



THE WESTERN AUSTRALIAN
DIVING ASSOCIATION INC

Platnatter

Get the jump on what's new in WA Diving

October 2007 Edition

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From the Director

Welcome to the October edition of the Platnatter!

Highlights from this edition:

- Good bye to Steven Zhu!
- Come to the *WA Diving Awards Breakfast* on Sunday, November 4th at East Fremantle Yacht Club.
- Natasha Cocker competes at the World University Games in Thailand.
- Results from the 2007 School Sport Diving Championships.
- Recent local interclub results and upcoming events such as the next interclub, Warrilow Sproul Cup, "Go for 2&5" Open State Championships and the Christmas Invitational.
- Do you have what it takes to form a group and help WADA with some fundraising?

From the WADA Board

Recently the board has been discussing the WADA Strategic Plan:

- Organisational Development
- Sport Development and Participation
- Diving High Performance
- People Development
- Infrastructure

WADA High Performance Diving Program

Steven Zhu Resigns from WADA

Unfortunately Steven Zhu resigned on the 17 September from the position of Head Coach of the WA Diving High Performance Squad. Steven and his family will be returning to New Zealand after more than three years in Perth to take up a new challenge. He will depart Perth on Wednesday 24th October. There will be a presentation from WADA pool side on Tuesday 23rd October at 4pm for any one interested in saying good bye to Steven and his family.

Steven has played a pivotal role in developing the standards of Diving in Western Australia during this time and his knowledge and expertise will be sorely missed. We wish Steven and his family success and happiness for the future.

WA High Performance Diving Program

The WA Diving Association offers a High Performance Diving Program for those athletes with the talent and the interest to take diving to the highest level. The program is supported by Diving Australia and is designed to assist the National Program to produce top quality divers who are able to represent Australia. The program divides divers into 2 squads. The elite squad are coached by Steven Zhu - and the development squad by Lisa Fievez along with Assistant coach Olivia Meagher. The coaches and divers put in a lot of training - training from 6-10 sessions per week. The training sessions include pool work along with dryland, strength and flexibility activities.

It has now been 12 months now since the program began a special 2 year agreement (at the value of \$110 000) with the Department of Sport and Recreation and the Western Australian Institute of Sport to support the program. The service provided by WAIS has been highly successful in adding value to the daily training environment and management of the program. In recent times, under the DSR/WAIS/WADA partnership, the divers have benefited from:

- Nutrition workshops
- Physical testing in the WAIS physiology lab
- Rehabilitation support - sports massage and recovery

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- Athlete career education workshops, eg time management of sport and study.
- Sport psychology
- Biomechanics.

In the last 12-18 months the divers have had some great results. Alice Broun and Natasha Cocker represented Australia at the 2006 World Junior Diving Championships, and Cocker has gone on to further represent Australia at a variety of International events. At the Australian Open Championships in January 2007, Cocker won silver in the Platform event - the first time in 10 years that a West Australian has done so! This year at the Australian Age Championships, High Performance squad members took home 5 medals. Annabel Hall, Katya Bepalova and Cocker performed very well at the 2007 Elite Junior Australian Championships with a highlight being Hall's performance in the Girls A group 3m spring board winning a bronze in her first year of competition in that age group.

The Current Squad Members are:

Elite squad:	Natasha Cocker (currently on a visiting scholarship at the AIS) Annabel Hall Alice Broun Katya Bepalova Georgina Reed Bronte Brown
Development Squad:	Jayden Cooney Courtney Press Olivia Hasel Aiden Chipps Zoe Sarich Maddison Keeney Jana Harvey (3 month trial)

To trial for the high performance diving program no formal diving training is required and the coaches are particularly interested in finding some new boys! If you are interested in further information regarding the program please call the WADA.

Fund Raising sub-committee needed

Last Platnatter WADA was calling for anyone interested in being the coordinator of some fundraising activities for the Association. Unfortunately, we where unable to find that special person! So the board suggested we look for a group of enthusiastic and energetic people who are willing to work together and share the responsibility of organising fundraising activities. If you are interested please give Jo Richards a call at WADA.

