

SEEDS NEWSLETTER – JUNE 2020



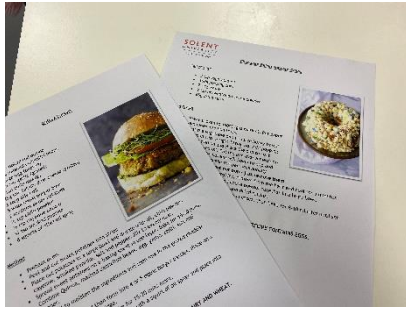
Welcome to the SEEDS, South East England Diving Scheme, update. We hope that you will enjoy reading about what our Regional divers have been doing to maintain their fitness, both mental and physical, in readiness to return to the pool as soon as it is safe to do so. SEEDS is a diving programme supported by Swim England South East Region and our newsletter starts back in the new year before we had any idea of what was to come.....

January 2020 saw the Regions elite divers return fresh from their Christmas break and ready to get back to their training programme. All were looking forward to representing the Region at the GB Elite Junior Diving Championships in April while some had a more pressing competition; the British National Diving Championships at the end of the month where the Southeast was represented by 10 Junior divers and 1 Senior diver from across Southampton DA and Albatross DC. A focused day at SEEDS prior to travelling to Plymouth led to all the divers performing well at the competition with notable results in the Mens 1m from Leon Baker (3rd overall & 1st Junior), in the Mens 3m from Cameron Gammage (1st Junior) and Leon again (2nd Junior) and Mens Platform from Robbie Lee (1st Junior in the Prelim and 5th overall in the final). In the ladies Evelyn Johnson was 1st Junior on the 3m and in the Mens 3m Synchro Leon and Cameron came 2nd overall but the 1st Junior pairing.



February saw the Elite team back together at our first SEEDS overnight camp. The 2 day programme incorporated team building exercises and pool sessions alongside some changes to the normal dry sessions offered on the monthly day camps. Built around diver initiated feedback, dry sessions included instructor led bodypump, zumba and high intensity interval training in addition to the dive studio circuits.



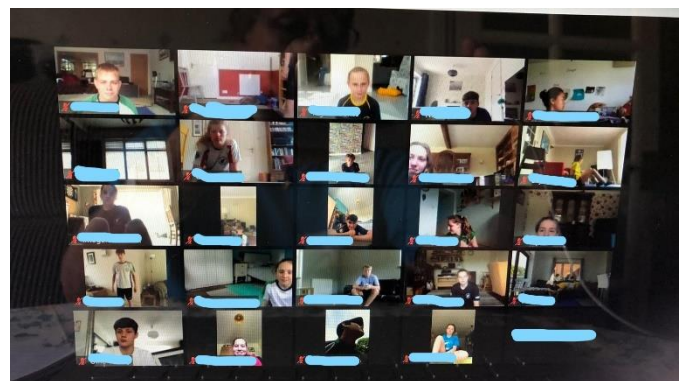
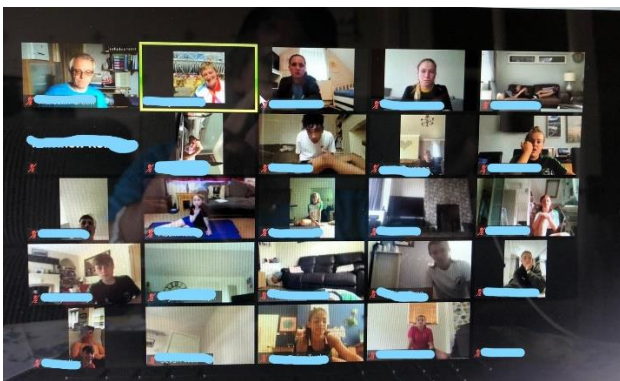


All the divers and coaches then took part in a nutrition based exercise hosted by Solent University which acted as both an educational and fun team building session.



Although the Elite Junior Championships did not happen as planned, hosting a full programme of training on consecutive days proved extremely valuable in both cementing a team spirit across the clubs and providing an intense variety of diving exercises that could be taken back to home programmes in preparation for future competitions.

Like many sports the SE Diving Clubs have taken to the Zoom App to provide interaction and training sessions to their squads. Clubs are offering fitness sessions, feedback and social sessions such as quizzes to support the divers' physical and mental wellbeing. Coaches are adapting land training programmes to ensure that divers can participate safely in their homes irrespective of equipment available to them. In recognition of this it was felt that the weekend of the planned National Age Groups in June would be an appropriate one to host our first virtual Regional SEEDS Camp.



The 3 hour programme led by Southampton, Star and Albatross coaches and Josh Devine from Dive London included ballet, hurdles specific training, a conditioning circuit, a visualisation exercise and a quiz. Timed breaks between activities allowed an opportunity for divers and coaches to have a drink and healthy snack, something that has been actively encouraged since the start of the SEEDS programme, and chat to their peers. A review at the end with divers and then just with the coaches had numerous positive comments and clubs are now receiving individual feedback from divers and coaches which can be consolidated to a full review for use in further camps whether these be virtual or back to normal.

All clubs throughout the Region await the guidance due from Swim England next Monday as they plan their safe return to the pool, but, in the interim, the contribution of the SEEDS programme to the unity of clubs, coaches and divers from across the Region is tangible in their ability to work together for the benefit of diving in the Southeast.

We hope that you have enjoyed this update and we look forward to a safe future for our sport.

9 June 2020



Swim England
South East