



The Nod 10

May 2017



Hi, welcome to the 10th NOD. Some great results coming in from competitions and new divers having a go at competing. With a busy season ahead I hope you'll all agree the coaches are doing the best they can to make sure as many sessions are still running as possible!

National Novice League – NNL Leg 2 *RESULTS*



Well done to everyone who competed in the second leg of the National Novice League on Saturday 28th April. It was another very successful NNL in the National Aquatic Centre.

This time round Shamrock Diving Club won a total of 9 medals. We managed to get 3 Gold, 3 Silver and 3 Bronze. Great job by everyone!

We had a total of 19 Novice divers and 5 Age Group divers. Well done to Rose Brennan from Entry Squad and Kate Whitaker and Javier Marginet from T Squad, they dived amazing in their first ever diving competition. Out of the 19 Novice divers 15 divers managed to get new personal bests!

We ran the NNL a little bit differently as we used Dive Recorder for the first time. Safe to say it ran very smoothly, possibly with a few minor technical difficulties but we managed!

Thank you to all of the committee & parents who helped out, along with Nicola and Mary who helped set up dive recorder. Your help is appreciated and would not be able to run without all of you. It is a much easier and quicker way of totally results, they will definitely be correct! This will be a great learning for the Irish Open in October.

RESULTS

Boys Group D:

Sam Whelan 4th 264.80 (PB)
Linus Feeney 5th 247.30 (PB)
Javier Marginet 7th 240.55 (PB) - First comp

Boys Group C:

Arthur Feeney BRONZE 254.35 (PB)

Boys Group B:

Evan Hardy GOLD 333.65 (PB)
Fergus McGuinness SILVER 320.65 (PB)
Darin Ursu BRONZE 320.10 (PB)
Joey Fancuilli 4th 310.25 (PB)
Kristian Hammond Nyland 5th 286.40 (PB)



NNL Leg 2 *RESULTS* cont.

Girls Group E:

Stella Shearer GOLD 247.00

Girls Group C:

Jessica Kealy SILVER 282.40
 Anna Ivanova BRONZE 267.75 (PB)
 Tara-Rose O'Brien 4th 266.50
 Kate Whitaker 5th 26.15 (PB) First comp
 Catriona Doherty 6th 260.40 (PB)
 Rose Brennan 7th 227.45 (PB) – First comp

Girls Group B:

Isabel Feeney GOLD 323.50 (PB)
 Aoife Cahill SILVER 311.90 (PB)



SWIM IRELAND VIDEO



I hope those that were able to make the showing of the Swim Ireland Introduction to Diving Video enjoyed the afternoon. Popcorn and Ice Cream after a morning in a diving pool is always a welcomed treat.

You should have all received a USB with the video on, if you did not make the day but would like a copy of the video please let me know or email yppo@swimireland.ie and you be able to grab one.



Amsterdam Cup *RESULTS*



Jack Ffrench and Clare Cryan travelled to Amsterdam with Damian Ball (who also competed – the dive is up on Shamrock's social media to compete in the Amsterdam Cup. Competitions do not always go to plan, some competitions may even go over and above the plan. However, the learnings from each competition will always make you better for the next.

Clare Cryan

1m: Prelim = 1st 228.00 Final = 4th 228.15
 3m: 8th 163.85 (with a failed dive).
 It happens to the best of us.

Jack Ffrench

1m: 10th 277.70
 3m: 7th 304.65 – Just 4 points off the final.



Good Luck Ollie – Canada Grand Prix

**SWIM
IRELAND**

Oliver Dingley is off to his first FINA Grand Prix of the 2018 season. Both Damian Ball and Ollie will be flying to Calgary, Canada on Sunday 6th May. Ollie will spend 3 days training and getting over the jetlag so he feels fresh for his competition. Ollie will be looking to do a consistent list of dives chasing his personal best score.

You can watch Ollie on www.finatv.com,
or live results on http://www.integratedsports.net/live_results.as

3m Prelim: Friday 11th May 10:00 / 3m Semi Final: 15:20 / 3m Final: Sunday 13th May 12:50

Good Luck Ollie and enjoy your competition, you're looking great in training!

CONGRATULATIONS!



