

FLIP 'N' RIP

Issue 2

WELCOME TO FLIP 'N' RIP! DUDIVE'S OFFICIAL NEWSLETTER – ISSUE NO. 2

DuDive's Newsletter - Flip 'N' Rip

by Coach Toby

IN THIS ISSUE: LINA'S TIME WITH DUDIVE | OLYMPIAN VISIT: MAICOL | TID SQUAD UPDATE | AGE GROUP QUALIFIER | CHARLIE POLLARD AT ELITES | AUSTRALIAN NATIONALS | SUPER SQUADS | CAMP INFO | COACHES FEATURE: ANNIE | RESULTS | DU'S AND DON'TS

Welcome Back!

This is your second helping of DuDive's premier newsletter "Flip 'N' Rip".

As we moved into the new year, things have been full speed ahead for DuDive! There has been lots going on and plenty to look forward to throughout 2018!

This issue of Flip 'N' Rip has a new feature that will be appearing with each termly publication; **COACHES FEATURE**. This will help you get to know the coaches that are crucial to running DuDive; keeping our divers fit, healthy, and happy!

If you have any exciting news you would like to share with the club, any fantastic diving photos you would like featured, or perhaps any questions you'd like answered, please ask away and send them to toby@dudive.com to be included in next terms issue of **FLIP 'N' RIP**.

Dates for the diary:

Spring Camps
Sunday 25th March -
Thursday 5th April

New Term Start Date
Sunday 8th April

DuDive Club Competition
Saturday 26th May

Reminder:

Classes start one hour earlier during Ramadan

DuDive.com

[@DuDiveDubai](https://www.instagram.com/DuDiveDubai)

[Facebook.com/dudive](https://www.facebook.com/dudive)

Norwegian Diver Lina Spends the Term with DuDive

Lina arrived in Dubai on 2nd January and has been training with our Age Group Squad since her arrival. She has also helped our coaching team by taking part in DuDive's UAE Talent Search; the project involves visiting primary schools across Dubai and running PE Lessons teaching children all about diving, coordination, strength, flexibility, and listening skills.

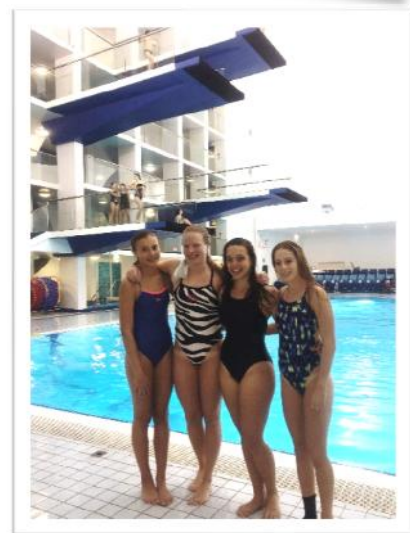
Lina is Norwegian Junior National Champion on 1m springboard and boasts a collection of national championship medals, at both junior and senior level. Currently Lina has competed for the Norwegian National Team six times and is hoping to make Norwegian selection for this year's European Championships!



Lina said "I have loved being in Dubai. I think I want to live here! My favourite thing about being in Dubai has been camping in the desert, and that it is sunny almost every day!"

What I have loved about DuDive is the dryland facilities and the pool! It is amazing. I have also loved meeting all the athletes and the coaches, everyone has been so nice to me, so I am very grateful! Thank you DuDive!"

We want to thank Lina for being such a great part of our team this term and we wish her all the best in the future! Keep working hard!



Olympian Maicol Verzotto visits DuDive

Maicol was in Dubai just before heading to Beijing to compete in the FINA Diving World Series. He stopped by the DuDive stomping ground to train with us at Hamdan for a few days, and we were lucky to be a part of his preparation for the season ahead!

Maicol competed for Team Italy at the 2016 Rio Olympics, he is a world medalist and European Champion!

