



# FLIP 'N' RIP

## Issue 3

WELCOME TO FLIP 'N' RIP! DUDIVE'S OFFICIAL NEWSLETTER – ISSUE NO. 3

## DuDive's Newsletter - Flip 'N' Rip

by Coach Toby

**IN THIS ISSUE:** SEAN IN ITALY | NATIONAL SKILLS | GOODBYE NOOR, GEORGIE, YAS | OLYMPIAN VISIT: YONA K-W | NAGS | ELITE JUNIORS | AUSTRALIAN NATIONALS | SUPER SQUADS | CAMP INFO | COACHES FEATURE: DAN | RESULTS | DU'S AND DON'TS

### Hello everyone,

This terms' issue of Flip 'N' Rip is jam packed with things that have been happening all through the term including a visit from world medalist and Olympian Yona Knight-Wisdom, fantastic results from DuDive at the Australian Age Group Championships, competition information and results, Super Squad surprises and so much more!!

We also said a sad goodbye to three of our coaches at the end of this term and we've spent some time finding out what the future has in store for the coaches we will sorely miss!

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](mailto:toby@dudive.com) to be included in next terms issue of FLIP 'N' RIP.

### Dates for the diary:

**Summer Camps**  
Sunday 8<sup>th</sup> July -  
Thursday 30<sup>th</sup> August

**Start of the new term**  
Sunday 2<sup>nd</sup> September

**Irish Nationals 2018**  
26<sup>th</sup> – 28<sup>th</sup> October



[DuDive.com](http://DuDive.com)

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

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

# Sean in Italy

Pre-Comp Squad's Sean Dufva travelled to Rome, Italy in May to compete at Esordienti Regional Qualifications under the city of Rome and Lazio region. This is a youth competition in Italy for children aged 7/8 upward where they compete to qualify for the Italian National Championships. Sean's family is from both Sweden and Italy, so this was a great opportunity to mix vacation with diving for Sean and for him to get his first taste of diving competition outside of the UAE.

We are extremely proud of Sean's achievements and determination to train and prepare for this competition and we were even happier to learn that he had "so much fun" when he was over there in the competition environment.

Sean competed in the 1m and 3m events and finished 12<sup>th</sup> and 20<sup>th</sup> respectively.

Well done Sean! We are excited to see how well you can do in the future!



*If you are interested in entering your children in diving competitions in your home countries like Sean then please inform us of the competition dates, location, and details and we will help you in any way we can.*

## Australian National Age Group Championships

DuDive travelled to Melbourne, Australia in April to compete at the Australian National Age Group Championships.

Four divers (Zac Pollard, Cooper Ross, Danielle Guerin, Dexter Spree) and Head Coach, Dan made the long journey Down Under. For all divers it was their first time competing at this competition, and it was one that they had been working hard towards for several months.

The hard work from all the DuDive coaches and the four divers paid off as they all had fantastic results, with each diver from the team taking away some silverware!!

The competition phase of this week-long trip started off with the Team Event, which was a knock-out style competition where the divers with the highest scores after each round progressed to dive in the next round and so on until there was just one diver left as the winner. The team with the most divers left during the later rounds of the competition picked up points and the team with the most points, victorious. DuDive won the event!! A great start to the competition and a fantastic introduction to Australian Diving as to what DuDive has to offer!

The success continued throughout the weekend of competition with a total of team gold, three individual gold medals, three silver medals, and two bronze medals!

DuDive are incredibly proud of how well Zac, Cooper, Danielle and Dexter competed, and they were fantastic ambassadors for DuDive, Dubai, and all the parents and coaches!

Zac Pollard: 11/U 1m **SILVER**; 11/U 3m **GOLD**; 11/U Platform **GOLD**

Cooper Ross: 14/15 1m **BRONZE**; 14/15 3m 9<sup>th</sup>; 14/15 Platform **BRONZE**

Danielle Guerin: 12/13 1m **SILVER**; 12/13 3m 7<sup>th</sup>; 12/13 Platform 4<sup>th</sup>

Dexter Spree: 14/15 1m 6<sup>th</sup>; 14/15 3m **GOLD**; 14/15 Platform **SILVER**

Well done guys!!





