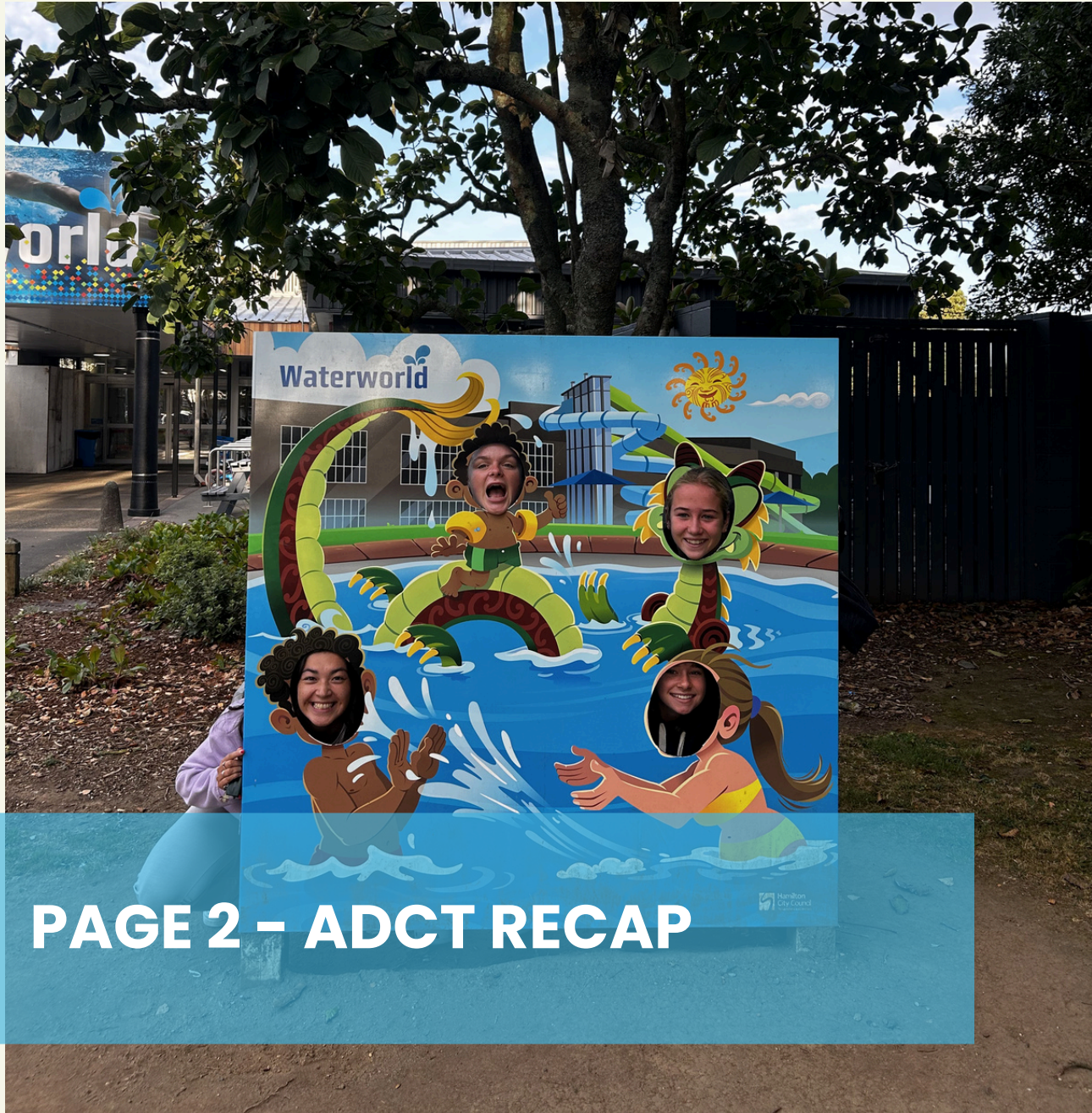


# THE AUCKLAND DIVING

# ARTICLES

Term 1 2026

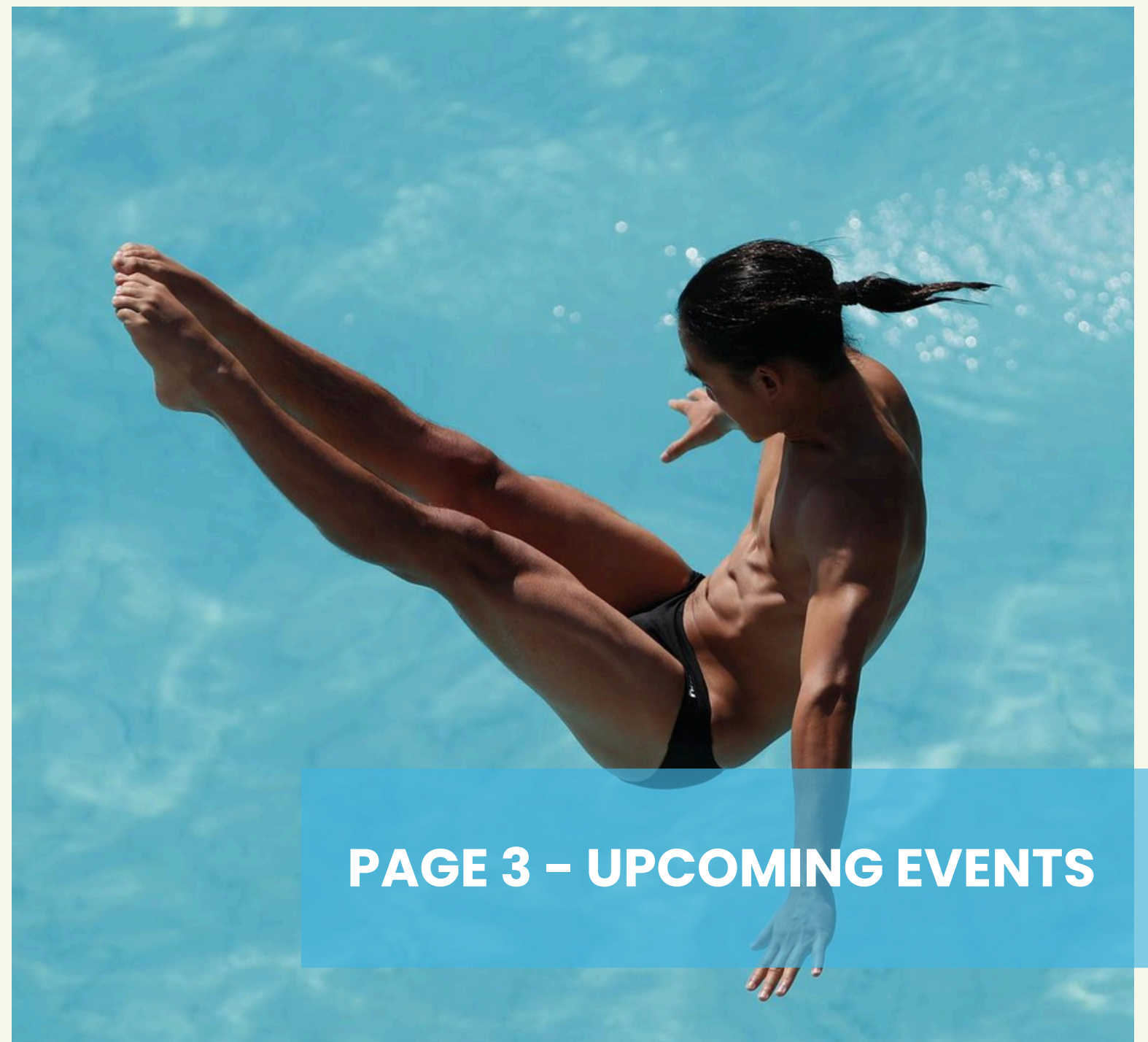
Auckland Diving



## Auckland Diving Newsletter

Welcome back to the Auckland Diving Articles in 2026. 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!

