



Diving Training Scheme

Handbook

An Elite Performance Diving Scheme based
at John Charles Centre for Sport

Leeds Sports Development
Sport & Active Recreation
In partnership with City of Leeds Diving Club



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1. Introduction

The Leeds Diving Training Scheme has been in operation since 1986, during which time it has developed into one of the largest and most successful in Great Britain.

The programme is supported at every level by a team of experienced coaches implementing the philosophy's behind of Long Term Athlete Development (LTAD). This has enabled us to create training environments in Leeds that provide an excellent opportunity for all divers in the scheme to maximise their potential in the sport of diving.

The scheme is one of many like it within Leeds and is managed by Senior Diving Coach, Adrian Hinchliffe. The organisation of the scheme involves a number of structured training squads to be detailed later in this booklet, which are programmed at the John Charles Centre for Sport Aquatics Centre. This structure caters for every diving enthusiast, from the absolute beginner through to international level competitors. Our emphasis in this resource is on promoting principles of good coaching practice that are associated with performance and promoting the benefits of lifelong involvement in sport.

This booklet contains a detailed illustration of the Diving Training Scheme. If you require any further information please contact;

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2. Long Term Athlete Development (LTAD) Explained

A long term athlete development model is simply a description of what conditions children need at each stage of their growth to fully meet their full potential in sport.

Why is a long-term athlete development model needed in a diving training scheme? Essentially, children's development occurs within windows of optimum trainability. Development continues outside these windows, but not to the same potential.

So just as children who are not stimulated intellectually at the right time cannot develop to their full intellectual potential, neither will children who are not physically stimulated at the right time reach their physical potential.

For the sport of diving, the development of this model has been driven by the experience of our coaches who have seen the opportunity in getting early development right. They know that all divers move at a different pace and this should not be compromised at any stage.

They are also aware that rapid growth during puberty can be a very difficult time, as it disrupts coordination. Girls are not as strong for their weight as they were before the growth spurt, while boys are getting stronger. Centre of gravity and relative limb lengths will also change rapidly causing confusion to divers and parents.

This model suggests that we need an early recruitment to diving, and recommends more advanced skills and challenges at a younger age, but offers permission to plateau during the challenges of rapid growth.

Other sports in Great Britain and around the world have noticed fundamental improvements from the adoption of a science-based LTAD Model. We expect diving in Leeds, with its tradition of excellence, to see even greater gains.

LTAD – Summary of Development Stages

FUNdamental

- Sample a wide range of movement activities
- No sports specific specialisation
- Development of basic movement patterns
- Supportive parent involvement
- Emphasis on Games and Challenges
- Lots of FUN!!!

Learning to Train

- Introduce basic skills and fitness
- Reduce number of sports involved in
- More regular practice
- Emphasis on ability to train not to compete
- Competition is introduced

Training to Train

- Individualised training programmes based on individual needs
- Progressive development of technical and mental skills
- Squads split into groups linked to appropriate maturation levels

Training to Compete

- Individual programme design focusing on targeted weaknesses and strengths
- All year round training that is high in intensity and specificity
- Training should simulate the competitive environment
- Support services will need to be integrated eg: Physiotherapy
- Performers strive to win at carefully targeted events
- Performance learning and experience is still the emphasis

Training to Win

- Assumes all relevant capacities have been developed
- Focus training on optimising performance or peaking at specifically targeted high level competitive events
- Importance of planned rest to avoid burnout and injury
- General training decreased but significant increase in specific training loads
- Multi-periodised approach developed

Retaining

- Recreational diving opportunities
- Recreational competitive opportunities eg: Skills or Masters
- Training down for divers coming out of high level
- Alternative activities eg: coaching

3. The Learn to Dive Programme & TID Lesson

The Learn to dive programme and our TID Lesson are run from the John Charles Centre for Sport, Aquatics centre. The courses are structured through the ASA Kellogs Diving Awards, which provide a clear pathway for the safe instruction of foundation level diving skills. Each level in the scheme provides a well-defined set of goals and targets for the learning of the sport, allowing progressive development in the sport.

