



# The Nod 9

April 2017



It has been a busy month for competitions! Lots of great results, learnings and improvements. April will also be a hectic month with Easter, competitions and galas so please look at the alterations sheet! It will be emailed and also pinned on the diving pool balcony and dry dive notice boards. As always, any queries please email [sarahbarrow@nationalsportscampus.ie](mailto:sarahbarrow@nationalsportscampus.ie) or come and have a chat!

## G Star 2018 \*RESULTS\*

The G star competition in Leeds is a fairly tough start to a first year in an Age Group competition! It's a big step from novice level but there were some experienced members of the team who lent a helping hand when they could! The trip was very well organised by our chaperones Mary McGuinness and Michelle Ni Long who produced some lovely breakfasts and lunches, looked after everyone and made sure everything was going to plan! Thank you ladies!

Well done everyone: each diver took away something they had learnt about themselves in the competition and some goals for next time!

**Ciara Burgoyne (12-13 years)** – 1m 27<sup>th</sup> and Platform 24<sup>th</sup>. Well done Ciara at your first Age Group competition.

**Clare Cryan (16+ years)** - 1m Prelim = 1<sup>st</sup> & 1m Final = GOLD (only 2 points behind Katherine who was a guest). 3m prelim = 1<sup>st</sup> & 3m Final = BRONZE, Platform Prelim = 3<sup>rd</sup> & Platform Final – SILVER.

**James Dalen (14-15 years)** - 1m 10<sup>th</sup> and 3m 10<sup>th</sup> A lot more to come from James and will be looking to increase his DD (harder dives).

**Francesca Doran (16+ years)** - 1m 13<sup>th</sup>, 3m 16<sup>th</sup>, Platform Prelim = 6<sup>th</sup>, Platform Final = 5<sup>th</sup> Great effort from Fran getting into that Platform final!

**Caroline Macwhite Begg (14-15 years)** – 1m 26<sup>th</sup>, 3m 22<sup>nd</sup> and Platform 15<sup>th</sup>. Still a lot more to come from Caroline, always great to have competition practice.

**Sophie McGuinness (12-13 years)** – 1m 20<sup>th</sup> and 3m 26<sup>th</sup>. Well done Sophie at your first Age Group competition.

**Scarlett Shearer (10-11 years)** – 1m 10<sup>th</sup>, 3m 12<sup>th</sup> and Platform. Well done Scarlett at your first Age Group competition.

**Emma Williams (16+ years)** - 1m 21<sup>st</sup>, 3m 21<sup>st</sup> and Platform 15<sup>th</sup>. Emma did some really nice dives which she can take in to the next competition working on increasing DD!

Thank you to coaches Sarah Barrow and Francesca Hew

## G Star 2018 \*RESULTS\* cont.



## National Novice League – NNL Leg 1 \*RESULTS\* by Frenchy

**SWIM  
IRELAND**

Well done to everyone who competed in the first leg of the National Novice League on Saturday 24<sup>th</sup> March. It was an eventful day filled with a lot of great dives and PB's.

Shamrock Diving had a total of 15 Novice divers, of which 11 divers got new Personal Best's. We managed to win 9 medals; 3 Gold, 3 Silver and 3 Bronze which is a great start to the first leg of the season.

This year, an additional Age Group section for our new Age Group divers Scarlett Shearer, Sophie McGuinness, Ciara Burgoyne, Caroline Begg, James Dalen and Emma Williams who all competed very well with some new dives.

The Novice League has 3 legs going on throughout the year, these legs are used to select divers to represent Ireland in the Celtic cup based on their points. A total of 3 divers in each category are selected and will compete against Wales and Scotland. This years Celtic Cup will be in Dublin.

A big thank you to all the parents who stayed and volunteered at the event and also to the divers and coaches.



# National Novice League – NNL Leg 1

## \*RESULTS\* cont.

### Boys Group D:

Sam Whelan 5<sup>th</sup> 255 Points - First competition  
Linus Feeney 7<sup>th</sup> 241.60 Points - First competition

### Boys Group C:

Tom Mulvey BRONZE 280.70 – A 24 point PB

### Boys Group B:

Fergus McGuinness GOLD 317.85 – A 34 point PB  
Evan Hardy SILVER 311.90 – A 22 point PB  
Darin Ursu BRONZE 293.25 – A 25 point PB  
Kristian Hammond Nyland 4<sup>th</sup> 277.25 – First competition  
Joey Fancuilli 5<sup>th</sup> 272.60 – A 3 point PB



### Girls Group E:

Stella Shearer GOLD 255.70 - First competition

### Girls Group C:

Jessica Kealy SILVER 292.60  
Tara-Rose O'Brien BRONZE 278.95  
Anna Ivanova 4<sup>th</sup> 265.75  
Catriona Doherty 5<sup>th</sup> 248.95



### Girls Group B:

Aoife Cahill GOLD 308.65 – A 31 point PB  
Isabel Feeney SILVER 299.25 - A 24 point PB

### 2017 OVERALL NATIONAL NOVICE LEAGUE WINNERS

Group E Girls – Rose Browne  
Group D Girls – Sophie McGuinness

Group C Girls – Jessica Kealy



## Junior Finland Nationals 2018

### \*RESULTS\*

# SWIM IRELAND

**Laura Valore** – competed for her home country, Denmark. On 1m Laura qualified for Junior Europeans by scoring the qualification score! Well done Laura!