Check out whats new from Term 1 2026 below!



**AUCKLAND DIVING**  
COMMUNITY TRUST

# AUCKLAND DIVING

## RECAP

Jan – April 2026

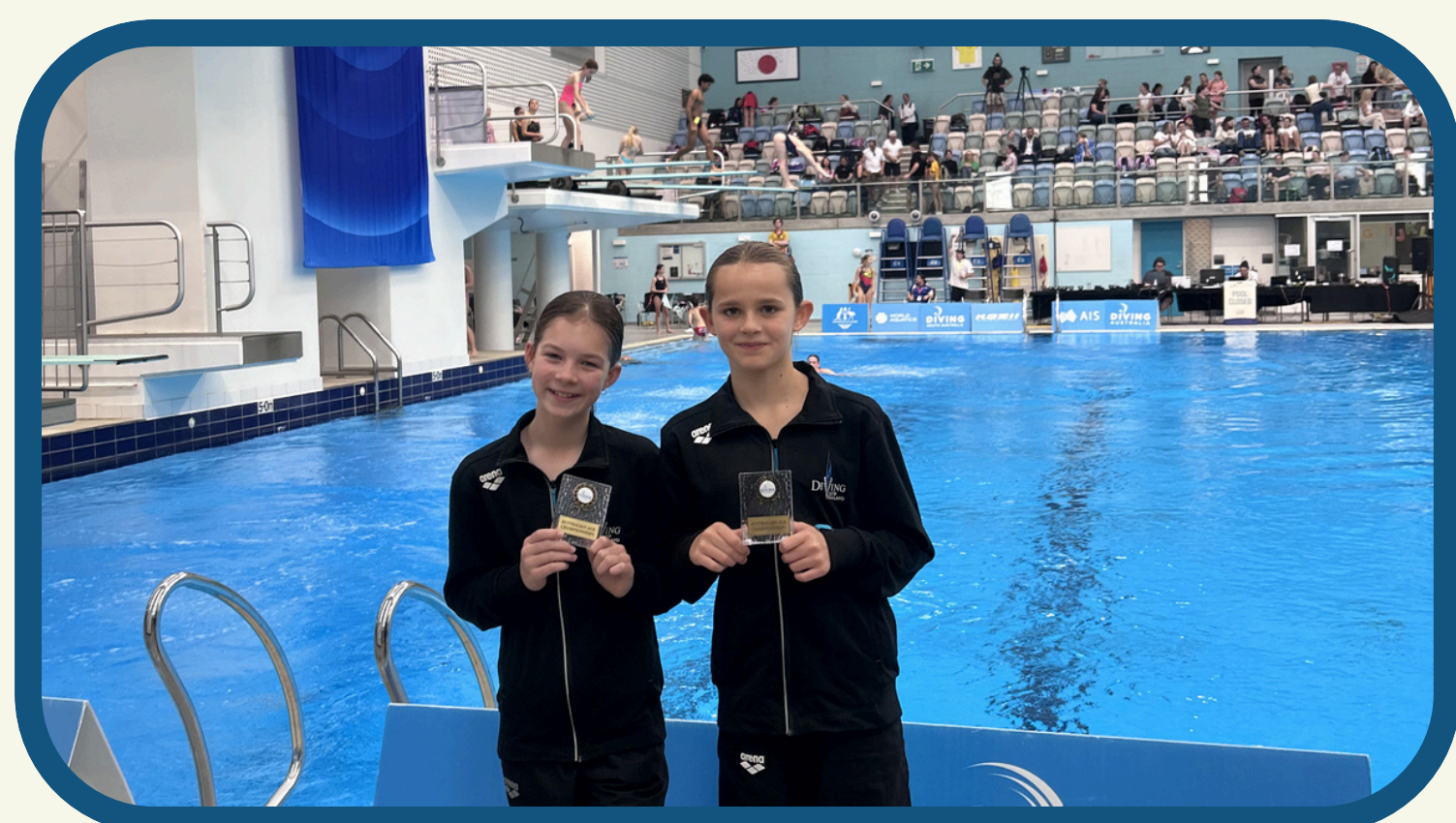
### Masters Games 2026

The New Zealand Masters Games event was held in Dunedin in January this year. With many athletes getting involved from Auckland, Waikato, and Dunedin, this was a fantastic event and was extremely well attended. It was the biggest representation of masters divers in New Zealand so far, and for the first time we have a team eyeing up to compete across the Tasman this year. We are so proud of the team who competed and are very impressed with their fantastic results.



### Training through the pool closure

The pool closure this term has been a challenging period for the Auckland Diving team, but the resilience shown by the athletes has been outstanding. Many have gone above and beyond, travelling to Glenfield Pool and even down to Hamilton to maintain their training. In the meantime, dryland sessions at West Wave have been highly productive, with athletes working through key technical changes and developing new lead-up skills. We are very pleased that the West Wave dive well is set to reopen at the start of Term 2, just in time for the Auckland Championships and North Island Championships.





# UPCOMING EVENTS

*Diving New Zealand*

## 2026 Events Calendar

### Domestic International

Date	Event
May 1 <sup>st</sup> - 3 <sup>rd</sup>	Auckland Champs (Auckland)
May 22 <sup>nd</sup> - 24 <sup>th</sup>	North Island Champs (Wellington)
June 5 <sup>th</sup> - 7 <sup>th</sup>	South Island Champs (Dunedin)
