

# DIVE DIVE DIVE!

## FANATICAL NAT COMES ON BOARD



CDT has signed up an extra much-needed dive coach to help cater for the dozens of eager new recruits. 18 year old **Nat Doza's** been **fanatical about diving** for years, "I don't know how many medals I have – hundreds! They're in a box getting dusty!" He was **2008 National Age Groups Champion**. Amongst his 8 GCSEs, is an A for PE & along with his AS Biz studies and Bio is (of course) an AS in PE! He's a **level 1&2 qualified diving coach & is an ASA qualified judge**. He's doing a personal trainer course and will be taking 10 Learn to



Dive groups, entry squads and ... The best thing is seeing progress committee and already his acute approach are proving to be a winning

Nat (National! Geddit?) squad divers as well. "I just really, really love diving in the children." His appointment was a unanimous decision by the CDT observation & professionalism along with his enthusiastic and encouraging formula.



### get kitted!

T-shirts £5.00 Car stickers £1.00 Wrist bands 1.50  
Chamois £5.00 LTD Bundle £10 (bag, bottle, shirt)  
rucksack kit bag £20.00 small kit bag £4.00  
water bottle £2.00 **Contact**  
[karen.cutmore@googlemail.com](mailto:karen.cutmore@googlemail.com)



**CAPTION CONTEST**  
Who needs a high board? I'm perfecting the high chair concept ..may be handy if the re-furb goes wrong!!

# Have your Say



**The new Regional Junior/Senior Champs** were a great success for CDT(see DIVE! Results) **BUT are they fair? Organisers want your views.** The idea is for all divers to compete without the usual age group barriers - simply juniors (10-15) and seniors (16& over). Roger Page, ASA event co-ordinator told DIVE! "It's intended to be a fun comp. And, it doesn't affect national standings. It allows youngsters to see how good they are compared to others regardless of age. Tiny clubs also get a chance to see ace divers like Dan Goodfellow and Lucy Cliff & even dive against them" **But does it work?** Divers are allowed to sign up for both senior and junior competitions, so, in fact, a good diver can win medals in both events, potentially shouldering out other young hopefuls. Parents of various clubs thought it should at least be clear on the programme who's in which group. Juniors did only 4 dives. Is that a level playing field for a 10 yr old against a 15 yr old? **Roger Page needs your help.** "If you have comments or criticisms about the meet please let me know by email and I will make sure that you comments are passed on to the organising committee." [Roger.page@data-interface.net](mailto:Roger.page@data-interface.net)

**EXTRAORDINARY OLIVIA**  
Wants to be an Olympian.  
Trains 30 hours per wk , 7 days per wk. Has her own website :  
"created for me so that I can let all my family, friends and supporters follow my progress & the very long climb I have ahead of me to reach my ultimate goal which is to represent my country in the 2016 Olympics"  
<http://oliviareeve.com/>

**CORRECTION AND APOLOGIES.** In the first Oct issue of Dive! we said Olivia Reeve was an elite diver. She isn't and never has been an elite diver: she's an elite gymnast. We're sorry we got it wrong. Her Father, Steve points out she does indeed do about 30 hours of training a week but most of it for gym. She does 1 ½ for diving on Tues, 2 hrs Thurs & 1 ½ on Sunday occasionally. She's been a gymnast since 5yrs old and this very month she leaves for Iowa to train for 3 months initially with USA 2008 Olympics gold medallist, Shawn Johnson at the world famous Chow's Gym. Dad goes too. She'll be keeping up diving as well. Injuries recently meant the Regional comp was a challenge. Steve says. "Even I was shocked. I thought she was going to be smashed as she hadn't had much practice. But we were delighted. She was put into seniors just to see how she did. There's nothing wrong in that. It's within the rules."

A huge success! £800 raised!

## Flip'n'Fun flippin' fab!



Brand new kit. Loads of lovely goodies. Sweets and drinks. Professionally printed, full colour programmes. AND the odd bit of diving thrown in! Medals galore. Certificates of proficiency. 85 entrants. YES! 85! And a display from the top squad. The only thing that went wrong- bizarrely- was that organisers were so efficient that events were completed sooner than expected and, not being old hands at this game, some parents LEFT THE BUILDING.

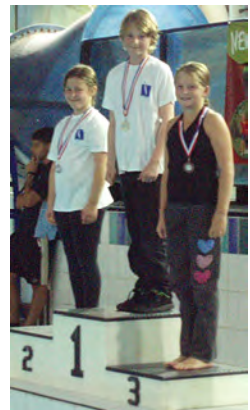
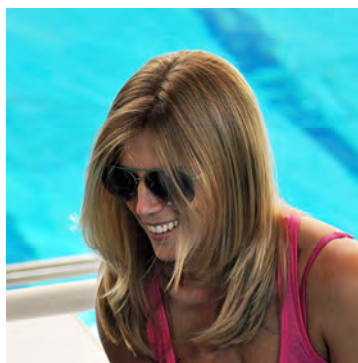
Bad move! Competition missed. Panic! But, thanks to ingenious, forgiving coaches, the diving skills tests were done later so that although a medal chance was missed at least the certificates were presented. Entry fees and sales netted an incredible £800. It's not all profit but it will help to pay for coaches and coaches (the other type) to get divers out on the road to practices & comps. And why hasn't this happened before?