# English National Age Group Championships

The English ASA National Age Group Diving Championships is one of the flagship competitions of the year for DuDive and this was the fourth consecutive outing for the club to this event.

A team of 11 divers travelled to Sheffield, England, to compete at this event, accompanied by coaches Dan and Toby.

The team left Dubai on the long flight to the UK on Tuesday 26<sup>th</sup> June and competed over the course of four days in what is one of the toughest competitions of the year for the divers in our Age Group Squad.

The 11 strong team boasts previous National Age Group top 6 finishers: Zac Pollard, Dexter Spree, Martin Nielsen and Orla Lynch.

The team also held Danielle Guerin who has competed at Age Group competitions previously, Olivia Pollard who travelled to compete at her second National Age Group Championships and Orla Lynch in her fourth National Age Groups competition after having a year out of competition due to injury.

DuDive were excited to be sending NAGs first timers; Cooper Ross, Yahia Elderiny, Alfie Muchmore, Nick De Martini, and Daniel Schacht, making it the largest NAGs team to date!



The team had a fantastic set of results in Sheffield and came away with five medals at the end of a fantastic trip!

Our medal winners were Danielle Guerin with a **Bronze** in the girls group C 3m Springboard, Martin Nielsen won a **Silver** medal in the Boys Group A 1m event, and a second **Silver** in the 3m Springboard event later in the weekend. Zac Pollard was the third member of the team that won medals picking up a **Gold** in the Boys group D 3m and a **Silver** medal in the 1m Springboard event.

Full results can be found at the results section of the newsletter.



# Swim England National Skills Finals

DuDive are excited to be travelling to the UK in July for the Swim England National Skills Finals 2018. This competition is based in Manchester, England and will take place from 21<sup>st</sup>-22<sup>nd</sup> July.

DuDive's Senior coach Hayley will be leading the trip and travelling with a team of five divers: Elena Andreescu (Pre-Comp), Valentina Hummer (Pre-Comp), Edward Winsor (Development), Harry Bos (Development) and Philippa Rasmussen (Development).

This is a competition that DuDive attend every year, and it is one of the keystone competitions of the season for many of our young divers! Hoping to improve on our success from last year our team will be hoping to show British Diving how well they can compete across three disciplines in this circuit style event. The divers will be competing across poolside, 1m, and 3m springboard where they will demonstrate a mixture of skills that showcase take offs, entries into the water, and some dives of choice.

All the very best to Hayley and our divers. Results and the event will be streaming on the dive recorder website [www.diverecorder.co.uk](http://www.diverecorder.co.uk).



## SUPER SQUADS!



Super Squads continues all through the year, following on with the same exercises as the first three months of the year 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.

### April

**Top Boy - Charlie Pollard**

**Top Girl – Caitlin Theocharis**

**Top Squad – Age Group**

**Most Improved Diver – Charlie Pollard**

### May

**Top Boy – Martin Nielsen**

**Top Girl – Georgie Stumbles**

**Top Squad – Age Group**

**Most Improved Diver – Zac Pollard**



Check out our results and other DuDive activities on our Facebook page [www.facebook.com/dudive](https://www.facebook.com/dudive) and our Instagram @DuDiveDubai ([www.instagram.com/dudivedubai](https://www.instagram.com/dudivedubai))

## Charlie at British Elite Diving Championships

Charlie Pollard competed at the ASA National Elites Diving Championships 2018 in Plymouth, England in March earlier this term. Charlie travelled with Head Coach Dan to this competition, which is considered the most difficult junior diving event in the United Kingdom.

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 for Charlie to have qualified for this competition, and very few divers make it to this Elite level.

Charlie was a tremendous ambassador for DuDive and the UAE at this event where he performed very well trying to handle his nerves up against the best junior divers from Britain, Canada and the USA!

