



Leeds Diving Club Championships 2015/2016

Leeds Aquatics Centre
John Charles Centre for Sport
Leeds



www.diveleeds.com



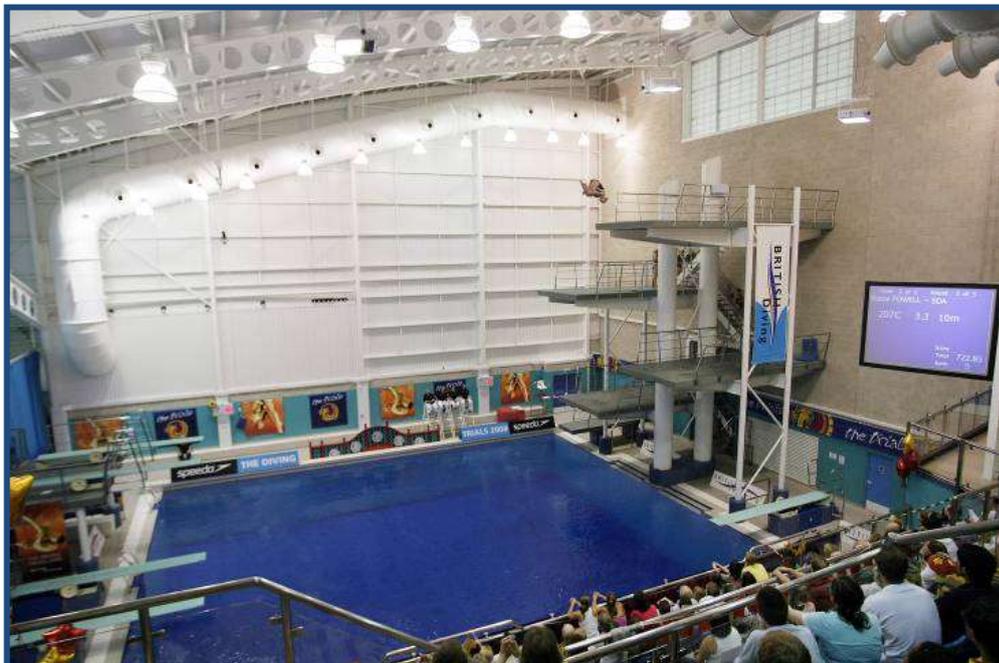
Club Championships 2015/2016

Welcome back for another season of diving and with that means another instalments of the annual club championships events spread out over the year. This year we will be running levels 1, 2 and 3 the same as last year but here is an information pack to refresh your memory and to inform our newbies what they need to know about Club Champs.

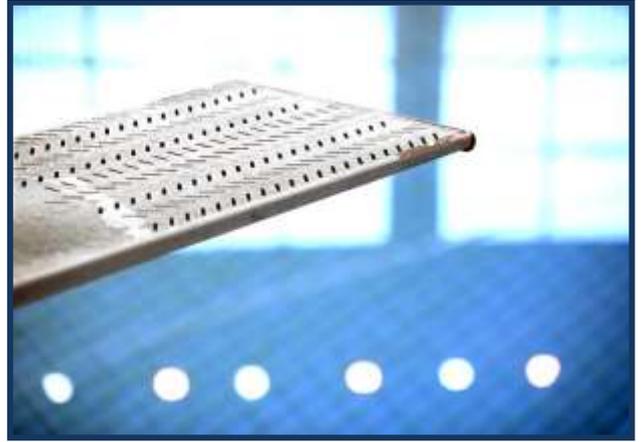
Level 4 however has had a complete shift around and will be running slightly different this season!

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What Is Club Championships for?



Club Championships was created around about the time the City of Leeds Diving Club moved from the old International Pool into John Charles Centre for Sport. The concept behind it was fairly simple; to help the coaching staff assess and track the divers at every level to see where they are at with their diving. Even though the format has changed slightly from year to year, the idea behind it is still very much the same.

As well as allowing the coaches to see where each diver is in their progression, it also allows for some other great opportunities:

Competition Experience

Each leg of the club championships is run in a way that allows it to simulate a diving competition as much as possible within our home environment. This way all divers that attend get to grips with how a competition runs quite quickly. This stands them in good stead when they eventually compete outside of Leeds.

With Leeds being such a big club it is one of the only club that runs internal events like this, so this gives the Leeds divers a big advantage year on year.

Diver Feedback

Starting this year after every leg the divers will be given their score sheet with all their scores on, then the coach of each diver will go through the sheet with them allowing them to see what they did well and what needs improvement.

Club Interaction

Club championships offers a great opportunity not only for the kids to socialise with divers from other groups but also new parents can use it as an opportunity to speak with more experienced parents. Club kit is sold on the balcony throughout each event as well so it is the best time to catch Maria! Also we are always looking for helpers on the poolside during the level 3 and level 4 events so don't be afraid to get stuck in and learn how to do some dive recording!

Level 1

This Year's Level 1 will be targeted at all Novice Divers Who will be competing in the Group E and D age group Categories (11 and under) starting from 2016.

Each diver will be encouraged to attend all of the legs if possible. However we understand this is not always feasible for most families due to other commitments. To compensate for the fact that you may miss one of the legs this year at the end of all the events we will be taking away each divers lowest score for an individual leg (that way if you miss one it doesn't effect your overall score as long as you attend the rest).

Each Leg will consist of 1 hour Dryland skills which looks a number of tests created to identify the physicality and flexibility of each diver. This normally consists for basic strength test e.g. chin ups and a gymnastic style floor routine. It will also have an hour in the pool which will be a circuit style competition (like that of most novice competitions) where the skills will vary each leg.



