

THE AUCKLAND DIVING ARTICLES

Term 2 2025

Auckland Diving



PAGE 2&3 – EVENTS RECAP

Auckland Diving Newsletter

Welcome back to the Auckland Diving Articles! 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 2 2025 below!



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 **AUCKLAND DIVING**
COMMUNITY TRUST



EVENTS RECAP

Auckland Diving

April 2025

Australian Age Group Champs

The Australian Age Group Champs was held in Brisbane this year from the 14th - 20th of April. Diving New Zealand sent a team including two Auckland divers; Libby Fraser and Oliver Nutton, as well as coach; Amelia Norris. Also in attendance were four divers from Diving Otakou and coach; Connie Deighton. What an awesome experience for our young group C/D divers!



European Junior Tour

In April, ten of our junior athletes, along with two of our coaches, travelled all the way to Europe to compete in three international diving events. The team spent four and a half weeks overseas, participating in the British Junior Elite National Championships 2025, the Dresden Youth Diving Meet 2025, and the Bergen Open Diving Championships 2025.

It was an incredible trip for the team, filled with excellent diving performances, valuable lessons learned, and a bit of sightseeing along the way. Auckland diver Pip Lee had this to say about the experience; "Our European diving tour was an incredibly fun filled adventure, and a cornucopia of learning opportunities too! From Plymouth to Prague, and the Netherlands to Norway we dived in beautiful facilities, saw the sights, and became a tight-knit team of travelling athletes, complete with inside jokes and some pretty beaten up suitcases! Ultimately, I'm massively grateful for the opportunity these competitions provided me with; a chance to make new friends (both kiwi and foreign), learn more about myself, and to spend time in some of my new favourite cities."





UPCOMING EVENTS

COMPS, CAMPS & COURSES

Diving New Zealand

2025 Events Calendar

Domestic

Date	Event
Feb 21st – 23rd	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

2025

Monika Sumner

Monika is the wonderful lead coach of our 11 & Under Skills Squad and is currently in her first year of Nursing at the University of Auckland. Her journey into diving began after training as a swimmer. Seeking a new challenge, she made the switch to diving and quickly fell in love with the sport. After an injury led her to step back from competing, Monika turned to coaching as a way to stay connected, grow her skills, and share her passion with others. Monika coaches because she genuinely loves the diving community and is passionate about giving back to the sport that shaped her. She especially enjoys helping young athletes discover their own excitement for diving and supporting them as they learn and grow, just as she did. Outside the pool, Monika leads an active and adventurous lifestyle. She enjoys hiking in the summer, skiing in the winter, and keeps up her fitness by going to the gym in her spare time.



Gianna Herlambang

Gianna is the dedicated lead coach of our 12 & Over Skills Squad. Her diving journey began through the Albany Junior High School Diving Programme, and she joined the club as an athlete in 2017. Currently, Gianna is studying a conjoint Bachelor of Arts and Bachelor of Business, majoring in Psychology and Marketing. She brings her passion for both sport and people into her coaching. Gianna loves giving back to the community that shaped her, and finds real joy in watching her athletes grow in both skill and confidence. She especially values the supportive environment that diving creates, and the way her squad members encourage one another through every stage of their journey. Outside the pool, Gianna enjoys going to the gym and has recently started exploring calisthenics.



OTHER DIVING NEWS

AGE GROUP LISTS – BREAKDOWN

Auckland Diving

The two numbers dictating how many dives an age group diver must compete also dictate how many dives of different directions need to be competed.

$X + X =$
Requires + Optionals

All of the dives in the requires must be in different directions and all of the dives in the optionals need to be in different directions.



FINA Junior Elite Lists

NZ Age Lists

1m	3m	Platform
Group D - 3+2	Group D - 3+2	Group D - 2+2
Group C - 3+3	Group C - 3+3	Group C - 3+2
Group B - 4+3	Group B - 4+3	Group B - 3+3 (5m, 7m)
Group A - 4+4	Group A - 4+4	Group A - 4+3 (5m, 7m, 10m)

	A (16-18)	B (14-15)	C (13 and under)
Springboard	Boys: 5 + 5 Girls: 5 + 4	Boys: 5 + 4 Girls: 5 + 3	Boys: 5 + 3 Girls: 5 + 2
Platform	Boys: 4 + 5 Girls: 4 + 4	Boys: 4 + 4 Girls: 4 + 3	Boys: 4 + 3 Girls: 4 + 2

Group	Age
Group A	16 – 18 years
Group B	14 – 15 years
Group C	12 – 13 years
Group D	11 years & under

**years on December 31st of the year of the competition.*