During the courses children work through 6 levels of the ASA structure and are awarded a Pass, Merit or Distinction at regular assessment periods. These award categories are used to help us identify correct progression speeds and excellence as the children move through the scheme. Basic aspects of diving are introduced, including good posture, tension and co-ordination. A variety of skills are taught from the poolside and the lower boards. These include feet-first and head-first entries both forwards and backwards.

Entry Criteria:

Minimum of 5 years of age

Dolphin Swimming Award - Grade 7

(or be able to swim 100m confidently in deep water)

Diving Awards

ASA Flip n Fun – Stages 9 & 10

ASA Kellogs Diving Awards – Levels 1 - 4

LTAD: **FUNDAMENTAL**

4. Entry (E) Squads

These training groups cover more advanced skills, working towards Levels 5 and 6 in the ASA Kellogs Diving Award Scheme. These divers are assessed on a regular basis, and the divers must achieve a minimum of a 'MERIT' Level pass to progress to the next level ensuring the right quality of diving skills needed at the next stages of the scheme.

Divers become members of the City of Leeds Diving Club to allow them to compete at local novice level diving competitions including a monthly club night competition held in Leeds, used to track the divers under competitive conditions.

Entry Criteria:

ASA Kellogs Diving Award – Levels 4 (Merit Pass)

Awards:

ASA Kellogs Diving Awards – Levels 5 & 6

LTAD: **FUNDAMENTAL**

5. Talent Identification Squads (TID)

These divers are selected periodically at designated schools across the City of Leeds. The school children are tested across a number of physical tests and the individuals showing the right characteristics for diving are invited into this training group.

The divers are eventually grouped into two squads, TID Squad and TID Mini's based on their speed of progression and age. We are looking for the divers to accelerate quickly in their learning of diving skills as well as enjoying a sport they might not have naturally chosen. They will be required to attend regular competition's as they are fast-tracked' into competent competitive divers.

Entry Criteria:

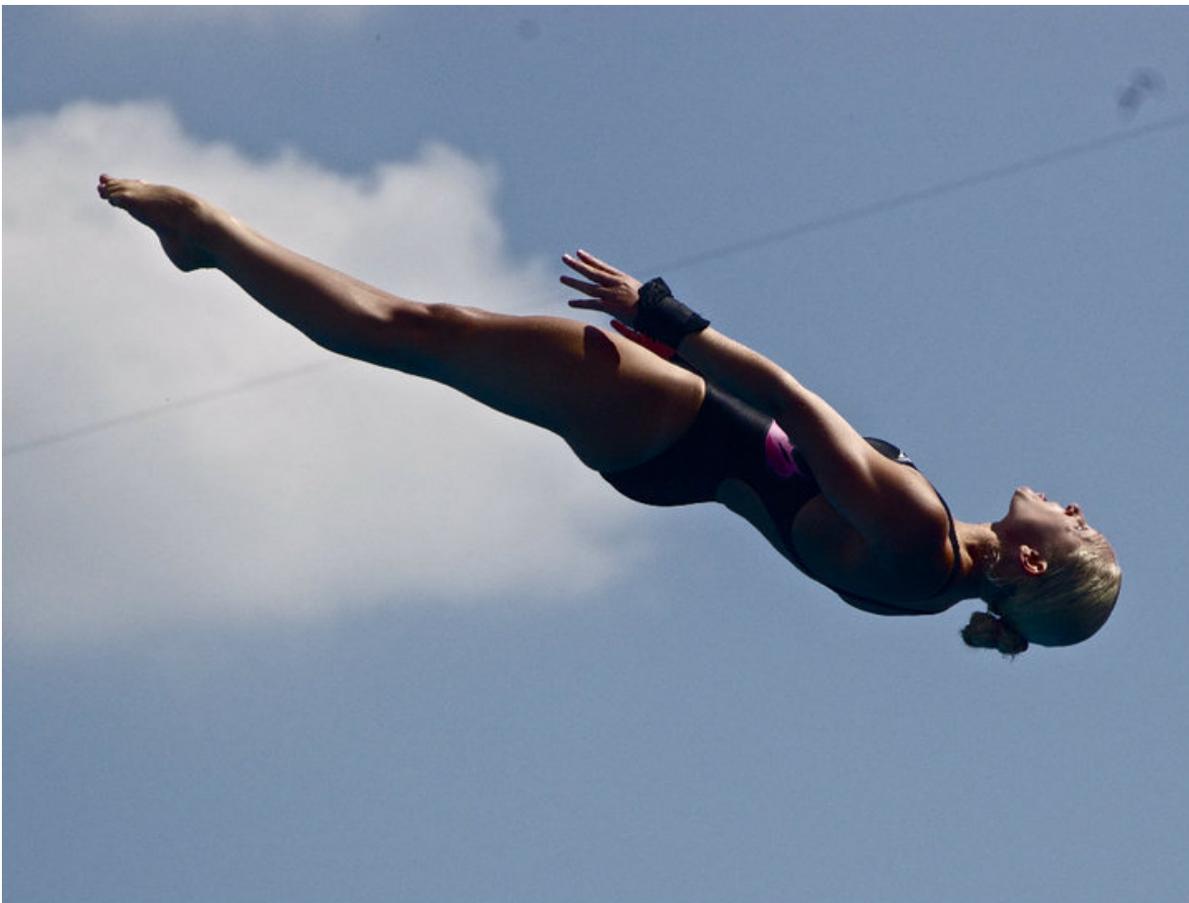
School Based Testing & Invitation

Awards:

ASA Kellogs Diving Awards – Levels 1 - 7

DTS Technical Levels

LTAD: **FUNDAMENTAL** and **LEARNING TO TRAIN**



6. The Development Squads

The divers in the Development Squad are split into three levels - Development 1(D1), Development 2(D2) and Development 3(D3)

D1 divers are working towards good competent basic diving skills on 1m springboard, 3m springboard and 5m platform. They are also looking to perform competently at the ASA National Age Groups and identified club competitions within each year.

More complex dives are taught in the pool, as well as further emphasis being placed on dryland training.

D2 and D3 divers are looking to improve competitive performance by regular attendance at skills level diving competitions all year round. These squads are looking to develop our best novice divers from the Learn to Dive Programme and Entry Squads who are showing good characteristics for diving. They are introduced to competition through clubnight and regional skills level competitions.

Entry Criteria:

ASA Kellogs Diving Awards – Level 6 OR 'Fast Track' Invitation

Awards:

ASA Kellogs Diving Awards – Level 7

DTS Technical Levels

LTAD: [LEARNING TO TRAIN](#)

7. Mini 'A' and Mini 'B'

Divers selected into Mini A or B are competitive at a National Skills level in the Group B+ age group. This group allows divers of the same level and attitude to train together in an enjoyable environment.

Training is held twice a week, and becomes more flexible. Divers are encouraged to maintain their standards in order to continue in Regional/National competitions. Dryland training is also available once a week to compliment the skill development in the pool.

Entry Criteria:

Invitation from Senior Diving Coach

Awards:

ASA Kellogs Diving Awards – Level 7

DTS Technical Levels

LTAD: [LEARNING TO TRAIN](#)

8. The 'A' Team

Selection into this group requires divers to be competitive at National Age Group level or above. Training is structured to suit each individual and to ensure each diver is reaching their full potential and enjoying their training, at a level they feel comfortable.

There are four sessions per week for this squad, involving water and dryland time. Divers are encouraged to compete in both regional and national competitions, and perform dives appropriate for that level. The sessions are enjoyable and coach led, with divers input playing a crucial role in target setting.

Entry Criteria:

Invitation from Senior Diving Coach

Awards:

DTS Technical Levels

LTAD: **TRAINING TO TRAIN**

9. National Age Group Squad

The National Age Group Squad boasts some of the most talented young divers in the scheme with the ability to impact at Junior level competitions in Great Britain (GB).

Training will be increased alongside the top divers in the programme to help expose them to a highly motivated and intense training atmosphere. This helps our next generation understand better the good principles of training required to excel within the top junior competitions in GB and around the World.

As with its sister squad, the National Squad, training both in and out the pool becomes more demanding with a view to impacting at the GB Junior Elite Diving Championships. Support programmes from England and British Diving also start to provide support services to help the high achievers within this group.

Entry Criteria:

Invitation from Senior Diving Coach

Awards:

DTS Technical Levels

LTAD: **TRAINING TO TRAIN**

10. National Squad

Divers in these squads must have demonstrated exceptional skill levels and commitment, with the abilities needed to excel in the sport. A full list of dives is developed from all boards, so training becomes much more advanced both in the pool and on dryland. All divers in this squad are given the opportunity to compete in National and International events. Many will also compete at the Senior level.