It was Charlie's first time competing at an event of this elite standard and we believe it has given him invaluable experience moving forward in his diving career.



1m Springboard 22<sup>nd</sup>

3m springboard 22<sup>nd</sup>

Platform 20<sup>th</sup>

Well done Charlie and Dan!

## SUMMER CLUB COMPETITION

The DuDive Summer Club Competition happened on Saturday 2<sup>nd</sup> June with over 100 of members competing across all levels of the club from Level 1 beginners all the way through to Level 6 lessons, and our four squads; TID, Pre-Comp, Development, and Age Group.

This is always an exciting event as it is the first experience of competition for many of our divers and with so many levels and age groups there are plenty of medals to be won!

Some of the highlights of the day were with Zara Schneider of TID Squad scoring the competitions first 10 whilst performing her forward dive on Poolside!

We also had Level 6's Ryan Hembry achieving the highest number of 10s given out in the history of DuDive Competitions with several 10s throughout his competition!

Well done to everyone that competed and a huge thank you to all the coaches and parents that were involved with the organization and running of the event!

The full results of the competition can be on our [www.dudive.com](http://www.dudive.com) website under the competitions tab.

Photos of the event can be purchased for 30AED from Hilary Schacht. Please contact us directly on [admin@dudive.com](mailto:admin@dudive.com) with the subject Club Comp Photos so that we can forward you her contact details.



# Goodbye to Georgie, Noor, and Yas

## Georgie

When Georgie was thirteen she joined the DuDive team and after four years of diving she began to coach with us in the summer of 2017.

Georgie will be leaving us this year to study Geography at the University of Durham in England.

She has definite plans of visiting DuDive whenever she is back in Dubai from her school holidays and also hopes to help out with coaching at holiday camps when she can.

Georgie would like to thank all of the coaches at DuDive for being such an integral part of her life and is thankful for the support, dedication and hard work over the years whilst she was diving and also coaching.

Georgie said "I have thoroughly enjoyed coaching at DuDive. All of the parents and kids are so lovely, and their improvement makes me so proud." She wishes everyone the best of luck moving forward at DuDive and she will miss everyone and cannot wait to visit soon.



## Noor



Noor started diving at DuDive in 2015, and she started to coach, shadowing shifts in 2017, before taking on a vital role within the coaching team during her gap year. She has been involved in the talent identification testing projects in schools across Dubai, has been a coordinator for the levels diving programme and leads a number of classes in DuDive's learn to dive programme.

Noor has been accepted to study at Surrey University, England where she will be studying literature. She will be coaching at Star Diving Club and we wish her and her future club all the best success.

Noor plans to pop in to say hello to DuDive as much as possible during the school holidays and says, "working at DuDive has been such a brilliant experience, seeing the kids' develop over the past year has been so rewarding and I'm so proud of the enthusiasm and commitment shown across all lessons."

Noor would like to thank all the team at DuDive for being so supportive and offering advice and making each day at work fun and enjoyable.

Yas started with DuDive in 2012 at eleven years old, since then she has progressed her way up to training and competing with our Development Squad. Yas started coaching with us in August 2017 working with much of the levels programme.

We wish Yas all the best in her new journey in Leeds, England where she is moving to study Film at the University of Leeds.

Yas plans to visit Dubai during each of the school holidays, so who knows, we may have her with us on the poolside during some holiday camps in the near future?!

Yas has said "thank you to all of the team at DuDive for their support and positive influence over the years. I also want to thank all of the parents at DuDive for being so friendly and I will miss the children I have worked with over the past year. I am proud of the progress and growing confidence that I have seen in the kids".

## Yas



# Coaches Feature: Head Coach, Dan



Dan was born Harrogate

He trained in Harrogate as a diver

He was seven when he started diving

He dived for 8 years

He has been in Dubai for 5 years



His favourite dive is forward one and a half somersaults  
three twist from the 3m springboard

His favourite pool is Barcelona, Spain

Fun fact: Qualified sky diver and can jump  
out of airplanes on his own, has also ran a  
marathon (he cried).



