

Australian & Singapore Grand Prix 2018 *RESULTS



Clare Cryan travelled solo to Brisbane ahead of the Australian Grand Prix just after the Irish Open at the end of October, Clare spent a week training with a well known coach that recently left the UK to coach in Brisbane. She was able to get over jetlag and climitise along with a great bunch of Team Australia international divers. After her week training camp she left for the Gold Coast to start her medal campaign.

Clare did reverse 2 ½ and inward 2 ½ very well in the prelim and finished 6th with a score of 241.40. The top 12 progress to the semi final – 6 in each (odd and even numbers). In the Semi – Final Clare score 229.20 missing out on a final spot (top 3). Clare's back 2 ½ scored very well in the semi final. This was a good feeler before going in to Singapore and with the aim of the competition being enjoyable, this was accomplished.

Back on a plane again and this time to Singapore. Clare slotted in with the New Zealand team this time, with a coach from her previous coach in Sheffield. Clare was able to get some training in Singapore before the competitions started. She had a great start in her prelim, finished 4th and scored 258.55. This meant she was in the Semi Final again (6 in each A & B), Clare dived so well in this semi final scoring 284.90 and finishing 2nd overall. She was to go all out in the final, with nothing to lose and have fun Clare came out with a Personal Best score of 300.75 and grabbing a SILVER MEDAL. **Making History: The first ever Irish International Diving Medal.**

Clare was able to improve after each competition, competitions take practice – competition nutrition, routine and mindset are hugely important. Things that can be practiced to a point in training, we do compete less here in Ireland but when a competition opportunity comes up, grab it.

A great result for Clare after working so hard back in Dublin with Damian – often on her own. Congratulations Clare and continue to enjoy your journey.



A note from Sarah:

Hopefully most of you know that I am taking a career break for just over the first quarter of the year and intend to be back after Easter. Francesca will be taking over the programme on a temporary basis until the new Head Coach John Lynch takes his position. John will be a huge positive to the Diving Academy – Learn to Dive and the Training Squads, please be patient while he settles in.

Adam and Damian are also on hand to help with any questions or queries. Training time changes will be emailed out by Francesca as normal on the alterations sheet and competitions will go to Shamrock Diving Club.

All emails should go to francescahew@nationalsportscampus.ie and if you do email me, they will automatically go to Francesca from 22nd December.

I hope you all have enjoyed the last 18 months of the News On Diving. It will be back when I arrive back – with possibly a bumper addition!





Scottish National Championships *RESULTS*



Ciara McGing and Anna Power have come back from the Scottish National Championships Edinburgh, Scotland. They competed from 29th November – 2nd December in the Junior and Senior groups. This competition was to get a run out of some of their optional dives plus their required dives ready for next year.

Ciara competed in 4 events over the 3 day weekend:

Women's 3m Prelim Ciara competed a list of required dives, it is important that these score well in Junior competitions because they are always carried through to the finals. Ciara's dives scored well and she finished 10th with 174.20

Women's Platform Prelim This competition was about being able to compete 5 optional dives. Ciara used 3 lead up dives and 2 optional dives on 10m due to the point in the season where not all optional dives need to be competed. Ciara finished 7th with 204.40.

Girls A Platform Prelim 2nd 315.50

Girls A Platform Final Ciara upped her performance from the prelim and with 4 consistent optionals she got a Personal Best score of 332.30, finished in SILVER and the points made her eligible for consideration for the Junior European Championships next year. Ciara started the season with an injury and has made great progress on her come back. Well done Ciara!



Anna competed also competed in 4 events over the 3 day weekend:

Women's 1m Prelim Anna competed in the Women's 1m to get the experience of a Senior Event. Anna finished 13th and scored 190.00.

Girls B 3m Prelim Anna hadnt had too much time to prepare for this event due to an ankle injury early in the season. Anna finished 17th with 256.25.

Girls B 1m Prelim After the 3m event, Anna dived very well and got back in to her competitive mindset to take on the top position, she dived with consistent requireds and optionals. Going in to the final Anna was 1st with 297.00 points.

Girls B 1m Final Stepping up is always a challenge in a final, and is something that is learnt the more you compete. Anna's first three dives were great and only just missed her last dive. Anna scored 284.35 and finished in SILVER. Well done Anna!



Swim Ireland Awards

The Swim Ireland Awards this year were in Ennistymon, Co. Clare on Saturday 24th November

Oliver Dingley was named Performance Athlete of the Year as Swimming and Diving's top ranked Irish athlete, Oliie finished 7th at the Diving World Cup in June, securing a place in the World Series, an event for the top 8 divers in the world.

