


FLIP 'N' RIP
Issue 4

WELCOME TO FLIP 'N' RIP! DUDIVE'S OFFICIAL NEWSLETTER – ISSUE NO. 4

DuDive's Newsletter - Flip 'N' Rip

by Coach Toby

IN THIS ISSUE: WELCOME COACH SEAN | CLUB WINTER COMPETITION | COACHES FEATURE | NAYA IN TURKEY | DUDIVE IN DUBLIN

Hello, DuDivers!

It's great to welcome you all back after the winter and fantastic to be writing about all of the excellent things that our club has been doing and all that has been going on this term in the run up to our Winter break!

Since our last issue of Flip 'N' Rip DuDive has welcomed our new Learn to Dive Manager and coach Sean. We have had one of our Pre-Comp divers Naya travel to Turkey to compete at the Turkish National Championships, and we have celebrated the success of our DuDivers in Dublin, Ireland! This term we also have to say a very sad goodbye to Coach Amanda who is leaving us at the end of this term.

We would love to hear from you! If you have any exciting news you would like to share with the club, any fantastic diving photos you would like to be 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.

.com

@DuDiveDubai

Facebook.com/dudive

Dates for the diary:

Term 2 dates

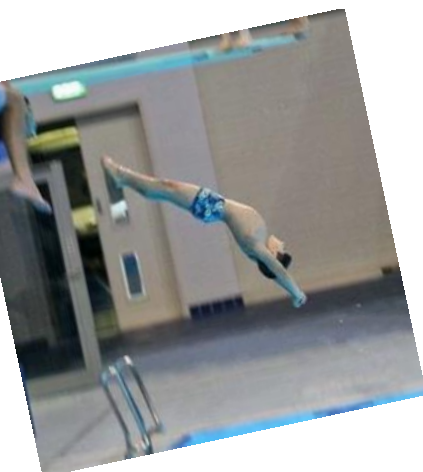
 Sunday 3rd February –

 Saturday 6th July

February Camp dates

 17th – 21st February

Spring Camp dates

 31st March – 11th April


Welcome to Coach Sean

Sean grew up and began diving in Dublin, Ireland at the age of seven. Sean has claimed several Junior Irish national titles and in 2011, at the age of fourteen, he became the youngest ever senior national champion in the history of Irish diving. His success was followed in 2012 with a gold medal in the senior 3m event.

Leaving the competitive side of the sport at sixteen, Sean performed in several diving shows throughout Europe. It was around this time that Sean began shadowing and assisting with classes at his home pool, the National Aquatic Centre in Dublin.



Due to injury, Sean stopped diving in 2014, moving to Edinburgh, Scotland, to study Physiotherapy at Queen Margaret University, graduating with an Honours degree in August 2018. Having spent his time as a student working as a sports therapist with various sports clubs and gyms, Sean has gained experience working with athletes of all abilities, from recreational through to international and Olympic level athletes.

While in Scotland Sean qualified as a level one and level two coach and began working with Edinburgh diving club alongside fellow DuDive coach Toby Harris. During his time at Edinburgh Diving Club, Sean took a lead role in coaching some of the club's squads, as well as having heavy involvement in the clubs Learn-to-Dive and pre-school programme.

He can also yodel and is fluent in Irish – the native language of Ireland



Sean used to dive in a dolphin show in Valencia, Spain



Naya wins a Bronze medal in Turkey!



DuDive are very proud of all of our diver and we are especially proud of Naya for her achievements in the Summer. Over the summer months Naya from our Pre-Comp Squad travelled to Turkey with her family to compete in the Turkish National Diving Championships on the 9th-12th of August.

Whilst competing over-seas Naya performed exceptionally well and picked up a Bronze medal in her event!

Naya has been continually progressing week after week and trains very hard as well as being a talented swimmer and achieving great results in other sports.

We were very impressed to hear of her success in Turkey and we would love to hear more stories of success from all of our divers in 2019.

Well done Naya! We can't wait to hear of more success in the future!



Get to know: Coach Hayley Sage

Hayley Sage was born in Hertfordshire, UK.

She trained in Hatfield, United Kingdom at Beaumont Diving Academy for 9 years then moved to Sheffield to dive for 5 years. She was 10 years old when she started diving, and by the time she was 14 she was part of Team GB.

She dived competitively for a total of 14 years.

Hayley competed at the 2008 Olympic Games in Beijing, China for Team Great Britain.



She has been in Dubai for just over one year.

Her favourite dive was Reverse two and a half somersaults tucked or reverse one and half somersaults two and a half twists from the 3m springboard.

Her favourite pool is Veracruz, Mexico.

Fun fact: Hayley is Scuba Diving PADI qualified and loves spicy food.



DuDive's Winter Club Competition

DuDive's Winter Club

Competition was split into two dates this year. One competition was solely for the Levels part of DuDive where all children from all of our Level 1 to Level 6 classes were invited to compete in a club competition that allowed them to show case their skills in a friendly and exciting environment with children of similar ability. This also allowed some of the children in the lower levels to see what it takes in order to progress up to the higher levels within the programme.

We saw some awesome skills from nearly one hundred divers whom took to the boards on November 24th for the annual Winter event and we were so impressed by the standard in all the competitions. Well done divers, you did us proud!