Simple.

**We didn't have one of these...**

**A Theresa Curtis!**

**Social & Fund Raising Officer**  
**All say a big THANKYOU**



**(trying not to be noticed!)  
for getting it all together.**

# Latest Comp Results



**Cambs County Novice Diving Champs 2011A** clean sweep for Cambridge divers. There were 2 groups to be fair to all. Novice B: the beginners, & Novice A: more experienced. 12 skills tested on poolside, 1m and 3m. Hurray for **Harvey Bourne! The Novice B champ**. Excellent all round skills 214.40. **Novice A Champ Katie Evans** 234.85, 2<sup>nd</sup> **Ashlea Bucke** 234.10, 3<sup>rd</sup> **Nickie Daily** 233.75. Oh, what a realistic intro to the pain of dive comps! Only 1.10 separated the top 3. Any of them could have snatched it or lost it. It's tough, but keep at it. Listen hard to your coach. Practice hard. Get in the zone...and it'll be your turn to get on the podium. These guys look happy enough – next time it could be you.

## East Region Junior/Senior Champs

Cambridge divers were the force to be reckoned with at this new comp. 11/25<sup>th</sup> Sept.

5 clubs descended on Southend : Beaumont Diving Academy , Cambridge Dive Team, Dacorum Diving Club, Havering Cormorants Diving Club, Southend Diving. The power of the Cambridge Club was evident at all levels but none more so than in the **Senior men's 1m** event where CDT took the top four places. European jnr medallist , **Daniel Goodfellow** , snatched the top slot, closely chased by team mates **Ben Sambrook** silver, **Aaron Paul** bronze, and **Seb Jaunzens** 4<sup>th</sup>. Dan is only 14 but coaches had decided to put him into the senior competition to give the juniors a chance! (This is not the attitude of all clubs – see Dive article). Flying the flag for CDT men in the **junior Men's 1m Dan Murphy** picked up 8<sup>th</sup> place. There was another



clean sweep for CDT in the **senior men's 3m Ben Sambrook** put on a stunning exhibition to take a convincing gold with 302.25 points. He was followed by team mate **Daniel Goodfellow**, 272.85 points and yet another CDT diver, **Seb Jaunzens** took a well deserved bronze with 218 points.

In the **junior men's 3m Daniel Murphy** had to endure the hardship of being just outside the medals, taking 4<sup>th</sup> place with 132.15 points.

CDT divers took 8 of the 9 men's senior medals!

In the blue riband event – the **senior men's platform**, **Daniel Goodfellow** dived with breathtaking confidence winning with 300.65 points. Silver went to **Ben Sambrook**, 273.30 points. **Seb Jaunzens** was 4<sup>th</sup> with 222.35 less than three marks away from the bronze.

In the women's senior competitions, **Lucy Cliff won gold on 1m, 3m and platform!** The CDT medal haul was down to just 4 girls, **Lucy Cliff**, **Emma Watson(Snr)** and **Rosy May Trewin Marshall & Lucy Hughes(Jnr)**. **Emma Watson** won 2 silvers - platform and 3m. She came 4<sup>th</sup> at 1m. **Lucy Hughes** won bronze in the jnr 1m. **Rosy May Trewin Marshall** won bronze in the women's jnr 3m and a silver in the women's jnr platform.

HOW AMAZING IS THAT???



Just 4 CDT girls won 8 medals!!

This is how the rest of the dive team did:

**1m Junior women** 4<sup>th</sup> Poppy Hall 5<sup>th</sup> Rosy May Trewin Marshall, 12<sup>th</sup> Molly Hall, 14<sup>th</sup> Ellie Curtis, 17<sup>th</sup> Amelia Brasnet, 18<sup>th</sup> Lucy Watson, 20<sup>th</sup> Ellen Parrett

**Women's 3m Junior** 4<sup>th</sup> Alice Clarke, 6<sup>th</sup> Lucy Watson, 7<sup>th</sup> Lucy Hughes, 10<sup>th</sup> Poppy Hall, 11<sup>th</sup> Ellie Curtis, 17<sup>th</sup> Ellen Parrett, 18<sup>th</sup> Amelia Brasnett

**Women's Platform Junior** 5<sup>th</sup> Alice Clarke, 7<sup>th</sup> Ellie Curtis, 11<sup>th</sup> Lucy Watson