Julian Ijin

Back tuck roll 5m

Nicole Zahanarova

Inward dive tuck 1m

Julia Janossy

Inward dive tuck 1m

Sophie Holohan

Back tuck roll 3m

Siun Diffley

Back straight fall 3m

Inward dive tuck 1m

Pau Marginet

Back dive straight 1m

Inward dive tuck 1m

Alex Ivanov

Inward 1.5 tuck 3m

Anna Power

Reverse 1 ½ pike 1m

Ciara McGing

Forward 1 ½ somersaults 2 twists 1m

Stella Shearer

Forward 1 ½ tuck 1m

Katie McDonnell

Back dive tuck 1m

Sam Whelan

Back somersault tuck 1m

Nikita Teresko

Forward somersault tuck 1m

Alex Ivanov

Inward 1 ½ tuck 3m

Naoise McBride

Inward dive tuck 1m

Back straight fall 3m

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 to the 6 on 100% attendance this month*:**

Caroline Begg (for the third month in a row)

Catherina Teresko

Maxim Ushkov (for the second month in a row)

Sophie Holohan

Siun Diffley

Evan Hardy

Meet the Shamrock Diving Committee



Letters from the Shamrock Diving Club have been sent out via email recently to those who are not already a member. It is only compulsory to be a member of Shamrock Diving Club and Swim Ireland if you wish to compete.

The club is an addition to the National Sports Campus and is ran by volunteers who are mostly made up of parents of children who dive at the NAC. Those who are new (or old) to the Squad Academy may not know who your committee members are! So please meet:

Chairman - Aaron Shearer
Secretary – Stephen Doherty
Treasurer – Kathy Cahill
Competition Organiser – Carol Fitzgerald
Children's Officer - Kinny Bolton
Daniella O'Brien - Committee Member
Lina Ivanov - Committee Member
Jennifer Donnelly - Committee Member

You can always ask the coaches to be introduced or put a name to a face!

The club are always looking for volunteers and committee members, if you are interested in a roll with the club please contact Aaron Shearer – aarondjshearer@aol.com or Stephen Doherty - stephendoherty247@ gmail.com

Welcome to Squads!

Congratulations and welcome to **Julia Filippov, Jack Murray, Ellie Ushkov** and **Erin Kyle!**

They will all be joining E Squad after completing Learn to Dive 5. Well done guys!

Social Media

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!

Coaches Corner!

Practice makes it
perfect!

Handstands!

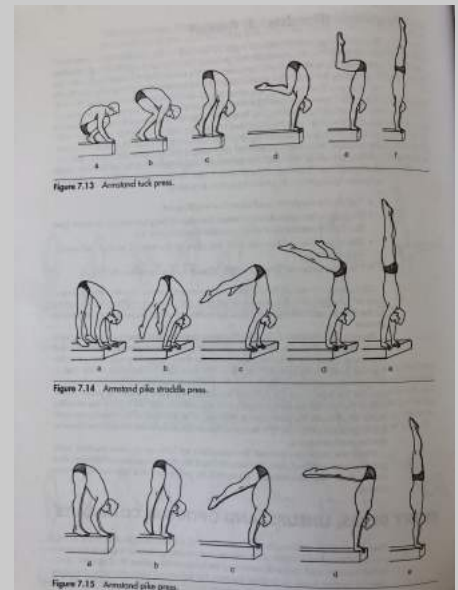
Even as a springboard diver, handstands are vital for diving as divers spend the majority of time landing in the water on their hands!

Handstand practice can be done:

- Against a wall
- Hands on floor
- Fingers spread out
- Shoulder width apart a few inches from the wall
- Back facing the wall or face facing wall– toes and nose
- Kick up one leg at a time
- Eyes looking in between the hands
- Then move feet off the wall to try and balance

Platform handstands can be done in four different ways:

- Tuck up
- Pike up
- Straddle up
- Cartwheel up



Did You know?

The earliest recorded major diving competition took place in 1871 off the London Bridge

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

sarahbarrow@nationalsportscampus.ie

2018 Calendar

MAY

- 10th – 13th – FINA Canadian Grand Prix, Calgary

JUNE

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

JULY

- 20th – 22nd July – National Skills Finals, Manchester, UK
- 26th – 29th July – FINA World Junior Championships, Kiev, Ukraine

May Alterations to Training

7th May – Bank holiday
17th May – ALL CANCELLED
19th May – ALL CANCELLED

Performance Squad
See Cancellations sheet

SQUADS TIMES - May

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