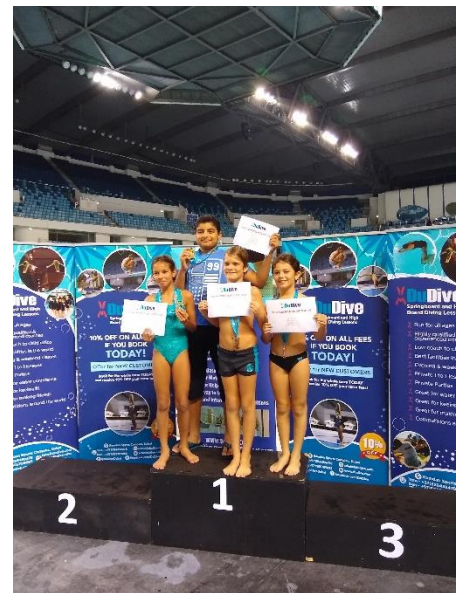
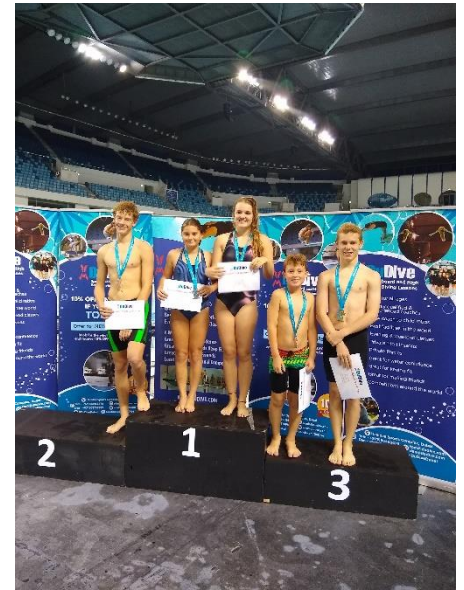
The next Winter Competition will take place at the end of 2019 and the results of this competition can be found:

<https://www.dudive.com/wintercompetitions-dudive>

The second part of our Winter Club Competition was held on Thursday 6th December where all the squads competed in a circuit type competition that is designed to showcase a number of different skills focusing on several different areas of diving fundamentals and skills.

Each competition featured skills from Poolside, 1m Springboard, and 3m Springboard. Our Age Group and Junior competition also hosted dives from the 3m platform and the 5m platform where the divers had to execute some basic falling dives and simple dives covering each direction learnt in diving (forwards, inwards, backwards, and reverse). For many of our younger squad divers this was their first competition and they all did extremely well to compete in front of a crowd of cheering parents and other excited divers!

Congratulations to everyone that took part in both of our winter competitions and we hope to see them all competing again at our DuDive Summer Club Competition in 2019.



DuDive in Dublin



DuDive travelled to Dublin, Ireland in October. This is a meet that the club attend every year as it offers great competition for all ages and abilities all the way from our Pre-Comp divers right up to Olympic level athletes.

We took a team of 11 divers to this years' Irish National Open Diving Championships with great successes.

This year's DuDive team in Dublin was:

Pre-Comp: Zara Schneider, Naya Naz Sogut, Elena Andreescu, Charlotte Cappellini, Capri Allan, Sean Dufva.

Development: Harry Bos, Edward Winsor, Philippa Rassmussen

Age Group: Caitlin Theocharis, Cooper Ross

This year's trip was a huge success with some of our divers picking up medals and others achieving personal best scores on some of their dives and over all competition scores!

This trip was Coach Tom's first trip away with the team and it was a huge learning experience for him and also for coaches Dan, Hayley, and Toby that also attended the trip.

The trip was a four-day training camp of which was ran by Toby and Hayley at the National Aquatic Centre, Dublin followed by three days of competition when Dan and Tom flew out to help the success of the team.

We had divers competing in the Novice Skills events, and also in the Age Group competitions:

Novice Girls E – Naya (5th) and Zara (6th)

Novice Girls D – Elena (8th), Charlotte (19th) and Capri (24th)

Novice Girls C – Philippa (11th)

Novice Boys E – Sean Dufva (SILVER MEDAL)

Novice Boys C – Harry Bos (6th place) and Edward Winsor (8th)

Age Group Girls A – Caitlin Theocharis 1m Springboard 5th // 3m Springboard 8th

Age Group Boys B – Cooper Ross 1m Springboard 5th // 3m Springboard BRONZE // Platform BRONZE



SPRING, SUMMER AND HALF TERM CAMPS!



WINTER DIVING CAMPS!

Winter holiday camps are for the following:

Sunday 16th December – Sunday 23rd
December 10.00-12.00 or 10.00-15.00

Thursday 27th December 10.00-12.00 or
10.00-15.00

Sunday 30th December 10.00-12.00 or 10.00-
15.00

Wednesday 2nd & Thursday 3rd January 10.00-
12.00 or 10.00-15.00

Spaces are available, please call us or email
admin@dudive.com for more information or
to book in NOW!!

Please note that we are **closed** on the
following: 24/25/26/29 December & 1/5
January.

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

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

Pay N Play happens every week

Thursdays 5.45pm-6.45pm

Saturdays 11am-12pm.

60AED for DuDive members.

70AED 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!



Pay N Play

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

Pay N Play is where you have the opportunity
of one hour 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!

DuDive's Diving Du's and Don'ts

Flip N
Rip!
DuDive's
Official
Newsletter

Du's and Don'ts (Hints and Tips from coaches and Divers on certain diving topics).

DU come along to DuDive holiday camps to keep your skills up to scratch!

DU arrive on time for training and say a big "HELLO" to your coach if you are late.

Don't forget to bring water with you to training, or 1AED to buy water from your coach!

Don't forget your shammy or leave your belongings on poolside after your session.

Don't miss out on the fun things DuDive get up to by following @DuDiveDubai on Instagram!

DU listen to all of the help and advice your coaches give you at training.