

THE AUCKLAND DIVING

ARTICLES

Term 4 2024

Auckland Diving



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Auckland Diving Newsletter

Welcome back to 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!



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PAGE 4 – UPCOMING EVENTS



EVENTS RECAP

DOMESTIC COMPETITIONS

Auckland Diving

October/November 2024

Auckland Primary/Intermediate Schools

The Auckland Primary and Intermediate School Champs was held on Friday 1st of November. In the Primary school division we had 35 divers competing from 26 different schools, and in the Intermediate school division we had 31 divers competing from 22 different schools. What an awesome event! Check out the overall results below:



Intermediate	Primary
1st: AJHS - 263.90	1st: Functional Education - 341.30
2nd: Hobsonville Point - 262.10	2nd: Campbells Bay Primary - 252.40
3rd: Murrays Bay Int - 227.60	3rd: Oratia School - 223.40

Auckland Skills Champs

On Saturday 16th of November we ran the final Auckland based event of the year. This was a skills testing event where our skills divers showcased the skills they have been learning in term 3 and 4. There were some phenomenal results at this event with several 10's being awarded.

What a fantastic event for all the skills athletes involved. We are looking forward to seeing some of these divers push towards the next level for Auckland Champs next year!



EVENTS RECAP

INTERNATIONAL COMPETITIONS

Diving New Zealand

October/November 2024

Malaysia Grand Prix

Liam Stone and Frazer Tavener competed at the Malaysia Grand Prix Event in early November alongside teammate Nathan Brown and Auckland Coach, Cordelia Norris. In the Mens 3m Final, Frazer placed 1st overall and Liam placed 3rd overall with some fantastic scores. Liam and Frazer also placed 1st overall in the Mens 3m Synchro event.



Pan Pacific Masters Games

Athletes Amelia Norris and Rhiannon Marryatt competed at Pan Pacific Masters Games in November alongside coach, Henry Hansen. The girls brought home some awesome results and some medals. Rhiannon placed 2nd and Amelia placed 3rd in the 19-24 years 1m event, Rhiannon placed 1st and Amelia placed 3rd in the 19-24 3m event, and Rhiannon placed 3rd and Amelia placed 4th in the 19-24 platform event. Brilliant results, well done girls!



World Junior Championships

Diving New Zealand sent a team over to World Junior Championships 2024 at the end of November. The event was held in Rio de Janeiro, Brazil and the team included three Auckland divers, Abraham Li, Noah Atkinson, and Pip Lee, Auckland coach, Cordelia Norris, and Wellington diver, Sophie Derbyshire. This is the top Junior diving event in the world with some fantastic young talent showing what they can do! Abraham did an excellent job at his second Junior World event, placing 31st in the Boys A 1m event and 28th in the Boys A Platform event. Noah debuted at his first World Juniors and placed 24th in the Boys B 3m event and 19th in the Boys B 1m event. Finally, Pip, who also debuted at her first World Juniors, placed 11th in the A/B Girls 3m Synchro event with synchro partner Sophie, 22nd in the Girls B 1m event, and 17th in the Girls B 3m event. Phenomenal results team NZ!

UPCOMING EVENTS COMPS, CAMPS & COURSES

Diving New Zealand

2025 Events Calendar

Domestic

Date	Event
Feb 28th - Mar 2nd	Auckland Champs (AKL)
March 15th - 16th	Otago Champs (Dunedin)
March 28th - 30th	North Islands (Hamilton)
June 6th - 8th	South Islands (Dunedin)
July 4th - 6th	Open/JE/Age Nationals (AKL)
August 1st - 3rd	Skills Nationals (AKL)
September 21st - 22nd	National Schools TBC (AKL)

