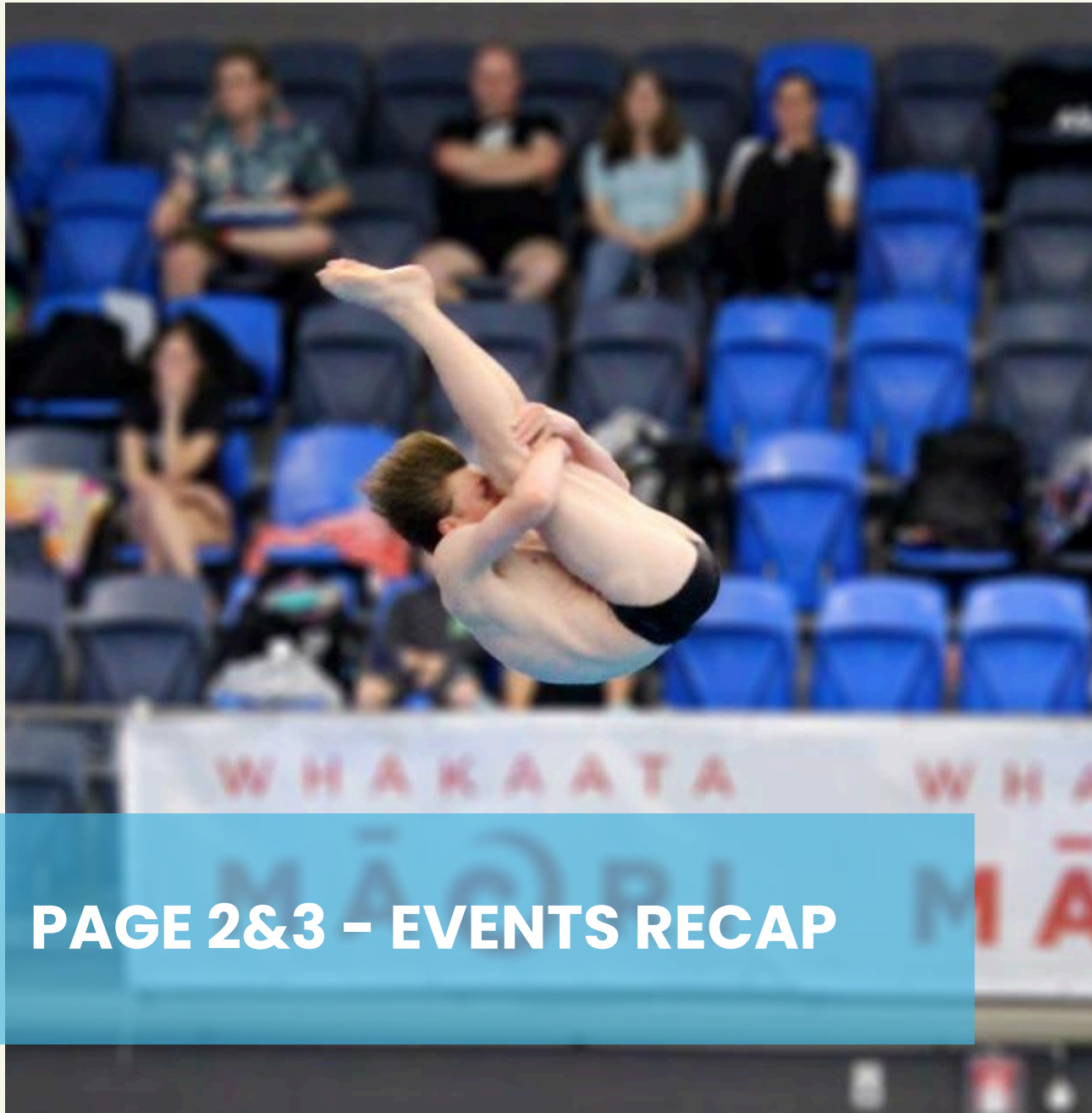


THE AUCKLAND DIVING ARTICLES

Term 3 2024

Auckland Diving



PAGE 2&3 – EVENTS RECAP

Auckland Diving Newsletter

Welcome back to our third edition of the Auckland Diving Articles! A reminder that this newsletter contains information on recent and upcoming events to give you a better idea about what's going on around the community. We can't wait for you to dive in!



PAGE 5 – WRAP UP



PAGE 4 – UPCOMING EVENTS



EVENTS RECAP COMPETITIONS

Diving New Zealand

August/September
2024

Auckland Secondary School Champs

Our annual Auckland Secondary Schools competition was held on the 22nd of August this year, where we had around 50 divers competing across 24 schools. After many years of Albany Junior/Senior High School going undefeated, Westlake Girls was able to claim victory.