Tanya Watson was named Performance Pathway Diver of the year – Tanya has had a Very good year transferring from Junior to Senior competitions. She finished 7th at Senior European Championships this year at just 16.

Volunteers Mary Power and Nicola Emmett won the Volunteer of the Year Award together for their equally hard work and effort at the Irish Open Championships

Ciara McGing and Jack Ffrench were also commended for their achievements over the year.



NAC Training Squads/Shamrock Diving AGM

Thank you to everyone that attended the NAC Training Squad meeting and Shamrock Diving Club's AGM on Saturday 17th November. Hopefully you gained some valuable information about the differences between the NAC Training Squads and the club. I am sure you will agree that Damian's presentation was very informative and the structure to the programme is now a lot clearer. As always, the programme and coaches are always there to do best by the divers – a lot of work goes behind the scenes to make sure the programme is the best it can be.

The divers had a great Open Diving session where they all had an opportunity to learn a new dive of their choice, there was a team line up game and a hurdle step progression workshop.

The next Open Diving session is Saturday 15th December 11:00-12:15. This is where anyone in squads can come in and have a free time and fun diving session.



CONGRATULATIONS!

We are having a good run of new dives lately in the training squads! Keep it up everyone, its nice to see! Well done to:

Scarlett Shearer

Forward dive tuck 7.5m

Erin Kyle

Forward dive tuck 5m

Sophie McGuinness

Forward dive tuck 7.5m

Caroline Begg

Inward double tuck 3m

Inward 2 ½ tuck 3m

Inward 2 ½ tuck 7.5m

Kristian Hammond

Forward 1 ½ 1 twist 3m

Ciara Burgoyne

Forward dive tuck 7.5m

Siun Diffley

Armstand somersault pike 5m

Javier Marginet

Front 1 ½ pike 3m

James Dalen

Forward 3 ½ tuck 3m

Armstand somersault pike 7m

Emilia O'Brien

Forward dive pike

5m tuck to pike line up

Fergus McGuinness

Forward 1 ½ pike 7m

Inward 1 ½ tuck 5m

Pau Marginet

Inward 1 ½ tuck 3m

Front 1 ½ pike 3m

Naoise McBride

5m tuck to pike line up

Samuel Whelan

Back dive pike 3m

Darin Ursu

Forward 2 ½ tuck 3m

Forward 1 ½ pike 7m

Elliott Whelan

Back tuck roll 3m

Back straight fall 3m

Ellie Ushkov

Forward dive tuck 5m

Evan Hardy

Inward 1 ½ pike 1m

Inward double tuck 1m

Inward 2 ½ tuck 3m

Archie McCann

Forward dive tuck 3m

Back tuck roll 3m

Inward dive tuck 1m

Rose Brennan

Forward dive tuck 5m

Stella Shearer

Forward dive tuck 5m

Alejandra Marginet

Inward dive tuck 3mP

Forward 1 ½ tuck 5m

Luke O'Connor

Back tuck roll 3m

Julia Janossy

Forward dive tuck 5m

Isabella Jackson

Forward dive tuck 5m

Tara Rose O'Brien

Reverse somersault tuck 1m

Forward 1 ½ tuck 5m

Catriona Doherty

Forward 1 ½ tuck 3m & 5m

Reverse dive tuck 3mP

Adam O'Reilly

Forward 1 ½ tuck 3m

Isobel Feeney

Armstand somersault pike 5m

Jack Murray

Forward 1 ½ tuck 3m

Joey Fancuilli

Forward dive tuck 7m

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 November:

Caroline Begg
Sophie McGuinness
Tara Rose O'Brien
Alejandra Marginet
Jack Murray

Suin Diffley
Javier Marginet
Ellie Doyle
Elliott Whelan

Dave Mooney
Emilia O'Brien
Katie Brady
Fergus McGuinness

Adam O'Reilly
Julia Filippov
Darin Ursu
Maya Macari

Evan Hardy

Every session that Evan attends, he works really hard in. His attention to detail and work on form and shapes in the dry dive has dramatically improved. He has fun at training whilst encouraging team mates.

He is always keen to learn new dives and when ready he does them without fuss and goes after the count on go! Evan has learnt 4 new dives this month. Even with A Team's coach being away, it has been noticed that his behaviour and attitude to training has not changed.

Well done Evan – keep it up!

STAR OF THE



MONTH

New certificates!

Damian Ball has completed his safeguarding course online, he is very proud of his 100% mark. Well done Damo.

