



Albatross Diving Club Reading

Official
Handbook

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Foreword

Diving is one of the most exciting sports in the world. This competitive Olympic Sport involves leaping and springing into water from a platform or springboard, while trying to perfect a series of linked body positions – twists, pikes or tucks – before entering the water with as little splash as possible.

Diving has so much to offer everyone. There are the obvious attributes of courage, athleticism and suppleness, but diving also builds self-confidence and discipline. It is rare to find a diver who has all the required qualities and balance from the outset but, with the right support and encouragement, together we can develop the skills that lead to personal success. Diving is great fun!

At Albatross we all play a role in ensuring each diver fulfils their own unique potential: as parents by supporting our child; as coaches who work to build the necessary skills and as fellow divers by encouraging team mates and fostering team spirit.

Volunteers are vital to the success and running of our club and we encourage everyone to get involved. All help, however small, is always appreciated. While some parents volunteer for the committee, others play their part by helping at events, offering transport, fund raising or acting as competition recorders. Many parents catch the diving bug themselves and take up diving, judging and coaching

Albatross Diving Club is a hugely successful club. We are extremely proud of our local history and the ongoing success of our divers at Junior International, National, Regional and Local competitions.

We work hard to spot local diving talent and are especially proud that Albatross nurtured the early talent of Chris Mears, current GB Senior Team Member and Olympic Gold Medallist.



If you think you may enjoy diving then please join us.
You will be amazed at what you can achieve

Albatross Diving Club of Reading is dedicated to the advancement of excellence in diving and the personal fulfilment and achievement of all those involved with the sport.

We are a competitive diving club and believe that the enjoyment of diving is primarily attained through the achievement of both personal and team goals. It is the club's aim to identify and nurture talent through the provision of a high quality programme of learning and training opportunities.

The Albatross Diving Club has signed up to the 'Sport Reading Charter' which enhances these values. The club has also been awarded swim 21 accreditation. This is the Amateur Swimming Association's 'quality mark' in recognition of our commitment to providing safe, effective and quality services for the benefit of all our members.

The club's ethos is to promote and deliver the sport of diving:

'We exist to serve all sectors of the community through recognising local diversity and encouraging inclusion for all aspirations and levels; whether this is for recreational participation through to elite competition performance.'

The club's role is to provide the optimal environment, in terms of coaching expertise, equipment and administrative support, through which all individuals can fulfil their potential in the sport of diving. To enable this, the club continues to seek and develop partnerships between: divers, coaches, parents, sponsors, schools, local authorities, allied sports, training providers and advisors, in addition to facility providers.

The club recognises the importance of the social aspects of the club and seeks to foster a friendly, safe and inclusive atmosphere at all times



Equity Statement

Albatross Diving Club is committed to treat everyone equally within the context of his or her activity, regardless of gender, ethnic origin, religion, age, sexual orientation or political persuasion

The club will ensure that equity as stated in the club rules is incorporated in all aspects of its activities and also recognises and adopts the Sport England definition of Sports Equity:

Sports Equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.



The club is committed to everyone having the right to enjoy their sport in an environment free from threat of discrimination, intimidation, harassment and abuse.

All club members have a responsibility to challenge discriminatory behaviour and promote equality of opportunity

The club will deal with any incidence of discriminatory behaviour seriously, according to the club disciplinary procedures.



Albatross Divers of all ages and abilities come together at our annual Christmas Gala. Seen here in 2013 with The Mayor of Reading, Jenny Rynn & visiting Olympic Gold Medallist and ex-Albatross diver Chris Mears



Child Safeguarding Policy

The club follows the Amateur Swimming Association's (ASA) Child Safeguarding Policy and Procedures which are laid out in the current Wavepower 2016 - 19 Document (ASA's child safeguarding policy and procedures manual folder)

These child protection procedures are based on the following principles:

The child's welfare is the first consideration

All children regardless of age, gender, racial origin, religious belief, sexual identity and any disability have a right to enjoy sport free from all forms of abuse or sexual exploitation

The club has a responsibility to maintain confidentiality in all cases involving child protection and poor practice in line with current legislation

If you have any concern relating to child welfare, however small, your first point of contact should be the club welfare officer or if this is not possible the club chairperson. You may also wish to contact swimline



A full copy of the child safeguarding policy and procedures can be obtained from: the club welfare officer. For further information please go to

www.albatrossdiving.org

or

www.swimming.org



Run by the ASA, in association with the NSPCC, Swimline is a confidential free-phone number provided for anyone involved in aquatics, adults or children, who believe that the welfare of someone under the age of 18 is at risk. This concern could be neglect, abuse, bullying or fear of someone or anything that is worrying you and you don't know who to discuss it with.

When calling [Swimline](http://www.swimline.org) you will get through to an answer phone where you will be asked to leave your name and contact details and if you wish some brief details of your concern. The ASA Safeguarding Team or a Swimline volunteer will call you back, listen to your concerns and agree a way forward with you.

If you leave a message we aim to contact you back during the next working day. If you leave a message after 3pm on a Friday, or over a weekend we will contact you back on the following Monday. If you need to speak to someone immediately you can follow the instructions on the answer phone message and be transferred immediately to the NSPCC. The NSPCC counsellors will advise you directly if you choose this option.

Swimline calls are free and do not appear on an itemised phone bill unless your call is made from a mobile phone.

Social Media & Online Safety

Albatross Diving Club, our coaches, parents and carers are increasingly using the internet and social media to promote our club, the sport of diving and to communicate with one another.

When used properly social and electronic media is great. However, Albatross Diving Club, working within the ASA Wavepower Framework, has developed guidelines to minimise potential safeguarding risks to our young divers in this area.



If you are having problems, or you're uncertain about any issues raised in this area, please speak to the club welfare officer, chairperson or contact [Swimline](#).
You will be listened to.

Guiding Principles

All club members should show appropriate behaviour when using social networking sites. Inflammatory, derogatory or negative comments or images posted about any diver, coach, official or club will not be tolerated.



Coaches should not be "friends" with divers on social network sites (Facebook or similar)

Coaches should limit direct email and/or text message contact to the parents or carers of younger divers (under 16 years).

Coaches & older divers must limit electronic communication to things directly relevant to their programme of dive training. For example texting your coach to say you will be late for a session is acceptable. Giving or receiving details of weekend social activities/plans is not!

Albatross Diving Club takes cyber bullying extremely seriously. Behaviour deemed unacceptable includes

Sending hurtful text messages or emails to an individual or group

Circulating inflammatory, derogatory comments and/or images by text, email or any form of social media about any individual associated with the club or the sport of diving. This includes "private" messaging or communication between or amongst "friends"



Social Media Guidelines continued

The ASA Wavepower 2016-19 initiative includes documents, & policies to guide young members, adult coaches, parents, carers and helpers on aspects of social media within the sporting environment.



Click here to access the ASA Wavepower

[Parents Guide to Twitter](http://www.swimming.org/asa/library/document/the-asa-parents-guide-to-twitter)

<http://www.swimming.org/asa/library/document/the-asa-parents-guide-to-twitter>

Click here to access the ASA Wavepower

[Members Guide to Social Networking](http://www.swimming.org/assets/uploads/library/SocialNetworking_from_WavepowerSection2.pdf)

http://www.swimming.org/assets/uploads/library/SocialNetworking_from_WavepowerSection2.pdf

Parents & Carers

ASA Wavepower also includes a parents' code of conduct. Section 6 of Wavepower states that parents are expected to:

"Behave responsibly as a spectator at training and treat swimmers, coaches, committee members and parents of yours and other clubs with due respect meeting the ASA commitment to equality".

Parents should be aware that posting messages, comments or any other media on a social networking site that breaches the above requirement of a parent in an ASA club would breach the ASA Parents Code of Conduct. This would be in addition to a breach of the Albatross Diving Club code of conduct.



The CPSU Briefing Document "Social networking services, social media and sport: Guidelines for safeguarding children and young people" gives more in depth guidance on social networking sites and can be accessed via the Child Protection in Sport Unit website at www.cpsu.org.uk.

Workforce Development Plan

Albatross Diving Club is committed to an evolving Workforce Development Plan. This plan sets out to identify where we are as a club in terms of developing the skills of our volunteer workforce. The Plan identifies where we want to be in the coming years and how we intend to achieve our principal goal.

To build a motivated voluntary workforce where all participants have the relevant skills, confidence and ability to carry out their roles effectively

To this end we have set out to identify:

- The current skills of our workforce.
- Skill gaps and shortages that need to be addressed.
- People/role specific resource & training requirements including qualifications

TO FIND
OUT MORE ABOUT
WORKFOIRCE
DEVELOPMENT
WITHIN AQUATICS
CLICK HERE

Principals Underpinning the Plan



Excellence

We aspire to the highest possible standards amongst our volunteers

Equality & Diversity

We work to ensure our volunteers represent the diversity of our club members by adopting the principles of equity in all decisions relating to workforce recruitment and development

Communication

We aim to build effective links between members to avoid duplication and maximise efficient use of our limited resources

Valuing our Volunteers

We work to ensure all volunteers receive high quality support, appropriate training, recognition and appreciation.

Incentives & Rewards

The club has a system of reward and recognition involving members at all levels and in all areas.



Awards are presented at our Albatross Awards Evening held in the Spring each year

**Squad Promotion
Albatross Steps
Diver of the Month
External Awards
Albatross Club Awards**

Dive specific awards are voted for and/or awarded by the coaches. The committee and coaches vote for the Keith Meek Trophy (see below) whilst all competitive Divers vote for the Mary Kinghorn award which recognises a coach who they feel has contributed to divers development and enjoyment of the sport.

In addition to club awards the coaches and committee may nominate divers, squads, coaches and committee members for local, regional and National external awards as applicable.

Keith Meek Trophy
awarded each year to any club member, coach or parent, who has made a major contribution to the club

Codes of Conduct

As members of the club, divers, coaches and parents have specific roles and responsibilities. These roles and responsibilities represent the basic agreement between diver, coach and parent/carer. They are referred to as the Code of Conduct and must be adhered to at all times during club sessions and competitions, whether this is at Central Swimming Pool, Woodford Park, or any other venue where training or a competition is taking place.

The reputation of the club rests not only on a diver's competitive success. Behaviour and appearance when representing the club are also important. Albatross Diving Club expects all divers, coaches, parents/carers and supporters to uphold sporting values and show respect to all fellow divers, coaches and officials whether at home or away. Be sure to set a good example at all times and make your club proud.

**We are an amateur club.
Coaches, Committee & Helpers
are all fully unpaid volunteers.**

**Please support them and contribute
where possible to the smooth and
successful running of the club**

DIVERS

Learn and observe the poolside and dry training safety rules.

Follow instructions at all times in the pool or dry training areas. This applies whether it is a coach, parent or senior diver who is supervising a dry training session.

Get on the board and out of the water promptly.

If you need to leave the poolside during a session ask your coach for permission and only be on poolside during your session, unless you have permission of a coach.

Be on time. Arrive at least five minutes before your dry land training time.

Tuesday is club night. Regular attendance is required. All other sessions are by invitation of your coach.

Adhere to the club dress code

For dry training, you are expected to wear appropriate sports clothing (Shorts & T-shirt) suited to the activities undertaken. No loose or ill-fitting clothing will be allowed. Socks & sports trainers should be worn to all training sessions

Jewellery, watches and all piercings are to be removed during wet/dry training and competition.

Long hair should be tied back during wet/dry training and competition

Albatross costume/trunks to be worn on club night and for the Gala display.

Albatross tracksuit top and polo shirt must be worn to all competitions plus any other Albatross team kit specified by lead coach for that event.

i-pods, mobile phones /electronic devices are not permitted during wet and dry training

Be a positive role model by recognising good sportsmanship and applauding the performance of all. Encourage and support all divers, coaches and officials from all clubs at all times

Show respect to all and use appropriate verbal and body language at all times

Show appropriate behaviour when using social networking sites. Inflammatory, derogatory or negative comments/images posted about any diver, coach, official or club will not be tolerated- see social media guidelines for more guidance in this area.

PARENTS

Help us to keep your child safe by encouraging them to learn the rules about safety and acceptable behaviour and to participate within them.

Help your child to recognise good performance, not just results. Praise your child for effort and achievement, never punish or belittle a child for poor performance or making mistakes.

Behave responsibly as a spectator at training or competition and treat divers, coaches, committee members and parents of yours and other clubs with due respect meeting the ASA commitment to equality

Be a positive role model by recognising good sportsmanship and applauding the performances of all. Accept officials' decisions in competition, addressing any queries through the lead coach.

Support your child's involvement and help them to enjoy diving. Make sure your child wants to take part in diving - never force them because it is something you want them to do.

Always ensure your child is dressed appropriately for the activity – see our dress code.

Keep us informed if your child is ill or unable to attend sessions and notify pre-existing injuries or illness to the lead coach – see section on illness/injury in this handbook.

Ensure children arrive and are collected on time. Never leave your child before the session begins. Our duty of care starts when a training session begins and ends when the session ends.

Please do not intervene with discipline or coaching during training unless your help is requested.

Use appropriate verbal and body language at all times. Swearing, offensive language or aggressive or offensive behaviour will not be tolerated.

Adhere to ASA & Albatross Diving Club guidelines with regards to social media

All session fees, competition entry fees & ASA Membership fees must be paid promptly. Competition entry fees must be paid in advance to the competition secretary by the dates required. Your child's coach will inform you when this is.

COACHES

Place the well being, health & safety of members above all other considerations including developing performance

Keep poolside and gym discipline at all times

Keep a register of attendance of your divers and know where they are at all times during a training session

Enforce safety rules rigorously & ensure all equipment is safe to use

Wear appropriate poolside dress

Be punctual and take reasonable steps to inform divers/parents of changes to sessions

Ensure your divers understand what is required of them at all times

Maintain communication with parents and divers – keeping them informed

Avoid coaching divers on the board, in the water or across the pool where possible

Use appropriate verbal and body language at all times. Swearing, offensive language, aggressive or offensive behaviour are not acceptable

Create & maintain an environment free of fear and harassment

Promote the concept of a balanced lifestyle and support the well-being of all divers – in and out of the sport.

Work to develop relationships with divers, parents & other coaches based on openness, honesty, mutual trust and respect.

Respect & champion the right of every individual to take part in diving.

Adhere at all times to the ASA Code of Ethics, Rules & Regulations, the ASA Equity Policy and the ASA Child Safeguarding Policy (Wavepower) including guidelines on social media

Coaches reserve the right to prevent a diver from continuing in any diving session or competition if it is felt that the code of conduct is not being followed

Safety Rules

Safety is everyone's responsibility. The codes of conduct detail many safety aspects. In addition divers must observe the following rules at all times.

NEVER

Wear jewellery during training or competition

Chew gum, eat or have fizzy drinks during training

Run on poolside

Push people in

Sit or climb on railings

Throw chamois leathers

Swim across boards

Shout or distract other divers

Ignore the instructions of a coach



The safety of all divers is our first concern. If a member breaks any of these rules, fails to uphold any aspect of the code of conduct, or if behaviour is deemed unacceptable by the coaching team, this may result in the loss of diving time, suspension and/or squad demotion. Any sanctions will be determined by the coaching team.

ALWAYS

Warm up and stretch before diving

Tie long hair back securely for wet and dry training

Check you have your coaches' attention before each dive

Listen to your coach and return to them on poolside for feedback after each dive where possible

Get out of the water as quickly as possible

Be aware of other divers waiting to dive from all boards and from poolside, making sure you swim on the surface in a straight line directly under the board from which you have just dived back to the poolside

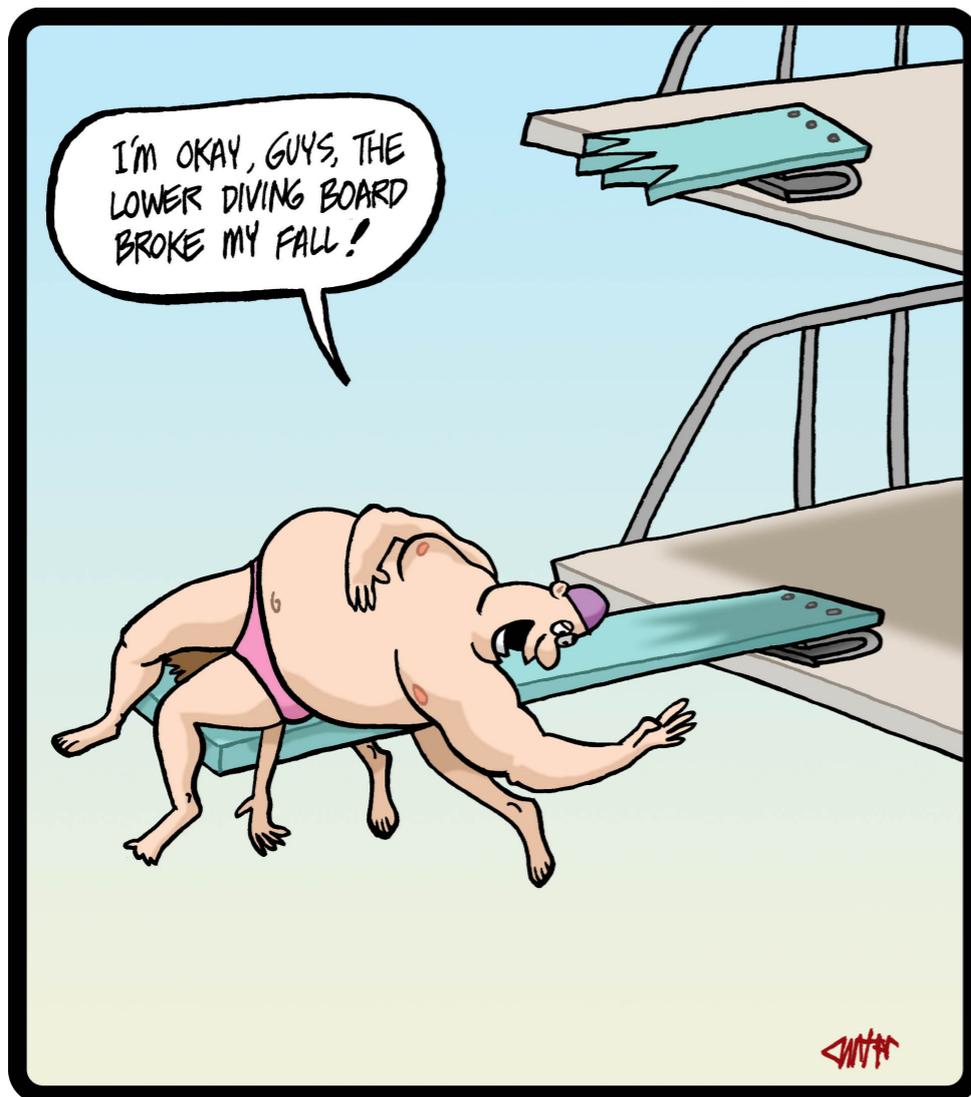
If a pool alarm sounds get out of the water immediately and follow the instructions of a coach or member of staff

Continued flagrant misbehaviour could ultimately result in expulsion from the club

Accidents & Accident Reporting

Albatross Coaches follow the procedures for all accidents as outlined in the Emergency Action Plan (EAP) for the venue where the accident occurs.

