



December 2017

## Irish Open 2017



This year's Irish Open was our biggest yet and doubled with 266 competitors coming from the UK, Finland, Dubai and Denmark as well as the two home clubs from Ireland.

Overall Shamrock Diving Club came away 4 gold, 1 silver and 3 bronze medals.

**Oliver Dingley** and with her first Shamrock outing for **Clare Cryan**, they were both crowned Champions, winning GOLD in the Open Men and Women 1m and 3m events respectively.

**Jack Ffrench** grabbed SILVER in Men's Open 3m and BRONZE in Men's Open 1m, just a point away from silver. Jack also competed new dives only learnt the day before, his reverse 3 ½ scored the most points in his competition with 73.50.

**Ciara McGing** in her first representation for Shamrock Diving Club took BRONZE in Women's Open platform. Ciara also finished 11<sup>th</sup> on 3m and 14<sup>th</sup> on 1m.

And in Boys Novice Group C **Evan Watters** upped his score from last year to take the BRONZE medal.

In their first year as Age Group competitors **Caroline Begg** placed 8<sup>th</sup> on platform and 9<sup>th</sup> on 1m. **James Dalen** finished 5<sup>th</sup> both on 1m and 3m. It is a big jump from novice to age group competitions, James and Caroline took the change and challenges in their stride. Both have learnt a number of new dives in the last few months and their commitment to training has enabled them both to compete harder dives. Well done.

**Anna Power** competed on all 3 boards in the Womens Open event, Anna finished 9<sup>th</sup> 1m, 10<sup>th</sup> 3m and 13<sup>th</sup> platform. **Laura Valore** 12<sup>th</sup> 3m and 17<sup>th</sup> 1m and **Francesca Doran** 8<sup>th</sup> platform, 19<sup>th</sup> 3m and 20<sup>th</sup> 1m.



Novice E – It was **Rose Browne's** first Irish Open. Rose finished in 13<sup>th</sup> place.

Novice D – **Sophie McGuinness** smashed last years score and finished 5<sup>th</sup>, **Scarlett Shearer** finished 10<sup>th</sup>, **Aisling Wallis** in 23<sup>rd</sup> and **Anna Ivanova** in 25<sup>th</sup> place.

Novice C – **Jessica Kealy** beat last years score for 8<sup>th</sup> place, both **Ciara Burgoyne** and **Tara Rose O' Brien** also smashed last years scores and finished 11<sup>th</sup> and 14<sup>th</sup>. **Tom Mulvey** competed in his first Irish Open finishing 9<sup>th</sup> with **Arthur Feeney** in 10<sup>th</sup> beating last years score.

Novice B - **Aoife Cahill** beat last years score and finished 4<sup>th</sup>, **Isabel Feeney** also beat her score from last year and finished 6<sup>th</sup>. **Joey Fancuilli** beat last years score to finish 8<sup>th</sup>, **Darin Ursu** 9<sup>th</sup>, **Fergus McGuinness** 10<sup>th</sup> and **Evan Hardy** 12<sup>th</sup>.

Well done to everyone who competed, each diver can take away positives from the competition.

**Thank you  
volunteers!**

As expressed in previous newsletters, without the help of volunteers, diving competitions would struggle without help, if not run at all!

Special Thank You to Mary Power, Nicola Emmett, Daniela O'Brien and Beth Emmett who were running the events all weekend. They were very long days and the coaches appreciated your time,

Thank you also to Elaine McGing, Aaron Shearer, Cathy Cahill, Hilary Williams, Roisin Fletcher, Aran Fitzgerald, Simon O'Brien, Joan Phelan, Carol Fitzgerald, Kristine Dalen, Lina Ivanova, Ellen Phelan and Jennifer Walshe who lent a hand in aiding the recorders and marshalling the events

**Head Coach, Damian Ball** took on a lot of work himself to make sure the competitions ran smoothly and looked good to all competitors, coaches, parents and teams. As the competition doubled in size, there was double the workload. Congratulations on a such successful Irish Event!

