

Irish Open 2018 *RESULTS* Special

A total of 21 divers competed for Shamrock Diving Club in the Novice Events that ran over Saturday and Sunday this year! A great job by our divers and coaches that were there for 10 hour days after their working week!

Congratulations to everyone that worked hard up to the competition. Well done especially to our medalists: Evan Hardy who won the Boys B+ Group, Jessica Kealy who secured Bronze in Girls Group C and to Isabel Feeney who also won Bronze in Girls Group B. All of Coach Clare Cryan's divers – well done Clare!



Girls Group E

Stella Shearer 8th 231.60

Girls Group D

Sophie Holohan 13th 247.95

Girls Group C

Jessica Kealy BRONZE 274.30

Catriona Doherty 8th 247.05

Tara-Rose O'Brien 12th 243.55

Siun Diffley 13th 238.75

Erin Kyle 16th 215.85

Rose Brennan 19th 191.35



Girls Group B

Isobel Feeney BRONZE 298.20

Aoife Cahill 289.75 4th

Boys Group D

Javier Marginet 13th 247.25

Samuel Whelan 15th 246.55

Boys Group C

Pau Marginet 7th 259.50

Arthur Feeney 10th 253.85

Tom Mulvey 13th 237.80

Boys Group B – Evan Hardy GOLD, 318.85

Fergus McGuinness 4th 283.15, Joey Fancuilli 6th 253.85,

Kristian Nyland 5th 276,10, Sean Clynes 7th 207.50





Age Group Squad

Caroline Begg (Girls Group B):
 1m: 9th 177.30
 3m: 8th 188.55 **(PB by 4 points)**
 Platform: BRONZE 199.35 **(PB by 29 points)**



Sophie McGuinness
 1m: 20th 143.65
 3m: 6th 168.35 **(PB by 48 points)**

Ciara Burgoyne:
 1m: 15th 149.45 **(PB by 25 points)**
 3m: 19th 139.40



Scarlett Shearer (Girls Group D):
 1m: 6th 120.95 **(PB by 10 points)**
 3m: 7th 109.90
 Platform: BRONZE 104.55

Swim Ireland National Squad



Clare Cryan
 1m: GOLD 244.85
 3m: GOLD 248.10
 Platform: BRONZE 167.55

Ciara McGing
 3m: 4th 191.05
 Platform: GOLD 199.80

A MASSIVE THANK YOU TO OUR VOLUNTEERS:

Jackie Laughler & Collette Calvert (Leeds), Andy Hewett (London), Mary Power, Nicola Emmet, Elaine McGing, Dani O'Brien, Anne – Marie Bowden, Tracy McLean, Sam Lonergan, James Dalen, Caroline Begg, Aaron Shearer, Carol Barrett, Beth Emmett, Roisin Fulcher, Ruth Daly, Mary Ann Watson, Jo Moran (NI), Jennifer Forsythe (NI), Victor Valore (Denmark)



Without this amount of volunteers, events as big as the Irish Open would not run at all, let alone at the professionalism that it did. We are always looking for volunteers along with new faces. Please email shamrockdivingclub@gmail.com if you wish to volunteer at future events like the National Novice League or Irish Open.

2018 Swim Ireland National Novice League WINNERS!



We run 3 National Novice Leagues a year. Everyone's points are calculated over the three competitions and then they are added together to get an overall winner. A few divers entered the National Novice Leagues on the second or third leg. Dates for next year are already out: these are on the Shamrock Diving website and under 'Save the Dates' in the NOD.

Congratulations to our Winners:

- STELLA SHEARER (Girls Group E)
- ISOBEL FEENEY (Girls Group B+)
- FERGUS MCGUINNESS (Boys Group B+)

Swim Ireland Level 1 Coaching Course

It has been a long time coming, Swim Ireland ran a Level 1 Diving Coaching course on the weekend of the 3rd and 4th November.

Thank you so much to the divers (and parents) that gave their time to volunteer to help these teachers pass their Level 1 course.