All accidents & injuries, however minor, are assessed and recorded in the relevant accident book at Central Pool or Woodford Park according to the Normal Operating Procedure (NOP) specified at each venue.



Divers - If you are worried about anything, feel unwell or hurt yourself during training remember



Your coach needs to know what is happening so they can decide how best to help you.

Data Protection Policy



[The Data Protection Act 1998](#) (DPA) sets out requirements for the protection of personal information against unauthorised disclosure. The [CCTV Code of Practice 2008](#) governs data protection with respect to the capture and storage of image data.

Albatross Diving Club has a legal requirement to comply with the terms set out within the DPA and the CCTV Code of Practice. Full Compliance in all these areas is demonstrated by the Club's Data Protection Policy which is detailed here.

Written personal data is collected from Members on the Membership Form. This data is required by Albatross Diving club for administrative purposes only. Except to the extent that Albatross Diving Club is required by law, the information provided to the Club on the Membership Form and any other information or images obtained during the course of membership will be used solely for the purposes of processing a member's application and dealing with the Member. The following areas are covered:

Club membership and all associated communications

ASA (Amateur Swimming Association) membership and insurance

Health and safety of all club members including contact and notification in the event of an accident

Data will not be used for commercial gain.

By virtue of membership (direct or indirect) of Albatross Diving Club members agree to their personal data being made available to the coaches and committee of Albatross Diving Club, subject always to compliance with the Data Protection Act 1998 and the CCTV Code of Practice. This agreement does not include sensitive personal data such as health or medical conditions. The sharing of this data requires the member's explicit consent on the Members Form.

Guiding Principles

Consent

To use the confidential information for the purposes listed and on the stated terms, Albatross Diving Club is required under the act to obtain consent. All members, or the member's legal representative, are therefore requested to sign the consent clause on the Membership Form.



Keeping us informed

All members agree to use all reasonable endeavours to keep Albatross Diving Club informed of any changes to their personal data.



If you move house or change your phone number or email address then please do make sure you let us know!

Once a member ceases to be a Member of Albatross Diving Club, all information will be held only for as long as is necessary, after which it will be destroyed.

Photographic & Video Policy

Albatross Diving Club follows a strict photographic & video policy which ensures all children and young people are protected from the inappropriate use of their images in resources and media publications, on the internet and elsewhere.

As parents & carers you will often want to be able to celebrate the achievements of your children when diving. You may wish to take photographs or videos during competitions.

Please understand that you will always have to register your desire to take photographs or video in writing before or at an event in accordance with the rules laid down by that event. This applies equally at all Albatross hosted diving events.

As members of Albatross Diving Club you are also bound to comply with the video and photographic policies applicable within Central Pool, Woodford Park and all external venues visited for dive training and development.



Guiding Principles

Images in Training

During training sessions Albatross coaches may capture video images. Images on the video replay system are not stored. They are used as a training tool to analyse specific dive movements and also enhance the diver's appreciation of the sport.

The use of these images falls within the requirements of the DPA and the guidance offered by the CCTV Code of Practice.



CONSENT

Albatross diving Club occasionally uses images of divers to celebrate achievement and/or promote the sport of diving. Images used comply with the ASA Wavewater code of practice and there is no commercial gain. Every parent or guardian has a right to refuse to have their children photographed and may also refuse permission for any photograph of their child to be published.

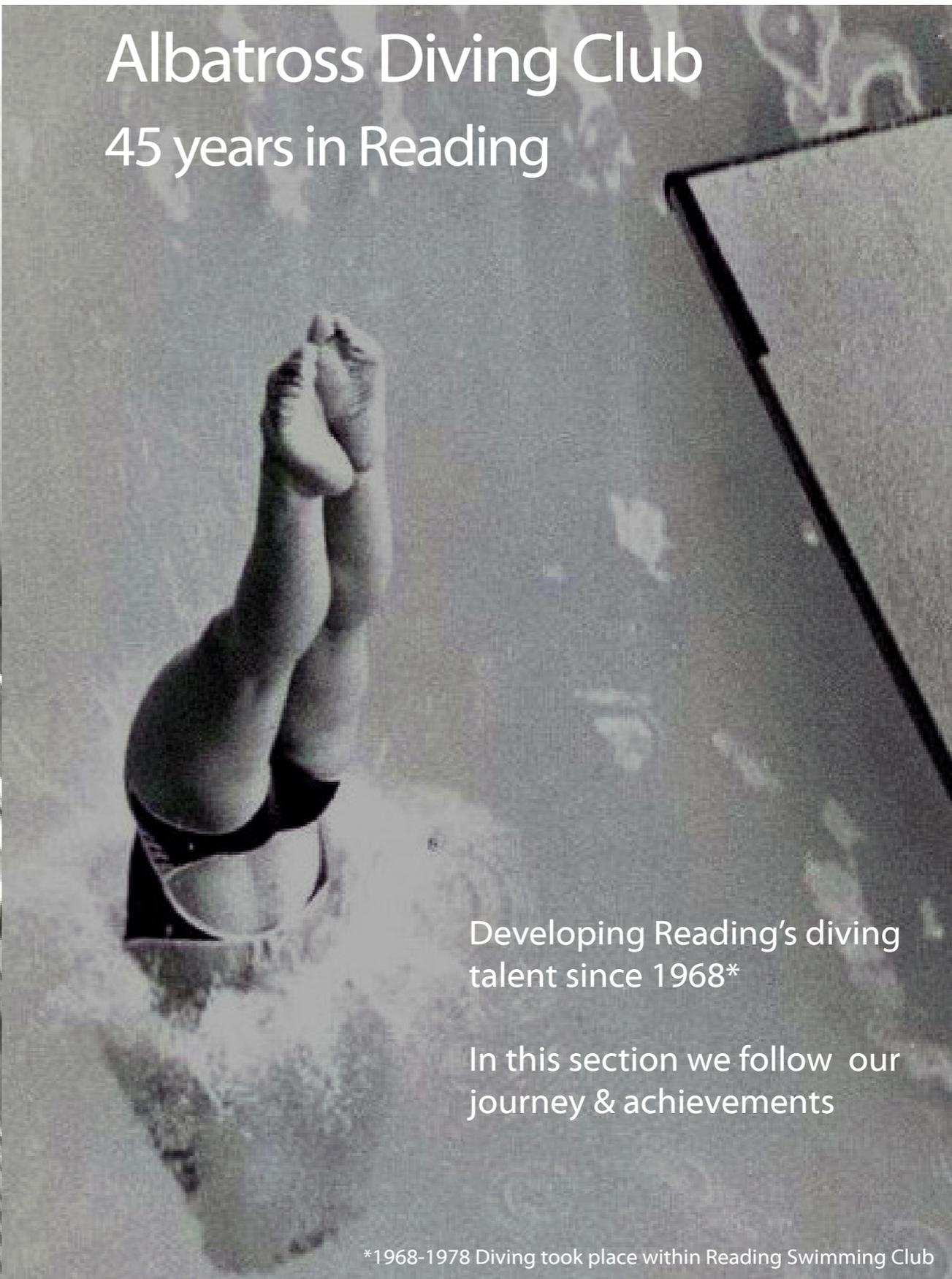
You will have indicated your preference on the club membership form. If you wish to change your preference at any time please contact the club Welfare Officer who will provide you with another form





Marianne Mullen Albatross Diver & International Diving Champion Strasbourg 1984. Pictured here training at Central Pool, Reading.

Albatross Diving Club 45 years in Reading



Developing Reading's diving talent since 1968*

In this section we follow our journey & achievements

*1968-1978 Diving took place within Reading Swimming Club

Albatross Diving Club - 48 Years in Reading

Diving began competitively within the diving section of Reading Swimming Club in 1968.

Suzanne Smith became Reading's first National title holder and International diver. Others followed reaching county, regional National standard.

The Albatross Diving Club of Reading was founded, and became affiliated to, The Southern Counties Amateur Swimming Association in December 1978.



Anne Green & Suzanne Smith
National Champion 1978

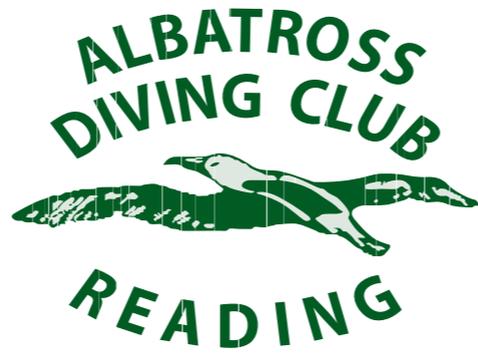
As Club founder Anne Green Jessel remembers ...

"It had always been my ambition to form a specialised individual diving club, affiliated to the now disbanded Southern Counties Amateur Swimming Association. During the 10 years with Reading Swimming Club, I was approached by "The Reading Royals Synchronised Swimming Club" to create a diving display for the International Synchronised Swimming Festival; a big event, to be held in 1977. I decided to attempt something unheard of in those days – a diving display to music. I chose Fleetwood Mac's "Albatross". It was such a success that more invitations followed and from then on "Albatross" was played whenever we appeared! I vowed that if ever there was the formation of a diving club in Reading it would be called "Albatross".

An inaugural committee was formed consisting of a Chairman: Mr David Knollys; Hon. Sec: Mr Graham W. Green; Hon. Treasurer: Mrs Pat Smith; Hon. Membership Sec: Mrs Elvira Wright; Hon. Champs. Sec: Mr John Holton and yours truly as Chief Coach.

The Presidents cup was donated by the late Mr Ben Neville, our first President. Mr Derek Seward produced the final design of the club badge in the chosen club colours of green and white.

With the stalwart support of; Mr. John Anstey, baths manager, officials within the A.S.A. including the A.S.A. President 1978 the late Mr. John Zimmerman; teachers and trainees on poolside, including Jeff Pearce; the help of many parents using their talents and resources; sponsors Mr. Stan Eldon and Mr Alan Porton of the Reading Chronicle, "The Albatross Diving Club of Reading" was founded and became affiliated to Southern Counties Amateur Swimming Association in December 1978".

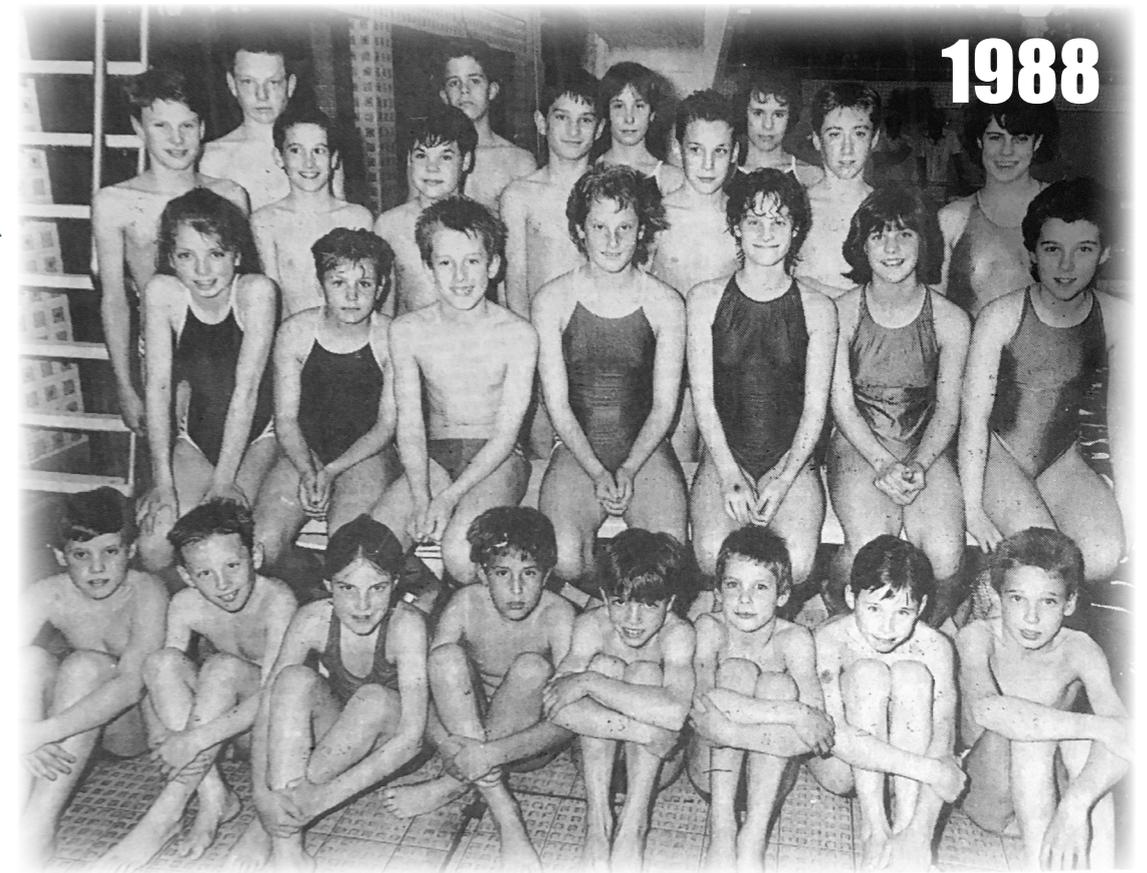


TALENT

EXCELLENCE

TEAMWORK

PRIDE



National Titles

Since its foundation as Albatross Diving Club in 1978 the club has enjoyed continued National Success. Sadly public records only begin in 2005. National Titles won since then are listed here



2005

NATIONAL NOVICE

Daniel Simpson (MG)	Boys 8/9	Bronze
Amy Cook (BB)	Girls 12/13	Silver
Sean Godfrey (MG)	Boys 14/16	Gold

NATIONAL INTERMEDIATE

Eve Niker (MG)	Girls 12/13	Bronze
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2006

NATIONAL SKILLS

Amy Watts (MM)	Girls E	Gold
Jessica Liezbinska (BB)	Girls E	Silver
Seb Masterton (SK)	Boys E	Gold

Daniel Simpson (MG)	Boys D	Bronze
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Danielle Hale (BB)	Girls C	Silver
Matt Pipe (BB)	Boys C	Silver

Catherine Johnstone (MG)	Girls B+	Gold
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NATIONAL AGE GROUPS

Amy Cook (BB)	Girls B 1m	Gold
	Girls B 3m	Bronze
Eve Niker (MG)	Girls B Platform	Bronze



2007

NATIONAL SKILLS

Amy Watts (MM)	Girls D	Bronze
Daniel Simpson (MG)	Boys D	Bronze

Danielle Hale (BB)	Girls B+	Gold
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NATIONAL AGE GROUPS

Seb Masterton (SK)	Boys D 3m	Silver
	Boys D 1m	Bronze

Catherine Johnstone (MG)	Girls B 1m	Silver
	Girls B 3m	Silver

Eve Niker (MG)	Girls B platform	Bronze
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Coaches listed by initials: NA - Nicki Allsop; CB - Chris Beal ; BB - Bernie Bicknell; MG - Malcolm Green; SK - Sheila Kirrane; MM - Marianne Mullen; MP - Matt Pipe

National Titles

Local History

2008 NATIONAL SKILLS 2008

Charlie Minns (MM) Boys D Silver
Daniel Simpson (MG) Boys C Silver



NATIONAL AGE GROUPS 2008

Seb Masterton (MG) Boys D 3m Silver
Boys D Platform Silver
Amy Watts (MM) Girls D 1m Silver
Girls D 3m Bronze
Girls D Platform Bronze
Leilani Mullen (MM) & Amy Watts (MM) Girls 8-13 Synchro Gold
Amy Cook (BB) Girls A 1m Gold
Catherine Johnson (MG) Girls A 1m Bronze
Girls A 3m Silver
Girls A Platform Silver



NATIONAL ELITES 2008

Amy Watts (MM) Girls D 1m Bronze
Seb Masterton (MG) Boys D 1m Bronze



2009 NATIONAL SKILLS 2009

Fred Minns (BB) Boys C Gold
David Rogers (MG) Boys C Bronze



National Titles

Local History

2009

NATIONAL AGE GROUPS 2009

Charlie Minns (MM)	Boys D1m	Gold
	Boys D 3m	Silver
	Boys D Platform	Gold
Hal Watts (MM)	Boys D1m	Bronze
	Boys D 3m	Bronze
	Boys D Platform	Silver
Charlie Minns & Hal Watts (MM)	Boys 8-13 Synchro	Gold
Amy Watts (MM)	Girls C 3m	Bronze
	Girls C Platform	Bronze

2010

NATIONAL SKILLS 2010

Fred Minns (BB)	Boys B+	Silver
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2012

NATIONAL ELITES 2012

Seb Masterton (MG)	Boys B 3m	Bronze
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2014

NATIONAL AGE GROUPS 2014

Amy Watts (MG)	Girls A 3m	Silver
	Girls A Platform	Silver



2015

NATIONAL AGE GROUPS 2015

James West (NA)	Boys D 1m	Gold
	Boys D 3m	Gold
	Boys D platform	Gold
Jack Livingstone Smith (NA)	Boys C 1m	Bronze
Charlotte West (MG)	Girls B 3m	Silver



NATIONAL ELITES 2015

Seb Masterton (MG)	Mens A 3m	Bronze
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NATIONAL ELITE 2009

Seb Masterton (MG)	Boys C 1m	Bronze
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There were no National Medalists in 2011 or 2013

National Titles

2016

NATIONAL SKILLS 2016

Milly Orgill (BB) Girls C2 Silver



NATIONAL ELITES 2016

James West (MG) Boys C1m Bronze

James West (MG) & Angus Kirr (Southampton) Boys 8-13 Synchro Bronze

Hal Watts (MG) & Charlie Minns (MG) Boys 14-18 Synchro Silver



NATIONAL AGE GROUPS 2016

Oliver Breach (MG) Boys B 3m Bronze
Boys Platform Silver

Charlotte West (MG) Girls A 1m Bronze
Girls A 3m Silver



Chris Mears, Olympic Gold Medallist, started his diving career at Albatross Diving Club!