The Divers for level one are seen below:

Megan Kirk
Keira Quick
Joshua Carpenter
Charlie Jamson
Charlotte Pierce
Harvey Stead
Evelyn Wheelhouse
Soljai Waterman
Curtis Mewse
Jacob Bland
Reese Barlow
Erin Murphy
Macy Nowell
Frankie Sinclair-Bruce
Rebecca Spruce
Hannah Wicherek
Olivia Wilson
Tyler Cholmondeley
Nathan Hampshire
Ruby Oxtoby
George Page-Green
James Pearson
Aidan Ross
Amelia Stead-Thut
Daniel Wagstaff
Claudia Barnett
Freddie Burnell
Martha Capitano
Maisey Crompton
Ellen Gordon

Rhys Hill
Charlie Jackson
Fabian McLaren
Libby-Eliza Mitson
Joe Monnelly
Sophie Robbins
Tia Sharman
Jaeda Sharman
Isabelle Thomas
Amelia Wade
Joshua Wainright
Kayden Castel
Tom Wright

**List of divers may change throughout the year*

Last Year's Level 1
Champion
Gabrielle Callens

Level 2

This Year's Level 1 will be targeted at all Novice Divers who will be competing in the Group C and above starting in 2016.

Each diver will be encouraged to attend all of the legs if possible.

However we understand this is not always feasible for most families due to other commitments. To compensate for the fact that you may miss one of the legs this year at the end of all the events we will be taking away each divers lowest score for an individual leg (that way if you miss one it doesn't effect your overall score as long as you attend the rest).

Each Leg will consist of 1 hour Dryland skills which looks a number of tests created to identify the physicality and flexibility of each diver. This normally consists for basic strength test e.g. chin ups and a gymnastic style floor routine. It will also have an hour in the pool which will be a circuit style competition (like that of most novice competitions) where the skills will vary each leg.

The Divers for level two are seen below:

Abigail Bentley
Louisa Dickinson
Maddie Green
Anabelle Callens
Maddie Harrison
Megan Clough
Libby Stead
Dougie O'Hanlon
Annie Haigh
Ruby Jamson
Harris Khaliq
Henry Moore
Imogen Senior
Liberty Teanby
Kofi Butler
Danielle Quirke
Kieran-Ian Stott
Robyn Campbell
Thomas Clegg
Leah Robinson
Albany Thompson
Jake Still
Katie-Lou White
Stephen Ledger
Sophie Lewis
Steph Lund

Naomi Oates
Abigail Romans
Samuel Hyde

**List of divers may change throughout the year*



Last Years Level 2
Champion
Eleanor Monnelly

Level 3

Level 3 will run three times over the course of the season (see last page for dates). The competition will be run as boys and girls together but then the results will be split into boys and girls. Below are the conditions for each leg:

Leg 1

Board: 1m

Conditions: 3 + 3 covering 4 groups (D.D limit 5.4)

Leg 2

Board: 3m

Conditions: 3 + 3 covering 4 groups (D.D limit 5.7)

Leg 3

Board: Platform

Conditions: 3 + 3 Covering 5 groups (D.D limit 5.4)

The Divers for level three are seen below:

Harrison Turner
Matthew Patterson
Eleanor Monnelly
Eleanor Thompson
Elliott Dillon
Leah Fletcher
Beatrice Hargreaves
Chloe Johnson
Esme Rosenthal
Eleanor Turner
Alice Brown
Edward Brown
Saffron Butler
Harrison Green
Breanna Harold
Amelia Hawksford
Natalie Lester
Lucy Ormondroyd
Robert Southby
Holly Sturgess-Smith
Charlotte Tate
Bethany Walker
Alex Wood
Joe Stocking
Bethan Lambert
Gabrielle Callens

**List of divers may change throughout the year*



Level 3 Girls
2015 Champion
Saffron Butler



Level 3 Boys
2015 Champion
Joe Stocking

Level 1, 2 & 3 Dates

27th September (Level 1, 2 and 3)

8th November (Level 1 and 2)

17th January (Level 1, 2 and 3)

6th March (Level 1 and 2)

May (TBC) (Level 1, 2 and 3)

July (TBC) (Level 1 and 2)

Timings:

Level 1 will always be run 1.00-3.00pm.

Level 2 will always be run 11.00-1.00pm.

Level 3 will always be run 8.30-11.00am.

Level 4



This year level 4 has had a bit of a redesign! In celebration of Becky Galantree's world Championship Gold medal in the pair's event in Kazan we will be running level 4 as a pair's event allowing Becky to try and do the pairs event double with one of our own youngsters!

The pair's teams have been given some careful deliberation and they are as follows:

Rebecca Galantree & Ollie Crompton
Jack Laugher & Emily Bearpark
Chris Mears & Phoebe Banks
Matty Lee & Lydia Rosenthal
Alicia Blagg & Amy Read
Lois Toulson & Ben Sambrook
James Denny & Anthony Harding
Yona Knight-Wisdom & Ruby Bower
Will Hallam & Katherine Torrance

Leg 1 will take place on Saturday 7th November 9.30-11.00am. I encourage divers from all other levels to come down to the pool and watch as it should be a fantastic event.

Leg 2 will be in March (date TBC) and Leg 3 in June (date TBC).

We hope this information makes the upcoming Club Championship events clear and allows parents to plan so that the divers can attend as many as possible.

Good Luck to all the divers competing and a big Thank-you in advanced to all the committee members and parents who help out at these everts to make them possible!

Yours in Diving

Adam Smallwood
CITY OF LEEDS DIVING CLUB
Head Coach