

Term 4

2023

Diving WA Newsletter



CEO Update

Welcome to Term 4 2023 and the last of the 2023 newsletters. Term 4 is traditionally Diving WA's highest usage within training sessions and registrations for the term ahead are following the same trend. The coaching team are looking forward to working with the athletes across the pathways and continuing to nurture and encourage the love of Diving amongst our members. .

This time of year also brings the DWA Annual report, which will be presented at the Annual General meeting (AGM). I encourage parents that can attend the AGM to do so, which also provides the State Sporting Association with the required governance. This year we are calling for nominations to fill x2 (two) Elected Diving WA

Board positions at the upcoming AGM. In keeping with the diversity and gender equality representation guidelines, we are encouraging male member nominations. If you feel you or you know someone who has the relevant Board skills and experience that can bring strategic and business value to the organisation as a Director, please reach out for further information and criteria details, noting all nominations must be submitted no later than Thursday 19th October 2023.

The weeks ahead include the DWA Team traveling outside the metro area of Perth to introduce Diving to the regionals and also going into local schools. St Marys Anglican Girls school has springboards on their outdoor pool and for 2 terms of the year, we are lucky enough to be able to run Learn-2-Dive sessions from their location, for both their pupils and our members. Please let us know if your child's school has a springboard with their pool in case, we don't know about it yet! The DWA Team can go out to schools, and we have also previously run many successful one-off sessions for schools in HBF. We would love to be able to introduce the sport of Diving to more participants, so please do get in touch if you can assist the DWA Team with school contacts.

Please feel free to pop into the offices at any time if you have a query or if the team isn't around, please do email them at info@wadiving.com.au or myself.

Best wishes for a great last term of 2023

Rachel

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this issue

Term 4 Dates + Events **P. 2**

Welcome, Tony! **P.3**

Kidsport + World Champions **P. 4**

Annual Awards **P. 4**

Did you know? **P. 6**

Term 4 2023 Dates and Events

- Term starts back on Monday 9th October 2023 and runs until Sunday 17th December 2023
- Saturday 28th October: 10.00 am – 11.00 am Diving WA AGM, WAIS
- Sunday 26th November: 9.00 am – 11.00 am Diving WA Annual Awards, Scarborough Rendezvous Hotel
- Saturday 9th and Sunday 10th December: Warrilow-Sproule Competition, HBF Stadium
- Saturday 16th December: 2 pm – 4 pm Final Splash (Bring a friend) HBF Stadium
- Holiday Splash program will run from Wednesday 3rd January 2024 – Friday 19th January 9 am-1 pm each weekday
- X3 day summer camp for both pathways is pencilled in for 16th – 18th January 2024. Keep watching the social media channels for more information.
- Term 1, 2024 registrations for all squads on Monday 4th December 2023. Early registration will secure your preferred training days!

Warrilow-Sproule Competition – **CHANGE OF DATES!**

Saturday 9th December (from 1.30pm – 5pm) and Sunday 10th December (8am-3pm) will see another weekend of FUN competition for ALL members to enjoy. Classes will all run as per normal, and the competition will fit around sessions.

The competition weekend is open to all Squad members and events will include:

- **Novice Challenge** (x6 skills)
The Novice Challenge is the first event a WA diver will compete in. We encourage all our novice divers, from Platinum Learn-2-Dive, Entry Squad, and ETS to enter. This is designed to be an introductory competition with divers showing fundamental skills while gaining valuable competition experience. This will run as 1 event with 3 separate rotations of stations (poolside/1/2m platform/1m springboard).
- **PRE-NATIONAL Skills**
- **AGE groups:** For athletes in the Age Pathway squads. Athletes will compete in their relevant age group (Age as at the end of the year of the next National Age Championships – 2024)

Please speak to your coach about which level of event is right for each athlete and what dives are required.

Registrations will open via the website (events page) on 8th November 2023.



Welcome to Tony !

Those that were members at the beginning of the year will remember in the Term 1 2023 newsletter Diving WA announced a new full-time coach joining the team, Tony Ally. Unfortunately, Tony's arrival and move to Perth was delayed but we are delighted to confirm that Tony (and his wife Toni) have both safely arrived in Perth, full of health and ready to start.

Tony comes to Diving WA as Program Coach & Manager, having been the Assistant Head Coach of Sheffield Diving Club (UK). He has worked with the club since 2016 and during this time has successfully coached divers at the beginners' level through to elite level, ensuring performance and skill set success at national and international level.