Help!! We still need a great idea!! Do you have any contacts or ideas to help us get our fundraising underway ????

Diving Australia

Diving Australia's new High Performance Manager, Mr Graeme Rose came to Perth for meetings at the beginning of September. He observed the high performance squad training, met with athletes and coaches, met with DSR, WAIS and WADA representatives.

“Go for 2&5” Learn to Dive Programme

Please pass onto any siblings/relatives/friends that enrolments are now open for the “Go for 2&5 Learn to Dive” program for term 4, 2007. This term the program consists of a series of 7 Diving lessons beginning on the week of the 22nd of October and ceasing the week of 3 December. The lessons are for beginners and are available Monday - Thursday at 4.30pm - 5.30pm and Tuesday and Thursday 5.30-6.30pm at Challenge Stadium. There is also a Wednesday lesson at 4.30pm at Beatty Park. Once beginner divers have progressed through the “Learn to Dive” program for 2-3 terms they are encouraged to join one of the Association's 3 diving clubs. Please call 9287 2000 or email wadiving@rts.com.au for more information.





WA DIVING AWARDS BREAKFAST

on
Sunday 4th November

@
East Fremantle Yacht Club

Petra Street, East Fremantle

from

9:45am - 12:30pm



*All divers, their family and friends are invited to join us for our Annual Awards Celebration.
Come along and enjoy a beautiful morning on the banks of the Swan River*

****** Tickets on sale NOW ******

Adult - \$30 Child (under 12) - \$23

Price includes full buffet breakfast, tea & coffee.

Please complete and return the ticket request form below to order your tickets - bring your friends and family. Any questions please call Karen Robertson (94502369)



AWARDS BREAKFAST

Ticket Request

Please return this form to:

WA DIVING, c/o Karen Robertson, 1A Howard Parade, Salter Point, WA 6152

Cheques: to be made payable to - WA DIVING

Diver's Name: _____

Parent's Name: _____

Address for Ticket Delivery: _____

Number of Tickets Requested: _____ Adult: _____ Child: _____

Amount Enclosed: \$ _____

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Reminders

- When competing in a diving event, divers are reminded that it is Challenge Stadium policy that they pay \$3 entry fee (they must not use their multi-use/aqua cards). All spectators to an event are also expected to pay \$3 entry fee. All volunteers on pool deck receive free entry.
- All volunteers are to wear their blue and white WA Diving T-shirt when assisting on pool deck. They are free; if you don't have one, just see Jo Richards or the announcer on Competition day. All volunteers are also asked to wear navy blue pants (jeans are ok) with covered shoes.

Divers please remember:

- No running on the pool deck.
- No changing clothes on the pool deck - please use the bathroom.
- Dispose of food scraps and rubbish properly.
- Do not go in the pool, or on dryland equipment with out your coach present.
- "Stranger Danger" when going to the bathroom.
- New club members are reminded that registration with WA Diving is required to be paid in order to be both insured to dive and to be eligible to enter all WADA competitions. (term by term registration is included in "learn to Dive" clinic fees).
- Entries into any WADA State Championships can only be made if the diver is a "full diving member" not a "club competitive" member. Please check with your coach if you are unsure of you registration level.
- The dryland area has been upgraded with new coaches storage, shelving for the divers bags, a new bin, lost property and weights boxes. Divers - please place your bags and towels in the dryland area on the shelving provided, not on the pool deck.

"Go for 2&5" Recipe

WA Diving is proudly sponsored by Healthway - "Go for 2 & 5"

RHUBARB & PEAR CRUMBLE

20 minutes preparation + 20-30 minutes cooking
7 serves of fruit in this recipe

4 pears peeled, cored and diced
2 cups rhubarb (4 stalks), diced
2 tablespoons sugar
2 tablespoons water

Crumble

2 tablespoons honey
2 teaspoons margarine
1¼ cups untoasted muesli
½ cup plain flour



Preheat oven to 180°C. Place pears, rhubarb, sugar and water in a saucepan, cover and cook for 8-10 minutes until softened. Spoon fruit into an ovenproof dish. Combine honey and margarine in a small bowl and microwave on HIGH (100%) for 20 seconds.

