

ASA South East Region Diving Development Plan 2015/17

Overview

This document captures the plans for the development of Diving in the South East Region for 2015 to 2017 and moving on into the future. It is part of the overall Development Plans for the Region and covers the development of athletes, coaches, officials specific to the discipline. It is largely based on the bid for the Beacon Programme at Southampton and the success of the South East Region Diving Talent Scheme which started in January 1914.

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1. Athletes/Talent

South East Region Diving Talent Programme

The Regional Diving Talent Programme is a monthly programme hosted by Active Nation and Southampton Diving Academy at Southampton. It provides coaching, training, sports science, nutrition, land training, and other services, for divers that meet the criteria set by the ASA Beacon programmes. The Head Coach is Lindsey Fraser who a GB Coach producing many World and Olympic divers. The programme is funded by the ASA South East Region for divers from clubs in the South East. Divers from clubs in other Regions may be invited to attend but pay their share of the full cost. In addition divers from the host club have a daily training programme and weekly training sessions are available for divers from other clubs.

Network Camps

These are held for divers that are aspiring to the Talent Programme and are held on the same days and venue with a complementary schedule of activities. They are available to clubs in the Diving Network for divers selected by their coaches. The focus for each camp is decided by the Head Coach depending on the need within the annual diving programme. (e.g. specific camp for divers preparing for

the ASA Skills Competition).

The need and means to increase the development of diving through Network Camps held at other centers in the Region will be discussed. This could provide support to divers and coaches who are unwilling or unable to travel to Southampton for Network Camps.

Off-shore Camp

The Region runs and funds an Off-Shore camp to provide our divers with experience of traveling and competing abroad. This is planned to be in Berlin in November. Selection is from athletes meeting the criteria for inclusion in Band 1 of the Talent Camps. It provides the opportunity for coaches to travel and coach at a meet abroad and for Team Managers to organize and manage an overseas camp. We expect to repeat this camp annually.

2. Coaches

Coaches' Forum

The coaches' forum provides the opportunity for senior coaches from across the region to discuss issues, make recommendations and liaise with coaches within their County. (pass forward minutes and information) It is chaired by the Talent Programme head coach and meets on the days of the Talent Programme.

Coaches' Development Training

Formal IOS training courses for level 1 and level 2 coaches will be held in conjunction with the Talent Scheme.

Mentoring

The head coach of the Talent Scheme will provide formal mentoring for other coaches.

Bursaries

The Region provides bursaries for coaches from Swim21 clubs attending IOS coaches' courses. These are covered in the General Development Plan. It is intended that from next year 2015/16 Coaches to get level 2 and level 3 bursaries will have to show that they have been involved in the Talent Scheme or Network Camps.

3. Officials

Training

Training of officials will be carried out in conjunction with the Talent Scheme, The Region will continue to support officials attending CPD courses and through payment of their Registration fees.

4. Team Managers

We will promote the training of team managers through IOS/ASA Team Manager Courses, Safeguarding, Time-to-Listen, etc. The Team Managers encouraged to be part of the Team Manager group with South East Region

5. Swim21 Club Network

Create the ASA Swim21 Network of Diving Clubs. Use the Network by working together to address issues relevant to running diving clubs. The network exists in an informal way but needs to be formalised as a matter of urgency.

6. Championships and other Competitions

The Diving Group will deal with the practical aspects of running the Championships and other Competitions run by the Region.