

AUGUST 2017

Welcome to our new monthly newsletter – The Nod. Standing for News On Diving. Where exciting news, celebrations and information on training, upcoming events and alterations will be announced.

Swim England National Skills Finals - London

Shamrock Diving flew as a team to London and competed at the Swim England National Skills Finals at the stunning 2012 Olympic Pool the weekend of 22nd and 23rd July.

The English competition is made up of 12 dives building the important foundations scoring on correct technique and overall impression.

Sophie McGuinness (D2 11 years) finished in 22nd place and scored some 8's in the competition including a 9 for her back jump tuck on poolside. Well done Sophie!

Caroline Begg (B+ 14-16 years) took 8th place showing some very consistent scoring on 1m with an 8 on back dive tuck on 3m. Great work Caroline.

Scarlett Shearer (D1 10 years) finished in 26th place with some great scores throughout the competition. Well done Scarlett!

Jessica Keely (C1 12 years) had a cracker and placed 8th, her line up skills were especially exciting. Well done Jess!

Evan Watters (C2 13 years) showed a very good line up set to finish in 12th place. Great work Evan.

James Dalen (B+ 14-16 years) after a technical fault finished 7th competing some new dives. Great work James.

Thank you to Coach Frenchy and Chaperone Aaron Shearer.



European Championships – Jack Ffrench

Congratulations to Jack who competed for Ireland in his 2nd European Championships in Kiev, Ukraine back in June. Jack finished 26th on 1m and 24th on his 3m debut. Unfortunately Ollie withdrew through injury.

Good Luck Jack and Tash! – World University Games

Jack French and Natasha MacManus have been selected to represent Ireland at the 2017 World University Games. They will be flying to the city of Taipei in Taiwan where they will be amongst some of the worlds best divers.

The world multi – event games take place from the 19th – 30th August.

Jack will compete 1m on 21 August and 3m on 23/24 August.

Tash will compete 1m on on 20th August and 3m on 25/26 August.

These Games take place every 2 years and what a great achievement to be selected. Massive good luck guys!



World Championships – Budapest with Ollie



Head coach Damian Ball and Ollie Dingley took on the World again. This year in Budapest at the World Championships.

Ollie was in a prelim with 56 divers with a maximum of 2 per country. He finished in 33rd place on the 3m.

At a World Championships top 18 from the prelim make the Semi Finals and top 12 from the Semi Finals progress to the Finals which is where Ollie got to at the Olympic Games last year.

The year after the Olympic Games can be a tough one with expectations being high especially after the outstanding Olympic Final Ollie was in.

We are looking forward to what the next season brings to our High Performance Team.

CELTIC CUP - 2017 SELECTION

**Congratulations on making
Irelands team for the 2017 Celtic
Cup**

Group B Girls

Caroline Begg
Isobel Feeney

Group B Boys

James Dalen
Evan Hardy

Group C Boys

Evan Watters

Group C Girls

Jessica Keely
Ciara Burgoyne
Tara – Rose O' Brian

Group D Girls

Sophie McGuinness
Scarlett Shearer

Group E Girls

Rose Browne

SWIM IRELAND



This years Celtic Cup will be held in Edinburgh on October 20th – 22nd. Head coach Damian will lead a team of 21 Irish divers selected from the last 3 National Novice League Legs, 11, of which, are from Shamrock Diving Club. The 2017 team will compete for Team Ireland against Team Wales and Team Scotland. Our own Frenchy is the coach along with Joan & Phil from DANI (Dive Academy Northern Ireland).

Keep up to date
with the latest
information and
news by following
the Diving Academy
on Facebook

ACADEMY SUMMER SHUT DOWN

The diving Academy will be
closed to all lessons and
training squads
14th – 27th August

 Like us on Facebook:
NAC Diving Academy

SQUADS - September

Up Coming Events

SEPTEMBER

- September - Novice League Leg IV TBC
- 23-24th September – Swim Ireland Video Project

OCTOBER

- 22nd October - Celtic Cup Edinburgh

NOVEMBER

- 10th – 12th November – Irish Open

AUGUST Alterations to Training

MONDAY 7th AUGUST

Bank Holiday – All cancelled

MONDAY 14th – SUNDAY 27th AUGUST

All squads cancelled – Summer Break

From the 4th September - ALL squads will revert back to what they were before the Summer.

MONDAY

TID	Dry dive	17:00 – 18:00
	Pool	18:15 – 19:15
LEVEL 7/8	Dry dive	17:00 – 18:00
	Pool	18:15 – 19:15
LEVEL 5	Pool	19:15 – 20:15

TUESDAY

LEVEL 6	Dry dive	17:00 – 18:00
	Pool	18:15 – 19:15
LEVEL 7/8	Dry dive	17:00 – 18:00
	Pool	18:15 – 19:15
MASTERS	Pool	20:00 – 21:00

WEDNESDAY

LEVEL 7/8	Pool	18:15 – 20:00
LEVEL 5	Pool	19:00 – 20:15

THURSDAY

LEVEL 6	Dry dive	17:00 – 18:00
	Pool	18:15 – 19:15
LEVEL 7/8	Dry dive	17:00 – 18:00
	Pool	18:15 – 19:15
MASTERS		19:00 – 20:00

FRIDAY

TID	Dry dive	17:00 – 18:00
	Pool	18:15 – 19:15
LEVEL 5		19:00 – 20:15

SATURDAY

GROUP 1 and 2	Dry dive	08:00 – 09:15
	Pool	09:30 – 10:45
GROUP 3 and 4	Dry dive	11:15 – 12:30
	Pool	12:45 – 14:00