Chris Mears receiving
Diver of The Month from
Albatross coaches Jeff
Pearce & Malcolm Green
Central Pool 2001



Click here to find out
more about Chris Mears
& his diving career

Club Structure & Administration



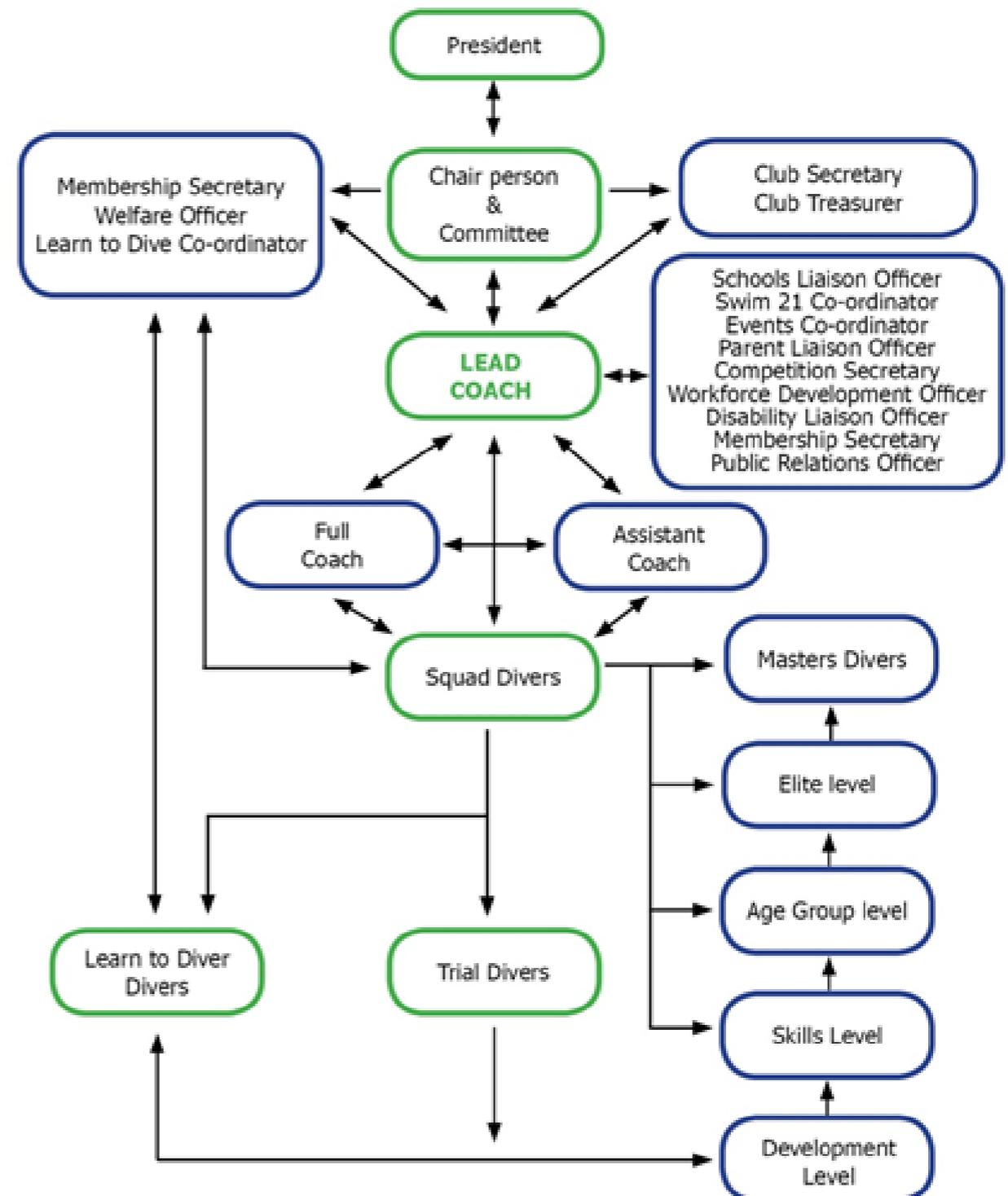
Photo - Matt Bailey

Club Structure

The club is jointly run by the Committee and coaches, as defined in the constitution. Together they ensure the smooth running of all aspects of the club. There are specific positions with distinct roles and responsibilities.

Full job descriptions for each position are held by the workforce development officer. Precis of each role are on the club web site - Albatrossdiving.org

Structure & Administration



President

The president is the honorary figurehead of the club. The position is presently held by our founder and former Chief Coach, Anne Green Jessel.

Committee

Key responsibilities include:

Divers welfare
Financial control
Fund raising and sponsorship
Membership register
Registration and insurance
Training and development

Organising the annual Interclub Novice Competition
Organising the annual club gala
Social functions
Adminstrating the Learn to Dive Programme
Workforce coordination

The constitution lays out the rules for the formation and election of the committee. The committee is nominated at each Annual General Meeting (AGM). Members are drawn from parents and adult divers (18 years plus). The lead coach also sits on the committee.

There are three elected executive officers:

Chairperson
Secretary
Treasurer

All other positions on the committee are listed in the Albatross Induction Pack which contains a précis of each role. Full job descriptions are held by the workforce development officer and published on the club web site Albatrossdiving.org

If you are interested in joining the committee or would like to become involved in any way please talk to the club chairperson or any committee member



Annual General Meeting (AGM)

The AGM is held in May, its main functions include:

- Report on accounts
- Election of core committee as per constitution
- Report by chairman
- Report by lead coach

For each junior diver one adult representative can be nominated to hold voting rights on their behalf at any general meeting.



**Your club
Your voice**

**ALL MEMBERS OF THE CLUB
ARE EXPECTED TO ATTEND THE AGM**
Senior Divers, Coaches, & Parents

Constitution

Albatross Diving Club has a constitution, which sets down the rules by which the club is managed. A copy of the constitution can be viewed on the club website albatrossdiving.org

Club Fees

Albatross Diving Club is a wholly voluntary club.

All coaches, committee members and helpers are unpaid volunteers

Despite this there are significant costs associated with running Albatross Diving Club. To meet these costs members are charged an annual fee which is payable in monthly instalments. Fees for each squad are proposed by The Executive Committee and officially endorsed at each Annual General Meeting (AGM) which all members are asked to attend.

In accordance with the club's governance fees are set to ensure we are accessible to as many members as possible whilst ensuring that all divers are able to realise their potential within the sport of diving through effective and appropriate training provision.

Fees are used in the following key areas

Facility hire – pool and dry training

Capital investment and maintenance – boards/training equipment/video capture

Coach attendance at competitions (when not covered by ASA subsidy)

ASA membership for coaches and divers

Insurance for Albatross Diving Club, members and coaches

Essential Club Administration

Coach Training & Development

All expenditure is recorded and audited annually in accordance with UK legal requirements.

To ensure the smooth running of the club we remind members of the following

All fees are due on the first of the month

Failure to pay by the due date will result in a reminder

If fees remain unpaid for thirty days after the due date the committee retains the right to suspend a diver from some, or all of the club's activities.

Our costs do not stop because a member stops. Fees cannot be viewed on a per session basis and no refunds will be given

Fees remain payable during holidays

Fees remain payable during periods of injury or illness. In the case of long-term absence (over 8 weeks) divers are encouraged to contact the executive committee as soon as possible to explain their situation. It is possible we may be able to help under the terms of our hardship fund.

Hardship Fund

Albatross Diving Club upholds the principle that, as far as is possible, no diver should be prevented from realising their potential in the sport of competitive diving through financial hardship which may occur through illness, redundancy etc.

Should you face financial hardship, for whatever reason, you are invited to contact The Executive Committee via The Chairperson, Welfare Officer or Treasurer. Albatross Diving Club will consider individual circumstance and, dependent on resources available, may be able to offer assistance in the short-term.

All such applications will be treated in strictest confidence. Each case will be considered individually and, as this is a charitable fund, there can be no precedents.



Club Kit

To foster team identity Albatross Diving Club has a team kit. Our team colours are green and white with navy and we have designed a range of clothing for training and competition

An official Team Albatross polo shirt, shorts and tracksuit must be worn to all competitions.



An official Team tracksuit must be worn in

parades

medal ceremonies

team photos

In accordance with the code of conduct all competitive divers must wear official Albatross trunks/costume on club night (Tuesdays) and at the annual gala for the parade and diving display.

Optional Club Kit includes

Kit bags

Hoodies – team & club

Chamois & other kit – as available

Non- competitive Diving Club Polo Shirts & hoodies - blue



Club kit may be purchased from the club shop, which is open on the balcony on club nights – Tuesday evening. Club kit is also often sold at club events and on occasional Saturdays. Detail of who is responsible for the club shop is on the web site albatrossdiving.org

Structure & Administration



Team Identity Team Spirit



Divers may choose to wear a costume/trunks of their choice for all competitions unless told otherwise by the team event co-ordinator

Diving Programme

The following section contains details of our diving programme from Learn to dive through to our competitive squads

Our programme is structured to ensure

an advancement of excellence in diving alongside the personal fulfilment and achievement of all those involved with the sport



Photo - Matt Bailey

Albatross Divers dive as either

A Competitive Diver as a member of one of our Selective Competitive Squads

Coaching staff are responsible for selection.

Divers are expected to compete at a level compatible with their ability and commitment

A Recreational Diver as a member of our Learn to Dive Programme

Learn To Dive Programme

Divers on the Learn to Dive Programme are “associate” members of the club. Their lessons follow school terms and they are supervised by a designated coach. The supervising coach is supported by assistant coaches. Divers on the Learn to Dive programme are largely non-competitive divers (although they have their own events at the Christmas Gala) and are coached toward the club awards grade system.

Many competitive divers started their diving career within the learn to dive programme. Albatross coaches regularly review divers within LTD and will advise any diver showing an aptitude for the sport accordingly.

Learn to Dive - Improvers

These divers are selected from the Learn to Dive Programme. They are divers who the coaching team feel may show an aptitude for competitive diving. New divers enter this squad as an induction and do not compete at competitions. Improvers may pass into the Right Track Squad or are recommended to return to the learn to dive programme. They are managed by a designated lead coach.

**Albatross Diving Club is committed to identifying potential talent in diving.
If you would like to be considered for a competitive Diving Squad please speak to a coach**



Competitive Squads

Within the competitive part of Albatross Diving Club divers are appointed, by the coaching team, to one of six squads:

Right Track
Junior Skills (12 yrs & under)
Senior Skills (13 yrs & over)

Age Group
Junior Elite
Masters

These squads are largely based on competition skill levels. A diver diving in skills squad will have the dry and wet dive skills to compete in skills levels competitions appropriate to their age. Similarly a diver in age group squad will have achieved a level of competence in diving that allows them to meet the conditions of age group competitions.

SQUAD	COMPETING AT	WORKING TOWARDS
RIGHT TRACK	LEVELS 1-2 in accordance with squad rules	Level 2
SKILLS - junior & senior	Level 2	Level 3
AGE GROUP	Level 3	Level 4
ELITE	Levels 4/5	National Selection / Junior international selection
MASTERS	Masters competition If a diver is not competing on the GB Senior circuit then, once they reach the year they turn 18, they are considered a master. they are supervised by designated coaches and compete in masters events as applicable	

CLICK HERE to find out more about the standard of competition at different levels. By looking at National Results you can see the dives performed in each age group and the scores achieved

[Click here to find out more about the different competition levels](#)

Why a squad system?



A squad system ensures effective coaching for all divers as coaches train divers of similar ability, attitude and commitment together. The coach is able to give more individual attention to a diver's specific needs and provide suitable levels of support and encouragement.

A squad system, based on achievement and attitude, motivates and encourages divers. It promotes an appropriately challenging environment whereby divers want to achieve and attain goals and are directly rewarded for doing so. Divers enjoy training and are spurred on not only by their own success, but also from that of their peers.

A squad system ensures everyone realises their potential in diving

Squad Selection and movement

The squad system is co-ordinated by the lead Coach and divers are selected by the coaching team at coach meetings where all divers are regularly reviewed

The squad system is based on merit - attitude, potential and achievement - not age

The coaching team takes the following criteria into account when selecting the squads:

General attitude, dedication & maturity

Willingness to compete & learn new dives

Attitude & commitment to dry training

Flexibility, strength & general fitness

Achievements in past three months

Level of step grades achieved

Level of competition dived in & results

Attendance

Squads are fluid. A diver may move up or down depending on individual circumstances

Squad promotion – benefits and responsibilities



The promotion to a higher squad is recognition by all the coaching staff of both a diver's performance, commitment and attitude.

Divers in more senior squads will have shown that they have a positive approach to training. They attend wet and dry sessions regularly and always inform their coach if they cannot make a session. They are prepared to work towards learning new dives even when this takes them outside their comfort zone. They listen to coaching points and work hard to make changes. Squad promotion brings prestige and an increased eligibility to training sessions.

There are also responsibilities. Divers in more advanced squads are expected to serve as a positive role model to less experienced divers within the club; leading by example in the gym and the pool. They will already show a supportive and positive attitude to all coaches and divers, at home and when away at competition. They will be expected to be available to dive at a range of competitions throughout the year. These competitions will be decided through discussion with a coach and will not necessarily be the same each year. Attendance at these competitions is used to build experience in competitive diving and to monitor progress

Eligibility for Training

Training time at Central Pool, Woodford Park and all external venues is closely managed by the lead Coach. This is to ensure safe and effective coaching for all divers at all times.

All training, apart from Tuesday's club night, is by the strict invitation of the diver's coach.

As a diver starts in the right track squad they will have access to two sessions per week. As the diver moves higher up the squad list, training sessions may increase in accordance with that divers needs.

On Tuesdays and Saturdays, the pool time is divided between all six squads. Other diving sessions, used by more advanced squads, may include Monday, Thursday or Sunday

Under certain circumstances (preparations for a major competition) the lead Coach may allow a diver additional diving time



**As with any team based system,
a diver continuously earns their position.
Squads are fluid and divers may move up or
down to optimise individual training**

The Albatross coaching team operate a grading system called "Stepping Stones". This is based around the [ASA Diving Awards Scheme levels 1-7](#) and the requirements for ASA Level 2 National Competition (skills).

The steps relate to the following competition levels (detailed later in this handbook)

STEPS	COMPETITION LEVEL/REQUIREMENTS
1 - 6	Level one
7 - 10	Level two - skills
11 - 12	preparation for Level three - age groups



The steps cover skill chain progressions: line ups, jumps and dives. They have been designed to ensure that divers work hard at their core skills and essential mechanics. For example jumps and line ups are lead-up skills for the dives that will be required for later steps.

Assessment for steps will be conducted at regular intervals especially within the right track programme.

Steps 1 - 7 must be completed by all divers within the right track squad before officially moving on to another squad.

Divers should be aware that:

Springboard moves may have to be performed standing, with an arm swing, with a bounce or with a hurdle approach. The precise requirement will be specified.

Platform moves will be specified with or without arm swing.

All feet first dives must enter the water with the arms at the side, but for jumps they can be up or down (the key is to show correct form/shape and control).

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

Total Commitment



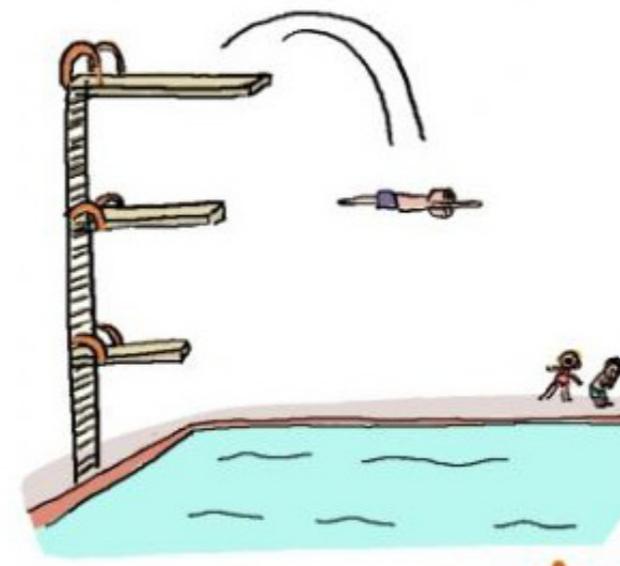
Sudden Regret



Class Clown



Certain Doom



Coaches

The coaches' are responsible for the divers' tuition, poolside management and team selection. All adult coaches are DBS ([UK Government Disclosure & Barring Service](#)) checked in compliance with the ASA. All adult coaches will also have attended an ASA recognised workshop on Safeguarding & Protecting Children

The coaches nominate a lead coach. The lead coach is responsible for all coaching related functions within the club. Specific tasks are delegated to individual coaches including

Squads
Grading system
Competitions

Induction & trials
Education and development
Officials

All Albatross squad coaches either hold a current ASA [Level 2 or Level 1 Award in coaching diving](#) (QCF).

Wherever possible, coaches hold a [National Rescue Award for swimming teachers and coaches lifesaving certificate](#). Some are also qualified in trampolining, gymnastics and swimming.

Assistant Coaches

Assistant coaches hold the [ASA Level 1 Award in Coaching diving](#) (QFC). In accordance with ASA ruling Assistant coaches only coach under the supervision of a Level 2 coach.

Divers (14 years and over) are encouraged to help coaches within our Learn to Dive Programme as appropriate with a view to taking an ASA Level 1 qualification at the age of 16 years



Safeguarding & Protecting Children



Fit to Dive

The following section covers; illness & injury, drugs in sport, nutrition & hydration, plus a summary of dryland training and its vital role in building and perfecting all the skills needed in diving.