Congratulations – Ireland now have 7 more qualified Level 1 coaches. Well done to divers: Ciara McGing, Sean Clynes, Swim teachers: Sandra Mulhall, Ruth, Ross, and Northern Ireland diver

- Next Level 1 course (tbc) - 11th – 13th January 2019
- Next Level 2 course (tbc) - 18th – 22nd February 2019

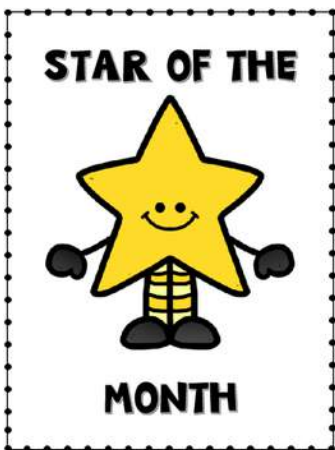
Please Note - Squads



Unfortunately there has been an increasing number of non attendances in Entry Squad recently. The Squad is at full capacity and there is a waiting list for those moving from Learn to Dive 5 to Entry Squad. There are 3 coaches on this squad and most of the time, only 2 are needed.

Please email in advance if you are not going to attend sessions.

We follow attendance records and a place may be taken if sessions are not at a 65% attendance rate during the month.



SOPHIE MCGUINNESS Sophie is part of the Age Group training 4 sessions a week. Her attendance has been fantastic this year. She is being rewarded for her improvement to her attitude of training and learning new dives.

Before the Irish Open Sophie had a little fall/fight with the diving board in which she took it on the chin and got straight back in to diving without fuss.

During the Irish Open she hit the board with her feet but continued to dive with her best scores on her next few. Sophie finished 6th the next day in 3m in a very tough Age Group C competition, previously Sophie finished 26th with 48 points less than what she scored at the Irish Open!

After the Irish Open, in the last couple of weeks, Sophie has her list back up on platform after taking a confidence knock and has learnt back ½ tuck and has learnt forward 2 ½ tuck – these were her goals at the start of the year.

Sophie now goes above the numbers set in dryland and it has not gone unnoticed! Well Done Sophie! Keep it up.



Good Luck Clare – Australian and Singapore Grand Prix



Swim Ireland National Team diver and A Team coach Clare Cryan has been off training hard in sunny Brisbane, Australia ahead of the Australian and Singapore Diving Grand Prix's.

Clare now has full residency in Ireland, this means she is now eligible to compete for the country of Ireland. The Grand Prix competitions will be her debut for the country.

Australian Grand Prix – 15th – 18th November

Singapore Grand Prix – 23rd – 25th November

Good Luck Clare, we are all rooting for you.

CONGRATULATIONS!



New dives are often scary and come along with the fear factor but being able to push yourself against is a great skill. The coaching team have been impressed with the learning of new dives this week. Well done everyone!

Caroline Begg

Forward 2 ½ pike 10m

Inward 1 ½ pike 10m

Sophie Holohan

Pike fall 7.5m

Armstand somersault 5m

Sam Whelan

Pike fall 7.5m

Forward 1 ½ pike 3m

Javier Marginet

Forward dive tuck 5m

Forward 1 ½ tuck 5m

Ciara Burgoyne

Forward 2 ½ somersaults 3m

Katie McDonnell

Reverse dive tuck 1m

Donal McGuinness

Back Somersault 1m

Fergus McGuinness

Forward 2 ½ tuck 3m

Rose Brennan

Forward 1 ½ tuck 1m & 3m

Forward somersault 1 twist

Inward dive 3m

Pike Fall 5m

Tuck to pike roll 5m

Arthur Feeney

Forwrad 2 ½ tuck 3m

Evan Hardy

Reverse dive pike 1m

Tara Rose O'Brien

Back somersault tuck 1m

Sam Whelan

Forward 1 ½ pike 3m

Sophie McGuinness

Forward 2 ½ 3m

Inward 1 ½ pike 3m

Emilia O'Brien

Forward somersault tuck 1m

Isabella Jackson, Ellie Ushkov, Erin Kyle, Julia

Fillipov, Nicole Zahanarova

Pike Fall 5m

Tuck to pike roll 5m

Kristian Nyland

Forward 1 ½ 1 twist 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 on 100% attendance in October:

Caroline Begg

Alejandra Marginet

Anna Ivanova

Sean Clynes

Conor McEntee

Erin Kyle

Emilia O'Brien

Ellie Ushkov

Siun Diffley

Javier Marginet

Sophie Holhan

Sam Whelan

Evan Hardy

Jessica Kealy

Fegus McGuinness

Welcome to the NAC Training Squads!

A new term for Learn to Dive will start on the 19th November, which means we have new training squad members!

Congratulations to the below for completing all Learn to Dive levels and moving in to Entry Squad:

Archie McCann
Luke O'Connor

Victoria Vedi
Sophia Vedi

Congratulations to the below for being selected in to the new T2 Squad from Learn to Dive lessons:

Dylan Hayes
Ellie Doyle
Eliott Whelan

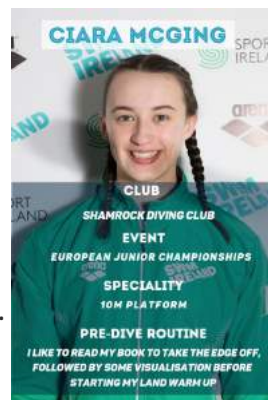
Maya Macari
Talitha Hayes

We have also had Donal McGuinness move to the Masters Squad – we hope you enjoy your new squad Donal!

New Coach ALERT!

Swim Ireland Diving National Team member Ciara McGing has just passed her Level 1 Diving Coaching course and has been kind enough to agree to do a night a week of Learn to Dive classes on Wednesdays. The coaching team are looking forward to seeing Ciara pass on her knowledge to the next generation of Irish divers.

Ciara is also working in the Gymnastics Centre teaching gymnastics – Well Done Ciara.



Celebrating success in media



It was nice to see diving making some headlines during the week. Success like the Irish Open should be celebrated along with other competition Shamrock Diving go to. This story was in the Cork Evening Echo so if someone has any connections to Dublin based media please make yourselves known!

Also thank you to Aoife Cahill, Isobel Feeney and Arthur Feeney, because of your news in your school newsletter, you have inspired younger students to take up diving. Please keep celebrating your child's success as we do. We also try to put as much as we can on social media.

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: shamrockdivingclub@gmail.com

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

Shamrock Diving News

Saturday 17th November at 11:30 – Club AGM

The meeting will be on the Sports Campus – Swim Ireland Room in balcony of the Diving Pool. ALL groups will be training altogether for an open training session at 11:30, so all squad member parents are invited. It will not be lengthy but will include a presentation from Damian Ball which will provide an overview of the recently launched Swim Ireland Performance Plan for diving. This will include details of how it will impact the NAC Diving Programme and Shamrock Diving Club.

Saturday 15th December - Club Christmas Do

An Open Diving Session will be planned (time tbc). Then everyone will head over to Ice Skating in Blanchardstown with the idea of having some food afterwards. The cost will be €20 a head. Please could those who are interested in attending respond to aarondjshearer@aol.com.

Irish National Novice Leagues 2019

Sunday 27th January – Bangor, Northern Ireland

Saturday ** March – NAC, Dublin (date tbc)

Sunday 16th June - Bangor, Northern Ireland

British National Novice Skills 2019

Saturday 6th & Sunday 7th July – Plymouth, UK

British National Age Groups 2019

27th – 30th June – Sheffield, UK

British National Elite Championships 2019

11th – 14th April – Sheffield, UK

**SWIM
IRELAND**

Swim Ireland News

**SWIM
IRELAND**

Level 1 Diving Coaching Course

Swim Ireland ran the first Level 1 diving coaches course in nearly 3 years. Thank you to every diver from Learn to Dive and Training Squads for giving up your time. Coaches courses would not run without you. Ireland now have 7 more qualified coaches than we did before.

