



**FLIP 'N' RIP**

**Issue 1**

WELCOME TO FLIP 'N' RIP! DUDIVE'S OFFICIAL NEWSLETTER – ISSUE NO. 1

## DuDive's first newsletter - Flip 'N' Rip

by Coach Toby

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### Hello everyone,

Welcome to DuDive's first ever newsletter!

Flip 'N' Rip is here to keep you all up to date with what is happening at DuDive. It is going to be full of information telling you all about the exciting events DuDive are participating in over the terms.

Flip 'N' Rip will be going out to you each and every term to let you know all about the goings on in the club and any important changes that might be happening, along with competitions coming up, results, holiday camps and activities, notable achievements and more!

We would love to hear from you! If you have 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:

**Winter Camps**  
**Sunday 17<sup>th</sup> December -**  
**Thursday 21<sup>st</sup> December**

**Wednesday 27<sup>th</sup> December &**  
**Thursday 28<sup>th</sup> December**

**Tuesday 2<sup>nd</sup> January –**  
**Thursday 4<sup>th</sup> January**

**Start of the new term**  
**Sunday 7<sup>th</sup> January**

**February Camps (tbc)**  
**Sunday 11<sup>th</sup> February –**  
**Thursday 15<sup>th</sup> February**

# Martin in Norway

Martin travelled with Dan in October to compete in the Norwegian National Diving Championships.

He won a Bronze medal on 1m Springboard Boys Group A, Bronze medal on 3m Springboard Boys Group A, and a respectable 5<sup>th</sup> place in the mixed synchro competition with his synchro partner Leah Tuxen.

Following Summer training in Martin's home country Norway; Martin was invited to compete at the Norwegian National Championships, representing his host club Bærum Stupklubb. As Martin aspires to represent Norway in the future, this was a fantastic opportunity to check out the competition. Coach Dan says, "They dived awesome, with only one training session - they actually produced some of the best synchro scores in the whole event, beaten only by degree of difficulty!"



After some fantastic diving at the end of last season, Martin was unlucky to suffer with some injuries over summer. He worked hard to get back to competition fitness and was well rewarded with some great results. It's motivating to see what Martin can achieve in Norway, even when not at full fitness, so it's going to be an exciting couple of years following Martin and his goal of representing Norwegian Diving!

Martin and Coach Dan were lucky to be welcomed so warmly to the team at Bærum Stupklubb and we look forward to hosting a team of divers in return at some point in 2018!



# Ross Returns

Ross returned from Edinburgh to train with DuDive for a week during the Scottish school half term holidays in October. It was good to have him back and see his progression. Ross dived with DuDive for four years before moving to Scotland and training with the Elite Squad in Edinburgh.

Ross has had some excellent achievements as a diver and has been Scottish Junior 3m National Champion, as well as National Age Groups Champion on platform.

He also won the Scottish National Open Diving Championships 1m, 3m and Platform event this month!

It is great to see another successful former member of DuDive doing so well! We look forward to following his progress and welcoming him back for some training over the winter break!





# DuDive in Dublin



DuDive travelled to Dublin, Ireland, this November with a team of 14 divers. Accompanied by coaches Toby and Dan, the divers were there to compete at the Irish National Open Diving Championships at the Dublin Aquatic Centre.

After an early start at DXB before the sun had risen and a long flight to Ireland, the team arrived in Dublin on a wet and grey Wednesday. A long way from the sunny climes of which the team are accustomed.

Once settled at the hotel, wrapped in plenty of layers, the team explored the local mall for a bit of down time before the hard work began.



## Representing DuDive were:

### Boys Group E

Yahia Elderiny (Novice)

Lucas Lake (Novice)

Alfie Muchmore (Novice)

### Boys Group D

Edward Winsor (Novice)

Zach Lake (Age Group)

### Boys Group C

Dexter Spree (Age Group)

Saleem Sofrata (Novice)

### Boys Group B+

Cooper Ross (Novice)

### Boys Group A+

Martin Nielsen (Age Group)

### Senior Men's Event

Charlie Pollard

### Girls Group D

Tizzy Spree (Novice)

### Girls Group B+

Olivia Pollard (Age Group)

### Girls Group A+

Noor Al-Hashemi (Novice)

Caitlin Theocharis (Age Group)

Thursday was a training day for the DuDive team, getting used to their new surroundings in the National Aquatic Centre of Dublin. Following some hard training and the team looking good on the diving boards they visited a local play park for a bit of team building and some fun with the chaperones, travelling parents, and coaches Dan and Toby.