Photos- Matt Bailey

Fit to Dive - Illness/Injury



The club must be kept informed of all long-term medical conditions which may impact on training or participation at competitions both at the pool and away.

If your child has any illness or injuries at any time you must inform their coach of its full nature and any action that should be taken in the event of an acute worsening or attack.

Common ailments/conditions that should be notified include:

- Asthma
- Diabetes
- Epilepsy
- Skin conditions
- Colds / Flu
- Skeletal problems: knee, foot, neck, wrist & back
- Ear Nose & Throat Problems

Parents & Divers

If you have concerns about any illness or injury remember

“If in doubt check it out”

Seek professional medical advice and keep your coach informed

Learning How to Perform Proper R.I.C.E. TREATMENT

R.I.C.E. treatment is an acronym for rest, ice, compression and elevation. It is commonly used to speed up healing and reduce pain and swelling caused by mild to moderate injuries such as sprains, strains and bruises.



Rest
Stop using injured part, continued activity could cause further injury
Use **crutches** on injuries of the leg, knee, ankle or foot. Splints for the arm, elbow, wrist or hand



Ice
Sudden cold contracts capillaries and blood vessels and helps stop internal bleeding
Keep damp or dry cloth between skin and **ice pack**.
In 3 days after injury **apply ice** every hour for no longer than 10-20 minutes at a time



Compression
Hastens healing time by reducing swelling around the injury
Use **elasticised bandage, compression sleeve or cloth**
Wrap injured part firmly (preferably with ice) but not too tight as it may impair blood supply and cause more swelling



Elevation
Elevate injured part above level of the heart
Decreases swelling and pain
Use objects and pillows for props



Tips to Recover from Injury Faster

- ✓ Follow RICE method for 2 - 3 days
- ✓ **Stretching** helps to loosen your muscle. Perform stretching exercise daily during training or treatment of an injury
- ✓ If you still feel pain then it is best to visit a doctor

See a Physiotherapist or Doctor
If Pain Continues after 3 Days of applying RICE Treatment
Physiotherapist or Doctor will recommend further treatment and/or strength and stretching exercises



Drugs in Sport

Albatross Diving Club is committed to promoting the ideal of drug free sport through the education of all its members



UKAD is the national organisation dedicated to protecting a culture of clean

sport. UKAD in association with sporting bodies such as the ASA raise awareness of doping in sport through an extensive education programme. UKAD help athletes to understand and follow the rules, and prosecute offenders.

Ultimately, UKAD are working for everyone who loves sport – whether competing, training or spectating. They are creating an environment where all athletes know they can compete in the true spirit of sport.

It is vital that all competitive divers understand the issues and rules relating to doping in sport. This becomes critical once divers compete at National competitions -Skills, Age Groups or Junior Elites - where any diver of any age may be tested. If

tested a diver may then have to complete a [Therapeutic Use Exemption form \(TUE\)](#).

Different rules apply to divers competing internationally or in British Diving's podium or podium potential squads. To find out more about the UKAD 100% me campaign and how you can stay "clean" throughout your diving journey visit [the athlete's zone](#).



Divers must be aware of all medicines & supplements This includes things prescribed by a doctor or purchased from a pharmacy or other retail outlet It includes all supplements such as vitamins, Creatine and Echinacea, along with anything that you may apply to your skin or agents such as eye drops, ear drops, nasal sprays and inhalers. It is vitally important you check out everything.

Check it Out

You alone are responsible for checking any medication.



Ignorance is not a valid defence and your coach is not responsible.

To check if your medication or supplement is banned in the sport of diving go to www.globaldro.com/uk/search

At Albatross we believe diving should be fun and can be enjoyed at all levels. However, should you wish to advance as a competitive diver then you need to work to achieve, & improve, the following

Strength – Diving is a high impact sport

- Strong “core” – abdomen & lower back
- Strong ankles & legs for take offs
- Strong wrists for entries & hand stands

Power – diving is an explosive sport

- Fast & “springy” jumps

Flexibility – Diving is about forming & holding “shapes”

- Shoulders – sit in L. flat back with arms raised to ears
- Achilles – full squat with heels remaining flat on floor
- Ankles & Toes – extend into full ballet point
- Japana – sit in straddle and get nose to floor with flat back
- Splits – right and left leg forward & box with chest raised

Balance

- Competent hand stands – good alignment

Spatial Orientation & Awareness

- Fine motor co-ordination is key in the execution of dives



Of course some diver’s will have the advantage of naturally having some of these attributes. However it is unusual to find them all in one person
EVERYONE CAN IMPROVE

**“Did you know:
Top Divers spend over half of their training time out of the water on dry land!”**

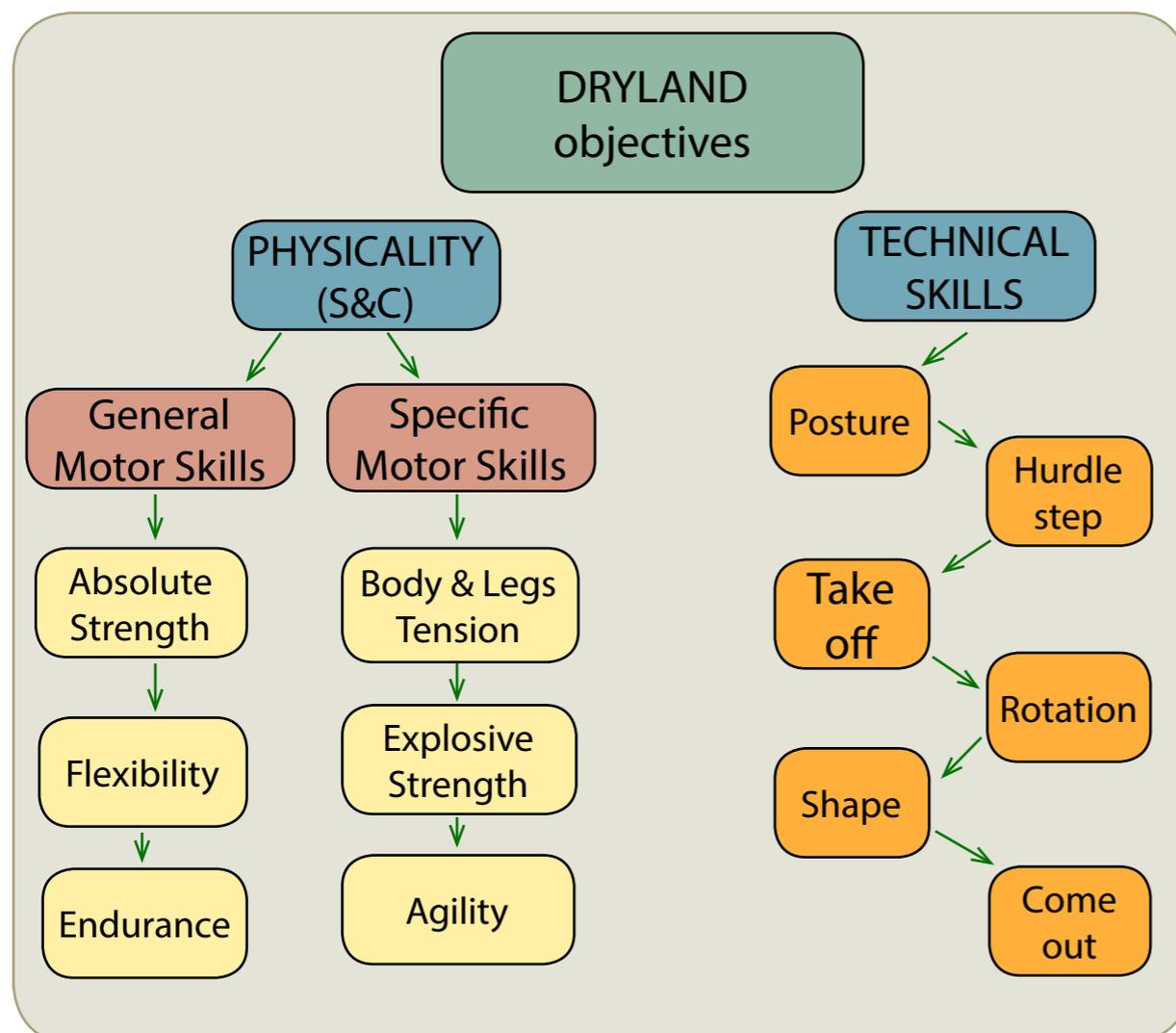
Dry Training - far more than a warm up

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



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?

What does Dry Training actually involve?

All divers at Albatross follow a programme of Dry land Training. There are sessions in the gym at Central Pool and, for squad divers, at our Dry Gym at Woodford Park Leisure Centre. Depending on your skill level dry training will involve:

WARM UP All divers will perform a light pulse raiser for at least 5 minutes before wet or dry training sessions by skipping, jogging, step work etc. This prepares the body and mind for exercise.

FLOOR WORK & STRETCHING includes own body weight exercises such as gymnastic skills & conditioning using Swiss ball and elastic bands.

JUMP & SOMERSAULT PRACTICE using Somersault boxes, springboards, sprung floor, foam pit and jump mats

WALL BARS are used to develop strength & power.

DRILLS & MIRROR WORK to develop posture & fine motor co-ordination. The diver performs dive skills on dry land paying close attention to correct sequencing, body alignment etc. Mirrors allow the diver to self-correct.

TRAMPOLINES are used to isolate moves & practice dive sequences leading up to final goal dives. Divers build confidence in take offs, shapes somersaults & twists with the coach able to advise closely on correct technique.

DRYBOARDS are diving boards with no water! Used for intense coach led training in all aspects of approach, take off & flight for specific dives.

SPOTTING RIGS & BELTS are used with dry boards & trampolines. The diver is supported by the coach whilst learning or developing a dive sequence. This removes fear. At the same time a diver is able to “feel” the move & work on visual spotting; the vital skill of knowing when to come out of a dive



Dryland Training Facility - London Aquatic Centre

It is essential that divers at all levels warm-up effectively prior to a competition. This will involve a light pulse-raiser for 5-10 minutes, followed by appropriate stretching & mobilisation exercises and dive specific drills relevant to the competition ahead. If you are unsure speak to your coach!

Remember a warm-up not only prepares you physically it is also vital for mental preparation too.

As you progress as a diver and attend larger competitions there will be pre-competition dry-training opportunities. It is really important that you learn how to utilise these sessions effectively.

All divers are different. You will find it helpful to develop a physical and mental pre-competition routine which works for you. Your coach is key here & will be able to help and guide you appropriately.



Computer games & mobile phones are great! However, they should not get in the way of effective pre-competition warm-up, dry-training and mental preparation

Fit to Dive – Other Sports

As a young diver you are probably involved in other sports as well as diving. This is great! British Diving advises that young divers participate in a variety of sports to build fitness, strength and spatial skills.



Parents often ask which sports in particular complement diving.

**Ballet,
Trampolining
Gymnastics**

All these activities are key in developing good posture, strength, flexibility and spatial awareness

Yoga may also be of benefit to divers at every level.

KEEP A HEALTHY LIFE BALANCE

If you often feel tired, or your performance drops in sport or at school, it may be that you are trying to do too much!

Nutrition & Hydration

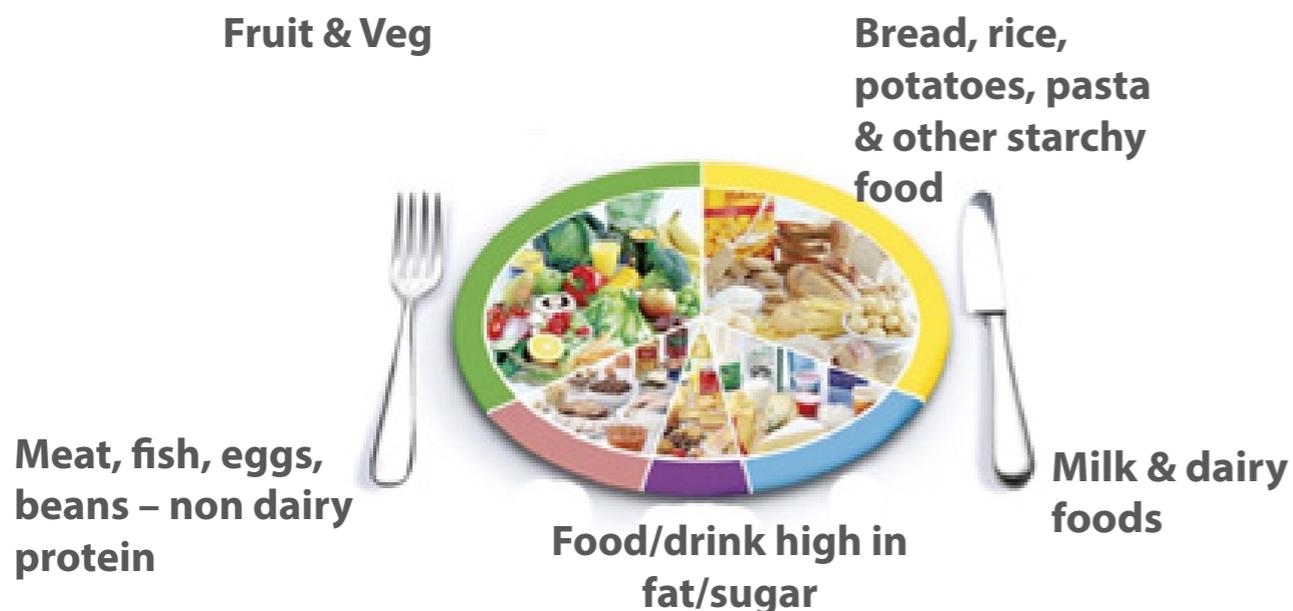
Remember: You get out of our body what you put in. A balanced diet is essential for good health and to make sure you are the best diver you can be. You need food to provide fuel for your muscles during training and to make sure you recover after training or a competition. If you don't eat well you will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



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>

Top nutrition tips for young athletes

[English Institute of Sport](#) Head of Performance Nutrition, Jeni Pearce* has the following top nutrition tips for athletes

There are no good foods or bad foods. Balance & moderation are the key. Eat a wide variety of foods from a range of food groups to provide energy to train, compete and to grow.

Eat many different foods. Try new foods and flavours often. Young athletes must develop flexibility in their food choices to help them prepare for travel and the unexpected. An athlete who restricts foods and flavours potentially limits nutrient intake and the ability to be flexible when training or competing away especially overseas.

Drink fluids to keep hydrated. This is especially important if competing in heat and humidity

Eat plenty of fruit and vegetables. Aim to eat at least five servings daily of different colours as these will provide key nutrients - vitamins, minerals and antioxidants - for growth and sports performance. Use a range of fresh frozen and dried.

Choose Snacks Wisely Snacks provide valuable energy for athlete growth and performance. High fat treats should be for special occasions, rather than daily and eaten away from training and competitions

Eat enough foods rich in Calcium and Iron for growth and development These two nutrients have key roles in sports performance. Calcium helps build the strong bones that athletes depend on and iron carries oxygen to muscles. You do not need to take supplements. To get the iron you need, eat lean red meats; grains that are fortified with iron; and green, leafy vegetables. Calcium — a must for protecting against stress fractures — is found in dairy foods, such as low-fat milk, yogurt, and cheese.

Sugar has a role but use it wisely. Rely on the natural sweetness of food. Add extra sugar only where additional energy is needed from meals

* After Olympics 2012 Jeni relocated to New Zealand where she is head nutritionist for [High Performance Sport New Zealand](#)

Fats, Proteins & Carbohydrates

Divers sometimes wonder about these. Here are some pointers

Fats as fuel Everyone needs a certain amount of fat each day, and this is particularly true for athletes. That's because active muscles quickly burn through carbs and need fats for long-lasting energy. Concentrate on healthier fats, such as the unsaturated fat found in most vegetable oils. Choosing when to eat fats is also important for athletes. Fatty foods can slow digestion, so it's a good idea to avoid eating these foods for a few hours before and after exercising

Protein power Athletes need slightly more protein than less-active teens, but most teen athletes get plenty of protein through regular eating. It's a myth that athletes need a huge daily intake of protein to build large, strong muscles. Muscle growth comes from regular training and hard work. Good sources of protein are fish, lean meats and poultry, eggs, dairy, nuts, soy, and peanut butter.

Carb Charge Carbohydrates provide athletes with an excellent source of fuel. Cutting back on carbs or following low-carb diets isn't a good idea for athletes because restricting carbohydrates can cause a person to feel tired and worn out, which ultimately affects performance

THE KEY IS TO EAT A WELL BALANCED DIET
<http://kidshealth.org/en/teens/eatnrun.html?view=ptr>

Eating on Competition Days

Most of your body's energy on a competition day will come from the foods you've eaten over the past several days. But you can boost your performance for competition by paying attention to

The types of food you eat and in what proportions The times that you eat

Strive for a competition day diet - rich in carbohydrates, moderate in protein, and low in fat.

Eat a healthy performance meal 2 to 4 hours before the event.

Eat a snack less than 2 hours before the competition. If you haven't had time to have a performance meal, be sure to have a light snack such as crackers, rice or oat cakes, a bagel, low fibre fruits or low-fat yogurt.

It's a good idea to avoid eating more than a very light snack for the hour before you compete or have practice because digestion requires energy — energy that you want to use to win. Food in the stomach can make you feel bloated, lethargic or sick.

The Morning of the Event

Don't dive on empty. Even if you feel nervous, make breakfast happen.



Stick to easily digested foods – cereal with milk, porridge, banana with yoghurt, some fruit or toast with honey. If you're really struggling, try liquid meals such as milkshakes, yoghurt drinks or a real fruit smoothie.

It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you.

A HEALTHY PACKED PERFORMANCE MEAL

Rich in carbohydrates, moderate in protein & low in fat your meal should contain five things:

1. A good portion of starchy food, e.g. wholegrain roll, tortilla wrap, chapatti, pitta pocket, pasta or rice or cous cous;
2. A fist size portion of lean meat, fish or alternative, e.g. chicken, ham, beef, tuna, egg, beans or hummus;
3. Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, small tub of fruit salad or small box of raisins. If you don't like fruit then have 1-2 real fruit smoothies. When competing low fibre fruits are ideal as use less energy to digest
4. A portion of dairy food, e.g. reduced fat cheese triangles, low fat yogurt or fromage frais;
5. A drink e.g. weak juice or water – 500 ml.

