



The Nod 11

June 2017

SWIM IRELAND



RESULTS FINA World Cup 2018

Congratulations Ollie!

Oliver Dingley showed his talent at the FINA Diving World Cup in Wuhan, China last week. Ollie took on the very best divers in the World in the 3m Springboard event.

Ollie placed 14th with a score of 406.85 in the prelim, top 18 went through to the semi final. The next day Ollie placed 10th with a score of 411.10, top 12 went through to the final.

Later Ollie scored 418.75 and came 7th in the World! This also means he has a place in the Diving World Series in 2019, only the top 8 secured places will take part in the diving series which will be situated all over the world.

2018 Swim Ireland Selections

National Performance Director Jon Rudd has confirmed a selection of 5 divers who will compete in 4 major international events over the summer of 2018. They will compete at the FINA World Cup, LEN European Junior Championships, FINA World Junior Championships & the LEN European Senior Championships.

Ciara McGing, Tanya Watson & Anna Power will make their international debut at the LEN European Junior Championships from 25th June – 1st July in Helsinki, Finland. Anna and Ciara will make Irish history at the event becoming the first Irish pairing to compete in an international synchronised diving event.

The team for Senior Europeans will be Oliver Dingley and Jack Ffrench. Both will compete in the Men's 1m and 3m with Tanya Watson in 10m Individual. The event takes place in Edinburgh 6th - 12th August.

As well as European Senior and Junior Championships Tanya Watson will also compete at the FINA World Junior Championships in Kiev, Ukraine from 23rd–29th July.



Jack Ffrench went to the British Embassy as part of his selection for the Senior Europeans!

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 15 divers on 100% attendance in May!

Caroline Begg (for the fourth month in a row)

Anna Ivanova	Siun Diffley
Jessica Kealy	Sophie Holohan
Maxim Ushkov	Javier Marginet
Jack Murray	Samuel Whelan
Julia Janossy	Emilia O'Brien
Nicole Zahanarova	Ellie Ushkov
Julia Phillipov	Jack Lawless

National Novice League 3

Unfortunately the National Novice League 3 had to be postponed. The new date will be **Saturday 14th July** at the NAC in Dublin.

If you are not here on the new date, please contact the Shamrock Diving Club for a refund of your entry fees.

CONGRATULATIONS! *New Dives*



Clare Cryan

Back armstand 1.5 straight 7.5m

Rose Brennan

Inward dive tuck 1m

Maxim Ushkov

Forward 1.5 tuck 1m

Conor Hourihane

Forward 1.5 tuck 1m
Back tuck roll 3m

Angelica Alferieva

Forward 1.5 tuck 1m
Back tuck roll 3m

Katie McDonnell

Forward 1.5 tuck 1m

Erin Kyle

Back fall straight 3m
Inward dive 1m

Sophie Holohan

Back dive tuck 1m

Ciara Burgoyne

Back dive pike 1m

Pau Marginet

Back straight fall 3m
Back tuck roll 3m
Forward 1.5 tuck 1m
Back dive tuck 1m

Samuel Whelan

Reverse dive tuck

Isabella Jackson

Back tuck roll 3m

Ellie Ushkov

Inward dive tuck 1m

Jack Murray

Back straight fall 3m

Javier Marginet

Forward 1.5 tuck 1m

Siun Diffley

Back tuck roll 3m
Forward 1.5 tuck 1m

Sam Kennedy

Back straight fall 3m

Nicole Za

Back tuck roll 3m

Adam O'Reilly

Back fall straight 3m

Sean Clynes

Reverse somersault 3m

CONGRATULATIONS! *New Dives* cont.



Sophie McGuinness

Back dive pike 3m
Pike Fall 7.5m

Samuel Whelan

Pike roll 5m
Forward dive tuck 5m
Forward dive pike 1m, 3m Plat & 5m

Katie McDonnell

Pike roll 5m
Forward dive tuck 5m
Forward dive pike 1m, 3m Plat & 5m

Sophie Holohan

Pike roll 5m
Forward dive tuck 5m
Forward dive pike 1m, 3m Platform & 5m

Suin Diffley

Pike fall 5m
Forward dive tuck 3m
Forward dive pike 1m, 3m Platform

Kate Whitaker

Pike roll 5m
Forward dive tuck 5m
Forward dive pike 1m, 3m plat & 5m
Forward 1 ½ tuck 3m

Roisin's Charity Cycle

Coach Roisin is heading off to cycle from Barcelona to Valencia this month! She is cycling 560km over 5 days (over 110km a day!!) and she's raising money for Jigsaw while she does it.

Jigsaw is the National Youth Mental Health Service. They provide all sorts of help to young people going through tough times, mental health issues, and all the hardship that comes with growing up. I'm sure this is a cause close to all of us as we work in a sport full of so many wonderful young people.

If you want to donate to this amazing charity, go onto this link:

<https://give.everydayhero.com/ie/barcelona-to-valencia-cycle-1>

There you can read more about what Roisin is doing and why she is doing it. You can also keep up to date with her progress as she goes along her trip.

Good luck Roisin!



While on the subject of fundraising, If anyone has any ideas on how to raise funds for the club please let the Shamrock Diving Club chairman know, ideas are always welcome:

aarondjshearer@aol.com

Good Bye Fran!

Sadly Fran Doran is leaving us! Fran has decided to go back to England to go to University in Brighton where she will be studying Event Management.

Fran has been great and a pleasure to have around as part of the NAC Squad Academy and Shamrock Diving Club. She has also been a lovely little coach to the Learn to Dive Academy and as part of E Squad.

Hopefully Fran will be able to carry on her coaching in Eastbourne next to her university. We wish you the best of luck Fran!

Keep in touch – NAC Academy & Shamrock Diving Club



RESULTS Canada Grand Prix 2018

Ollie went to the Canada Grand Prix in Calgary on the 10th – 13th May with Coach Damo. There were 112 divers from 19 countries, one of the busiest Grand Prix's there has been! There were a total of 33 divers in Ollie's 3m competition.

Ollie placed 12th in the 3m prelim with 364.75 progressing to the Semi – Final. In a grand Prix, the semi final is made up of two competitions with 6 spaces. Ollie finished 5th in Semi Final B scoring 389.40. Out of both semi finals Ollie finished ranked 8th overall.

Well done Ollie!



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!

2018 Calendar

JUNE

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

JULY

- 14th July – NNL 3 NAC, Dublin
- 20th – 22nd July – National Skills Finals, Manchester, UK
- 26th – 29th July – FINA World Junior Championships, Kiev, Ukraine

AUGUST

- 6th – 12th August – Senior European Championships, Edinburgh
- 10th – 12th August – No training
- 20th – 31st August – SUMMER BREAK

June Alterations to Training

4th June – BANK HOLIDAY
ALL CANCELLED apart from A Squad/Performance

Time Changes – C SQUAD

Thursday 7th June – Finish at 19:00
Saturday 9th June 09:00-11:15
Monday 18th June 18:00-20:15
Thursday 28th June – Finish at 19:00

MASTERS

Thursday 7th June – CANCELLED
Tuesday 12th June 19:15-20:15
Thursday 28th June – CANCELLED
Make up sessions on Friday 8th & 29th June

SQUADS TIMES - June

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