Congratulations to Ciara McGing and Sean Clynes who both passed the course from training squads. Newly qualified teachers from the Swimming department are Sandra Mulhall, Ross Keating, Elena Maslova and Ruth Whelan. Northern Ireland also had Ryan Lyall.

Well done all!

The next Level 1 course will be **11th – 13th January (tbc)**, you will need to be in your 16th year.

Coaches Corner!

Take the splat challenge...which diver are you?

Total Commitment



Class Clown



Sudden Regret



Certain Doom



Dryland Training

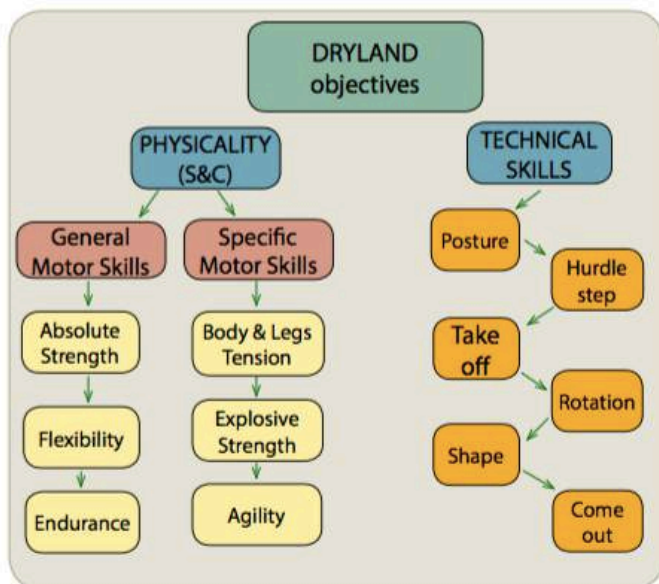
Dry Training - far more than a warm up

Effective Dry Training is essential if you are going to reach your full potential as a competitive diver. This is the same whether you are aiming to compete at novice or junior elite competition.

Some divers think the only purpose of dry-land training is to warm-up before the "real work" is done in the pool. This is totally wrong.

Dry training has two main aims

- Build physicality through strength and conditioning
- Develop technical skills specific to diving



Fit to Dive

WHY BOTHER WITH STRENGTH & CONDITIONING ?

STRENGTH Divers hit the water with tremendous impact. Your body has to be able to withstand the forces that will be encountered and maintain the correct shape.

Bending like "a banana" on entry, because you lack core strength, will always result in low scores and increase your risk of injury.



FLEXIBILITY Diving is all about making and maintaining shapes in the air. If you aren't flexible it will be impossible for you to form the shapes properly and again your scores will reflect this.



Which of these divers do you want to be?

FACT: Spring-board / 'spring,bôrd/• n. a strong, flexible board from which someone can jump in order to gain added impetus when performing a dive or a gymnastic movement.

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

sarahbarrow@nationalsportscampus.ie



2018 Calendar

NOVEMBER

- 17th November – AGM Meeting

DECEMBER

- 15th December – Club Christmas Outing
- 21st December – 3rd January – Christmas Break

JANUARY

- 27th January – NNL 1, Bangor, NI

November Alterations to Training

Saturday 17th November

Due to AGM Committee Meeting
ALL training squads will be invited
to an open diving session at 11:30

SQUADS TIMES - November

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

| | | |
|----------|----------|-------------|
| T2 Squad | Pool | 16:00-17:00 |
| 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

| | | |
|----------|----------|-------------|
| T2 Squad | Pool | 16:00-17:00 |
| | Drydive | 17:00-18:15 |
| 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 | 17:00-18:00 |
| | Pool | 18:15-19:15 |
| 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 |
| T2 Squad | Pool | 19:15-20:15 |

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 |