In a separate bowl, combine muesli and flour. Stir in honey mixture, mixing until the crumble resembles coarse breadcrumbs. Spread over fruit and bake for 20-30 minutes until golden. Serve hot.

Serves 6.

Variation

Substitute nashi fruit or apples for pears.

Recent Events

World University games

Natasha Cocker competed at the World University Games in Bangkok, Thailand, 8-18 August. Tash came 20th in the 3m qualification and 17th in the Semi final and 21st in the platform.

School Sport Australia

The School Sport Australia Swimming and diving event was held 7-12 August in Hobart. Under difficult circumstances (the pool here being closed for 3 weeks prior to leaving!) the divers competed very well.

Spring board

Boys 17 years

Girls 13 years

Sanche Weinstein

7th

Amberlie Boyd

8th

Tatijana Pieris

9th

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Girls 14 years	Claudia Perry	6 th
	Tiarneuurman	7 th
	Sarah Watson	8 th
Girls 15 years	Jamie Bradley	4 th
	Corinne Robertson	7 th
	Jessica Membrey	5 th
Platform		
Boys 15-19 years	Sanche Weinstein	4 th
Girls 13-14 years	Danella Ashwin	7 th
	Sarah Watson	8 th
	Tiarneuurman	12 th
Girls 15-19 years	Jamie Bradley	9 th
	Corinne Robertson	10 th
	Jessica Membrey	11 th
Synchro		
Girls 13-14 years	Tiarne and Danella	3 rd
	Amberlie and Tatjana	5 th
Girls 15-19 years	Sarah and Corinne	4 th
	Claudia and Jamie	6 th
Boys 15-19 years	Sanche and Jess	7 th

A big thank you to team manager Wendy Perry and coach Kim Hynynen-Furler!

Judges Course

Raelene and Robyn conducted a judge's course on Saturday 1 September 9-12 noon. Thanks to those who came down and participated. The next course will be on February 9th 2008, but in the mean time, judges are encouraged to come down to the pool and observe training and complete their appropriate level of exam. Please see Kim Hynynen-Furler pool side - as she will administer the exam.

Level 1 Coaching Course

Level 1 coaching course took place on the weekend of September 8 and 9, with 5 new coaches beginning their path to coaching qualifications - well done to the following new coaching candidates!

Rowan Ashwin
 Danella Ashwin
 Corinne Robertson
 Tiarneuurman
 Maddy Mulholland

Diving Interclub results

Media Release - September 16, 2007

On Saturday 15 September the WA Diving Association conducted the term 3 "Go for 2 & 5" Interclub Diving Competition.

In the Open division, Eliza Cole (21, Peppermint Grove) won from Sarah Watson (14, South Perth) with a score of 216.95. Jessica Membrey (16, Karrinyup) was the sole competitor and finished with a score of 147.05.

In the 12/13 year age group, Aiden Chipps, (12, Gwelup), competing for the first time, won the boys division while Bronte Brown (12, Mt Lawley) scoring 138.75 won a tightly fought duel with 12 year old Georgina Reed (Mt Claremont) - 138.20. Competing in her first interclub event, Georgia Cielak (12, Shelley) placed third with a score of 102.80.

Fast improving Maddison Keeney (11, Karrinyup) won the 11 years and under division with a score of 151.30 from Courtney Press (10, Woodlands) 138.15 and Olivia Hasel 133.40 (11, Scarborough).

In the Novice event - Zac Farrell (9, Westminster) 65.00 narrowly won from Alex Perry (8, Mt Claremont) scoring 64.50. Zoe Sarich competed well to win the girls division of the Novice with 67.30 from Coco Grotogoe (8, Balcatta) 61.60.

Full results can be down loaded off the website: www.wadiving.com.au

Elite Challenge Clinic with Steven Zhu

On the weekend of the 21 - 23 of September eight divers enjoyed an intensive diving clinic with Steven Zhu and Lisa Fievez. Arrows diver Jana Harvey was selected for a three month trial with the WADA High Performance diving Program. Well done Jana!