Maicol previously visited Dubai for the FINA World Series when it was hosted at Hamdan Sports Complex. We look forward to having him visiting us again soon!

Ciao e buona fortuna!



TID Squad Continues To Grow!



The TID Squad continues to grow! Since the start of 2018 we have welcomed several new members to the DuDive team.

These include:

Albert Stubbs, Ethan Portelli, Finlay Gunn, Mattheus Hummer, Tom Dingle, Zara Schneider, Tess Erixon

Our TID project runs in many schools throughout Dubai. We have now shot well past the 4000 children mark and are looking forward to meeting more talented children at schools across Dubai in the coming months!

If you would like your child's school to have DuDive visit their PE department & run PE lessons for the opportunity to be talent spotted for our TID (Talent Identification) program, then get in touch with our Talent Identification Coordinator, Toby, at toby@dudive.com.



Coaches Feature: Annie

Annie was born in Leeds and dived for City of Leeds Diving Club.

The same club that now hosts many Team GB Olympians such as Jack Laugher and Chris

Mears (2016 Olympic Gold Medalists).

Annie started diving at the age of 12 and was competitive for 5 years.

Her favourite dive is 614b from 10m platform

(That's a forward Armstand Double Somersault in the Pike Position to me and you).

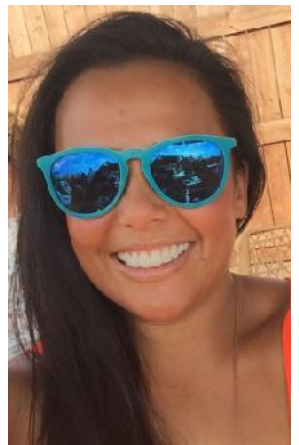
Her favourite diving pool is the iconic mountain top pool in Barcelona.

Annie is also a FINA qualified Diving judge and travels the world judging major international diving events!

Annie is half Singaporean and loves spicy food.

She can also hold a handstand for one minute!!

WOAH!!!



Age Group Qualifier Event

This term we hosted a qualification event for our age group divers. This event took place on Saturday 10th March and each diver took part in two events; either both springboard competitions or one springboard competition and a platform event.

This event was to allow our divers to track their progress for the busy season we have ahead! With British Diving Elites, Australian Age Groups, ASA National Age Groups, ASA National Skills and the DuDive Club Competition coming up this season, it was a great opportunity for divers to test out some of their new dives and see where they are in terms of qualifying scores for various competitions around the world!

The results can be found on the competition results page toward the back of the newsletter (page 6).



SUPER SQUADS!

Super Squads this term saw the introduction of some new exercises to target some specific areas of our divers dry training to help improve their performance both in the pool and in the dry gym.

This terms exercises have been:

AirTrack Sprint, Maximum Pull Ups, Maximum V-Sits in 20 seconds, Pike Planche Hold, Handstand Hold, Shoulder Flexibility, Standing Long Jump.

January Results:

Top Boy – Robert Stumbles
(Development Squad)

Top Girl – Lina Lund (Age Group Squad)

Top Squad – Development Squad



February Results:

Top Boy – Martin Nielsen
(Age Group Squad)

Top Girl – Lina Lund (Age Group Squad)

Top Squad – Age Group Squad

Australian National Age Group Championships

DuDive are travelling Down Under this term for the Australian National Age Group Championships.

4 Divers are travelling with coach Dan to Melbourne, Oz, in April to compete at this championship for the first time.

All the divers have been working hard and we wish them all the very best!

Good luck to

Dexter Spree, Zac Pollard, Cooper Ross, and Danielle Guerin!

Charlie Pollard goes to Elite Junior Championships



Charlie Pollard, a successful member of Age Group Squad at DuDive has hit the extremely tough qualifying scores for the British Junior Elite Diving Championships in Plymouth, England.

The Junior Elite Diving Championships is the highest level of Junior competitive diving before achieving Senior National and International competition.