Mayur Ranchordas - Performance Nutritionist for British Diving

Fuel between Events (prelims / finals)

Try to eat as soon as possible after you dive to give yourself as long as possible to recover if you have to dive again.

If you can't stomach anything solid, or have little time, try flavoured milk, diluted juice or a fresh fruit smoothie that will help replenish your energy supplies and assist the recovery of muscles.

Remember: High fat and simple sugar foods will do you no favours in competition. Never choose a fast food fix!

DRINK WATER even mild dehydration will reduce mental & physical performance

Ideal foods for training days or competition

Here are some great food choices for when you are at training camps or away at a competition. Remember to keep eating healthy foods from your regular diet as well, such as fresh vegetables, nuts * and fruits.

Water, diluted fruit juice with a pinch of salt or a smoothie (check sugar and additive levels)



Crackers and rice cakes with bananas and/or honey

Cereal bars, fruit bars, sesame snaps, rice cakes (check added sugar levels)

Wholemeal pasta salad – chicken, tuna, ham, pulses

Plain wholemeal sandwiches e.g. chicken, tuna, cheese with salad, banana, peanut butter*



Yoghurt and yoghurt drinks / milkshakes (Sugar/Additive free)



Wholemeal Tortilla wraps or pita bread with filling – see above

Small bags of unsalted nuts e.g. peanuts, cashews, almonds*

Bananas, grapes, apples, plums, pears, strawberries

Prepared vegetable sticks e.g. carrots, peppers, cucumber and celery

Dried fruit e.g. raisins, apricots, mango or fruit flakes

Mini-pancakes, malt loaf



School bars or flakes



Muller rice or low fat fromage frais



***NUT POLICY**

Some people are allergic to nuts and can suffer a life-threatening reaction if they come into contact with them. For this reason nuts & nut products are often banned within clubs, on dive trips, at camps etc.

Please take this seriously and consider your team mates

Packed Lunch Ideas

<p>Tuna and pasta salad with canned tuna, chopped peppers and a little olive oil and lemon juice Banana Handful of raisins Slice of flapjack Low fat yogurt 500 ml water/weak real fruit juice</p>	<p>2-3 Granary rolls with turkey and salad Sticks of pepper Peach or nectarine 2 museli bars Carton of chocolate milk 500 ml water/ weak real fruit juice</p>
<p>Tortilla wrap with mixed beans, grated cheese, lettuce and a little soured cream Handful of grapes 2 Fruit fromage frais Small packet of snack-a-jacks innocent smoothie 500 ml water/ weak real fruit juice</p>	<p>Chicken rice with cherry tomatoes and apricots Innocent smoothie 1 muller rice 1 banana 500 ml water/ weak real fruit juice</p>
<p>Chicken pieces with pasta shells, pesto, spinach Handful of nuts 2 yogurts Small packet of snack-a-jacks innocent smoothie 500 ml water/ weak real fruit juice</p>	<p>Couscous salad with grilled Mexican chicken, chopped peppers and sultanas Small tub of fruit cocktail in juice 1 yogurt yop drink 500 ml water/ weak real fruit juice</p>
<p>If there are any leftovers from dinner the night before, you can pack this in a plastic container. E.g. Rice with 1 chicken breast + mixed veg and tomato based sauce Combine with fruit & dairy combos as above 500 ml water/ weak real fruit juice</p>	<p>THESE ARE JUST IDEAS</p> <p>EVERYONE IS DIFFERENT</p> <p>It is important to select food that you like and agrees with you!</p>

FOODS TO AVOID IN TRAINING & COMPETITION

As young divers you will already be eating a varied and balanced diet. We all love treats but the following foods will do you no favours in training or competition and are best avoided at those times

Purchased Sandwiches that contain

- Sausage
- Bacon
- Mayonnaise
- Chips
- Hidden fats such as chicken tikka

Anything from Subway, KFC, McDonalds, Burger King or other fast food chain

Chocolate

Chips and fried foods such as chicken nuggets

Chocolate biscuits or fatty cakes

Doughnuts

Pizza or French stick with pizza topping

Pies and pastries including pork pies & sausage rolls

Fizzy drinks including J2Os and flavoured fizzy waters



Prepared by Mayur Ranchordas - Performance Nutritionist for British Diving

Organisation of Competitive Diving

The following section gives an overview of competitive diving from the organisations involved to how competitions are structured.

You will also find details of the different competition levels and an indication of qualification scores

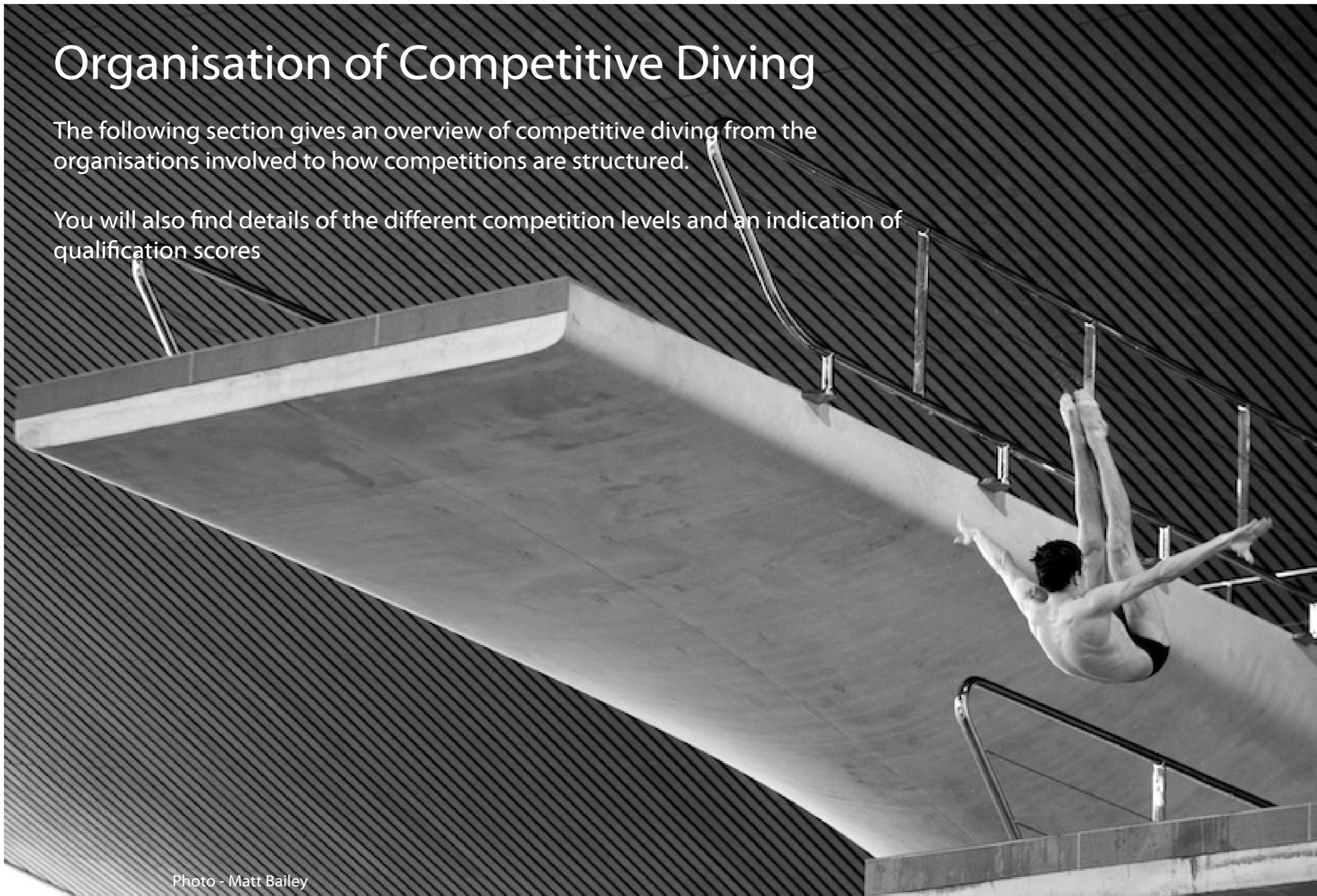


Photo - Matt Bailey



Fédération Internationale de Natation (FINA) is the International Governing body for all aquatic sport including diving.

www.fina.org/discipline/diving



The Amateur Swimming Association (ASA) (part of swimming.org) is the governing body for the organisation of diving within the United Kingdom. The ASA is split into regions with each region responsible for organising their own competitions.

www.swimming.org/britishswimming/diving



The SE Region ASA

Albatross Diving Club is situated in the South East Region of the ASA which includes Berkshire, Buckinghamshire, Hampshire, Kent, East and West Sussex, Surrey and Oxfordshire.

www.southeastswimming.org/diving/

In addition to official ASA sponsored events there are many competitions for all levels hosted by individual diving clubs or bodies such as The English Schools Swimming Association ESSA www.essa-schoolswimming.com/diving. These competitions usually run under FINA rules.

Competition Conditions

All diving competitions publish conditions in advance. These conditions will specify amongst other things

- Requirements – groups and tariff limits in each event
- Expected standard - usually expressed as a score
- Exclusions – e.g. a diver who has dived previously at a certain level may be excluded
- Timings for submission of dive sheets
- Entry fees /closing dates

Competition Age Categories

Junior divers compete in age bands denoted by a letter. Each band covers two years.

The age group in which a person dives is their age within the year from January 1st to December 31st. Therefore a person who turns 12 on 31st December would dive as a 12 year old for the whole year preceding their birthday

Under 8 Years	8-9 Years	10-11 Years	12-13 Years	14-15 Years	16-18 Years
F	E	D	C	B	A

Divers compete against others in the same age band.

The only exception to this is if the conditions of a competition allow a diver to compete in a higher age band. This may occur if a diver wishes to gain a qualification score for an event which would be held the following year.

Divers are never allowed to dive in a younger band.



Competition Levels

There are many different competitions held throughout the year. These competitions have their own specific requirements, are aimed at different groups of divers and are hosted by various organisations including FINA, British Diving, Regional ASA Bodies, ESSA and individual diving clubs. Each event will have stated eligibility criteria. These criteria are strictly enforced by governing bodies especially at National Events.

Level Zero	
Type of Event	Run by
Flip 'n' Fun	Club, County
Aimed at Learn to Dive or Recreational participants looking for a largely fun event. Encompasses ASA Diving awards up to Grade 2, Level 2	

Level One	
Type of Event	Run by
Skills Development Flip 'n' Fun	Club, County, Region
Aimed at Learn to Dive or novice skills participants looking for a largely fun event. Used to gain first competition experience by divers wishing to progress to Level 2 - Regional and National skills	

Level Two	
Type of Event	Run by
Skills Development Skills Finals Invitational Meets Talent Games	Club, County, Region County, Region, National Leeds, Sheffield, Bradford, Southampton & others National
Aimed at divers who are taking the next step towards competitive participation. To compete at this level Albatross divers should have passed step 7. To compete at National Skills finals divers will have achieved qualification points relevant to their age at a Regional event - Pete Waterfield or Regional Skills. Talent Games is a specialist competition focusing on young divers who have a chance of being selected for British Diving funded Regional and National Talent Development Programmes and ultimate progression to L3 diving and beyond.	

Level Three	
Type of Event	Run by
Invitational Meets National Age Groups English Schools	Plymouth, Leeds, Southampton, Luton Regional National ESSA Division & National
Aimed at divers who want or need the challenge of putting together a more comprehensive dive list usually from 3 different board heights. Divers must be capable of performing lists of dives as specified in the event requirements to a satisfactory level (see standard scores for a guide). Divers compete for the opportunity of selection to Regional Development Camps according to strict selection criteria. The events also serve as a stepping stone to Junior Elites.	

Level Four	
Type of Event	Run by
Invitational Meets Elite Juniors GB International Events English Schools	Plymouth, Leeds, Southampton, Luton National CAMIO Aachen, Junior Europeans, Junior Worlds ESSA Division & National
For divers who are capable of performing the FINA list of dives, required for their age group to a satisfactory level (see standard scores for a guide). The UK's leading juniors compete at this level Nationally for the opportunity to be selected for Regional and National Development Camps; the World Class performance programme (Foundation level & beyond) plus the junior international competition circuit.	

Level Five	
Type of Event	Run by
Seniors GB International Meetings	National (English/British) FINA Grand Prix Circuit & major LEN & FINA meetings
For divers who are capable of performing the FINA senior list of dives, regardless of their age group. The UK's leading divers compete at this level Nationally to be selected for the World Class programme (Podium potential/Podium levels) & the junior international competition circuit. Selections are also made for the Senior FINA Grand Prix Circuit	

Competition Selection - National Finals

Divers and parents often ask how selections for National competitions are made.

Qualification points for National Skills, Age Groups and Junior Elite Finals are set by ASA Advisory panels and reviewed each year. [The points are detailed on pages 56-57.](#)

Points make up part of the entry requirements for each event. Points also inform coaches who make sure divers are entering competitions at the right level. Albatross Diving Club is bound by these rules and expects all divers to achieve qualification to be considered for finals selection.



ASA National Skills Final

Divers are required to gain qualification points at either

- Pete Waterfield,
- White Rose
- ASA Regional Qualification event L2

This places a cap on diver numbers for this large event. It also ensures the competition operates at the expected level making it a positive experience for all involved.

ASA National Age Group Final

Divers are required to gain qualification points at either

- Level 3/4 Competitions during the preceding year (Armada Cup, Southampton Invitational, G Star or Luton Challenge)
- Last year's National Final if remaining in the same age category
- ASA Regional Qualification Event L3

SELECTING ALBATROSS TEAMS

Following Regional Qualifiers the Albatross coaching team review the performance of all divers. Scores achieved are considered against a range of factors: competitive record, performance in training, personal circumstance etc. The Albatross team for Skills and Age Group National finals is then selected. On rare occasions the team may include a diver who failed to reach qualification scores by a few points.

Please be advised

- There is no set margin by which a diver falling "short" automatically makes a team.
- All decisions are individual. One diver failing to make points may be selected whereas another may not make the team.
- There is no precedent i.e. just because a diver who was "certain points short" went to finals in one year doesn't mean the same would apply to them or another diver the following year.

The only way a diver can guarantee consideration for an Albatross Finals Team is to achieve the stated points

All decisions are made by the Coaching Team

[Click here](#) to see National Results from Skills, Age Group and Junior Elite Competition This is helpful as you can see the dives that are being performed at these events and the scores achieved.

If you have any concerns surrounding your dive training or team selection please speak with your coach.
You may also contact the lead coach, Malcolm Green.

National Skills Final

Under the rules of the event all divers must achieve the qualifying standard to be eligible to compete in the National Skills final.

In the South of England Pete Waterfield or Regional Skills are designated as qualifying events. No Zone Squad divers are eligible to compete.

AGE GROUP	QUALIFYING SCORE	DETAILS
group E	240	a circuit of pre-designated skills performed on the poolside, 1m and 3m boards plus two optional dives chosen from a prescribed list from the 1m board.
Group D	255	
Group C	270	
Group B+	250	

Event Conditions 2017 - See general conditions for eligibility criteria

GENERAL CONDITIONS FOR ASA NATIONAL DIVING COMPETITIONS

1. A diver may only compete at skills finals and ASA age groups in the same year if they have been a registered ASA diving competitor for less than 2 years.
2. Once a diver has competed at ASA National Age Group level they are excluded from competing at future skills finals, except with the written approval from the ASA diving committee when moving into the B+ age group
3. If a diver has competed at the Elite Junior Championships they are not eligible to compete at future ASA National Age Groups, except with written approval from the ASA Diving committee when moving up an age group
4. If a diver has competed at any senior championships in any event, including synchro, they are not eligible to compete at future ASA age group competitions

FAILURE TO COMPLY WITH THE ABOVE CONDITIONS WILL RESULT IN DISQUALIFICATION

Definitions – competing/competed. Divers are considered to be competing or to have competed at a certain level if they entered the contest even if they didn't dive due to injury or illness

**Conditions detailed here are given as a guide only. Event Conditions are always specific to each event and are reviewed and published each year
ALWAYS CHECK THE LATEST DETAILS**

National Age Group Final

To enter National Age Group finals Albatross divers are expected to achieve the qualifying standard in any of the L3/4 Club hosted Grand Prix events (Southampton, Luton, Plymouth, Leeds) or at a Regional Age Group Qualifier. Divers may also qualify at the previous years event if remaining in the same age group

AGE GROUP	BOARD HEIGHT	CONDITIONS	STANDARD
D	1M	3 dives from 3 groups (5.4 dd) +,2 dives from 2 groups (4.4 Dd)	130
	3M	3 dives from 3 groups (5.7 dd) +,2 dives from 2 groups (4.6 Dd)	135
	5M	3 dives from 3 groups (5.4 dd) +,2 dives from 2 groups (4.8 Dd)	130

C	1M	3 dives from 3 groups (5.4 dd) +,3 dives from 2 groups (6.9 Dd)	160
	3M	3 dives from 3 groups (5.7 dd) +,2 dives from 2 groups (7.9 Dd)	165
	5 / 7.5M	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (7.8Dd)	160

B	1M	4 dives from 4 groups (7.5 dd) +,3 dives from 2 groups no limit	180 girls 190 boys
	3M	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit	190 girls 200 boys
	5/7.5/10M	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups no limit	165 girls 180 boys

A	1M	5 dives from 5 groups (9.0 dd) +,3 dives from 3 groups no limit	210 girls 230 boys
	3M	5 dives from 5 groups (9.5 dd) + 3 dives from 3 groups no limit	220 girls 245 boys
	5/7.5/10M	4 dives from 4 groups (7.6 dd) + 3 dives from 3 groups no limit	190 girls 215 boys

Event Conditions 2017 - See general conditions for eligibility criteria

For more information about National Age Groups check out the [ASA Diving Hub](#)

National Junior Elites Final

AGE GROUP		BOARD HEIGHT	CONDITIONS	STANDARD
C	girls	1M	5 dives from 5 groups (9.0 dd) +3 dives	230
		3M	3 dives from 3 groups (9.5 dd) + 3 dives	250
		5/7.5	3 dives from 3 groups (5.4 dd) + 3dives	230
C	boys	1M	5 dives from 5 groups (9.0 dd) + 3 dives	240
		3M	5 dives from 5 groups (9.5 dd) + 3 dives	260
		5M	4 dives from 4 groups (7.6 dd) +3 dives	240
B	girls	1M	5 dives from 5 groups (9.0 dd) + 3 dives	260
		3M	5 dives from 5 groups (9.5 dd) + 3 dives	280
		5/7.5/10	4 dives from 4 groups (7.6 dd) +3 dives	250
B	boys	1M	5 dives from 5 groups (9.0 dd) + 4 dives	310
		3M	5 dives from 5 groups (9.5 dd) + 4 dives	330
		5/7.5/10	4 dives from 4 groups (7.6 dd) + 4 dives	300
A	girls	1M	5 dives from 5 groups (9.0 dd) + 4 dives	270
		3M	5 dives from 5 groups (9.5 dd) + 4 dives	300
		5/7.5/10	4 dives from 4 groups (7.6 dd) + 4 dives	290
A	boys	1M	5 dives from 5 groups (9.0 dd) + 5 dives	350
		3M	5 dives from 5 groups (9.5 dd) + 5 dives	390
		5/7.5/10	4 dives from 4 groups (7.6 dd) + 5 dives	370

Event conditions 2016

**Conditions detailed here are given as a guide only. Event Conditions are always specific to each event and are reviewed and published each year
ALWAYS CHECK THE LATEST DETAILS**

SCORES & STANDARDS - NATIONAL AGE GROUPS & JUNIOR ELITE

Qualification scores are set by a National Technical Panel and reviewed annually.

