

October 2017

Swim Ireland Video Project



A big thank you to all divers and parents who took their time out of their weekend to take part in Swim Irelands Video Project 'Young People's Guide to Diving'. It was an enjoyable and successful weekend and the divers were a pleasure to work with. Swim Ireland were equally impressed on what a credit the divers were to the NAC and Shamrock Diving Club, and even more impressed on how amazing everyone dived on both days.

Something like the Video Project gives divers a break from normal routine, an opportunity to try new things and helps with team bonding. A special thank you to Ollie, Ciara, Fran and Anna who made the younger divers feel included and which meant they got to know you a little better!

The Video should be out by the end of the month – links will be sent out via email.

Well Done Everyone!

Sarah

CONGRATULATIONS!



Congratulations to these huge list divers who have learnt BRAND NEW dives recently

Tom Mulvey

Back dive tuck 3m
Reverse dive tuck 1m

Tara-Rose O'Brien

Reverse dive tuck 1m

Catherina Teresko

Reverse dive tuck 1m

Nikita Teresko

Back straight fall 3m

Alex Ivanov

Inward dive tuck on 1m

Sean Clynes

Inward somersault 1m

Donal McGuinness

Forward 1 ½ tuck 3m

Leah Newman

Back straight fall 3m
Back tuck roll 3m

Arthur Feeney

Back dive tuck 3m

Dasha Chernyuk

Inward dive tuck 3m

Catriona Doherty

Reverse dive tuck 1m

Anna Ivanov

Reverse dive tuck 1m

Evan Hardy

Back dive tuck 3m Platform

Kristian Hammond

Back tuck roll 3m
Back dive tuck 1m

Inward somersault 1m

Ciara McGing

Back 1 ½ tuck 3m

Laura Valore

Back 1 ½ tuck 3m

Francesca Doran

Back 1 ½ pike 1m
Back double tuck 1m
Inward 2 ½ tuck 3m
Back 1 ½ tuck 3m Platform

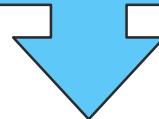
James Dalen

Inward 2.5 tuck 3m
Arm stand somersault 5m

Caroline Begg

Inward dive pike 7.5m
Inward 1.5 tuck 5m
Arm stand somersault 5m

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



Like us on Facebook:
NAC Diving Academy

Irish Open 10-12th Nov

Again another note asking for help at the Irish Open:

In order to keep up with the numbers at the Irish Open we NEED YOU! You don't have to be part of the Committee to do so. Volunteers are always greatly appreciated and competitions would not run without them. Children, teenagers and adults all welcome.

There are several roles to consider:

- Presentations/tidiness/organisation
- Judges chairs set up
- Announcer
- Music controller
- Event parade organiser
- Medal presentation organiser
- Medal bearers (children)
- Runners (can be teens)
- Event Marshalls for Skill level (teens)
- Food/Drink Monitor
- Recorders

We will appreciate your help.

**SWIM
IRELAND**

Good Luck!

Good Luck to Swim Ireland's Celtic Cup Team travelling to Edinburgh, Scotland this month! It will be a great experience, make sure team support is loud and supportive for Shamrock and the Dani Divers. More importantly have fun and make Ireland proud.



NEW NEWS!

New Squad Launch!

A new squad structure will be launching Jan/Feb 2018. Updates on how the planning is coming along will be updated on the newsletter each month. This week coaches have met to put a plan in place to meet deadlines, these include squad structure, squad criteria, squad handbook, terms and conditions and payments. Information will be sent out for squad criteria in October.

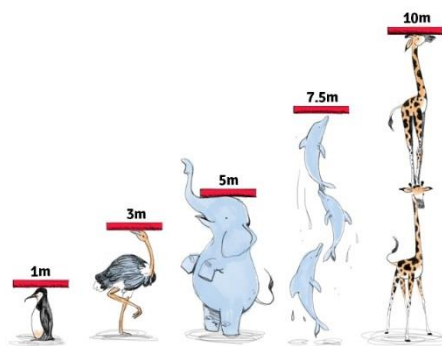
This will mean squad names and goals will become clearer. Divers and parents will also be better informed about which squad will be aiming for certain competitions and dives.

New Club Kit

Message from Shamrock Club Secretary – Stephen Doherty

We all know the importance to our athletes of looking good and feeling confident and positive about their abilities, and of being proud to be part of Shamrock Diving Club. It's long been the ambition of the Club and of the Coaching Team to promote the unique identity and togetherness of our Club through an instantly recognisable brand. With this in mind we are switching to a strong clear logo which we hope will underline the fact that we are based in Dublin! To go with that we are bringing in an entire new range of re branded KIT including; a full tracksuit, fitted t-shirts, shorts, towels, leggings, and swimsuits and small drawstring bags. We are of course keeping the Club colours as they are so any older kit will match the general colour scheme. We will update the club shop at www.shamrockdiving.com soon, and if you have any questions in the meantime please email shamrockdivingclub@gmail.com

Coaches Corner!



Technique Talk

This month's Technique talk is on:

The “rip” entry

The idea is to hit the water with flat hands to create an air pocket for the body to enter, then somersault underwater to disperse the air bubble and prevent it from surfacing in a splash.

Look at Tom Daley to the right ...

- Hands are above head, the arms are tight, straight and close to the ears.
- The shoulders are shrugged up towards the ears.
- The Biceps are squeezing tight to the ears to eliminate any gap that may exist. The arms should be tight enough that if someone was trying to separate them they wouldn't be able to.



It takes years and endless **repetitions** to learn

The rip is not something you will perfect overnight. But if you work on the flat-hand grab and proper body alignment each day, you will soon be able to rip your dives — and enjoy some high scores!

Did You know?

There are **246,838** cups of tea that could be made out of the water in the diving pool



SQUADS TIMES - October

2017 Calendar

OCTOBER

- National Novice League TBC
- 22nd October - Celtic Cup Edinburgh

NOVEMBER

- 10th – 12th November - Irish Open

DECEMBER

- 24th December – 2nd January - Christmas Break

October Alterations to Training

7th October

HP& Level 7/8 08:00-09:45

21st October

**Time Change 8:00-10:45
ALL Saturday Squads**

MONDAY

TID 1/2	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 6B	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 6B	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	19:00 – 20:00

FRIDAY

TID 1/2	Dry dive	17:00 – 18:00
	Pool	18:15 – 19:15
LEVEL 5	Pool	19:00 – 20:15

SATURDAY

TID 1 & 2	Dry dive	08:00 – 09:15
	Pool	09:30 – 10:45
Level 6B		
Level 7/8	Dry dive	11:15 – 12:30
	Pool	12:45 – 14:00

To volunteer at the Irish Open

Please contact:

aarondjshearer@aol.com

and

stephendoherty247@gmail.com

Thank you!