It is a great achievement, and very few divers make it to this Elite level.

Charlie will travel to the UK with Coach Dan to compete at this extremely high-level competition at the end of March.



GOOD LUCK, CHARLIE!



RIP IT UP!

Age Group Qualifier Competition

This term we hosted a test event for our Age Group divers. This event took place on Saturday 10th March and each diver was invited to take part in two events.

This event was to allow our divers to track their progress for the busy season we have ahead! With ASA Elites, Australian Age Groups, ASA National Age Groups, DuDive Club Competition coming up this season it was a great opportunity for divers to test out some of their new dives and see where they were regarding qualifying scores for various competitions around the world!

Please note that each age group has different requirements regarding the number of dives they perform per competition and each with their own different degree of difficulty limits.

Individual scores are as follows:

Event 1

Martin Nielsen	1m	214.75
Dexter Spree	1m	197.45
Cooper Ross	1m	185.55
Charlie Pollard	1m	248.15
Tizzy Spree	1m	120.05
Danielle Guerin	1m	176.3
Daniel Schacht	1m	153.6
Milla Cass	1m	140.05
Zac Pollard	3m	153.5
Zachary Lake	1m	112.2
Nick DeMartini	1m	114.75
Yahia Elderiny	1m	119.1
Alfie Muchmore	1m	114.85

Event 2

Charlie Pollard	3m	273.6
Cooper Ross	Plat	218.42
Martin Nielsen	3m	204.2
Danielle Guerin	3m	201.65
Cooper Ross	3m	181.25
Milla Cass	3m	141.2
Nick DeMartini	3m	141.1
Daniel Schacht	Plat	139.85
Zac Pollard	Plat	128.85
Zachary Lake	3m	123.25

Yahia Elderiny	3m	123.05
Alfie Muchmore	3m	106.7

SPRING, SUMMER AND HALF TERM CAMPS!!



Holiday Camps

We have holiday camps running this year for all major breaks in the term and holidays.

They are:

Spring

Sunday 25th March – Thursday 5th April

Summer

Sunday 8th July – end date TBC

www.dudive.com/holiday-camps-dubai



SPRING DIVING CAMPS!

Spring Camps will be running right through the holidays from Sunday 25th March to Thursday 5th April!

These camps are available on a day to day basis or in blocks of multiple days. Camps are available as half days (10am-12pm) or all day (10am-3pm).

You can follow any changes or additions to these dates here:

<https://www.dudive.com/winter-camps-dubai>



Pay N Play

Pay N Play is an awesome after school or weekend activity that is open to all! Any age and any ability (so long as they can swim)!

Pay N Play is where you can have one hour of free time on the diving boards trying out new things and having fun with your family and friends!

You arrive at Hamdan Sports Complex with your swimming costume on, your bravery in your hand, and a willingness to have some awesome fun!

Pay N Play happens every week

Thursdays 5.45pm-6.45pm

Saturdays 11am-12pm.

50AED for DuDive members.

65AED for visitors.



DIVING PARTIES

Is your child's birthday coming up? Not sure what to do? Do they love diving or want to try something fun, new, and exciting? Why not have a party with DuDive?!

Diving parties are exhilarating and bundles of fun for everyone involved. They are run under the safety and expertise of our professional coaches and are available all the way through the year! Email us at admin@dudive.com to book your party!

DuDive's Diving Du's and Don'ts

Du's and Don't's (Hints and Tips from coaches and Divers on certain diving topics).

Du bring your DuDive water bottle to every training session to stay hydrated during training!

Du practice your headstands and handstands carefully against a clear wall at home! Be careful!

Don't forget your DuDive T-shirts to show everyone where you're learning these awesome skills!

Du tell your coach about anything you might be scared of or want to practice more to get better!

Don't drink fizzy juice at training or eat too much before you arrive to stop stitches and belly ache!

Du practice drills on the poolside to help you perform your skills and score those 10/10s!

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