All scores continue to be recommended scores for 2017, however it is strongly advised that all coaches encourage their divers to achieve their required score at one or more of the following events

- Regional event
- Last year's National Event – as long as they remain in the same age group

Coaches fielding divers considered by British Diving Managers to be competing at the wrong level will be approached by British Diving's Managers and given advice on competition selection



For more information and regular updates on British Diving competitions and team selections visit the [ASA Diving Hub](#)

Albatross Competitions

Albatross hosts two competitions each year;

The Albatross Interclub

Usually held in June, this is a competition for level 1-2 divers. The competition is extremely popular and attracts divers from clubs throughout the South and South East.



The Albatross Christmas Gala

Held in December this is our own in-house club competition. There are events with trophies and/or medals and certificates for all squad divers and all divers from our Learn to Dive programme.



The Christmas Gala also usually involves:



The Albatross Diving Display in which all squad divers and some divers from our Learn to Dive Programme show off their diving talent in a choreographed diving spectacular.



Synchronised Diving Event where club divers pair up and compete as synchronised pairs whilst wearing fancy dress.

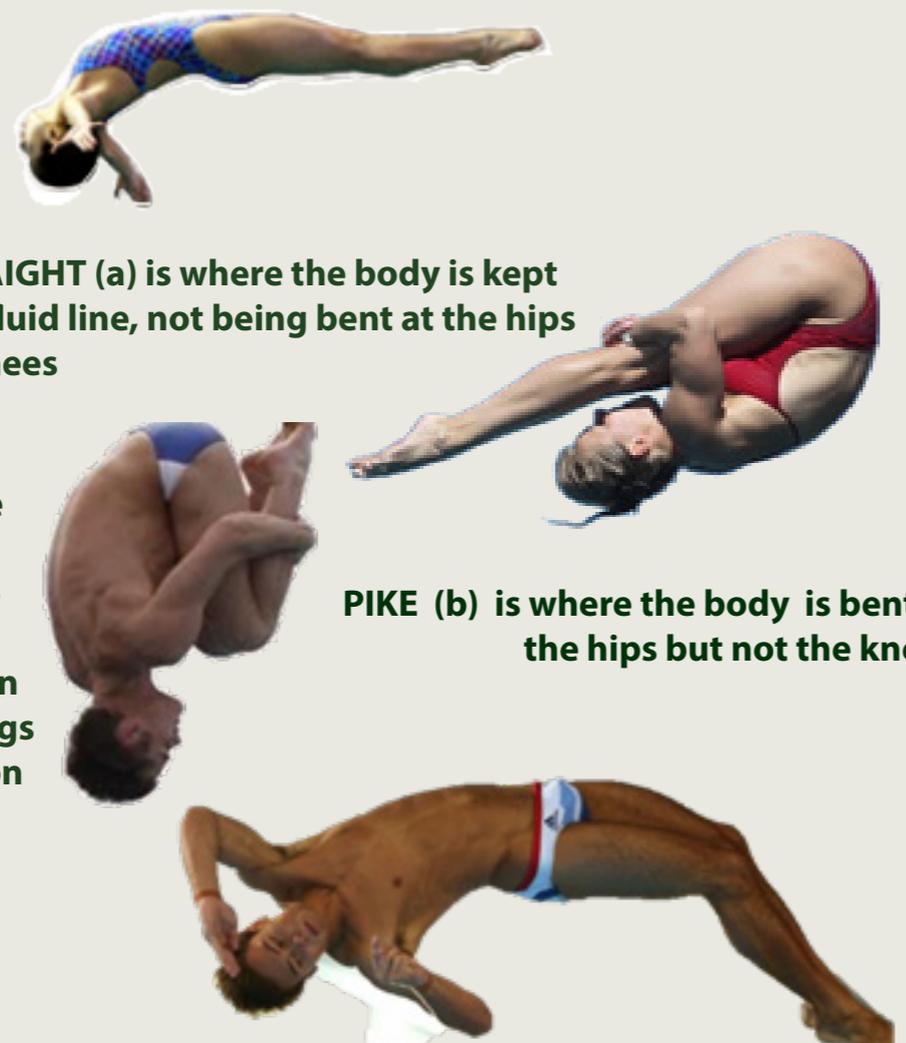
Adult "fun" Diving Event when we encourage parents/adult family members to show our divers how it should be done!



The Diving Competition Explained

Dive Positions - [More info at the ASA Diving Hub](#)

The sport of diving, and all the dives within it, are based on four distinct body positions: Straight, pike, tuck and free. These positions are given the letters a b c & d respectively



STRAIGHT (a) is where the body is kept in a fluid line, not being bent at the hips or knees

PIKE (b) is where the body is bent at the hips but not the knees

TUCK (c) involves the body being bunched up tightly with the hands on the lower legs and knees on the chest

FREE (d) is only for twisting dives and can be a combination of at least two of the other positions. So a diver can bend their legs or their hips without being penalised

Dive Groups

All the dive positions can be placed into six different groups

POSITION	GROUP	DESCRIPTION
Forward	1	diver takes off facing forward and rotates forwards
Back	2	diver takes off with their back to water and rotates backwards
Reverse	3	diver takes off facing forward and rotates backwards
Inward	4	diver takes off with their back to the water and rotates forward
Twist	5	any dive incorporating an axial twisting movement These dives can be performed forwards, backwards, reverse or inwards,
Armstand	6	These dives are performed only from platforms and begin from a handstand. They can be performed forwards or backwards, with forward, back or reverse rotation, and may include twists.

Novice divers and parents can often be disappointed when a dive that they think may have looked "good" is awarded a low score

Points will have been deducted for many reasons but often points are lost because the shape has not been made and held properly.

For more information about British diving competitions , dive positions and groups check out the [ASA Diving Hub](#)

The Contest

A diving competition is conducted by

- A referee
- 5 judges, (7 judges in International Competitions)
- 2 recorders
- An announcer.

Competitors may perform any dive they wish providing it meets the requirements of the competition and is from a conventional take off position and they use an exact number of half somersaults and half twists.

The dives to be performed are listed on a dive sheet in the order that they will be done. The dive sheet is submitted to the referee and recorders before the start of the competition. Dive sheets cannot be changed once an event has started. The time limit for pre-event changes will be given in the event conditions.

After each dive, the referee signals to the judges to display their scores. The points scored can range from zero to 10. Each judge will consider five elements of every dive

Starting Position
Approach
Take off,
Flight
Entry

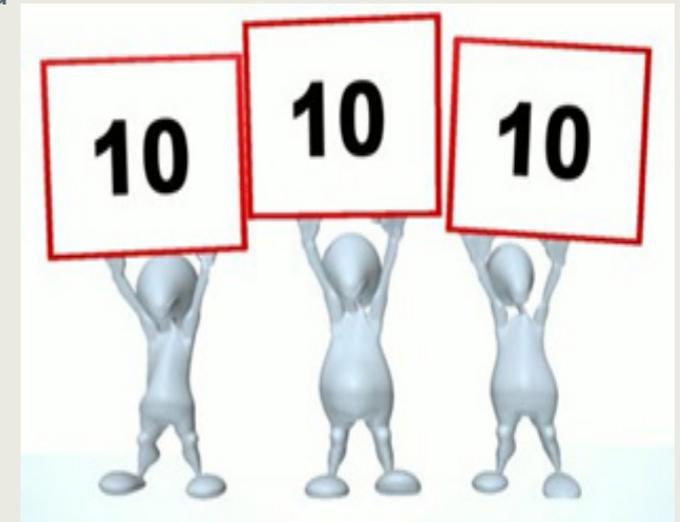
Judges score **having looked at the dive as whole**. Judges do not take the difficulty of the dive into consideration.



Judges will either use hand held electronic scoring devices called j-pads or hold up manual score cards

The recorders keep a record of these scores manually and electronically.

Once scores are submitted the highest and lowest score are discounted. The remaining three (or five) marks are added together to give a raw score.



This raw score is then multiplied by the tariff (degree of difficulty) for that dive to give the final score for the dive.

In synchronised diving events the scoring is essentially the same. However, there is a panel of seven or nine judges; two to mark the execution of one diver, two to mark the execution of the other and three or five to judge the synchronisation.



Officials National Age Groups 2015

Anyone may train to be a judge or a recorder
Courses are usually fully subsidised and relatively short
[Click here to find out more](#)

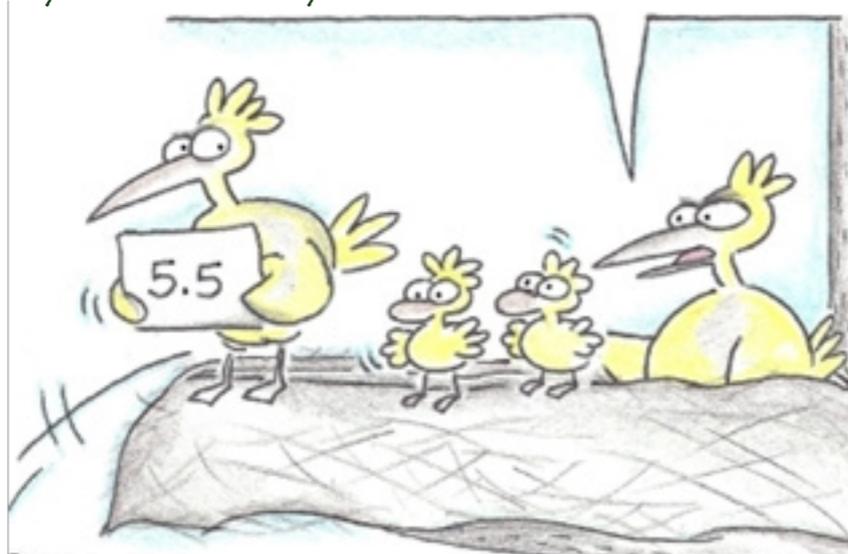
Dive Tariffs

Each dive is afforded a tariff reflecting the degree of difficulty, of the dive. Tariffs range from 1.0 to 4.0 or more for the most complicated dive.

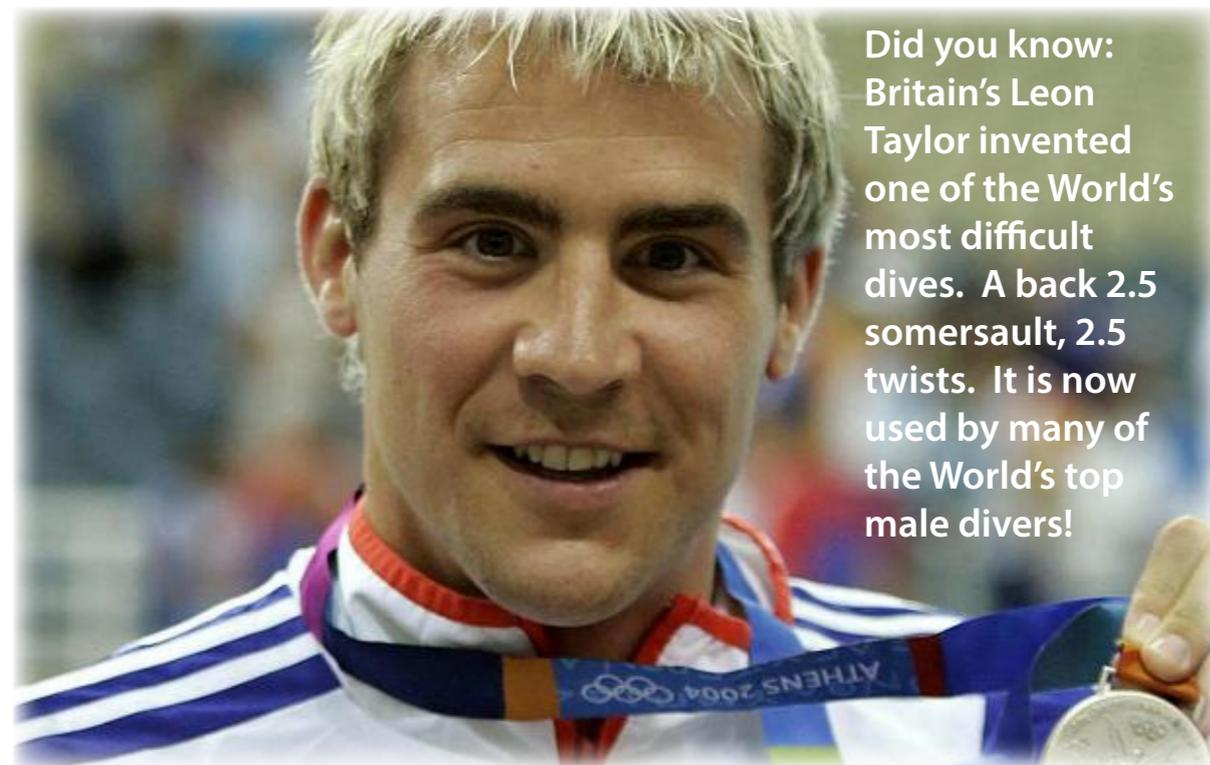
The scoring system means a diver, who performs a higher tariff dive, can often have the advantage over one with easier dives. However, this is only the case if the diver performs the more difficult dive well.

Tariffs are determined by FINA using a standard formula. All tariffs are listed on a diving tariff sheet which can be found in the appendix. [Click here to view the FINA tariff sheets](#)

“The children are leaving the nest honey! They’re not diving in the Olympics.....That was at least a 6.5 by the way”



Competition



Did you know: Britain's Leon Taylor invented one of the World's most difficult dives. A back 2.5 somersault, 2.5 twists. It is now used by many of the World's top male divers!

Scores

All judges award marks in 0.5 increments for a dive. The score given places the dive in one of these categories.

Completeley failed	0
Unsatisfactory	0.5 - 2.0
Deficient	2.5 - 4.5
Satisfactory	5.0 - 6.5
Good	7.8 - 8.0
Very Good	8.5 - 9.5
Excellent	10

For more information about Diving Scores check out the [ASA Diving Hub](#)

Know Your Dive Numbers

All divers should work to understand the FINA system of dive numbers which all involve 3 or 4 numbers followed by a single letter. For further information visit the [ASA Diving Hub](#).

DIVES NOT INVOLVING AN ARMSTAND OR TWIST

These dives are represented by three numbers and a letter

The first number signifies direction of the dive

- | | |
|--------------|--------------|
| 1 = forward | 4 = inward |
| 2 = backward | 5 = twist |
| 3 = reverse | 6 = armstand |

In non-twisting / armstand dives the second number may be ignored

The third number represents the number of half rotations.

- | | |
|------------------------------|-----------------------------|
| 0 = no rotation as in a jump | 3 = one and half somersault |
| 1 = half somersault | 4 = double somersault |
| 2 = single somersault | 5 = two and half somersault |

The final letter denotes shape

- | | |
|--------------|--------------------------------|
| A = straight | B = pike |
| C = tuck | D = free as in a twisting dive |

Examples

- 101C Forward dive tuck (one half rotation hence 3rd number is 1)
403C Inward one & half somersault tuck (3 half rotations so third number is 3)
200A Back jump straight (there are no rotations so third number is 0)

**It is vital that competitive divers know their dive numbers
FINA numbers are used in all competitions worldwide to avoid misunderstandings.**

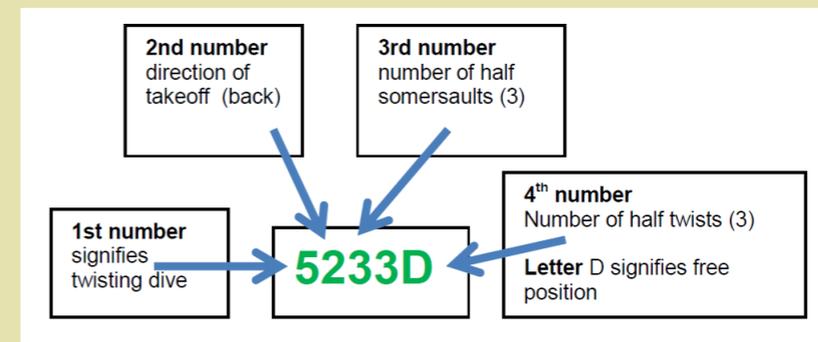
The numbers will appear on your dive sheets and on score boards.

Know your dive numbers or risk being entered for the wrong dive!