Westlake Girls High School - 749.20 pts



Albany Junior/Senior High School - 584.75 pts



Rangitoto College - 572.50 pts

Australian Elite Junior Champs

After qualifying throughout the season, athletes Noah Atkinson, Joshua Maliwat, Pip Lee, Abraham Li, Sophie Derbyshire (WEL) and Tino Schlagowski (WEL) headed off to Aussie Elites in Brisbane in September. Here, all of the athletes achieved fantastic results. An honourable mention goes out to Noah, for scoring the highest in his 3 metre and 1 metre event and meeting the Junior Worlds qualifying score. Congratulations to all divers and their efforts!



**AUCKLAND DIVING
COMMUNITY TRUST**



EVENTS RECAP

NEW COACHES / COURSES

Diving New Zealand

August/September
2024

Auckland Diving is dedicated to providing a variety of opportunities that foster growth, not just for our athletes, but for the entire community. From our annual Level 1 Coaching Course to our Talent School programme, we strive to engage potential members and increase the exposure of the sport, whilst strengthening connections within it.



Level 1 Coaching Course

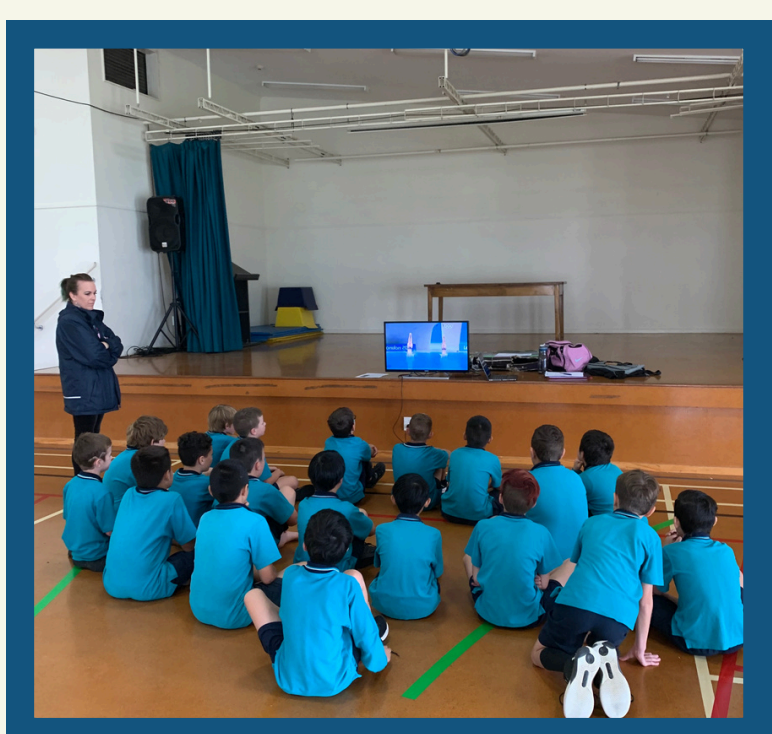
In August, lots of divers in our community, past or present, showed up to attend our annual Level 1 coaching course! This is an exciting chance for divers to learn not only how to coach, but ways they can adapt or change their style of thinking when faced with their own problem in the pool. Aspiring coaches begin to learn the biomechanics behind movement and how it can affect the overall composition of a dive, but most importantly how to correct it.



Schools Programme

Led by Monique Gladding, our Schools Programme introduces young students across Auckland to the exciting sport of diving. As a niche sport, diving requires a unique blend of agility, strength, and courage. Through this programme, we're not only increasing awareness but also searching for the next generation of talented divers who may not yet realise their potential. Students participating in the programme get a free in-water lesson, offering them hands-on experience and a chance to build confidence in a fun, safe environment. With a strong focus on water safety, this programme ensures students are comfortable in the water while discovering their hidden diving abilities. This in-water lesson also allows our coaches to better grasp the ability of students, increasing their likelihood of moving into our TID programme, designed to fast track athletes towards elite levels. With 3-4 school visits each term, this initiative reaches approximately 5,000 students annually, making it one of the largest outreach efforts in Auckland. We're excited to uncover the future stars of this dynamic sport!

If your child's primary school might be interested in this program, please let us know and help us get in touch!



UPCOMING EVENTS COMPS, CAMPS & COURSES

Diving New Zealand

October/
November 2024

National Secondary and Intermediate Schools Championships

The annual National Schools competition took place on the 5th and 6th of October. Open to students from Year 7 to 13, this competition brought together young divers from all over the country, each proudly representing their school. This competition has consistently been a great opportunity for athletes to showcase the skills they have developed over the season, while competing in a supportive environment! Congrats to the efforts of all those who competed and we look forward to seeing you next year!



Pan Pacific Masters Games

The bi-annual Pan Pacific masters games is being held on the 9th - 10th of November in the Gold Coast. We have 2 divers; Amelia Norris and Rhiannon Marryatt, competing in the 19-24 age category, and they are being accompanied by coach Henry Hansen. We are wishing them best of luck for the competition!!