## Yona Knight-Wisdom Visits DuDive

DuDive was lucky enough to have Olympian, Commonwealth Games Finalist, and World Silver Medalist Yona Knight-Wisdom visit us after his performance at the Commonwealth Games 2018 in the Gold Coast, Australia where he represented Jamaica in the 1m and 3m springboard events.

Yona visited Dubai for a bit of down time after the Commonwealth Games, and to join in with the DuDive team as his post Commonwealth Games training camp. The kids and coaches loved having him around to hear about the Olympics, Commonwealth Games, and what it is like being Jamaica's only Olympic diver!

Yona thanked the club by doing a little bit of coaching with some of the divers in our Talent Identification Squad, and he even got our coach Toby to join him in the pool for splash and a SPLAT.

Yona documents his journey as an Olympic Diver through his social media channels which many of our members might find motivating and interesting. Find him on Instagram @yonakw and on Youtube Yona Knight-Wisdom, Life Of A Jamaican Diver.

Good luck for the season ahead Yona.

DuDive welcome you back to train with us any time!



## SPRING, SUMMER AND HALF TERM CAMPS!!



## SUMMER DIVING CAMPS!

This term saw the running of Spring Holiday Camps all through the March/April holidays.

Summer holiday camps are for the following:

Sunday to Thursday. Camps run 10:00-12:00 (half day) or 10:00-15:00 (full day)

**Sunday 8<sup>th</sup> July – Thursday 30<sup>th</sup> August**

Spaces are available, please call us or email [admin@dudive.com](mailto:admin@dudive.com) for more information or to book in NOW!!

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

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



## 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!

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](mailto:admin@dudive.com) to book your party!

## Swim England National Age Group Championships DuDive Team Results

## Boys Group D 1m // 3m // platform

Yahia Elderiny 18<sup>th</sup> // 17<sup>th</sup> // 12<sup>th</sup>

Alfie Muchmore 20<sup>th</sup> // 18<sup>th</sup> // did not compete

Nick De Martini 17<sup>th</sup> // 14<sup>th</sup> // 11<sup>th</sup>

Zac Pollard 2<sup>nd</sup> // 1<sup>st</sup> // 6<sup>th</sup>

## Boys Group C 1m // 3m // Platform

Daniel Schacht 25<sup>th</sup> // 21<sup>st</sup> // 23<sup>rd</sup>

## Boys Group B 1m // 3m // Platform

Dexter Spree 11<sup>th</sup> // 16<sup>th</sup> // 9<sup>th</sup>

Cooper Ross 15<sup>th</sup> // 18<sup>th</sup> // 11<sup>th</sup>

## Boys Group A 1m // 3m // Platform

Martin Nielsen 2<sup>nd</sup> // 2<sup>nd</sup> // did not compete

## Girls Group C 1m // 3m // Platform

Danielle Guerin 4<sup>th</sup> // 3<sup>rd</sup> // 7<sup>th</sup>

## Girls Group B 1m // 3m // Platform

Orla Lynch did not compete // 21<sup>st</sup> // 23<sup>rd</sup>

Olivia Pollard 31<sup>st</sup> // 26<sup>th</sup> // did not compete

## Boys Group C/D 1m Synchronised

Nick De Martini & Zac Pollard 12<sup>th</sup> Place

**Girls Group A/B 3m Synchronised**

Olivia Pollard & Orla Lynch 15<sup>th</sup> Place



# DuDive's Diving Du's and Don'ts

Flip N  
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DuDive's  
Official  
Newsletter

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

**DU** practice fun skills you have learnt in the gym at home as long as there is clear space and you are careful. We recommend headstand practice!

**DU** tell your coach about any injuries or if you are feeling sore somewhere!

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

**DU** stretch whilst you watch TV or whilst you are in the car.

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

**DU** ask your coach about up-coming competitions, or anything you might need to work on to help you with your assessments.