Competitions ran Friday 10<sup>th</sup> November through to Sunday 12<sup>th</sup> with the DuDive team taking part in a total of 22 events over the whole weekend.

It was an exceptional display of diving from all divers that were at the event including some international teams from Finland and Denmark. The divers were lucky enough to meet a few Olympians such as Rebecca Gallantree, Sarah Barrow, and Oliver Dingley; who was competing against Charlie Pollard (DuDive).



DuDive would like to pass on a huge well done to all divers that travelled and competed, they gained some valuable experience and it has motivated all to work towards their next competition.

DuDive would also like to extend a MASSIVE thank you to chaperones Nathalie Spree and Sam Lake, for making sure all the kids were looked after, fed, watered, and supported! Without whom trips like this would not be possible or as enjoyable!

Full competition results can be found at <http://www.diverecorder.co.uk/meetexplorer/selectevent.php?mref=736>.

# DuDive Welcomes NEW Coaches

As you may have noticed around the poolside DuDive have two new coaches that started with us this term! We would like to welcome Hayley Sage and Toby Harris to the team!

They arrived from the UK in August to help continue the growth and successes DuDive have had and we are very excited to have them as part of the DuDive community.



## Hayley Sage

Hayley started diving at the age of ten in Hatfield, England, with Olympic diving coach Derek Beaumont. Growing up in Hertford, Hertfordshire, with her Mum, Dad, 2 brothers and sister, she quickly progressed through the diving levels and realised her ability when taking the title of British National Champion in 2002. This success gave Hayley the opportunity to represent Team GB on the junior international circuit at the Junior Europeans and Junior Worlds events.

At the age of nineteen, Hayley made the decision to train professionally at British Diving's National Performance Centre in Sheffield, under Head Coach Chen Wen. With the move to training as a professional athlete, Hayley spent several years on the senior international circuit, competing at numerous Grand Prix's and World Series events.

In 2006, the hard work paid off, when Hayley won bronze in the Women's 3 Metre Synchronised Diving event at the Commonwealth Games, Melbourne. Following this success, Hayley achieved her life-long dream of representing Team GB at the 2008 Olympic Games in Beijing. Hayley began her coaching career in 2011, and has moved to DuDive following her experience as Performance Diving Coach at Luton Diving Club, England. 2017 was Hayley's most successful year yet, with her team of divers taking one gold, two silvers and one bronze at the English National Age Groups and two silvers at the National Skills Finals.

Alongside coaching, Hayley is a FINA international diving judge, and has been selected to judge at numerous international meets, including the 2016 World Cup in Rio - the number one qualifying event for the Rio Olympic Games!



## Toby Harris

Toby came into the sport of diving at the age of thirteen in Edinburgh, Scotland. Within two years of taking up the sport, he picked up his first Scottish senior national title, with several others to follow in the coming years. Alongside this, Toby has been involved in the sport of athletics where he achieved more than 10 national titles in events including long jump, triple jump, 110m hurdles and 400m hurdles. With Toby's success domestically in both sports, he gained the opportunity to represent Scotland in both diving and athletics internationally.

Toby's decision to leave the sport of diving as an athlete came in 2009 when the Royal Commonwealth Pool in Edinburgh closed for refurbishment. This allowed him to focus on the coaching aspect of the sport and has allowed him the opportunity to work with all levels of the Scottish Diving programme, from beginner lessons, right through to international and Olympic level athletes.

Over the last eight years of Toby's coaching career, he has seen his divers collect many medals at the Scottish Nationals, English National Age Groups and English National Skills Finals.

Alongside coaching, Toby has an honours degree in Podiatry with additional studies in Sports Injuries and Lower Limb Medicine, which he received from Queen Margaret University, Edinburgh.

Graduating in 2014 Toby quickly set up a Multi-Clinic Sports Injury company in Edinburgh, and uses his knowledge of medicine and the human body to incorporate rehab and injury prevention into his coaching.

# **SUPER SQUADS!**

Super Squads is a new initiative and intra club competition that is designed to push and challenge all divers and keep the competitive edge between divers in dry dive as well as in the pool. It focuses on seven core events in dry dive and combined scores create a total results table for the entire club!

September

October

November

Top Boy - Charlie Pollard

Top Boy - Charlie Pollard

Top Boy - Charlie Pollard

Top Girl – Caitlin Theocharis

Top Girl – Danielle Guerin

Top Girl – Noor Al-Hashemi

Top Squad – Age Group

Top Squad – Age Group

Top Squad – Age Group

Most Improved Diver – Yaz Kandil

Most Improved Diver – Dexter Spree



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



## A big welcome to our new TID Squad!

DuDive’s UAE Talent Identification Search September – December, and our fantastic new TID Squad has started with some new members joining in 2018!