**Ciara McGinG** – 3m BRONZE 357.60 Platform, SILVER 319.35 & 3m Synchro 2nd 234.96 European Juniors Championships consideration score achieved on 3M synchro

**Anna Power** - 1m SILVER 322.15, 3m 8th 282.40 3m Synchro SILVER 234.96 European Juniors Championships consideration score achieved on 3M Synchro!

**Tanya Watson** – 3m SILVER 364.30 & Platform GOLD 339.75 European Juniors Championships consideration score achieved on 3M & Platform





# Good Luck – Amsterdam Cup 2018



Oliver Dingley, Jack Ffrench and Clare Cryan are off to the Amsterdam Cup held (in Amsterdam) from 19<sup>th</sup> – 21<sup>st</sup> April. It is in its 23<sup>rd</sup> year and for those competing in Elite Junior Age Group A & B and Open Seniors. A nice event to get a hit out and a chance to do some fabulous diving!

Friday 20<sup>th</sup> – Women’s 3m (Clare) and Men’s 1m (Ollie & Jack)  
Saturday 21<sup>st</sup> – Women’s 1m (Clare) and Men’s 3m synchro (Ollie & Jack)  
Sunday 22<sup>nd</sup> – Men’s 3m (Ollie & Jack)

Good Luck All and Coach Damian Ball

## CONGRATULATIONS!



The movement from Learn to Dive to E Squad is a big step, going from one 45 minute pool session a week to an hour in the dry dive and 2 hour pool sessions! The divers who have moved up have been doing exceptionally well in learning news dives. The coaches have been doing a great job. Keep it up!

- |   |  |  |
|---|--|--|
| <b>James Dalen</b><br>Front triple tuck 1m                        | <b>Isabella Jackson</b><br>Inward dive tuck 1m | <b>Maxim Ushkov</b><br>Inward dive tuck 3m Platform<br>Forward dive tuck 3m Platform |
| <b>Ciara Burgoyne</b><br>Tuck to pike roll 7.5m                   | <b>Conor Hourihane</b><br>Inward dive tuck 1m  | <b>Katie McDonnell</b><br>Back dive tuck 1m  |
| <b>Jack Lawless</b><br>Inward dive tuck 1m                        | <b>Angelica Alfer</b><br>Inward dive tuck 1m   | <b>Emma Williams</b><br>Back 1 ½ pike 1m   |
| <b>Emilia O’Brien</b><br>Inward dive tuck 1m<br>Back tuck roll 3m | <b>Nikita Teresko</b><br>Forward dive tuck 5m  | <b>Caroline Begg</b><br>Bounce front 2 ½ tuck 1m                                     |

## ATTENDANCE CONGRATULATIONS!



Attendance is noted in each session and looked at by the coaches every month with our diving squads. Good attendance only means more hours therefore more time to work and have fun in your diving sessions!

**\*Well done on 100% attendance\*:**

- |   |                         |
|---|-------------------------|
| Caroline Begg (for the second month in a row) | Samuel Whelan           |
| Sophie McGuinness                             | Jack Lawless            |
| Fergus McGuinness                             | Kristian Hammond Nyland |
| Donal McGuinness                              | Aoife Cahill            |
| Maxim Ushkov                                  | Julia Janossy           |



# Junior Elites Championships 2018, Plymouth

Last weekend Anna Power, Ciara McGing & Laura Valore competed at the British Junior Elite Championships in Plymouth with Coach Sarah Barrow.

**Anna Power** - Girls B 1m qualified for the final in 3rd, winning the final all the way up to the last dive. Anna had been out of the pool 10 days prior so great job Anna diving like you did

**Ciara McGing** - Girls A platform, Ciara made the final after a great reverse 2.5 tuck in 10m finishing in 8th place, a PB on requireds and a lot of exciting things to go back & work on. Girls A 3m, Ciara finished 12th, again a PB on requireds!

**Laura Valore** - After sliding her shin down the 1m board the week prior Laura did well to compete. Girls A 3m, Laura finished in 19th place. Girls A 1m, it was 20th place diving great with consistent requireds all the way up to the last dive!  
Well done Girls. Hopefully took away a lot of learning from the event



## DON'T FORGET!

The Great Ireland Run is Sunday 15<sup>th</sup> April – entries should have been in and sponsorship forms have been given out ready to fundraise for the Shamrock Diving Club. All fundraising helps towards competitions.

Look out for Coaches Damian Ball, Sarah Barrow and Roisin Fulcher!

