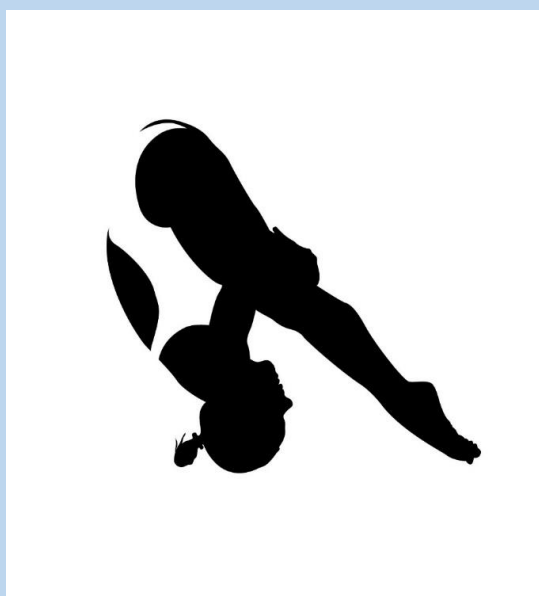


Drake Trophy

2019



Saturday 11th May

Plymouth Life
Centre

SW Regional Skills Diving Competition

(National Skills Qualifier/ Category 2 divers)

and

Mini Skills

(Pre-Regional Skills / Category 1 divers)

Hi there Teams

This year will see the 3RD **DRAKE TROPHY** – an event with many options for local diving teams.

It is envisaged that teams can bring different levels of divers to the same event and share the competitive experience.

Firstly it acts as the **Swim England South West Regional Skills** competitions and qualifier for National Skills, this event will crown SW medallists and open medallists. These divers must be Category 2 registered with Swim England, in the year of competition.

This event is an **Open Event** and medals will be available for the Top 6 South West registered divers plus any from other regions. **Divers must be a Minimum of 8 years old in 2019.**

It also incorporates the **Mini Skills** which is for divers taking their first step competitively and who are not ready for the full National Skills Test. This is an Open event and medals will be available for all competitors (special awards for Top 3). Designed to be a stepping stone to the National Skills test and will evolve over time. If you have any suggestions for the test conditions based on the competition itself, please let us know. It's aimed that the test work for all divers and clubs as a Development Tool. **Divers must be a minimum of 6 years old in 2019.**

These divers must be Category 1 level divers who are not intending on competing at Regional Skills competitions in their own regions or the National Skills Finals 2019.

Provisional Schedule of Events (TIMINGS APPROXIMATE)

11:00am	WARM-UP	OPEN TO ALL REGIONAL SKILLS (CATEGORY 2) DIVERS	
11:45am	RESTRICTED WARM-UP	<i>DIVERS IN GROUP F,E,D – MINI SKILLS</i>	
12:15pm	EVENT 1a:	MINI SKILLS: GROUPS F AND E	PODIUM (DRY)
12:35pm	EVENT 1b:	<i>MINI SKILLS: GROUP D</i>	<i>PODIUM (DRY)</i>
13.30pm	WARM-UP	DIVERS IN GROUP D – REGIONAL SKILLS	
14:00pm	EVENT 2a:	REGIONAL GIRLS GROUP D1 & D2	3 station circuit
	EVENT 2b:	REGIONAL BOYS GROUP D1 & D2	3 station circuit
15:15pm	WARM-UP	DIVERS IN GROUP C AND B+	
	EVENT 3:	REGIONAL GIRLS AND BOYS C	CURTAIN SIDE
	EVENT 4:	GIRLS AND BOYS GROUP B	TOWER SIDE

We reserve the right to combine events if numbers are below 15 which may affect timings. Please be ready in advance of the provisional time as we may run earlier if ahead of schedule.

Conditions : Mini Skills Only



The entry fee:

£10 per diver

Payable by BACS to: Plymouth Diving

56-00-63 41811003

Entry Restrictions:

ALL DIVERS MUST BE CATEGORY 1 MEMBERS OF SWIM ENGLAND TO COMPETE IN THE DRAKE TROPHY MINI SKILLS

STATION 1:

Deck based skills: dryland preparation drills

SITTING TUCK KICK OUT AND GRAB:

the diver will perform a tuck kick out drill with tight tuck, elbows in, chin over knees – sharp kick to a dish with hands on top of legs, drop to flat position, tilt head back and then draw arms narrow up the body into a line-up position, body completely flat.

SITTING PIKE 'V' BALANCE:

The diver will show a seated pike balance in V shape – arms will be folded behind legs, chest flat on thighs, eyes looking towards pointed toes and HOLD for minimum of 5 seconds. Timing to commence once final position is assumed.

HEADSTAND BALANCE:

The diver starts in a kneeling position and places head and hands on the floor in front of their knees. They slowly move to a tuck headstand shape before extending legs into straight headstand balance with toes pointed. The balance should be held for 5 seconds minimum.