Over 3500 children were tested at schools across Dubai, out of which we now have a squad of 21 divers selected and now training! Watch this space for new divers invited to join soon!

### Congratulations and welcome to:

Megan Lewry

Jessica Dibble

Jessie Patterson

Eusebia Sambinello

Samuel Lavoie

Gabriel Barao Sanchez-Mateos

Morgan Miles

Yasmin Khaled Hassouna

Annabelle de Vries

Tarek Fakhreddin

Elijah Gabriel Carlos Kimmerly

Jack Matthews

Mirin Sophie Connor

Eric Ewers

Violetta Bezhinar

Omar al Rasheed

Phoenix Victory Hopkins

Alya Ruya Sogut

Aziz Kadirov

Yuji Choe

Naya Naz Sogut

# 2017 Competition Results

## Irish National Open Diving Championships, Dublin Ireland.

November 2017

The DuDive team brought home 7 medals including one GOLD medal by Yahia Elderiny in his first ever competition outside of Dubai! We also picked up three 4<sup>th</sup> place finishes where our divers narrowly missed out on medals.

Yahia Elderiny – **GOLD** – Novice Boys Group E Novice

Dexter Spree – **SILVER** – Age Group Boys Group C 1m

Dexter Spree – **BRONZE** – Age Group Boys Group C 3m

Dexter Spree – **BRONZE** – Age Group Boys Group C Platform

Martin Nielsen – **BRONZE** – Age Group Boy's Group A 1m

Martin Nielsen – **BRONZE** – Age Group Boy's Group A 3m

Martin Nielsen – **BRONZE** – Age Group Boys Group A Platform

Zach Lake – 4<sup>th</sup> – Age Group Boys Group D 1m

Zach Lake – 4<sup>th</sup> – Age Group Boys Group D 3m

Alfie Muchmore – 4<sup>th</sup> – Novice Boys Group E

Caitlin Theocharis – 5<sup>th</sup> – Age Group Girls Group A 3m

Cooper Ross – 6<sup>th</sup> – Novice Boys Group B+

Caitlin Theocharis – 6<sup>th</sup> – Age Group Girls Group A 1m

Olivia Pollard – 7<sup>th</sup> – Age Group Girls Group B Platform

Saleem Sofrata – 8<sup>th</sup> – Novice Boys Group C

Edward Winsor – 8<sup>th</sup> – Novice Boys Group D

Olivia Pollard – 10<sup>th</sup> – Age Group Girls Group B 1m

Lucas Lake – 11<sup>th</sup> – Novice Boys Group E

Olivia Pollard – 11<sup>th</sup> – Age Group Girls Group B 3m

Noor Al-Hashemi – 11<sup>th</sup> – Novice Girls Group A/B

Charlie Pollard – 19<sup>th</sup> – Junior Men's 3m (Junior Event)

Charlie Pollard – 21<sup>st</sup> – Junior Men's Platform (Junior Event)

Tizzy Spree – 21<sup>st</sup> – Novice Girls Group D

Charlie Pollard – 26<sup>th</sup> – Men's 1m (Junior Event)

## ASA National Age Group Diving Championships, Sheffield England.

July 2017

DuDive took a team of 7 divers to the ASA National Age Group Championships in Sheffield, July of this year. The trip was a great success resulting in three medals (Two of which were gold, won by Charlie Pollard, and a Silver for Jamie Cohen), and a few close 4<sup>th</sup> place finishes.

Boys Group D // Charlie Pollard - 1m 11<sup>th</sup> // 3m **GOLD** // Platform **GOLD**

Zac Pollard - 1m 12<sup>th</sup> // 3m 6<sup>th</sup> // Platform 11<sup>th</sup>

Jamie Cohen - 1m 13<sup>th</sup> // 3m 8<sup>th</sup> // Platform **SILVER**

Boys Group C // Dexter Spree – 1m 8<sup>th</sup> // 3m 15<sup>th</sup> // Platform 6<sup>th</sup>

Boys Group A // Martin Nielsen – 1m 6<sup>th</sup> // 3m 4<sup>th</sup> // Platform 4<sup>th</sup>

Boys C/D Synchronised Event – Charlie Pollard & Zac Pollard 4<sup>th</sup> Place

Girls Group D // Danielle Guerin – 1m 5<sup>th</sup> // 3m 10<sup>th</sup> // Platform 6<sup>th</sup>

Girls Group A // Caitlin Theocharis – 1m 15<sup>th</sup> // 3m 16<sup>th</sup>

## Swim England National Skills Finals.

July 2017

DuDive took a team of 8 divers to this national event in July. For many members of the team this was their first competition outside of the UAE and a great opportunity for them to see what diving is like overseas. This was a skills competition, running in a circuit where each diver performed 12 skills using the poolside, 1m, and 3m springboard. It was a hugely beneficial trip for our younger divers to gain some competition experience and we look forward to improving on our success next year.