July 15 <sup>th</sup> - 16 <sup>th</sup>	National School Champs (Christchurch)
July 17 <sup>th</sup> - 19 <sup>th</sup>	Open/JE/Age/Masters Nationals (Christchurch)
September 11 <sup>th</sup> - 13 <sup>th</sup>	Skills Nationals TBC (Auckland)

Date	Event
February 26 <sup>th</sup> - March 1 <sup>st</sup>	World Cup Leg 1 (Montreal Canada)
April 9 <sup>th</sup> - 12 <sup>th</sup> / April 16 <sup>th</sup> - 19 <sup>th</sup>	Canada Cup (Windsor, Canada) / America Cup (Florida, USA)
April 14 <sup>th</sup> - 19 <sup>th</sup>	Australian Age Group Champs (Adelaide, AUS)
May 15 <sup>th</sup> - 27 <sup>th</sup>	World Junior High Diving Champs (Florida, USA)
May 20 <sup>th</sup> - 24 <sup>th</sup>	TYR Junior America's Cup (Mission Viejo, USA)
July 25 <sup>th</sup> - 31 <sup>st</sup>	Australian School Games (Melbourne, AUS)
August 21 <sup>st</sup> - 28 <sup>th</sup>	World Junior Championships (Croatia)
September 28 <sup>th</sup> - October 4 <sup>th</sup>	Australian Elite Junior Champs (Melbourne, AUS)
November 7 <sup>th</sup> - 8 <sup>th</sup>	Pan Pacific Masters Games (Gold Coast, AUS)
December 10 <sup>th</sup> - 13 <sup>th</sup>	Southern Cross Series Leg 2 (Christchurch, NZ)



# OTHER DIVING NEWS

## NUTRITION AND RECOVERY SNACKS

*Auckland Diving*

### **Recovery Snacks – Content by Monique Gladding:**

*Timeline: Within 15–30 minutes post training*

(Muscles are thought to be most receptive to nutrients within this timeline)

Recovery snack should:

- Contain carbohydrate and protein source
- Replenish glycogen stores
- Rehydrate and replace fluids & electrolytes
- Repair damaged muscle and promote adaptation