Dryland Training

At this stage land training becomes more advanced with conditioning, speed strength, static strength and flexibility. Gymnastic skills and tumbling will also be developed along with trampolining and dryboard skills.

Pool Programme

Continued practice of basic elements of diving including required dives, take off and entry techniques. Divers will also be working on all boards building a set of optional dives with increased degree of difficulty.

Entry Criteria:

Invitation from Senior Diving Coach

Awards:

DTS Technical Levels

LTAD: **TRAINING TO TRAIN** and **TRAINING TO COMPETE**

11. British Diving High Performance Centre

The High Performance Centre boasts the top competitors in the Leeds Diving Training Scheme who are also members of the World Class Lottery Funded Programmes. Divers use extra training time provided by British Diving to help them train at a level needed to excel at international main stream competition. High levels of self motivation are essential to train within this intensive world class environment.

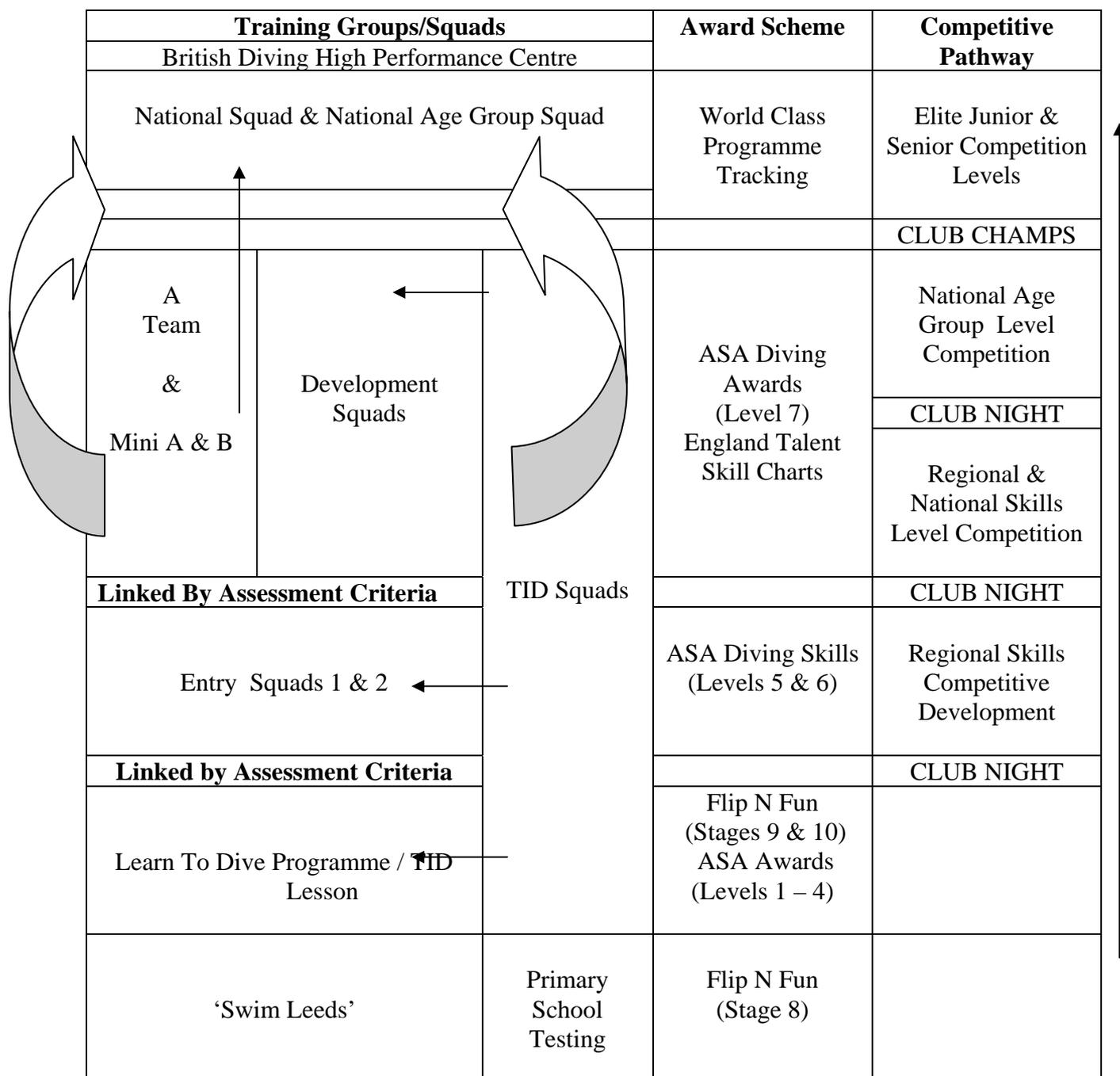


Entry Criteria:

Selection from National Performance Director of British Diving

LTAD: **TRAINING TO WIN**

12. CITY OF LEEDS DIVING STRUCTURE



13. Competitive Pathway Explained

Competition	Category	Purpose
Club Night (Monthly)	Skills 7yrs – 14yrs	On the first Tuesday of the month we run two levels of circuit style competitions to introduce and develop our 'Skills' level divers in the programme.
Regional Novice Competitions	Skills 8yrs – 16yrs	These are the first level competitions for our Leeds divers designed to develop and improve the basic diving skills needed to compete at the higher levels of the sport.
ASA National Skills Finals	Skills 8yrs – 16yrs	This is the main event for our top Skills Level divers bringing the best divers across the regions together for a National event.
National Club Competitions	Age Group, Elite Junior & Open 9yrs +	These are currently held in Luton, Southampton, Plymouth and Leeds. They give opportunities for developing divers at all level to test their skills against the best in the country.
ASA National Age Group Competitions	Age Group 9yrs – 18yrs	This is the main national event for our junior divers who are now able to compete from both springboard and platforms.
Club Championships	Age Group, Elite Junior & Open 10yrs +	This is an internal event designed to develop both our top junior and senior level divers in the club.
GB Junior Elite Diving Championships	Elite Junior 12yrs – 18yrs	Our elite junior divers will be prepared for this high level competition which usually forms part of the trial for England and GB Squads.
