

# THE AUCKLAND DIVING

# ARTICLES

Term 2 2024

Auckland Diving



PAGE 2 – EVENTS RECAP



PAGE 5 – WRAP UP

## Auckland Diving Newsletter

We are back with a long awaited second edition of the Auckland Diving Articles. These newsletters contain details on the latest events and updates, including information about competitions, funding and upcoming events. We hope you enjoy it!

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PAGE 3&4 – UPCOMING EVENTS

# EVENTS RECAP

## 2024 NATIONAL CHAMPIONSHIPS

June/July 2024



**TEAM EVENT**

### Nationals and National Camp

In July, Auckland Diving had a team of 23 athletes and 6 coaches attend the Open, Junior Elite and Age A/B National Championships and National Camp. We came away with a total of 56 medals. Junior Elite diver, Pip Lee, made the World Juniors qualification score on 3m not once but twice in the JE Group B Girls 3m Prelim and Final. The competition ran from Friday 5th of July to Sunday 7th of July.

The divers then took part in the National Camp on the 8th-10th of July. The camp's focus was around improving the quality of required dives. The camp involved several pool sessions focused on requireds and drills and some dryland sessions. Additionally we ran several workshops at the camp, including a nutritional workshop where the divers came up with their own masterchef meal, a psychology workshop focusing on state management and tools to do so, and a diver research workshop where the athletes looked into a specific diving discipline and delivered their findings back to the group.

### Skills Nationals

In June, Auckland Diving hosted the National Skills and Age Group C/D Championships. With clubs from all over the country in attendance this was a fantastic event with some awesome results from New Zealand's Skills and Age Group C/D divers. In the Teams event, Diving Waitakere placed 1st, North Harbour Diving placed 2nd and Diving Otakou placed 3rd. We had a record attendance at this event with over 100 participants this year. Well done to everyone who competed.





# UPCOMING EVENTS

*Diving New Zealand/Auckland Diving*

Aug/Sept 2024

## Olympic Games Paris, France

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This year, New Zealand has had the awesome Lizzie Roussel selected for the Olympic Games. Diving Waitakere member, Lizzie Roussel will head over to Paris for the Olympic Games in July with coach James Hardaker from Wellington Diving Club. Lizzie will be competing in the Women's 3m event. The prelim for this event is on August 8th, 4:00AM NZD time. Lizzie also competed at the 2016 Olympic Games, this year she brings her daughter, Athena, along to watch her!

THE NEW ZEALAND TEAM:

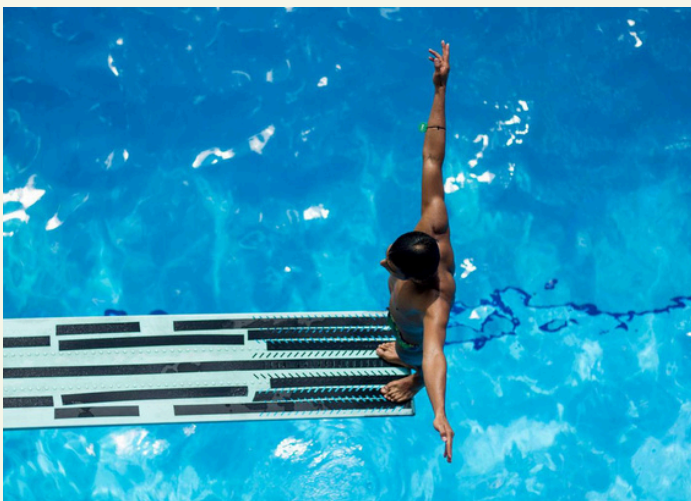
## LIZZIE ROUSSEL

DIVING: WOMEN'S 3M SPRINGBOARD



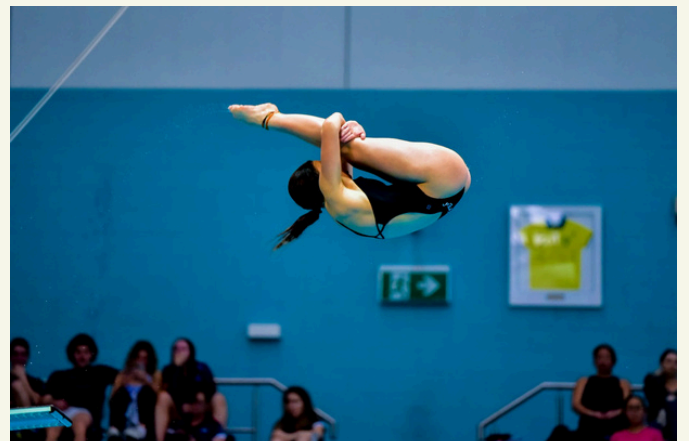
## Australian Elite Championships Brisbane, Aus

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We have a DNZ team attending Australian Elite Junior Championships in September this year. Attending the event from Auckland is Georgia Fitzpatrick (Coach), Abraham Li, Josh Maliwat, Noah Atkinson, Pip Lee, and Ellie Price (Team Manager). Also attending the event from Wellington are James Hardaker (Coach/TM), Sophie Derbyshire and Tino Schlagowski



## Auckland Secondary School Champs Auckland, NZ

We are hosting the Auckland Secondary School Championships at West Wave on Thursday 22nd of August this year. This event is open to anyone currently enrolled in Secondary School in Auckland. This is a great event for your school to put forward a team to take home the Auckland Secondary School Diving Cup!





# UPCOMING EVENTS

*Diving New Zealand/Auckland Diving*

Oct/Nov 2024



## National Secondary and Intermediate School Champs

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This year the National Secondary and Intermediate School Championships is being held at West Wave on Sat 5th and Sun 6th of October during the October holidays. This event is for anyone in Secondary or Intermediate School education in New Zealand.

The participants will have to compete a series of between 5 and 8 dives depending on their age group.

## Auckland Primary and Intermediate School Championships

In November we will be holding the Auckland regional Primary and Intermediate School Diving Championships. This event is being held at West Wave on Friday 1st of November.

The event is for anyone who is currently in primary or intermediate school education in Auckland and involves each participant competing a series of five dives including a front and back jump.



## DNZ Age Group C/D Camp

In November of this year we are hosting the National Age Group C/D Camp in Auckland. The camp will involve some diving sessions in the pool, dryland sessions, educational workshops and team activities. The workshop is running on Nov 2nd - 3rd and is for Age Group C/D level divers and above.



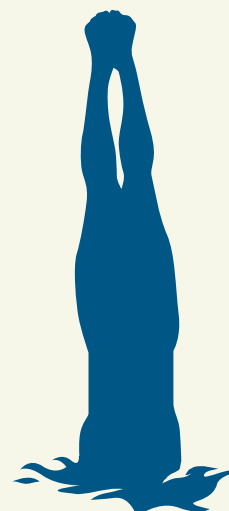




# OTHER DIVING NEWS

*Auckland Diving*

July 2024



## ADCT Board

The Auckland Diving Community Trust Board took a trip up to the 10m platform on the 2024 Strategy Day, they don't know how the divers do it!

Introducing the ADCT Board: Rebecca Jameson (Chair), Eliza Richards (Secretary), Brad Guthrie (Treasurer), Katrina Williams, Lucy McGrath, Genevieve Atkinson, Mark Findlater, and Dorothee Vogel.

Thank you to all our awesome board members and all the fantastic work you do for Auckland Diving!

## Staff Profile

### Introducing ADCT's CEO, Steve Gladding

Steve has been at Auckland diving since 2015, initially as head coach and now CEO. He has coached at all levels, from beginners to Olympic medalists and has coached for both GB and NZ at the Olympic Games, 4 Commonwealth Games and over 10 World Championships and World Cups. Before this role in ADCT, Steve was a very successful coach in the UK, Scotland and South Africa and managed national programmes, developing diving from grassroots to elite performance. He is qualified as a Master Practitioner in Neuro-Linguistic Programming (NLP) and was involved in the UK Sport Elite Coach Programme. Steve's role within ADCT is to lead on coach development, athlete pathway and club overview.

