NATIONAL AQUATIC CENTRE
Diving Academy Programmes

The Nod 7

February 2017

Shamrock Diving Club CLUB DUBLIN

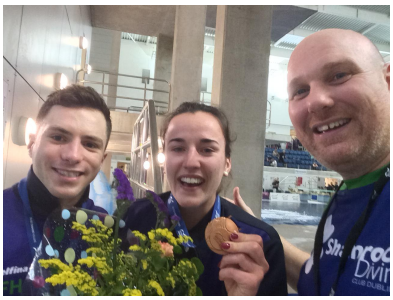
British National Championships 2018

Shamrock Diving Club sent 3 Seniors to Plymouth to compete at the British National Championships at the end of January. This competition has Britain's best competing for the top places and trying to achieve standard scores to qualify for this seasons competitions like the Commonwealth Games, World Cup and Senior European Championships.

Oliver Dingley was crowned CHAMPION in Men's 3m scoring 447.10 - a PB and a New Irish Record plus qualifying himself for the Word Cup in China in June. Ollie also competed on 1m scored 390.60 securing SILVER and only missing gold by 1.80 points.

Jack Ffrench placed 10th and scored 319.15 in Men's 3m just 10 points off his European Championship standard score. On 1m Jack scored 299.35 placing 9th and again, just missing out on the final. Definitely more to come from Jack this season. Watch this space!

Clare Cryan in Women's 1m won BRONZE scoring 250.05. Unfortunately Clare had to miss her 3m competition due a blip on a neck injury but she'll be back in full force for the Senet Cup in Eindhoven.



CONGRATULATIONS!

New dives are often scary and challenging. Well Done everyone this month for pushing yourselves through the uncomfortable barriers!

Ciara Burgoyne
Back dive tuck 5m
Reverse dive tuck 5m
Back dive tuck 5m
Inward dive pike 5m

Sophie McGuinness
Back 1 ½ tuck 3m
Inward dive pike 5m

Scarlett Shearer
Back 1 ½ tuck 3m
Inward dive pike 5m

Kate Whitaker
Back fall 3m

Katie McDonnell
Back fall 3m

Caroline Begg
Front dive pike 10m

Ella Tyrell
Reverse dive tuck 3m

Stella Shearer
Back tuck roll 3m

Tara – Rose O'Brien
Reverse dive tuck 3m

Catriona Doherty
Reverse dive tuck 3m

Maxim Ushkov
Back tuck roll 3m

Senet Cup – Eindhoven 2018

Good Luck!

Oliver Dingley, Jack Ffrench, Clare Cryan, Francesca Doran, Laura Valore, Ciara McGing and Anna Power will be competing from Thursday 1st February – Sunday 4th February at the Senet Cup in Eindhoven, Holland.

The Senet Cup is a club event and the largest international diving event in Europe. 250 divers from 16 countries! It is also a qualifying event for Senior and Junior European Championships.

Results can be found on www.diverecorder.co.uk or by typing in Diving Senet Cup 2018 into YouTube.

Say Hello! Or Welcome Back!

Simon O' Brien & Adam McConnell
Both Simon and Adam are former Age Group divers who dived for the Shamrock Club and at the NAC. They have a Level 1 diving coaching qualification and will start by shadowing other teachers and coaches. They have experience on how it feels to compete and jumping from novice to age group level. They are a great addition to the growing coaching team and we look forward to having them here at the NAC!

Dates for Diary

1. The Great Ireland Run is on **Sunday 15th April** in the Phoenix Park. Details for signing up to this are at:
http://www.greatrun.org/great-ireland-run

This is our biggest fundraiser of the year.

2. Club Kit - we'll extend the deadline to **Wednesday 7th Feb** in case anyone else would like to reserve any items. Order forms are at:
http://shamrockdiving.com/?page_id=61

3. G Star parent meeting **Monday 19th February** 17:00 NAC Cafe

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Pay and Play Squads Only

We are hoping the pay and play session will still go ahead from **Friday 23rd February**. This will be for squad divers only and €5 per person. There are **25** spaces first come first served and tickets can be purchased from reception.