GB Senior Championships	Open 10yrs +	These are the main diving championships each year which compete the best divers in GB without age categorisation.

14. City of Leeds Diving Club



<http://www.diveleeds.com/>

As a professional sports programme the Diving Training Scheme cannot register itself as a club with the governing body (ASA). Therefore there is a separate club: The City of Leeds Diving Club which has been formed to act as an avenue for the scheme divers to compete. All divers who wish to compete in competition at any level must be a member of the club.

The City of Leeds Diving Club is organised by a strong committee consisting of parents who are elected into various posts at the annual general meeting. Any parents who wish to get involved are always welcome to attend committee meetings which are held on a regular basis.

As well as providing the competitive arm of the training scheme, the club is heavily committed to raising funds to offset the many costs to the divers wherever possible when they compete outside the immediate area. These divers receive a proportion of their travel and accommodation costs from the club. This means that any ideas for fund raising events are warmly welcomed by the committee. Help from divers and parents are strongly encouraged, as this is what makes our club a success.

Members within the club join up with the council's Diving Training Scheme to organize invitational competitions held in Leeds. These give divers at all levels in the club the opportunity to experience competition against divers from all over Great Britain. These are as follows:

The White Rose Novice Invitational (Novice) – October

G Star Diving Championships (Age Group/Elite/Open) - April

The club also runs a strong social calendar, offering special events at various points in the year. A monthly 'Club Night' is held, at which all of the clubs divers can attend. It provides an opportunity to be assessed against their peers and meet other divers in the Club.

15. Leeds City College Aquatics Academy



Leeds City College has recently started an Aquatics Academy. This allows students to compete for the college at events, whilst training within their normal squad at the John Charles Centre for Sport and staying members of the City of Leeds Diving Club.

The whole idea of the Academy is to work closely with the Leeds Diving Training Scheme to support divers through their sixth form education, with the option to continue onto a foundation degree at the college.

The college will provide extra support by paying training fees, membership to the ASA, providing kit and as the academy grows, it will offer extra squad training sessions in the week.