Coaches travel to Port Hedland

On the 21-23 September Kim Hynynen-Furler and Sanche Weinstein traveled to Port Hedland to conduct free diving clinics for School groups and the community. The clinics were highly successful with many children attending.

Upcoming Events

Term 4 Diving Interclub event & Warrilow Sproul Cup

Date: Saturday, 1 December, 2007

Time: Starting at 12 noon

Location: Challenge Stadium Diving Pool

Diving Interclub

The Interclub is open to all club divers including those in learn to dive. It is a spring board only competition on the 1 or 3m, 3 dives for novice and "learn to dive" participants and 5 dives for all other age groups

Entry fee is \$10 per entry.

Entry forms due by Friday, 23 November, 2007

Dive Sheets are due by Wednesday, 28 November, 2007, Please contact your club coach to enter.

Warrilow Sproul Cup

This is a 3 m springboard competition with men and women competing in the same event. Divers are seeded by the State Selectors 1- 12 and these seeded divers will compete in a "knockout" tournament similar to a tennis tournament, consisting of first rounds, quarter finals, semi finals and a final. Those not seeded in the 12 will dive in the consolation plate event, as will seeded divers defeated in the first rounds. All contests comprise of 10 dives (5 dives from different groups with a D.D. limit of 9.5 plus 5 dives from different groups without limit of D.D.) Dive lists should be in 3 days before the event but divers may change their lists immediately following any tournament contest.

Entry fee is \$20 per entry.

Entry forms due by Friday, 23 November, 2007

Dive Sheets are due by Wednesday, 28 November, 2007, Please contact your club coach to enter.

"Go for 2&5" Open State Championships & Christmas Invitational

Date: Friday, December 14, 2007

Time: Starting at 5.30 pm

Location: Challenge Stadium Diving Pool

Events:

- 1m Open State championships, 5 dives, open qualification standard.
- Christmas Invitational, platform event, open age group, 5 dives without limit.
- Platform Open State championships, 5 dives, open qualification standard.

Date: Saturday, December 15, 2007

Time: Starting at 12 noon

Location: Challenge Stadium Diving Pool

Events:

- 3m Open State championships, 5 dives, open qualification standard.
- Christmas Invitational, 1/3m event, open age group, 5 dives without limit.

Entry is \$20 per event,

Entry forms due by Friday, December 7, 2007

Dive Sheets are due by Wednesday, December 12, 2007, contact your club coach now to enter!

Coaching & Officiating

From the Department of Sport and Recreation:

Beginning Coaches Course (old Level 1)

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Venue: Trinity College
Date: 28th October 2007
Time: 8.30am - 4.00pm
Cost: \$33

Application form can be found at http://www.dsr.wa.gov.au/scripts/nc.dll?DSR.721090:STANDARD::pc=PC_126

Or complete the Online Coaching Course Now Live! - ---- and it's free !!!!!

The Australian Sports Commission is pleased to announce the launch of a new online course for coaches. The Beginning Coaching General Principles online course has been developed to assist new coaches improve their basic coaching skills, in particular, those coaches working with children. Coaches can complete the course in their own time, from the comfort of their own home. It is initially being made available free of charge to Australian coaches by the Australian Sports Commission.

About the course: The course contains five modules, covering a range of general coaching topics, including the role and responsibilities expected of a coach, planning, safety, working with parents, communication, group management and inclusive coaching practices when working with people with a disability or special population groups. The course takes approximately 6 hours to complete with assessment included at the end of each module.

How to access the course: The *Beginning Coaching General Principles* course is available from the Australian Sports Commission's new online learning portal. Go to: <https://learning.ausport.gov.au> for more information on the course, and to enroll.

From Sports Medicine Australia

Sports Medicine Australia would like to invite you to attend the next exciting seminars of the Community Seminar Series being held in 2007;

In 2007, the Australian Resuscitation Council published new guidelines for Basic Life Support. If you have not yet been shown the new guidelines for CPR, then this is your opportunity to get up to date in order to save a life! The new guidelines have included the use of a defibrillator for the best chance of survival.

Participants will be taught how to perform CPR, including the use of a defibrillator and other life saving equipment such as an Oxi-Sock to administer oxygen.