It's a great session for different squads to come together that do not often train at the same times and have some fun!

Social Media

www.shamrockdiving.com

@NACDivingAcademy
@shamrockdiving

@nacdublin
@shamrockdivingclub

@NatSportsCampus
@shamrock_diving

Our social media is growing, more people are following the Shamrock Diving Club. Social media is to celebrate the divers successes and therefore hopefully we can get more people coming in to dive at the NAC!

Its great to see many showing support to our divers by sharing, liking and commenting on the platforms. Give us a follow!

Coaches Corner!

NOTE: Please bring water or juice to dryland training sessions to avoid dehydration!

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Dryland Training vs Pool Training

Reasons behind dryland training:

- Entry drills in the dryland are done often to replicate movements in the pool. The more these movements are done correctly the more your mind will remember the correct movements in the pool.
- To strengthen muscles, conditioning is done almost every session to build strength, this helps to push the board to gain maximum height, jump high off platforms, rip entries and avoid injury.
- For flexibility, divers need to be flexible in order to make tight shapes in the air, have flexible shoulders to make a good rip entry and also to avoid injury.
- For body awareness, use of the dry boards and trampolines enable your mind to be aware of what your body is doing. Jumping in tight and different positions will help how you feel on a diving board in the pool.
- For confidence, being able to do some skills on dry boards, dry board skills in to the pit and on trampolines will make skills in the pool easier. They will also grow confidence and therefore not be too scared or unaware in the pool.

Senior and elite divers will aim to do 60% dryland and 40% pool. This is how important dryland training is!

Did You know?

Men's diving became part of the Olympic games in 1904, when it was called fancy diving. Women's diving joined the program in 1912; synchronized diving became a medal event in 2000.

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2018 Calendar

FEBRUARY

- 1st – 4th February – Senet Cup, Eindhoven

MARCH

- 3rd – 4th March – NNL 1 **TBC**
- 16th – 18th March – G Star, Leeds

APRIL

- 1st – 5th April – British Junior Elite Championships, Plymouth

February Alterations to Training

Thursday 1st February
A Team – Cancelled

Thursday 1st February
C Squad
Warm up at the pool and not dry dive

SQUADS TIMES - February

MONDAY		
C SQUAD	Dry dive	17:00-18:00
	Pool	18:15-19:15
A SQUAD	Dry dive	17:00-18:00
	Pool	18:15-19:15
E SQUAD	Dry dive	18:00-19:00
	Pool	19:15-20:15
TUESDAY		
T Squad	Dry dive	17:00-18:00
	Pool	18:15-19:15
D Squad	Dry dive	17:00-18:00
	Pool	18:15-19:15
A Squad	Dry dive	17:00-18:00
	Pool	18:15-19:15
Masters	Pool	20:00-21:00
WEDNESDAY		
A Squad	Dry dive	17:00-18:00
	Pool	18:15-19:15
C Squad	Dry dive	17:00-18:00
	Pool	18:15-19:15
A Team	Dry dive	17:00-18:00
	Pool	18:15-19:15
E Squad	Pool	19:00-20:15
THURSDAY		
C Squad	Dry dive	17:00-18:00
	Pool	18:15-19:00
A Squad	Dry dive	17:00-18:00
	Pool	18:15-19:00
A Team	Dry dive	17:45-18:45
	Pool	19:00-20:00
Masters	Pool	19:00-20:00
FRIDAY		
T Squad	Dry dive	17:00-18:00
	Pool	18:15-19:15
D squad	Dry dive	17:00-18:00
	Pool	18:15-19:15
SATURDAY		
A & C Squad	Dry dive	08:30-09:45
	Pool	10:00-11:15
D/T & A Team	Dry dive	11:45-12:45
	Pool	13:00-14:00