## Social Media

[www.shamrockdiving.com](http://www.shamrockdiving.com)



@NACDivingAcademy  
@shamrockdiving



@nacdublin  
@shamrockdivingclub



@NatSportsCampus  
@shamrock\_diving

If you have membership with Shamrock Diving Club you should have received a Swim Ireland Photography form of consent. This needs to be signed and given back to the committee for you or your child to appear on social media. If you did not receive this please contact the committee.

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!

## Upcoming Dates / Projects

### APRIL

15<sup>th</sup> April – Shamrock's Fundraising Great Ireland Run

28<sup>th</sup> April – Swim Ireland Video (conference Centre) 14:30

28<sup>th</sup> April - Swim Ireland AGM (Conference Centre)



**SWIM IRELAND**

## Swim Ireland News

**SWIM IRELAND**

### Club Captains in Youth Sport

Club Captains in Youth Sport (CCYS) is an Erasmus+ funded project co-ordinated by Swim Ireland to look at the role of captains in youth sports. Through young people's feedback we will define the roles, responsibilities, characteristics and skills of a club captain. This feedback will form the basis of a training program for club captains in the aquatics. Facilitators will be selected and trained to carry out the workshops training club captains. The final element of the project will be to create a framework for all sports to use and develop their own captains training.

You can get further info on this project by emailing Amanda Ni Ghabhann: [yppo@swimireland.ie](mailto:yppo@swimireland.ie)

### Youth Awards

Youth Awards have been designed to recognise young people's achievements outside what they do as part of their sport i.e. not linked to PBs, times, competition success, medals achieved etc. CYA concentrates on young people's involvement with their squad, team and club and are aimed at identifying and recognising the effort and commitment young people show in other areas connected with being in their club; the awards are an opportunity for clubs to reward athletes for their achievements outside performance. The 4 categories of award are Teamwork, Effort, Helping and Role Model. If you would like more information please contact Amanda Ni Ghabhann: [yppo@swimireland.ie](mailto:yppo@swimireland.ie)

## Welcome to Squads!

**PAU MARGINET** – Pau is Javier's older brother who has progressed through the learn to dive skills in a matter of months. Well done Pau!

**SIUN DIFFLEY** – Siun is a gymnast and was selected for her great work ethic and attention to detail in the Learn to dive lessons.

Both Pau and Siun have now been selected for the T Squad! Well done guys!

# Coaches Corner!

A chain is only as  
strong as its  
weakest link

## Skill Chains and Progressions

### Skill Chains and Progressions!

#### What is a skill chain?

Skill chains start from a simple diving skill eg, back dive, adding half a somersault or 1 twist as the diver progresses to towards the end result of a harder dive.

#### Why are these important?

Skill chains are important and are used to make sure technique does not break down when working towards harder dives. Eg. If a diver does not have a good backward somersault they will not be able to perform a backwards 3 ½.

#### Example of a skill chain:

The lead up in to forward three and a half somersaults tuck on 3m (107c).

Forward dive tuck 1m & 3m

Forward somersault tuck 1m

Forward 1 ½ tuck 1m & 3m

Forward double tuck 1m

Forward 2 ½ tuck 1m & 3m

Forward triple somersault 1m

**Forward 3 ½ somersaults tuck 3m**

### Did You know?

Emma Williams (C Squad) did **100** forward rolls to single leg stands on her left leg in her conditioning testing!

If you have any ideas that you would like featured in the newsletter please email:

[sarahbarrow@nationalsportscampus.ie](mailto:sarahbarrow@nationalsportscampus.ie)

## 2018 Calendar

### APRIL

- 1<sup>st</sup> – 5<sup>th</sup> – British Junior Elite Championships, Plymouth UK
- 1<sup>st</sup> – 7<sup>th</sup> – Easter Mid Term
- 15<sup>th</sup> – Great Ireland Run
- 18<sup>th</sup> – 22<sup>nd</sup> – Amsterdam Cup
- 28<sup>th</sup> – NNL 2, NAC Dublin

### MAY

- 10<sup>th</sup> – 13<sup>th</sup> – FINA Canadian Grand Prix, Calgary
- 18<sup>th</sup> – 20<sup>th</sup> - Scottish National Age Groups, Aberdeen

### JUNE

- 4<sup>th</sup> – 10<sup>th</sup> – FINA World Cup,
- 23<sup>rd</sup> – NNL 3, NAC Dublin
- 26<sup>th</sup> – 1<sup>st</sup> July – LEN Junior European Championships, Helsinki Finland
- 28<sup>th</sup> – 1<sup>st</sup> July – National Age Groups, Sheffield UK

## April Alterations to Training

**4<sup>th</sup> - 8<sup>th</sup> April – All Squads  
Dryland training only**

**24<sup>th</sup> April  
A Squad (Time change)  
17:00-20:00**

**Performance Squad – See  
alterations sheet 18<sup>th</sup> – 24<sup>th</sup>**

## SQUADS TIMES - April

### 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