International

Date	Event
Jan 31st - 2nd Feb	Southern Cross Grand Prix (Auckland)
March 21st - 23rd	Dubai International Aquatic Champs (Dubai)
April 10th - 13th	British Junior National Champs (Plymouth, UK)
April 14th - 20th	Australian Age Group Champs (Gold Coast, AUS)
April 23rd - 27th	Dresden Youth Meet (Dresden, GER)
May 1st - 4th	Bergen Open Event (Bergen, NOR)
May 26th - 1st June	Australian Open Champs (Sydney, AUS)
July 8th - 13th	Pacific Junior Champs (Wellington, NZ)
July 26th - Aug 3rd	World Champs (Singapore)
July 26th - Aug 1st	Australian School Games (Brisbane, AUS)
Sep 29th - Oct 5th	Australian Elite Champs (Perth, Aus)



OTHER DIVING NEWS

COACHING PROFILES

Auckland Diving

2024

Georgia Fitzpatrick

Georgia is a member of our senior coaching team who works with a group of our Junior Performance athletes. She also assists on our Junior Development squad. Georgia started coaching in 2018 and first got involved in working with some of our 11 & under skills divers at the time. She then worked her way up coaching at an Age Group C/D level, and Junior Elite/Performance level.

Her University journey closely links in with her coaching. Georgia is currently studying exercise physiology and biomechanics and is going into her final year of study in 2025.

Georgia was born and raised in Switzerland before spending her teenage years in New Zealand. She started diving in 2018 and then fell in love with coaching 7 months later. Her favourite thing about coaching is working with her awesome athletes. A fun fact about Georgia is that her favourite food is tomatoes (although this may be an unpopular opinion for some!).



Henry Hansen

Henry is the lead coach of our Age Group A/B and 19-24 Years Squads. He started diving in 2016 which was his first year of high school. Henry's favourite dive as a diver was 5231d on 3m, although he admits it was never the prettiest dive.

Henry is currently studying a Bachelor of Science in Sport and Exercise Science with a major in Biomechanics at Massey University. He pursued this pathway after years of coaching in this sport. His favourite thing about coaching is pulling harness. *"I love this part of my job as it's where I feel I have the most impact on the athletes I'm working with. I find it especially exciting when the diver is learning something new".*

One of Henry's goals in the sport is to coach at a major international event, whether that be at a junior level, or a senior level further down the track. Something you may not know about Henry is that he loves playing and writing music. If he wasn't coaching he thinks he'd probably be pursuing a career in music!



OTHER DIVING NEWS

READING DIVE NUMBERS

Auckland Diving

Reading Dive Numbers

All dives have an associated dive number code which is used in events and by coaches to identify a dive. Reading dive numbers can be a tricky thing to learn

All dives are identified by three or four digits and one letter. Twisting dives utilize four numerical digits, while all other dives use three.

1 0 1 A
 ↑ ↑ ↑ ↑
 Group Flying(?) #½ Rotations Position

5 2 1 1 A
 ↑ ↑ ↑ ↑ ↑
 Twist Group Direction #½ Rotations #½ Twists Position

- 1. The first digit indicates the dive's group: 1 = forward, 2 = back, 3 = reverse, 4 = inward, 5 = twisting, 6 = armstand.**
- 2. In front, back, reverse, and inward dives, a '1' as the second digit indicates a flying action. A '0' indicates none. In twisting and armstand dives, the second digit indicates the dive's group (forward, back, reverse).**
- 3. The third digit indicates the number of half somersaults.**
- 4. The fourth digit, if applicable, indicates the number of half twists.**
- 5. The letter indicates body position: A = straight, B = pike, C = tuck, D = free.**

* 102 B: Forward somersault pike.

* 201 C: Back dive tuck.

* 405 B: Inward 2 1/2 pike.

* 5231 D: Back 1 1/2 with 1/2 twist.

* 303 C: Reverse 1 1/2 tuck.

* 612 B: Forward armstand, one somersault pike.

* 5134 D: Forward 1 1/2 with 2 twists.

* 109 C: Forward 4 1/2 tuck.

* 113 B: Forward flying 1 1/2 (Forward 1 1/2 with one 'fly').

* 626 C: Backwards armstand triple somersault tuck.

* 302 A: Reverse somersault straight.

* 5331 D: Reverse 1 1/2 somersault, half twist.