Currently the academy is represented by Chloe Hurd and Sean Lerner with Josh Dowd and David Cowen starting in September. If you have any questions please speak to the Head Coach, Tandi Gerrard.

16. Further Education in Leeds

Leeds Diving has a proud tradition of supporting academic excellence with its two Universities (Leeds University & Leeds Metropolitan University). Both Universities have been instrumental in helping provide educational opportunities alongside elite training programmes for both divers and coaches.

Graduates include Adrian Hinchliffe, Rebecca Burrows, Marc Holdsworth, Katie Hazelton, Rebecca Gallantree, Helen Galashan, Carol Galashan and many more.

The Leeds University also in partnership with British Diving and Leeds City Council are hoping to raise the profile of the sport by supporting Jenny Leeming (Development Coach) and our Talent Identification Programme. We are hoping this relationship further benefits the growth and success of diving in Leeds.

17. Do's and Don'ts for Diving Parents

Do for Yourself:

- Get enormous pleasure from your children's participation, but do not become overly ego-involved.
- Try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty.
- Look relaxed, calm, positive and energized when watching your child train and compete. Your attitude influences how your child feels and performs.
- Have a life of your own outside of your child's sports participation.

Do with other Parents:

- Make friends with other parents at events.
- Volunteer as much as you can. Youth sport depends upon the time and energy of involved parents.
- Police your ranks: Work with other parents to ensure that all parents behave appropriately at practices and competitions.

Do with Coaches:

- Leave the coaching to the coaches
- Give them any support they need to help them do their jobs better.
- Communicate with them about your child; you can learn a lot about your child from each other.
- Inform them of relevant issues at home that might affect your child at practice.
- Inquire about the progress of your children. You have a right to know.
- Make the coaches your allies.

Do for your Children:

- Provide guidance for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasise fun, skill development and other benefits of participation.
- Show interest in their participation, help them get to practice, attend competitions, ask questions.
- Provide a healthy perspective to help children understand success and failure.
- Emphasize and reward effort rather than results.
- Intervene if your child's behaviour is unacceptable during practice or competitions.
- Understand that your child will need a break occasionally.
- Give your child some space if needed. Part of sports participation involves figuring things out for themselves.
- Keep a sense of humour. If you're having fun, so will your child.
- Provide regular encouragement.

Don't for yourself:

- Base your self-esteem and ego on the success of your child's sports participation.
- Care too much about how your child performs.
- Lose perspective about the importance of your child's sports participation.

Don't with other parents:

- Talk about others in the sports community. Talk to them. It is more constructive.

Don't with coaches:

- Interfere with their coaching during practice or competitions.

Don't with your children:

- Expect your children to get anything more from their sport than a good time, physical fitness, mastery and love of a lifetime sport, and transferable life skills.
- Ignore your child's bad behaviour in practice or competitions.
- Ask the child to talk with you immediately after a competition.
- Show negative emotions while watching them perform.
- Make your child feel guilty for the time, energy and money you are spending and the sacrifices you are making.
- Think of your child's sport participation as an investment for which you expect return.
- Live out your own dream through your child's sports participation.
- Compare your child's progress with that of other children.
- Expect anything from your child except their best effort.

18. Important Training Scheme Notes

1. Once you have been selected on to the Scheme and accepted a place, you will need to complete the registration form that will be sent out to you.
2. Squad allocation is dependent upon achievement of the necessary standards. There are guidelines for the promotion and demotion between squads, but the final decision always rests with the Senior Diving Coach.
3. After squad allocation divers must accept the challenge of belonging to that squad, show willingness to work towards their goals and commit themselves to the attendance requirements. Failure to adhere to these expected standards may lead to relocation, or in some situations, removal from the scheme.
4. Entry for competitions will be strictly controlled by the Senior Diving Coach and divers must accept the commitment of team selection.
5. It is our intention to make the Leeds Diving Training Scheme a place where highly motivated individuals can pursue their ultimate goals and potential in the sport of diving.
6. The Leeds Diving Training Scheme complies with the council's Equal Opportunities and Child Protection Policies. All coaches will receive relevant training in regards to these important documents.
7. All of our individual Diving Training Scheme squad fees are heavily subsidised by Leeds City Council and as a diver progresses through the scheme, a further subsidy is applied. Therefore, the fees for divers in the lower squads are not subsidising the higher squads, Leeds City Council are just subsidising the higher squads by more.