FRONT SUPPORT – 3 PRESS-UPS:

The diver starts in front support position – flat back, toes pointed under, head neutral. The position must be held for 3 seconds then the diver performs 3 press-ups, elbows tucked in, chest close to the floor – maintaining flat body position throughout. The skill finishes back in front support.

STATION 2:

Poolside & 1 metre

Age Group	F (6/7)		E (8/9)		D (10/11)	
-----		DD		DD		DD
Station						
Poolside	101a	1.0	101a	1.0	101c	1.0
Poolside	100c no armswing	1.0	100c with armswing	1.0	100b with armswing	1.0
Poolside	200c no armswing	1.0	200c with armswing	1.0	Back Pike Sit 21b	1.0
1 metre	2 bounce 100a	1.0	2 bounce 100a	1.0	2 bounce 100a	1.0
1 metre	Pike Fall 10b	1.0	Straight Fall 10a	1.0	101c	1.0
1 metre	200a with armswing	1.0	Back fall Straight	1.0	Back Fall straight	1.0

Station 3:

3 metre

Choose 2 of the following skills

3m	Forward Tuck Jump	100c	1.0
3m	Backward straight jump	200a	1.0
3m	Forward pike fall with T arms	10b	1.2
3m	Forward sitting tuck roll	10c	1.3
3m	Forward sitting pike roll	10b	1.3
3m	Back fall straight	20a	1.5
3m	Back crouching tuck roll	20c	1.5

: Mats will be provided for the Deck based skills – this station will be judged first, so all divers will be DRY at this stage.

: Ages are as 31st December 2019

INELIGIBILITY: DIVERS ARE INELIGIBLE FOR THE MINI SKILLS COMPETITION IF THEY HAVE COMPETED AT REGIONAL SKILL LEVEL OR ABOVE IN 2018 OR EARLIER.



SWIM ENGLAND OPEN SOUTH WEST DIVING REGIONAL SKILLS 2019

Saturday 11th May 2019

Plymouth Life Centre, Mayflower Drive, Plymouth, PL2 3DG

The Events

The events will be run under ASA Laws and the FINA Technical Rules of Diving. Events and Age Groups (Age as at 31st December 2019) will be as follows:

Group E (8 and 9 years)

Group D1 (10 years)

Group D2 (11 years)

Group C1 (12 years)

Group C2 (13 years)

Group B+ (14-16 years)

(separate medals for each individual age category, events may run together if insufficient numbers)

Entry Fees

Swim England SW Regional Skills: £12 per diver

Regional Skills: Payable by BACS to: Plymouth Diving 56-00-63 41811003

Please complete the entry form indicating which event you are entering to avoid confusion on the day.

Entry Restrictions:

All divers must be Category 2 members of the ASA/ WASA / SASA to compete in a Regional Skills level event.

Conditions: REGIONAL SKILLS ONLY

Category	Board Height	Event Conditions	Tariff	Recommended Standards
Age groups E,D,C	Section 1: Poolside	Plain Header (Three bubble rip) – 101a Armswing back jump with Tuck – 200c Forward dive with Tuck – 101c Armswing forward jump piked – 100b	1.0 1.0 1.0 1.0	Group E 240 points
	Section 2: 1 metre	Forward jump Straight – 100a Armswing back jump Straight – 200a One dive from List A One dive from List B	1.0 1.0 DD to count DD to count	
	Section 3: 3 metre	Forward fall Straight – 10a Forward tuck roll with pike out -10c Standing back fall Straight – 20a Crouching back tuck roll – 20c	1.2 1.2 1.4 1.3	Group C 270 points

Dive List A: 101c, 101b, 103c, 401c, 401b

Dive List B: Back Fall Straight 20a 1.0, 201c, 201b, 301c, 301b

- Section 2 Skill 1: Forward jump straight 100a – must be performed with a two bounce start in Age Groups E and D and using a hurdle step in Group C
- Divers in Groups E, D and C must perform back and inward dives with a T start armswing
- Divers in Groups E and D to perform forward and reverse dives from either a T start armswing or a two bounce start
- Divers in Groups C to perform forward and reverse dives from either a T start armswing, a two bounce start OR a hurdle step

Category	Board Height	Event Conditions	Tariff	Recommended Standard for National Skills Finals
Age Group B+	Section 1: 1 metre	3 skills from List C 3 skills from List D	DD to count DD to count	Group B+ 250 points
	Section 2: 3 metre	4 skills from List E (Minimum 2 groups to be covered)	DD to count	

Dive List C 1 metre: 101c, 101b, 103c, 103b, 401c, 401b, 402c, 403c 1 repeat dive allowed to maximum DD of 1.0.

Dive List D 1 metre: 201c, 201b, 301c, 301b, 5221d, 5122d, 202c, 203c 1 repeat dive allowed to maximum DD of 1.0.