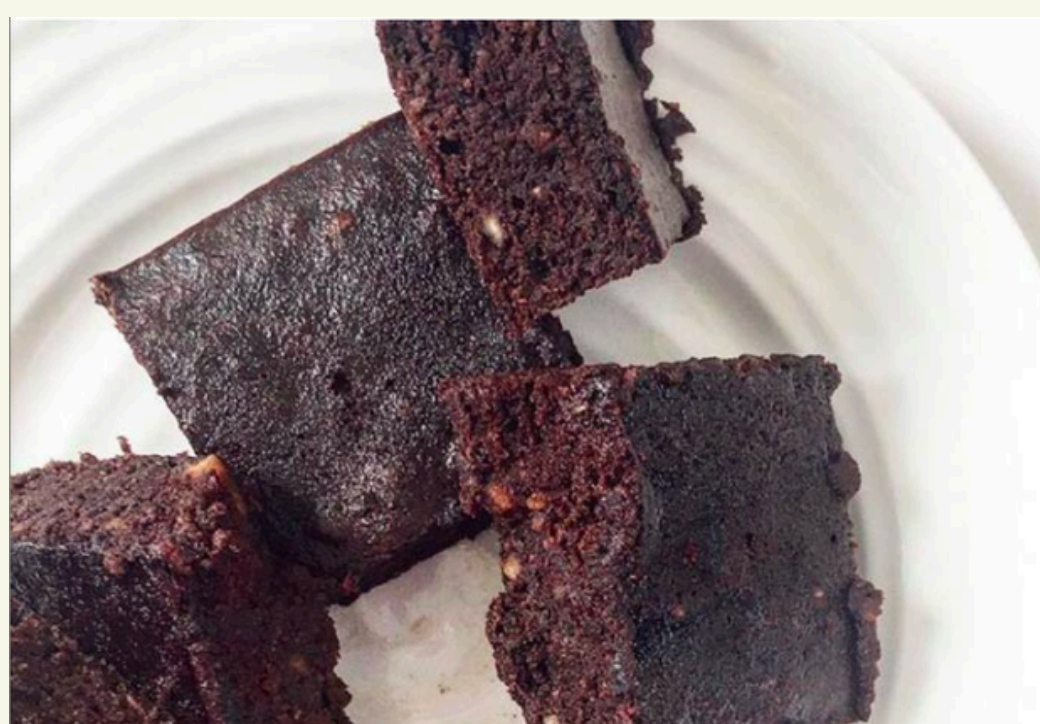
### **CHOCOLATE • BANANA • PEANUT BUTTER • BROWNIES (Makes roughly 12 squares)**

What You Need:

- 2 very ripe bananas – peeled
- ½ cup good quality crunchy peanut butter
- 3 free range eggs
- 1/2 cup coconut sugar
- 1 tsp vanilla essence
- 1 tsp gluten free baking powder
- ½ cup dark cocoa powder
- 1 ½ cups almond meal / ground almonds

What to Do:

1. Preheat oven to 170C.
2. Place all the ingredients (except almond meal) into a food processor and run the machine until you have a smooth batter. You may need to stop and scrape down the sides with a spatula a couple of times. Add the almond meal and run for a further minute.
3. Pour into a 20x20cm tin that you have greased or lined with baking paper.
4. Bake for 25–30 minutes or until a skewer comes out mostly clean when inserted. The brownies will continue to cook once you remove from the oven so it's fine to not be 100% done.
5. Let the brownies sit for at least 30 minutes before cutting. Once cooled, cut and store in an airtight container in the fridge for up to 4 days. Can be cut and frozen for up to 2 months.



### **STRAWBERRY • BANANA • SMOOTHIE**

What you need:

- 1 cup unsweetened almond or coconut milk
- 2 tbsp fresh lemon juice
- 160g plain unsweetened yogurt OR coconut yoghurt
- 1 banana
- 1 1/2 cups fresh strawberries hulled or frozen strawberries
- 1/3 cup rolled oats, wholegrain or gluten free
- 2 tbsp soaked black chia seeds
- 1 tbsp honey

What to do:

- add all ingredients to your blender and pulse until smooth.
- Serve chilled
- Add natural protein powder as and when to bridge gaps in smoothies OR pair with another protein source.