This workshop is aimed at anyone with an interest in sport; parents, coaches, managers and even athletes themselves!

Course Details

Date: Saturday 20th October
Time: 1.30pm - 5.00pm
Venue: FJ Clarke Lecture Theatre
QE II Medical Centre
Sir Charles Gairdner Hospital
Caladenia Loop
NEDLANDS
Cost: \$33 Non-Members
\$22 Non-Member students
\$22 SMA Members
\$11 SMA Student Members

To register on-line, click on the following link;<http://smawa.asn.au/products.asp?ID=8>

"Taping Symposium - Lower Body"

Presented by **Western Force** Podiatrist, Darryn Sargant and **Claremont Football Club** Physiotherapist, Anthony McEvoy, this seminar will teach participants the skills required to tape specific joints and limbs of the lower body commonly injured in sport. Participants will learn how to correctly tape the ankle, knee, foot, and more! in order to prevent and manage sports injuries. It is a practical session in which all participants will get some hands on experience in sports taping. Due to the practical nature of this seminar, number's are strictly limited, so get your registration in quickly to ensure your place!

Details are as follows:

Date: Wednesday 24th October 2007
Time: 6.30pm - 9.30pm
Venue: FJ Clarke Lecture Theatre
Sir Charles Gairdner Hospital
QEII Medical Centre
Caladenia Loop

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NEDLANDS

Cost: \$33 Non-Members
\$22 Non-Member students
\$22 SMA Members
\$11 SMA Student Members

For more information, please click on the link below, or call the office on 9285 8033
<http://www.smawa.asn.au/products.asp?ID=8>

A guide to watching diving

In the last few editions of "Platnatter" we have presented some valuable diving information to help those who are in the stands watching. In the last edition we looked at how the judge marks the dive and in this edition its - Scoring.

Scoring

When all seven judges have allocated a score for a dive, other than synchronized diving, the two highest and two lowest scores will be eliminated and the remaining three scores totaled. The number will be multiplied by the degree of difficulty (DD) rating assigned to the dive. The DD is predetermined with a table range from 1.2 to 3.6 in one-tenth increments. In the case that there are 5 judges, the highest and the lowest scores will be eliminated; and if there are only 3 judges, then no scores are eliminated.

A scoring example is shown below:

Awards: 6 - 5 - 5 - 5 - 5 - 5 - 4
Total: 15 (high (6 and 5) and low scores (5 and 4) are eliminated)
DD: 2.0
Score: 30 points

In the synchronized diving events, two judges will rate one individual diver, two other judges will rate the second individual diver and five judges will rate the synchronization of the pair. The high and low of the four individual scores will be eliminated, and the high and the low of the sychro scores, and the remaining five scores totaled. This is then reduced by 3/5 (0.6) in the tradition that a diver's score comes from three judges.

Calendar

A full 2007/08 calendar is available on our website www.wadiving.com.au and click on Calendar.

October		
AIS Squad Camp	KL , Malaysia	30 Sep – 7 October
National squad & Development squad camp	Brisbane, Qld	7-14 October
National elite coaches workshop	Brisbane, Qld	15-16 October
Diving Australia AGM/State Association meeting	Brisbane, Qld	20/21 October
November		
WADA Presentation Breakfast	Perth, WA	4 November East Fremantle Yacht Club
December		
Interclub and Dive Challenge #2, Term 4 Warrilow Sproul Cup	Perth, WA	1 December
National junior squad camp	Brisbane, Qld	2-8 December
CAMO International	Montreal, Canada	6-9 December
National TID squad camp	Brisbane, Qld	12-15 December
Open State Championships and Christmas invitational	Perth, WA	14-15 December
WADA Diving Clinics	Perth, WA	17 – 21 December
January 2008		
2008 Australian Open Diving Championships	Adelaide, SA	11-13 January
Age State Trial 1	Perth, WA	11-12 January
WADA Diving Clinics	Perth, WA	7-11 January
WADA Diving Clinics	Perth, WA	14-18 January
2008 FINA Spanish Grand Prix	Madrid, Spain	25-27 January
2008 Australian Country Championships	Newcastle, NSW	25-27 January