Malaysia Grand Prix

The Malaysia Grand Prix is taking place on the 2nd - 4th of November in Kuala Lumpur. Diving New Zealand are sending a team including Frazer Tavener and Liam Stone, with coach Cordelia Norris. We are wishing them best of luck for the competition!!

Auckland Primary/Intermediate School Champs and Age C/D National Camp

On November 1st, we are running the Auckland Primary and Intermediate School Diving Championships. Registrations are open now, check your emails for more information. The Age C/D Camp which is running from November 1st to 3rd, offers athletes a unique opportunity to strengthen their connection with teammates and coaches while sharpening their diving skills. Over the course of the camp, divers will engage in workshops that provide valuable insights into how various aspects of their lives impact their performance in the sport. The camp's goal is to foster growth and development, both in and out of the water, emphasising the importance of balance for success.



OTHER DIVING NEWS

COACHING PROFILES

Auckland Diving

2024

Monique Gladding

Monique is a member of our senior coaching team and the manager of the schools testing programme that was previously discussed. She is truly versatile and a woman of many talents. Her diving journey began what many would consider "late" at 17 years old. However, that didn't stop her from competing in the London 2012 Olympics at 31. Throughout this 14 year period of training, she discovered her love for coaching in the UK and did so for 8 years. Since then she has spent the last 4 - 5 years coaching here in New Zealand.

With a background in nutrition and medial massage therapy, Monique is an incredibly valuable asset to the diving community, helping athletes and coaches better navigate the nutrition and injury side of diving.

Monique has a huge role as a coach, running our school talent programme, alongside working with our Junior Performance and TID lesson divers. She plays a huge part in Auckland Diving's ability to efficiently run, taking on any task presented to her, such as managing the social media, liaising with schools or judging competitions - making her priceless within our community.

Cordelia Norris

Cordelia is our Performance coach, who works with our Senior performance squad and Junior/Senior Development athletes to build strong competition lists, whilst maintaining a positive relationship with the sport and the technicalities that follow elite athletes.

Like many, Cordelia began as a diver herself, training for 5 years from the time she was 10, until she was 15 years old. Towards the end of 2014, and with the encouragement of members from the community, she took on the opportunity of becoming a coach, where she has remained for the last 10 years. However, within that time she has accomplished many things, such as a Bachelor majoring in Psychology, which is immensely helpful for her athletes in regard to the mental side of the sport.

As a coach Cordelia has earned herself an incredible range of opportunities. For example she was invited to a coaching internship programme for Women held by the commonwealth games federation. Here she was presented the opportunity to attend the commonwealth games and shadow elite coaches, a prestigious occasion as only around 19 women were selected for the programme. Only further recognising her potential to coach at a high level, which she has consistently proven over the years.



As we grow and expand our community, we thought we'd give you some insight into some of its vital members! Hence we've begun to introduce coaching profiles into our Newsletters. Although it's unlikely you haven't met them yet, we'd like to introduce you to Monique Gladding and Cordelia Norris.



OTHER DIVING NEWS

Diving New Zealand

2024

Finally, we have a message from our Olympian Lizzie Roussel, who has decided to step away from the sport as an athlete, but will always remain a huge part of our community.

To the entire NZ diving community,

I don't know where to begin. Since returning from the Games, I've grappled with the massive hole in my heart that diving used to fill. It's as sad as it sounds because, in some aspects, I feel like I'm losing a big part of myself. However, as I fondly reminisce about the past 19 years in the sport, I notice the sadness is only proportional to the enormous joy that I've been so blessed to have experienced. It's like when you lose a loved one who fills your world with so much light that when they are gone, it's so obvious and heartbreaking. Unfortunately, this is one of the unmistakable truths of our worldly existence that all things must end, whether we're ready for it or not.

When I started diving, I had no idea what journey I was about to embark on or the person I would become along the way. It was the best decision of my life. I have met so many warm, loving, selfless people who guided me through childhood and into adulthood. Some members have watched me grow from a child to an adult and now a mum. When my world was chaotic, diving guided me back to a stable path. This path not only led me to achieve my wildest dreams but also to become a better version of myself. 19 years is almost 2/3's of my life, and now, diving into the unknown, I'm scared.

I'll grieve being an elite athlete these next few months and maybe even years, but I know over time, I'll find other adventures and roles that will fill my heart. For now, I'm excited to see what life is like, not having to jump off a springboard into cold water every day. I'm sure there are some things I won't miss. But I'm also filled with anticipation for the new experiences and challenges that await me.

Thank you to the diving New Zealand community from the bottom of my heart. You've helped shape me into a person I'm proud of being. The many memories of traveling, competing on the world stage, and laughing so hard I couldn't breathe won't be forgotten. They will always be some of the best moments of my life.

Besides, I'm not leaving anyway. I'm just shifting from athlete to mega fan. I'll always be involved in diving because you are my family, and nothing will change that.

With love, Lizzie.



**AUCKLAND DIVING
COMMUNITY TRUST**



We wish you the absolute best on your new journey and the future it holds for you Lizzie!