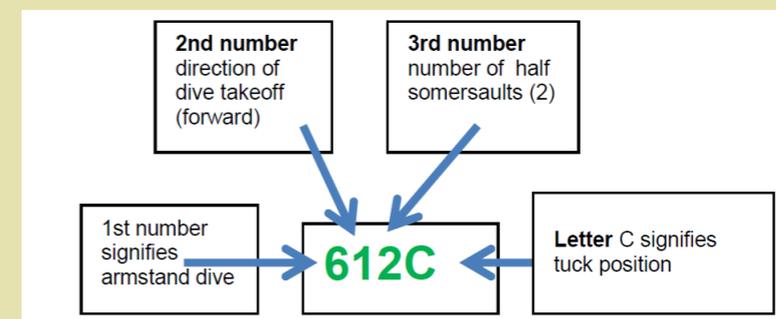
TWIST AND ARMSTAND DIVES

These dives are represented by three or four numbers and one letter. The numbers for these dives are slightly more complicated but follow the same principles

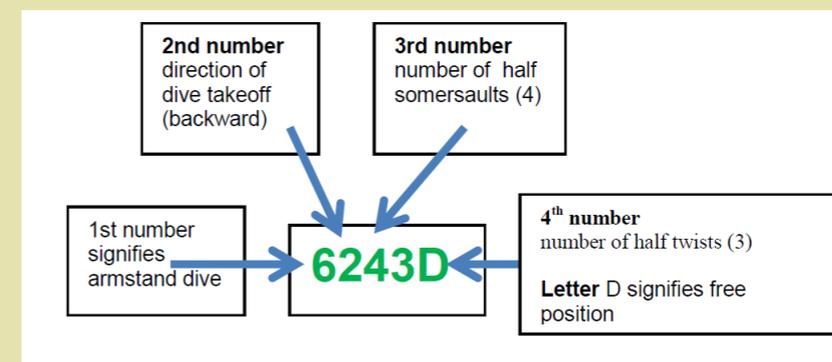
Back one & one half somersaults one & one half twists in free position



Forward armstand into single somersault in the tuck position



Armstand back double somersault one & one half twists in free position



Dive Recorder



DiveRecorder is the core program in a suite designed to manage the entire recording function for springboard and platform diving meets.

It is used at every level from local club events to international meets under FINA Rules.

“Watching” an Event

If an event is using **Dive Recorder** then you will be able to track the progress of divers in real time. simply go to Dive Recorder and select Live Results followed by the event you are interested in. This means you can watch the progress of a diver/team even if you cannot attend the event in person.

Start Lists, Results and Divesheets

Before an Event takes place dive recorder allows you view the Start List and the detailed dive lists of all those who have entered the competition. After an Event has been completed you can also view the Results and detailed divesheets which includes individual judges scores.

You do both of these the same way by selecting Results, then an Event and then a Diver.

Want to know the standard of a specific competition or look up an individual result?

Open Dive Recorder and go to [MEET EXPLORER](#) . This application allows you to search and review results and divesheets for competitions that used Dive Recorder.

Choose **Explore by Meet** in order to select a Meet then drill down through its Events and Rankings to the individual divesheets.

Choose **Explore by Diver** in order to select a Diver and then view all their divesheets.

“Did you know:

Dive Recorder was created by Malcolm Taylor, one of the founding members of [Edinburgh Diving Club](#)

As Malcolm says
“DiveRecorder is my latest contribution to a sport that has given me much pleasure and satisfaction (plus a little pain) for some fifty years”



National & Regional Development

The following section contains details of National & Regional Schemes which can assist divers in developing their talent. The programmes also provide support and education for parents and coaches.

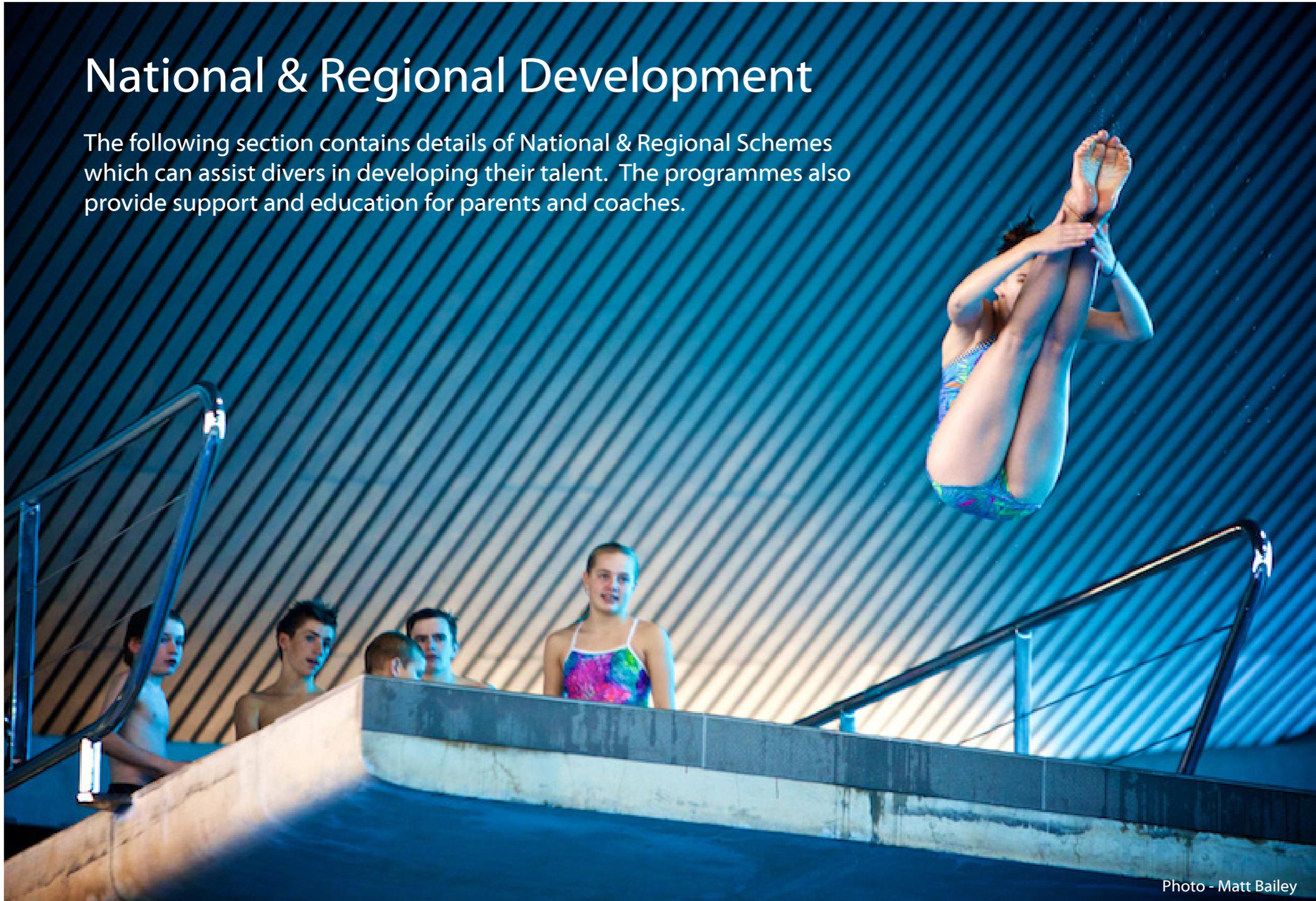


Photo - Matt Bailey

Becoming an Elite Diver

The World Class Pathway

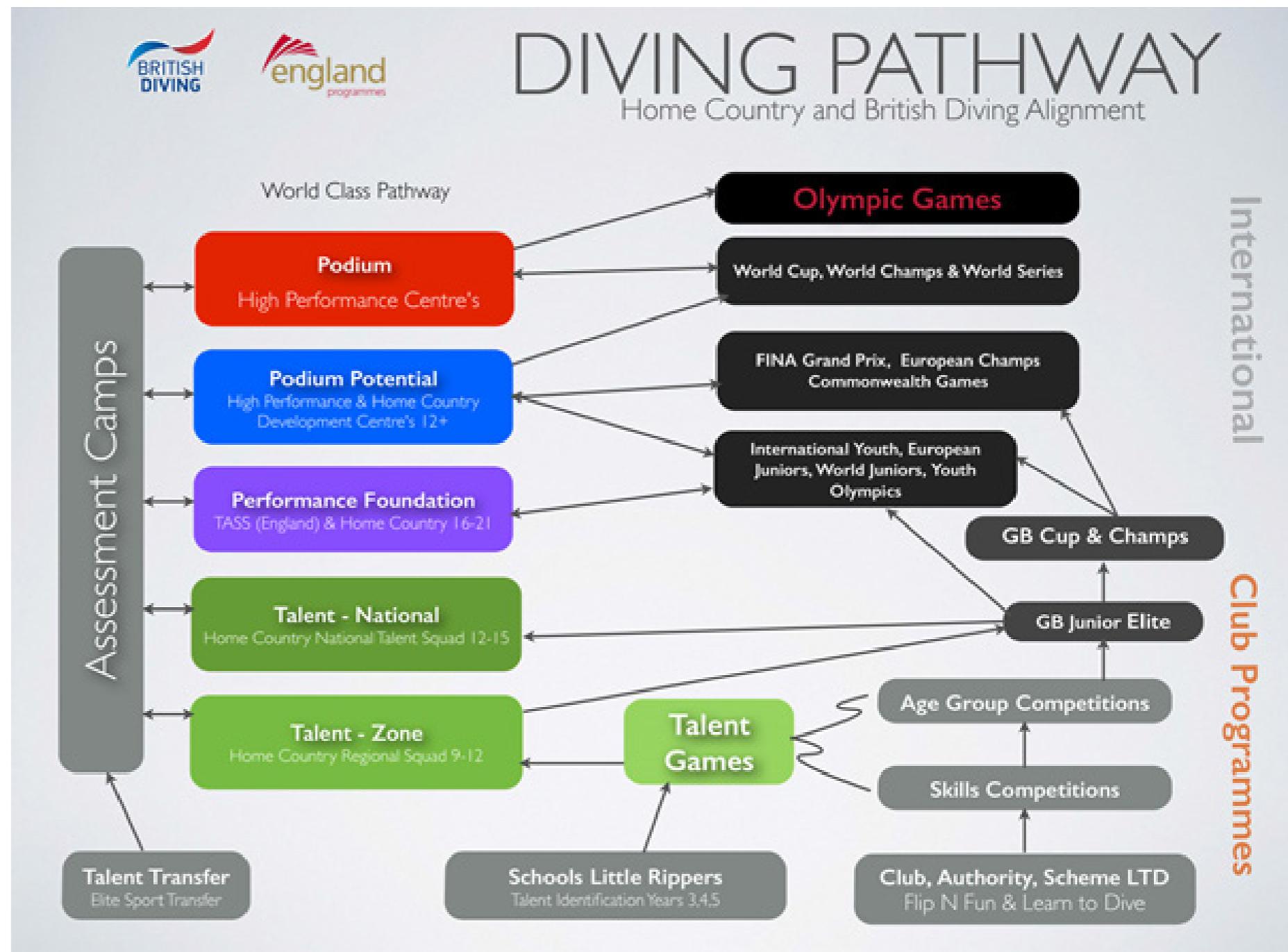
British Diving in association with England Programmes has a pathway guiding and supporting divers wishing to compete at elite level and possibly the World Stage.

Olympic gold medallist [Jack Laugher](#), Commonwealth champion [Alicia Blagg](#) and World Junior medallist [Lois Toulson](#) are just three of the top divers who have come through the England Programmes diving development pathway in recent years.

As you will see there are many routes a diver may take especially within the level of club programmes. It is important to recognise that all divers are different. A diver doesn't have to join the World Class Pathway right from the start to succeed.

A diver may remain in their club programme and only join the Pathway at a later stage; following GB Elite Competition or junior international Competition.

[click here to find out more about the England Programme](#)



THE WORLD CLASS PATHWAY - more details

This is the three tiered programme running in parallel to the main National competition series. Entry to the programme is by invitation only and divers will have had to succeed in competitive assessment camps to earn their place.

ZONE SQUAD	
Selection	Talent Games (usually Late Oct/Nov)
Age Range	The squad is for divers aged 9 – 12 years of age but there is a focus on those aged 9 – 10
What is involved	<p>The programme aims to prepare each diver for the Junior Elite Championships at the end of the 18 months</p> <p>The squad complete seven weekend-based diving development camps</p> <p>Each camp has a defined technical theme (Hurdle Step, Twisting, Forward and Inward Rotation, Back and Reverse Rotation) that has been established to assist a diver in transition from skills to elite diving over the 18 month period.</p> <p>In addition to the technical themes, the camps will provide a detailed physical diving development programme with a strong focus on acrobatic skills and gymnastic conditioning</p>

NATIONAL TALENT SQUAD	
Selection	<p>Talent Assessment Camp following Junior Elite performance (usually July)</p> <p>Selection to the squad will require a pass in a number of technical and physical areas:</p> <ul style="list-style-type: none"> • Performance GB Junior Elites – Invited to join the assessment camp • Physical Testing (Gymnastic Routine + Physical Tests). • Physio Assessment • Entry Test – consistency • Bouncing skills test 3m – consistency, awareness & control • Required dive test platform OR springboard (six dives) – group fundamentals • Squad staff observations
Age Range	The squad is for divers aged 12 – 15 years
What is involved	Focused training and development camps – weekends and longer. Ongoing monitoring of skill progression and competition performance

<http://www.swimming.org/diving/diving-development/>

THE TALENT GAMES - What are the Games?

The Talent Games is a specialized British Diving/England Programme event held once per year usually in late Autumn. The games are the mechanism for assessing the 'talent pool' of divers in England and is the 'Selection Event' for the English Programmes Zone Talent Squads. Divers aged 11 years and under are assessed across a broad spectrum of gym and pool based activities.

This is a National Talent selection event and the standard is extremely high. The skills tested at the games are known in advance and comprise floor based gymnastic work highlighting strength, flexibility, power and balance in addition to trampoline, dry board and pool based skills.

It is recommended that divers should have been in structured diving training for a minimum of 18 months, preferred 2 years, before attending the Talent Games

TASS - Top Tier of the Diving Development Pathway



Selection	<p>Divers aged 16+ who make the 'B' qualification standard for European Junior Championships at the Junior Elite Championships or achieve the performance matrix at a Senior Championships who are not on World Class Podium Potential are invited to the England Programmes TASS Assessment Camp.</p> <p>Divers complete a slightly different set of skills to be considered for selection but the areas covered are similar to National Talent Assessment ie physio, physical testing, dive test etc</p>
Age Range	The squad is for divers aged 16 + years
What is involved	Focused training and development camps – weekends and longer. Ongoing monitoring of skill progression and competition performance

The England Programmes Talent Pathway appreciates the high commitment level from diving parents. There are parent engagement sessions at every stage that aim to help the elite diving parent support the needs of a developing athlete.

The Beacon Programme

ASA in association with Sport England

[The Beacon Programme](#) is a national ASA Diving Development initiative with investment from Sport England (2013-17). The programme is in place to support the regional swim21 networks of clubs.

Each Beacon provides regular subsidised access for a regionally selected group of divers to full diving facilities – all board heights including 10m and 7m plus fully equipped specialist dry gyms. In addition there are sports science support services and educational programmes as an enhancement to their club programmes. Coach education and development is a key feature of the programmes

Current active diving Beacons include

[Sheffield Diving](#)

[Leeds Diving](#)

[Southend Diving](#)

[Luton Diving](#)

[Southampton Diving](#)

The key objectives for each Beacon programme are:

To increase the performance of athletes within the Beacon programme, demonstrating an increase in representation and results at National and International level.

To increase the number of athletes in the region receiving a high-quality coaching experience.

To act as an agency to increase the number of highly skilled coaches delivering within the region.

SELECTION TO THE BEACON PROGRAMME

Beacon is a National ASA funded initiative.

As such there are strict National selection criteria. A diver will be eligible for Beacon selection based upon the following results:

- Top 6 (Individual) at Elite Junior Nationals
- Medallist (individual) at National Age Group Championships
- Top 7 at Talent Games
- Wild Card – Each club within the network is entitled to bring along one wild card athlete that they feel may have realistic potential to succeed under the support of the Beacon Programme.

Criteria for 2015/16 programme. Programme is reviewed each year

Albatross Diving Club falls within the Southend Luton & Southampton Beacon Network Areas



South East England Diving Scheme - SEEDS

Seeds is an initiative developed by Southampton Diving Academy working in partnership with Albatross Diving Club and other diving clubs in our region - Star and Amersham.

The scheme currently attracts funding support from [ASA SE Region](#)



Vision – to create a network of diving programmes working together to maximize opportunities for children to progress to National and International level in the sport of Diving.

Key features

Developing the quality of coaching within the network is at the heart of the SEEDS programme

Regular weekend training camps to educate and support divers, coaches, parents & volunteers

Camps held for divers of all levels

CAMP	FREQUENCY	AIMS	Selection criteria	Subsidy
A	Monthly – timed to mirror national competition schedules	support divers to make the transition to junior elite competition, junior international competition and beyond.	groups A B C – top six ranking junior elite comp or synchro medalist	Band 1
			groups D E top 3 ranking national age group on 1 board or competed/re-qualified jr elites	
			Member of regional talent squad	
			13 years or under – top six ranking on at least two boards at National Age Groups	Band 2
			14-15 yrs Top 3 ranking National Age Groups	Band 3
B	Bi - monthly	To support divers competing at age group level and those aspiring to make the transition to junior elites / gain selection to camp A	Nomination by club coaches	No subsidy
SKILLS	Bi-monthly	To support divers competing at National L2 skills level and those aspiring to make the transition to age groups/ camp B	Nomination by club coaches	No subsidy
ACE	Quarterly as a minimum.	To support divers at the grassroots level who are starting out on their diving journey and aspire to compete at L2 skills	Nomination by club coaches	No subsidy

2015/16. Criteria reviewed annually & dependent on funding levels

SEEDS - Nurturing Regional Diving Talent at all Levels

Advanced Apprenticeship in Sporting Excellence

AASE

[The Advanced Level Apprenticeship in Sporting Excellence \(AASE\)](#) is a sports performance programme. It provides a structured training and development route across a number of sports including diving for talented young athletes (aged 16-19), who have a real chance of excelling in their sport; either by competing on the world stage or securing a professional contract.

The AASE programme reflects the range of skills, knowledge and performance criteria required in elite level sport. It is designed to directly measure the athlete's ability to plan, apply and evaluate their development in the appropriate technical, tactical, physical and psychological aspects of their sport. It also addresses wider issues such as lifestyle, career development, communication and health and safety.

Athletes are selected for the AASE Diving Programme

To be eligible for selection you must be aged 16-19 and:

have a proven ability and/or the potential to perform at the highest level in diving - age groups or above

be subject to academic entry requirements.

meet Apprenticeship Funding Eligibility criteria.