# CONGRATULATIONS!

New dives are still coming in fast! This is the time to be doing them, ready for next years competitions. Well Done Everyone!

## **Sophie McGuinness**

Back 1 ½ tuck 1m

## **Ciara Burgoyne**

Back 1 ½ tuck 1m

## **Sean Clynes**

Reverse dive tuck 1m

## **Joey Fancuilli**

Front double somersault tuck 1m

## **Evan Hardy**

Back dive tuck 5m

Reverse dive tuck 5m

## **Aoife Cahill**

Back dive tuck 5m

## **Francesca Doran**

Back 1 ½ tuck 5m

Reverse dive pike 5m

Back 1 ½ somersaults, 1 ½ twists 3m

Reverse 1 ½ tuck 1m

*You may also see some new big dives being taken up over the last couple of weeks by the divers. Even the day before the Irish Open! Great effort this month from:*

## **James Dalen**

Back 2.5 tuck 3m

## **Ciara McGing**

Inward 2 ½ pike 10m

## **Jack Ffrench**

Reverse 3 ½ tuck 3m

Back 3 ½ tuck 3m

Forward 2 ½ somersault 2 twists 3m

**Ollie Dingley** has also started training again forward 4½ somersault tuck and reverse 3½ somersault tuck. These will be ready to compete in the new season next year.

## **Alex Ivanov**

Back tuck roll 3m

Back dive tuck 1m

Forward 1 ½ tuck 3m

Inward dive tuck 3m

Inward somersault tuck 1m

## **Catriona Doherty**

Forward 1 ½ tuck 3m

## **Tara-Rose O Brien**

Forward 1 ½ tuck 3m

## **Samual Whelan**

Back fall 3m

Inward dive tuck 1m

## **Kate Whitaker**

Inward dive tuck 1m

## **Maxim Ushakov**

Back fall 3m

Pike fall 3m

Inward dive tuck 1m

## **Linus Feeney**

Back fall 3m

Inward dive tuck 1m & 3m

Pike fall 5m

## **Isabel Feeney**

Armstand somersault 5m

## **Arthur Feeney**

Reverse dive tuck 3m

## **Caroline Begg**

Armstand somersault 7.5m

## **Anna Power**

Reverse dive pike 5m/7.5

Back dive pike 5m

## **Rose Brennan**

Back fall 3m

## **Lauren McCullagh**

Back fall 3m

Inward dive tuck 1m/3m

## SOCIAL MEDIA

Social media will be used across the National Sports Campus, the National Aquatic Centre and the Shamrock Diving Club. Please like and follow for all updates and celebration!

<http://shamrockdiving.com>



@NACDivingAcademy  
@shamrockdiving



@nacdublin  
@shamrockdivingclub



@NatSportsCampus  
@shamrock\_diving

## New Squad Launch!

Everyone at squad level should have received an email with the attachment of a selection letter and an enrolment form. If you did not receive this please email [sarahbarrow@nationalsportscampus.ie](mailto:sarahbarrow@nationalsportscampus.ie).

The enrolment form and any changes to a mandate form needs to be in by the **14<sup>th</sup> December** to the diving office.

We are in the process of putting together a Squad Handbook.



## Swim Ireland Awards Night 2017

Saturday 25<sup>th</sup> November was a record night for the Swim Ireland Awards and it's diving guests. We had our very own full table of 11.

**Anna Power** was crowned Performance Pathway Diver of the Year. Head coach **Damian Ball** and **Oliver Dingley** received recognition for the 2016 Olympic Games in Rio and **Tasha McManus** and **Jack Ffrench** were commended with certificates for their representation at the European Championships and World Student Games



# SWIM IRELAND

## Say hello!

### Clare Cryan

Clare moved over recently after the Irish Open to start training with Damian and his Swim Ireland Performance Team. Clare will be training and hoping to compete as part of Swim Ireland. Clare is 24 and has had a lot of experience as part of the Sheffield Diving Team in England as well as British Diving. Before moving to Ireland Clare had a part in variety dive show on a luxury Caribbean Cruise ship.