19. Training Scheme Administration

Sarah Reed (0113) 3950154 Email: sarah.reed@leeds.gov.uk

Leeds Sports Development, John Charles Centre for Sport,
Middleton Grove, Leeds, LS11 5DJ.

Fee payment:

Learn to Dive participants register and pay each term. Fees are paid to Aquatics Centre Reception, John Charles Centre for Sport.

Divers in Diving Training Scheme squads (TID Lesson, Entry Squads, Development (1,2,3), TID Squad, TID Mini, A Team, Mini A/B, National Age Group Squad and National Squad) pay fees by annual invoice. Invoices run from 1st April to 31st March each year (start date to 31st March, when joining part way through a year). Invoices are accompanied by an instalment schedule and customers are able to opt for their preferred payment method from one of many options detailed on the reverse of the invoice. The recommended option is Direct Debit, to set up a telephone mandate please call Sundry Income on (0113) 2475670. If you have any queries regarding the payment of your training fees please also contact the above number in the first instance. The Training Scheme Coordinator will also be able to help with any payment queries and will communicate to you, information regarding participation in the Scheme at this level.

Leeds City Council heavily subsidises its Training Schemes. Monthly training fees are calculated as a twelfth of an annually calculated fee, which incorporates 6-weeks of Training Scheme holidays and/or cancellations. For example, fees for Development squad, which has 3 pool sessions each week, incorporate 18 cancelled sessions. Personal holidays taken within training time are taken at your own discretion and are not included in the 6-week cancellation bracket.

Discounted Fees:

The only discount available is Leeds Card Extra discount. Eligibility for this discount is subject to the diver being under 18 years of age and residing at the same address as the parent/guardian who is the holder of the Leeds Card Extra.

Fee Refunds:

Refunds can be applied for at the end of the financial year (March) should you have evidence of **over 6-weeks worth of cancelled sessions**. Applications must be in writing to the Training Scheme Coordinator, providing details of dates and reasons for cancellations.

Applications throughout the year, for refunds of fees for months divers were absent due to illness or injury must be accompanied by medical proof.

Parent/Diver Responsibilities.

Applicable to divers in Diving Training Scheme squads:

- Should your diver decide to leave the Training Scheme. **30 days notice** must be provided, **in writing to the Training Scheme Coordinator**, in order for the necessary actions to be taken to end your diving fee account. **Should sufficient notice not be given the following month's fees will still be payable.**
- Inform the Training Scheme Coordinator of any change in circumstance (specifically address and emergency contact details).
- Inform the Training Scheme Coordinator of any change to a diver's participation. Written notice along with medical proof (hospital letter/doctor's note) is required to apply for a refund of fees for any long periods during which divers could not attend.
- To report a diver absent from the Training Scheme for a significant period of time, please leave a message for coaches with the Training Scheme Coordinator on 0113 3950154.
- Leeds Card Extra holders need to renew their Leeds Card Extra immediately and inform the Training Scheme Coordinator of their new expiry date, in order to ensure fees remain at the discounted price.

Applicable to Learn to Dive:

- Inform Aquatics Centre Reception of any change in circumstance (specifically address and emergency contact details).

Sports Development/Aquatics Centre Responsibilities:

- Ensure effective communication of important scheme information.
- Communicate, with sufficient notice period, any changes in fees.
- Communicate, with sufficient notice period, selections for any squad change.

Divers are not permitted to change groups without first being selected. Group change selections must come from the Senior Diving Coach or Age-Group Diving Coach, via a letter from the Training Scheme Coordinator. Once selections have been acknowledged, new fee accounts will be created or amendments to existing fee accounts will be made.

Leeds City Council Diving Training Scheme Contacts

General queries and queries relating to The Diving Training Scheme Administration should be directed to:

Sarah Reed (Training Scheme Coordinator) (0113) 3950154

Technical queries should be directed to:

Adrian Hinchliffe (Head Coach) (0113) 3957363

Edwin Jongejans (Age Group Coach) (0113) 3957362

Jenny Leeming (Development Coach) (0113) 3957361