[The selection criteria for AASE in Diving 2016-17 may be viewed here.](#)
Potential candidates are usually contacted by British Diving in early summer following elite and age group competitions



Appendices



Photo - Matt Bailey

FINA Dive Tariff Sheets - Springboard

Springboard		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
Forward Group									
		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1 1/2 Somersault	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward Double Somersault	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2 1/2 Somersault		2.6	2.4	-	2.8	2.4	2.2	-
106	Forward Triple Somersault		3.2	2.9	-	2.8	2.5	-	-
107	Forward 3 1/2 Somersault		3.3	3.0	-	3.1	2.8	-	-
109	Forward 4 1/2 Somersault				-	4.2	3.8	-	-
112	Forward Flying Somersault	-	1.7	1.6	-	1.8	1.7	-	-
113	Forward Flying 1 1/2 Somersault	-	1.9	1.8	-	1.8	1.7	-	-
115	Forward Flying 2 1/2 Somersault	-			-	2.7	2.5	-	-
Back Group									
		A	B	C	D	A	B	C	D
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1 1/2 Somersault	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back Double Somersault		2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2 1/2 Somersault		3.2	3.0	-	3.0	2.8	-	-
206	Back Triple Somersault		3.2	2.9	-	2.8	2.5	-	-
207	Back 3 1/2 Somersault				-	3.8	3.5	-	-
209	Back 4 1/2 Somersault				-	4.6	4.3	-	-
212	Back Flying Somersault	-	1.7	1.6	-	1.8	1.7	-	-
213	Back Flying 1 1/2 Somersault	-			-		2.1	-	-
215	Back Flying 2 1/2 Somersault	-			-	3.3	3.1	-	-
Reverse Group									
		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6	-	2.0	1.9	1.8	-
302	Reverse Somersault	1.8	1.7	1.6	-	1.9	1.8	1.7	-
303	Reverse 1 1/2 Somersault	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse Double Somersault	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2 1/2 Somersault		3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse Triple Somersault		3.3	3.0	-	2.9	2.6	-	-
307	Reverse 3 1/2 Somersault				-	3.8	3.5	-	-
309	Reverse 4 1/2 Somersault				-	4.8	4.5	-	-
312	Reverse Flying Somersault	-	1.8	1.7	-	1.9	1.8	-	-
313	Reverse Flying 1 1/2 Somersault	-	2.6	2.3	-	2.5	2.2	-	-
Inward Group									
		A	B	C	D	A	B	C	D
401	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
402	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1 1/2 Somersault		2.4	2.2	-	2.1	1.9	-	-
404	Inward Double Somersault		3.0	2.8	-	2.6	2.4	-	-
405	Inward 2 1/2 Somersault		3.4	3.1	-	3.0	2.7	-	-
407	Inward 3 1/2 Somersault				-		3.4	-	-
409	Inward 4 1/2 Somersault				-	4.5	4.2	-	-
412	Inward Flying Somersault	-	2.1	2.0	-	1.9	1.8	-	-
413	Inward Flying 1 1/2 Somersault	-	2.9	2.7	-	2.6	2.4	-	-
Twisting Group									
		A	B	C	D	A	B	C	D
5111	Forward Dive 1/2 Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5112	Forward Dive 1 Twist	2.0	1.9		-	2.2	2.1		-
5121	Forward Somersault 1/2 Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.8	-	-	-	2.9
5131	Forward 1 1/2 Somersault 1/2 Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1 1/2 Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1 1/2 Somersault 2 Twists	-	-	-	2.6	-	-	-	2.5

Springboard		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
Twisting Group									
		A	B	C	D	A	B	C	D
5136	Forward 1 1/2 Somersault 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1 1/2 Somersault 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2 1/2 Somersault 1/2 Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2 1/2 Somersault 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2 1/2 Somersault 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2 1/2 Somersault 3 Twists	-			-	-	3.9	3.7	-
5172	Forward 3 1/2 Somersault 1 Twist	-			-	-	3.7	3.4	-
Back Group									
		A	B	C	D	A	B	C	D
5211	Back Dive 1/2 Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5212	Back Dive 1 Twist	2.0			-	2.2			-
5221	Back Somersault 1/2 Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1 1/2 Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2 1/2 Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3 1/2 Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1 1/2 Somersault 1/2 Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1 1/2 Somersault 1 1/2 Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1 1/2 Somersault 2 1/2 Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1 1/2 Somersault 3 1/2 Twists	-	-	-		-	-	-	3.3
5239	Back 1 1/2 Somersault 4 1/2 Twists	-	-	-		-	-	-	3.7
5251	Back 2 1/2 Somersault 1/2 Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2 1/2 Somersault 1 1/2 Twists	-			-	-	3.3	3.1	-
5255	Back 2 1/2 Somersault 1 1/2 Twists	-			-	-	3.7	3.5	-
Reverse Group									
		A	B	C	D	A	B	C	D
5311	Reverse Dive 1/2 Twist	1.9	1.8	1.7	-	2.1	2.0	1.9	-
5312	Reverse Dive 1 Twist	2.1			-	2.3			-
5321	Reverse Somersault 1/2 Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1 Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1 1/2 Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2 1/2 Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1 1/2 Somersault 1/2 Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1 1/2 Somersault 1 1/2 Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1 1/2 Somersault 2 1/2 Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1 1/2 Somersault 3 1/2 Twists	-	-	-	3.5	-	-	-	3.4
5339	Reverse 1 1/2 Somersault 4 1/2 Twists	-	-	-		-	-	-	3.8
5351	Reverse 2 1/2 Somersault 1/2 Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2 1/2 Somersault 1 1/2 Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2 1/2 Somersault 2 1/2 Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3 1/2 Somersault 1/2 Twist	-			-	-	3.4	3.1	-
Inward Group									
		A	B	C	D	A	B	C	D
5411	Inward Dive 1/2 Twist	2.0	1.7	1.6	-	1.9	1.6	1.5	-
5412	Inward Dive 1 Twist	2.2	1.9	1.8	-	2.1	1.8	1.7	-
5421	Inward Somersault 1/2 Twist	-	-	-	1.9	-	-	-	1.7
5422	Inward Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1 1/2 Somersault 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1 1/2 Somersault 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1 1/2 Somersault 3 Twists	-	-	-		-	-	-	3.5

[Click here to return to dive tariffs pg 61](#)

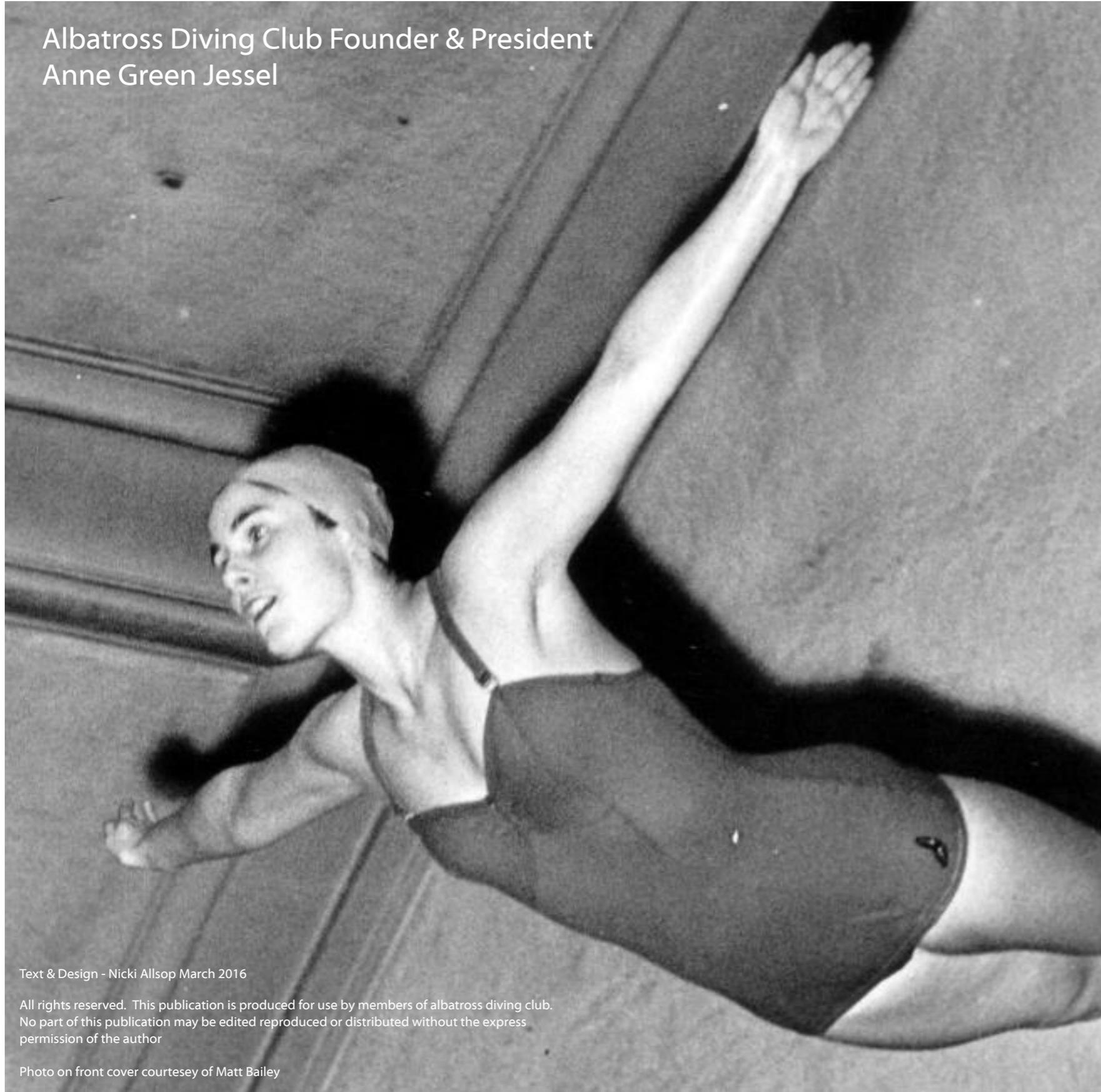
FINA Dive Tariff Sheets - Platform

Appendices

Platform		10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
Forward Group													
101	Forward Dive	1.6	1.5	1.4	-	1.6	1.5	1.4	-	1.4	1.3	1.2	-
102	Forward Somersault	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 1/2 Somersault	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward Double Somersault	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2 1/2 Somersault	2.7	2.3	2.1	-	2.4	2.2	-	-	2.6	2.4	-	-
107	Forward 3 1/2 Somersault	-	3.0	2.7	-	3.1	2.8	-	-	-	3.0	-	-
109	Forward 4 1/2 Somersault	-	4.1	3.7	-	-	-	-	-	-	-	-	-
112	Forward Flying Somersault	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1 1/2 Somersault	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying Double Somersault	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2 1/2 Somersault	-	2.6	2.4	-	-	2.5	-	-	-	-	-	-
Back Group													
201	Back Dive	1.9	1.8	1.7	-	1.9	1.8	1.7	-	1.7	1.6	1.5	-
202	Back Somersault	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1 1/2 Somersault	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back Double Somersault	2.6	2.4	2.1	-	2.5	2.3	2.0	-	2.5	2.2	-	-
205	Back 2 1/2 Somersault	3.3	2.9	2.7	-	3.0	2.8	-	-	-	3.0	-	-
206	Back Triple Somersault	-	3.0	2.7	-	2.8	2.5	-	-	3.2	2.9	-	-
207	Back 3 1/2 Somersault	-	3.6	3.3	-	-	3.5	-	-	-	-	-	-
209	Back 4 1/2 Somersault	-	4.5	4.2	-	-	-	-	-	-	-	-	-
212	Back Flying Somersault	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1 1/2 Somersault Back	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-
Reverse Group													
301	Reverse Dive	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
302	Reverse Somersault	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1 1/2 Somersault	2.6	2.3	2.0	-	2.6	2.3	2.0	-	2.7	2.4	2.1	-
304	Reverse Double Somersault	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2 1/2 Somersault	3.3	2.9	2.7	-	3.4	3.0	2.8	-	3.2	3.0	-	-
306	Reverse Triple Somersault	-	3.1	2.8	-	2.9	2.6	-	-	3.3	3.0	-	-
307	Reverse 3 1/2 Somersault	-	3.6	3.3	-	-	-	-	-	-	-	-	-
309	Reverse 4 1/2 Somersault	-	4.7	4.4	-	-	-	-	-	-	-	-	-
312	Reverse Flying Somersault	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1 1/2 Somersault	-	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-
Inward Group													
401	Inward Dive	1.7	1.4	1.3	-	1.7	1.4	1.3	-	1.8	1.5	1.4	-
402	Inward Somersault	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 1 1/2 Somersault	-	2.0	1.8	-	-	2.1	1.9	-	2.4	2.2	-	-
404	Inward Double Somersault	-	2.6	2.4	-	-	2.6	2.4	-	3.0	2.8	-	-
405	Inward 2 1/2 Somersault	-	2.8	2.5	-	-	3.0	2.7	-	3.4	3.1	-	-
407	Inward 3 1/2 Somersault	-	3.5	3.2	-	-	3.4	-	-	-	-	-	-
409	Inward 4 1/2 Somersault	-	4.4	4.1	-	-	-	-	-	-	-	-	-
412	Inward Flying Somersault	-	2.0	1.9	-	-	1.9	1.8	-	-	2.1	2.0	-
413	Inward Flying 1 1/2 Somersault	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-
Twisting Group													
5111	Forward Dive 1/2 Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5112	Forward Dive 1 Twist	2.2	2.1	-	-	2.2	2.1	-	-	2.0	1.9	-	-
5121	Forward Somersault Forward 1/2 Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Forward Somersault Forward 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5124	Forward Somersault Forward 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Forward 1 1/2 Somersault 1/2 Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2.0
5132	Forward 1 1/2 Somersault 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Forward 1 1/2 Somersault 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Forward 1 1/2 Somersault 3 Twists	-	-	-	3.0	-	-	-	3.0	-	-	-	3.1
5138	Forward 1 1/2 Somersault 4 Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5152	Forward 2 1/2 Somersault 1 Twist	-	2.9	2.7	-	-	3.0	2.8	-	-	3.2	3.0	-
5154	Forward 2 1/2 Somersault 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5156	Forward 2 1/2 Somersault 3 Twists	-	3.8	3.6	-	-	-	-	-	-	-	-	-
5172	Forward 3 1/2 Somersault 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-	-	-	-

Platform		10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
5211	Back Dive 1/2 Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5212	Back Dive 1 Twist	2.2	-	-	-	2.2	-	-	-	2.0	-	-	-
5221	Back Somersault 1/2 Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5222	Back Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5223	Back Somersault 1 1/2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Somersault 2 1/2 Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1 1/2 Somersault 1/2 Twist	-	-	-	2.0	-	-	-	2.0	-	-	-	2.1
5233	Back 1 1/2 Somersault 1 1/2 Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1 1/2 Somersault 2 1/2 Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1 1/2 Somersault 3 1/2 Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5239	Back 1 1/2 Somersault 4 1/2 Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	3.8
5251	Back 2 1/2 Somersault 1/2 Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2 1/2 Somersault 1 1/2 Twists	-	3.2	3.0	-	-	3.3	3.1	-	-	-	-	-
5255	Back 2 1/2 Somersault 2 1/2 Twists	-	3.6	3.4	-	-	-	-	-	-	-	-	-
5271	Back 3 1/2 Somersault 1/2 Twist	-	3.2	2.9	-	-	-	-	-	-	-	-	-
Reverse Group													
5311	Reverse Dive 1/2 Twist	2.1	2.0	1.9	-	2.1	2.0	1.9	-	1.9	1.8	1.7	-
5312	Reverse Dive 1 Twist	2.3	-	-	-	2.3	-	-	-	2.1	-	-	-
5321	Reverse Somersault 1/2 Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	1.8
5322	Reverse Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2.0
5323	Reverse Somersault 1 1/2 Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Somersault 2 1/2 Twists	-	-	-	3.0	-	-	-	2.9	-	-	-	2.8
5331	Reverse 1 1/2 Somersault 1/2 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5333	Reverse 1 1/2 Somersault 1 1/2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5335	Reverse 1 1/2 Somersault 2 1/2 Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3.0
5337	Reverse 1 1/2 Somersault 3 1/2 Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5339	Reverse 1 1/2 Somersault 4 1/2 Twists	-	-	-	3.8	-	-	-	3.8	-	-	-	-
5351	Reverse 2 1/2 Somersault 1/2 Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5353	Reverse 2 1/2 Somersault 1 1/2 Twists	-	3.2	3.0	-	-	3.3	3.1	-	-	-	-	3.3
5355	Reverse 2 1/2 Somersault 2 1/2 Twists	-	3.6	3.4	-	-	3.7	3.5	-	-	-	-	3.7
5371	Reverse 3 1/2 Somersault 1/2 Twist	-	3.3	3.0	-	-	-	-	-	-	-	-	-
Inward Group													
5411	Inward Dive 1/2 Twist	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
5412	Inward Dive 1 Twist	2.1	1.8	1.7	-	2.1	1.8	1.7	-	2.2	1.9	1.8	-
5421	Inward Somersault 1/2 Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.9
5422	Inward Somersault 1 Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	2.1
5432	Inward 1 1/2 Somersault 1 Twist	-	-	-	2.3	-	-	-	2.4	-	-	-	2.7
5434	Inward 1 1/2 Somersault 2 Twists	-	-	-	2.7	-	-	-	2.8	-	-	-	3.1
5436	Inward 1 1/2 Somersault 3 Twists	-	-	-	3.4	-	-	-	-	-	-	-	-
Armsland Group													
600	Armsland Dive	1.6	-	-	-	1.6	-	-	-	1.5	-	-	-
611	Armsland Forward 1/2 Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
612	Armsland Forward 1 Somersault	2.0	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	Armsland Forward Double Somersault	-	2.4	2.1	-	-	2.3	2.0	-	-	2.5	2.2	-
616	Armsland Forward Triple Somersault	-	3.3	3.1	-	-	-	-	-	-	-	-	-
621	Armsland Backward 1/2 Somersault	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
622	Armsland Backward Somersault	2.3	2.2	2.0	-	2.2	2.1	1.					

Albatross Diving Club Founder & President
Anne Green Jessel



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