During term 4 Tony will coach a variety of sessions, alongside working with the coaching team from ETS to Entry, from Elite to Competitive, and everyone in between. Tony will take the term to support athletes in both pathways and in turn the coaches. His expertise in high-performance coaching and Talent ID will provide a great asset and support to the DWA team. The uptake of the new morning sessions led by Tony for competitive senior athletes has been fantastic and we are excited to see the growth of the individuals that these additional training hours can impact.

Tony will be around on poolside and in the DWA offices so please do feel free to come and say hi! to him and join us in welcoming Tony (and Toni!) to WA.



Kidsport

KidSport enables eligible Western Australian children aged 5 to 18 years to participate in community sports by offering them financial assistance of up to an increased \$300.00 per financial year, towards club fees.

Diving WA is proud to confirm we are a participating sport where the funding can be used. Please check out the website for further information and eligibility information:

<https://www.dlgsc.wa.gov.au/funding/sport-and-recreation-funding/kidsport>

The DWA Team can also support any queries or voucher redemption if needed:

inof@wadivcing.com.au



Master World Champions

Diving WA have two phenomenal talents in Sarah Watson and Eliza Cole, who in August, competed in the World Aquatics Masters Diving Championships in Fukuoka, Japan. The event is open to Athletes aged 25 and above and is held immediately after the FINA World Championships, in the same host city, each year. The 14 age categories cover athletes from 25 to 100 years old.

Both Sarah and Eliza had an exceptional competition, with both gaining podium on all three boards! They proved a formidable duo in the Women's Synchro events, winning Gold in the 3m and Silver in the Women's Platform, missing Gold by only 0.63 of a point!

A huge congratulations to Kim Hynynen-Furler, who has coached these women to an exceptional competition. Fittingly, Eliza acknowledges the late Bruce Prance, OAM, in helping her achieve her goals.



2023 Annual Awards Breakfast

The Diving WA 2023 Annual Awards event is set for :

**Sunday 26th November 9am – 11am
Scarborough Beach Rendezvous Hotel**

The annual event celebrates all things, athletes, and DWA teams' successes over the past 12 months. Whilst a lot of the competitive athletes are celebrated, all squads (Entry, White, Black, Yellow, Masters, Elite) are also recognised and any member can be awarded. Therefore, we encourage ALL members to join the celebrations, that have been designed with the younger athlete membership in mind.

Tickets can be purchased via the DWA website, under the EVENTS tab.

We will be drawing the raffle prizes during the breakfast. Even those members unable to join the annual celebration can purchase and still win raffle prizes. Keep an eye out for raffle ticket info in the coming weeks via the DWA office notice board and TV screen!!

The 2023 Diving WA Coach of the Year is voted for by members, with nominations closing on Tuesday 10th October. Please complete the quick 2 min link to vote for the Coach of the Year:

<https://www.wadiving.com.au/surveys/5003/>

**2023 DWA Coach of the Year
Nominations**

Tommy Kamyar Ashleigh Gemma

Kim Mike Sally Maddison Whitney Dee Zoe Jordannah Tamara

DIVING
WESTERN AUSTRALIA

**2023
Annual Awards**

The graphic features a black background with gold and white decorative elements like stars and circles. It displays ten circular portraits of nominees arranged in two rows. The Diving WA logo is at the bottom left, and the text '2023 Annual Awards' is at the bottom right.



Did you know?

Adults and Teens Classes:

We run diving classes for 15 years old to 99 years old on:

Thursday 5.30pm – 7.00pm

Sunday 3.00pm – 4.30pm

These sessions are designed for those who may have never previously dived before or are looking to return to the sport or continue to dive after the Age/Elite pathway. Ever wondered if you could do what the kids do?! These are the perfect session to find out, in a fun, safe and non-competitive environment!!

They are semi-casual in nature to allow greater flexibility for the majority of the participants who have other work, study and/or family commitments. The classes include dryland gym training and pool training each session. Check out further info and registration options via our website / Have A Go section and we look forward to seeing you at a session soon.

DWA 2024 Calendar is out:

Version 2 is now on the website which includes the DWA Skills finals dates. We are still waiting for the Diving Australia National Skills Final details. Please keep an eye on the website / Events page for the 2024 Calendar link, as we will update when new events are confirmed and added.

DWA Polo Shirt for All still on sale:

We still have some limited stock and sizes of the very popular DWA Polo for All (from child size 12 upwards) on sale via the website – grab one of the last stock polo's, whilst you can!

Social Media

Please follow us on social media channels, where updates, news, pictures, and more are posted weekly!



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DivingWA



Diving WA



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Thank-you to our partners



Department of
Local Government, Sport
and Cultural Industries