Girls Group D1 // Evelyn Wheeler – 19<sup>th</sup>

Girls Group D2 // Tizzy Spree – 18<sup>th</sup>

Girls Group B+ // Abigail Allen – 25<sup>th</sup>

Boys Group D1 // Zach Lake – 17<sup>th</sup>

Boys Group D2 // Edward Winsor – 21<sup>st</sup>

Boys Group C1 // Conor Batory – 8<sup>th</sup>

Boys Group C1 // Harry Bos – 10<sup>th</sup>

Boys Group B+ // Cooper Ross – 13<sup>th</sup>

## GStar 2017, Leeds England.

March 2017

A small team of 7 divers travelled to GStar in Leeds England, a memorial competition where some of Britain's best divers go to compete. This was a great opportunity for our divers to check out some very elite level competitions and compete!

Boys Group A+ // Martin Nielsen – 1m 35<sup>th</sup> // 3m 37<sup>th</sup> // Platform 21<sup>st</sup>

Boys Group C // Dexter Spree – 1m 28<sup>th</sup> // 3m 25<sup>th</sup> // Platform 23<sup>rd</sup>

Boys Group D // Charlie Pollard – 1m Prelim 2<sup>nd</sup> + Final 5<sup>th</sup> // 3m 7<sup>th</sup> // 5m Prelim 1<sup>st</sup> + Final GOLD

Zac Pollard – 1m 10<sup>th</sup> // 3m 11<sup>th</sup> // 5m Prelim 4<sup>th</sup> + Final 6<sup>th</sup>.

Girls Group C // Orla Lynch – 1m 28<sup>th</sup> // 3m 31<sup>st</sup> // Platform 18<sup>th</sup>

Girls Group D // Danielle Guerin – 1m 7<sup>th</sup> // 3m Prelim 5<sup>th</sup> + Final 5<sup>th</sup> // 5m Prelim 6<sup>th</sup> + Final 6<sup>th</sup>

## Winter Club Competition

The DuDive Winter Club Competition took place on Saturday 28<sup>th</sup> October. This was an event for all members of DuDive from Level 1- Level 5 and a Skills and Age Group competition for all Development, Pre-Comp and Age Group divers.

It was a huge success and we would like to say a massive thank you to everyone involved, and to all of those whom came to watch and support the competition!

This year we had 102 divers enter the competition which is more than the number of divers that competed at the summer competition we hosted in May! Great job everyone! Let's continue to support the club through its growth. We are very excited to see how many divers we can get participating in 2018!

The results for the Winter Competition can be found at:

<https://www.dudive.com/divingcompetitions-dubai>

**Thank you to all parents, coaches, and chaperones that make these trips possible. We cannot do it without you all!**

## SPRING, SUMMER AND HALF TERM CAMPS!!



## Holiday Camps

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

They were:

**Spring:** 26<sup>th</sup> March – 6<sup>th</sup> April  
**Summer:** 2<sup>nd</sup> July – 7<sup>th</sup> September  
**Oct Half Term:** 29<sup>th</sup> Oct – 2<sup>nd</sup> November

Please keep an eye on our website to find out dates regarding our 2018 camps!

[www.dudive.com/holiday-camps-dubai](http://www.dudive.com/holiday-camps-dubai)



## WINTER DIVING CAMPS!

**Winter Camps** will be running through the holidays from Sunday 17<sup>th</sup> December to Thursday 4<sup>th</sup> January. The exact dates are as follows:

**Sunday 17<sup>th</sup> – Thursday 21<sup>st</sup> December**

**Wednesday 27<sup>th</sup> & Thursday 28<sup>th</sup> December**

**Tuesday 2<sup>nd</sup> – Thursday 4<sup>th</sup> January**

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 12pm-1pm.**



## DIVING PARTIES

Is your child's birthday is 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!

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

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

**DU** use your chamois between dives to dry yourself between dives to stop getting cold!

**DU** stretch at home after training to make your diving better and stop your muscles getting sore!

**Don't** eat too much before training.

**DU** bring a small snack like a piece of fruit to help you get through long training sessions.

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