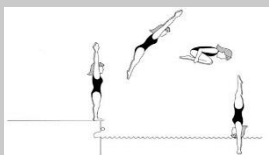


# Coaches Corner!

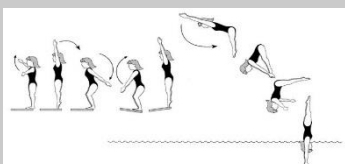
## Dive numbers!

Each of the dive groups is represented by a number in competition:

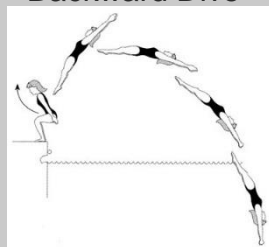
Forward Dive – 1



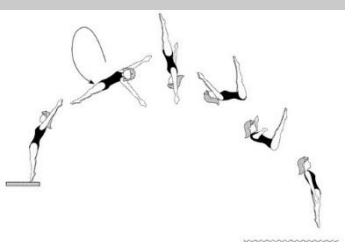
Inward dive – 4



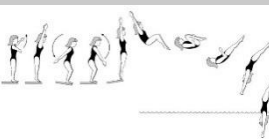
Backward Dive – 2



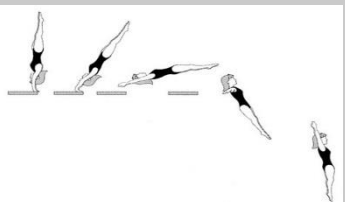
Twisting dive-5



Reverse Dive – 3



Armstand Dive – 6



### Four-character dive numbers

- The first number in the code represents the dive group
- The second number in the code represents the initial position of flight – for springboard and platform diving, this is almost always 0.
- The third number in the code represents the number of half somersaults. Unless the diver is planning to enter the water feet first, this will be an odd number.
- The fourth character in the code represents the diving position.

So 109C is forward 4 ½ somersaults in tuck position and 305B is reverse 2 ½ somersaults in pike position.

### Five-character dive numbers

- The first number represents the dive group – this will be 5 for twisting dive or 6 for armstand twisting dive.
- The second number represents the direction of rotation – forward, backward, reverse or inward – and these are the same numbers as used for the dive groups in the four-character codes.
- The third number represents the number of half somersaults. Again, this is typically an odd number.
- The fourth number represents the number of half twists in the dive.
- The fifth character in the code represents the diving position. An example of a five-character code is 5131D which is a forward 1 ½ somersaults, ½ twist in pike position.

### Dive position letters

Straight position = A  
Pike position = B  
Tuck position = C  
Free position = D

### Did you know?

Duraflex manufactured the first aluminium diving board in 1949 out of an aircraft wing panel for a friend who needed a diving board for his pool party.



## 2017/2018 Calendar

### DECEMBER

- 23<sup>rd</sup> December – 2<sup>nd</sup> January - Christmas Break

### JANUARY

- 26<sup>th</sup> - 28<sup>th</sup> January - British Diving Championships. Plymouth, UK

### FEBRUARY

- 10<sup>th</sup>-13<sup>th</sup> February - Armada Cup. Plymouth, UK

## December Alterations to Training

**ALL SQUADS**  
No training on Saturday 23<sup>rd</sup>  
December

**Merry Christmas and a  
Happy New Year!**

**See you on 3<sup>rd</sup> January!**

## SQUADS TIMES - December

### 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	19:00 – 20:15

### TUESDAY

T Squad	Dry dive	17:00 – 18:00
	Pool	18:15 – 19:00
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

T Squad	Dry dive	17:00 – 18:00
	Pool	18:15 – 19:00
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