernán had a brilliant competition regularly scoring 7's from all judges and securing the Gold medal with a commanding lead.



In the Boys Age Group C, Adam, Harry, James, Zachary, and Alfie represented Albatross. James put in a strong set of dives, with his best being a back straight fall from the 3m board and the Bronze medal. Zachary had a steady competition finishing just outside the medals in 4th place. Adam had a good competition doing well in all of his dives finishing in 6th place. Harry dived well on his 1m dives and took 7th place. Alfie was consistent with his diving finishing in 8th place.

The final event of the day was the Girls Age Group C. Albatross divers Milly, Tilly and Lucy were competing. Lucy gave a good account, scoring 7's from the judges for her back straight line up from the 3m board, finishing in 10th place. Tilly dived well, scoring high marks for her forward one and half somersaults tuck from 1m board, she finished the competition in 8th place. Milly had a very good competition doing well in all of her dives with her best dive being her back dive tuck from the 1m board. Finishing at the top of a strong field to win the Gold medal.

Well done to all divers, many of whom qualified for the National Finals in Southend-on-Sea in July.



SE National Skills Qualifier Crawley

A large team of Albatross divers travelled to Crawley to compete at The South East Region National Skills Level 2 Qualifying competition at the K2 Leisure Centre, Crawley.

The first divers for Albatross were in the Girls Age Group E, with Lauren, Meah and Daisy. These girls were all competing for the first time for Albatross. Lauren had a good competition scoring well on her back dive tuck from the 1m board to win a well deserved Silver medal. Meah had a steady competition scoring well on her inward dive tuck from 1m to finish in 5th place. Daisy dived competently to finish just behind her fellow team member in 6th place.

The next divers representing Albatross were Natalia, Molly, Amelia, Daisy and Maya, in the Girls Age Group D. Daisy and Maya dived steadily finishing in 9th and 11th place respectively. Amelia dived well, especially on her Inward dive tuck from 1m to finish in 4th place with her team mate Molly just behind her in 5th place. Natalia scored well on her forward one and a half somersault from 1m to win the Bronze medal.

In the Boys Age Group D, Hernán, Austin and Aiden were diving for Albatross. Austin dived consistently finishing in 7th place with Aiden completed his competition in 8th. Hernán put in a very good set of dives, scoring well to win the Gold medal.

The Girls Age Group C saw Milly, Tilly and Lucy diving. Lucy gave a good account scoring 7's from the judges for her forward dive from poolside and finishing in 17th place. Tilly dived well, scoring high marks for her forward one and half somersaults tuck from 1m. She finished the competition in 7th place. Milly had a very good competition, doing well in all of her dives, with her best dive being her back dive tuck from the 1m board. Milly won the Silver medal in a strong field of divers.

In the Boys Age Group C, Adam, Harry, James, Zachary and Alfie represented Albatross. James dived consistently finishing in 12th place. Zachary had a steady competition taking 14 place. Adam had a good competition doing well in all of his dives finishing just outside the medals in 4th place. Harry competed well on his 1m dives to take 7th place. Alfie finished in 15th.

Freya, Lottie and Alice were our competitors in the Girls Age Group B+ event. Lottie dived consistently, scoring well on her inward somersault tuck from the 1m to finish in 7th place. Alice dived well, finishing in a very creditable 8th place, with a national skills qualifying score. Freya had a very good competition scoring almost 40 points on her inward one and half

somersaults tuck from the 1m board, in an extremely close competition she took the Silver medal.

In the final event of the day William represented Albatross in the Boys B+ event. He had an steady event scoring well on his inward one and a half somersaults from the 3m board to finish in 5th place.

Several divers reached the qualifying mark to compete at the National Skills Finals in Southend-on-Sea in July.



ASA National Skills Finals

On the weekend of 2-3 July a team of 13 Albatross divers travelled to compete at The National Skills Level 2 Finals in Southend on Sea. The event had attracted a record number of entries with over 250 divers competing. The team consisted of William, Freya, Alice, Milly, Tilly, Zac, James, Natalia, Molly, Aiden, Hernan, Austin and Lauren for many this was their first National event.

On day one of the event the first diver to compete for Albatross was Lauren in Girls Group E, she gave a good performance scoring well on her line ups from the 3m board, finishing in 9th place.

In the Boys Group D1 Austin had a good event scoring well on his poolside dives to take 12th place. Our next competitors in Boys Group D2 was Aiden and Hernan, both boys had a steady event scoring securely on each dive to finish in 7th place and 10th place respectively.

The penultimate event on the first day was Girls Group C2 Tilly and Milly competed. Tilly scored well on all her dives to finish in 13th place. Milly had an excellent competition scoring high marks on all her dives especially from the 3m and 1m boards to take the Silver medal just missing out on a Gold medal by point one of a mark.

Girls Group B+ saw the biggest competition of the weekend with 37 competitors; Freya and Alice were in this group. Alice had a good competition scoring well off her inward tuck somersault dive from the 1m board finishing in 20th place. Freya dived well scoring highly on her inward one and half somersaults from 1m and 3m boards to end the competition in 16th place.

On Day 2 Molly and Natalia competed in the Girls Group D2. Molly dived consistently throughout the competition doing well with her pool side dives eventually finishing in 13th place. Natalia had a steady competition to finish in 21st place.

In Boys Group C1, Zac and James competed. Zac scored well on his back tuck line up from 3m and finished the contest in 11th place with James close behind in 13th place. The final event of the weekend was the Boys Group B+ with William diving; he had a good event scoring well on his back tuck dive off the 1m board to take 9th place.

Congratulations to all the divers, for many this was their first taste of a National Event.



ASA National Age Group Championships

Find out in the December issue of Swoop how our divers got on at the National Age Group Championships in Sheffield in July.