Sarah Barrow has just come back from Eindhoven, Holland where she took part in the FINA Judges Certificate School. Sarah is now eligible to judge at FINA Diving events. Any questions on judging can be answered by Sarah – it is a very subjective sport!

Adam McConnell is currently on his First Aid Course with the National Sports Campus.

Coaches are always learning behind the scenes as well as developing their coaching – hopefully in February we will have some newly qualified Level 2 coaches!

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 15th December - Club Christmas Do

An Open Diving Session will be planned (11:00-12:15). Then everyone will head over to grab some food in Blanchardstown with the idea of Ice Skating in Blanchardstown afterwards. The cost will be €20 a head. Please could those who are interested in attending respond to aarondjshearer@aol.com. You will need to bring the €20 with you to give to Aaron.

Irish National Novice Leagues 2019

Sunday 27th January – Bangor, Northern Ireland

Entries will be decided in the new year by Francesca and sent to the Shamrock Diving Club – this is who the invitation will come from. There are Age Group events at the National Novice Leagues. As it is often hard to get to competitions, these practice competitions are still important in learning how to compete. They are also a good opportunity

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

Irish National Championships 2019

21st – 24th November – NAC, Dublin

2019 Diving Events and Volunteers Training

From Damian: Part of Swim Ireland's vision to improve National diving events is to increase the number of skilled volunteers that can assist in the running of the National Novice League and the Irish Open Diving Championships. Our aim is to broaden the base of volunteers and provide training in the following areas

- | | |
|------------------------------|---------------|
| 1- Dive Recorder Technicians | 3- Marshals |
| 2- Manual Recorders | 4- Announcers |
| 5- Judges | |

To kick start 2019, we wish to run a DiveRecorder workshop on Friday 4th January from 18:15-20:15 at the National Aquatic Centre in Dublin.

The workshop will cover how to set up and network the laptops, the operations of the DiveRecorder programme, setting up J-pads, practical use during a three way station circuit and on the spot problem solving. This would suit people with a head for IT and technology, although not essential.

We aim to use the DiveRecorder equipment during all legs of the National Novice League and develop a group of volunteers that can assist in the running of the 2019 Irish Open Diving Championships.

I appreciate that it may be difficult for those in Northern Ireland to attend the Workshop, therefore we will continue the training during the first leg of the National Novice League in Bangor on Sunday 27th January, although this will be less instructional as the priority will be on running the event.

During the National Novice League leg one in Bangor (Sunday 27th Jan) we will also be looking to train volunteers in manual recording, marshalling and we are even looking for those who might want to try some announcing. If you are willing to attend the workshop on 4th Jan and also the National Novice League of Sunday 27th Jan. Just drop Damian an email at damianball@swimireland.ie.

Coaches Corner!



Nutrition in Diving

Nutrition & Hydration

Remember: You get out of our body what you put in. A balanced diet is essential for good health and to make sure you are the best diver you can be. You need food to provide fuel for your muscles during training and to make sure you recover after training or a competition. If you don't eat well you will suffer

Low energy levels

Slow recovery from exercise and competition

Reduced body development including muscle growth

Make sure you eat a balanced diet including foods from all the groups and in the right proportions. The eatwell plate gives you an idea of what the correct balance should be



Fit to Dive

Do drink water regularly during training and competition! Waiting until you feel thirsty is leaving it too late



Don't drink fizzy drinks or eat junk food before or during training or competition. That's like putting the wrong fuel in a racing car. You just won't perform your best!

For further information on getting the nutritional balance right in sport take a look at <http://www.nhs.uk/Livewell/Goodfood/Pages/Sport.aspx>

The British Dietetic Association also produce a factsheet on nutrition and sport <https://www.bda.uk.com/foodfacts/sportsfoodfacts.pdf>

The picture (above) was found in Paestum in southern Italy, around 475 before Christ. Diving as a competitive sport developed after gymnasts in Germany and Sweden began to practice their routines over water from the 18th Century. Diving and swimming had been traditional activities of a guild of salt boilers in the German town of Halle known as "Halleoren". They practiced their diving feats from a bridge over the river Saale and showed off their skills at festivals.

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

sarahbarrow@nationalsportscampus.ie



2018/2019 Calendar

DECEMBER

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

JANUARY

- 27th January – NNL 1, Bangor, NI

FEBRUARY

December Alterations to Training

Saturday 15th December
ALL Squads Free Open Diving
session
11:00-12:15

Friday 21st December
Last Training Squad session before
Christmas

SQUADS TIMES - December

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