Dive List E 3 metre: 101c, 101b, 103c, 103b, 401c, 401b, 403c, 201c, 201b, 301c, 301b 1 repeat dive allowed to maximum DD of 1.0.

- Dives of the same number are considered a REPEAT even if a different position

Eligibility

Please consider the following when selecting events for your divers.

- 1: A diver may compete at the Regional Skills competitions this year (2019) if they are registered with Swim England to Category 2.
- 2: Once a diver has competed at Regional Skills level they become ineligible for the Drake Trophy Mini Skills in future years,
- 3: Once a diver has competed at ASA age group level at the Regional or National Age Group competitions they are excluded from competing at future Regional Skills finals and the Drake Trophy

Qualification Scores for the National Skills Finals 2019 (6-7 JULY: PLYMOUTH)

SCORES – Scores are set by a National Technical Panel and reviewed annually. All scores continue to be recommended scores for 2019; however it is strongly advised that all coaches encourage their divers to achieve their required score at one or more of the events below.

- » Regional event
- » Last year's National event (as long as they remain in the same age group)

Definitions

Competing/competed – divers are considered to be competing or competed at a certain level if they entered the contest – even if they did not dive due to injury or illness. For example, if a diver was entered for Senior Nationals but did not dive due to injury, they cannot then compete at the National Age Groups. Or if a diver was entered for the National Age Groups but did not dive due to illness, they cannot then compete at the Regional or National Skills Finals.

Other Information

Training

Training will be available as per the Provisional Timetable.

Officials

All competitors must be accompanied by a Level 2 Diving Coach whilst training and competing. All clubs entering 5 divers or more will be required to also nominate a judge.

Technical Meeting

The technical meeting will be held in the Events Office at 11.00am. Each club attending will be asked to nominate their judge/judges who must be category 3 ASA registered or category 2 aged 16+.

All coaches and officials must attend. Please inform the event staff if you are unable to attend the meeting or you are not able to send a substitute. Each region is expected to provide a judge for the competitions, who is not involved in coaching that event.

Parades / Ceremonies

All divers will be required 10 mins prior to the event starting for their presentation parade and immediately 5 minutes after the event if required for the medal ceremony.

Clothing

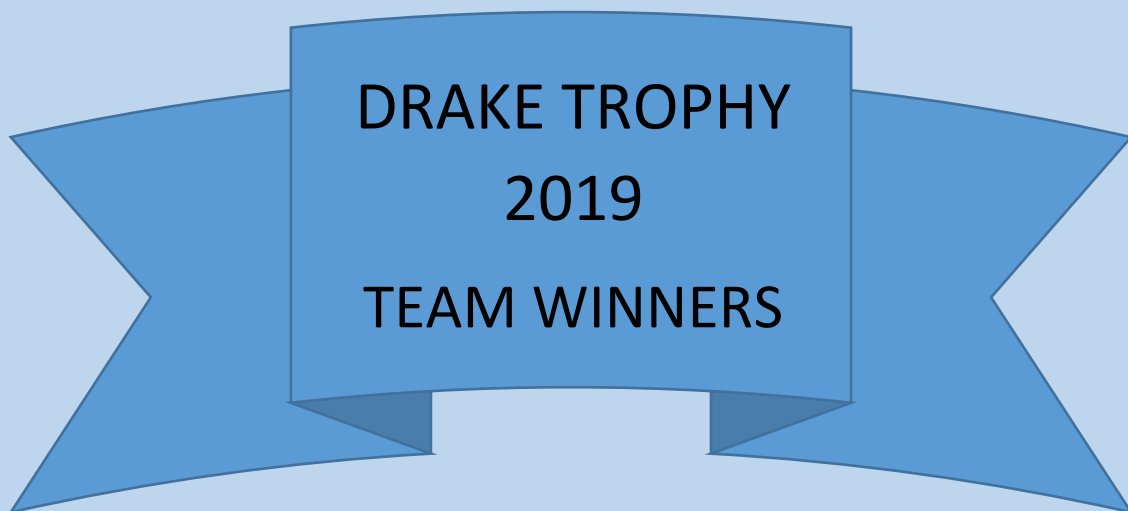
During medal ceremonies full club kit or tracksuits must be worn i.e. no towels or bare feet are allowed.

Dive Sheets

Divers / Coaches are requested to submit dive sheets electronically, both for their own convenience and to minimize the chance of errors loading the data into the recording program. Coaches may make bulk submission of dive sheets on behalf of their divers by using the program DiveSheets with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets on-line. Please agree with your coach which method you should use. To submit your dive sheets on-line, browse to www.diverecorder.co.uk and follow the instructions. As soon as you complete the on-line submission you will see a success/failure message. If successful you will be sent an automatic email confirming receipt of your details and dives. You can check your submitted dive sheets on line at www.diverecorder.co.uk/live results page. If you experience problems and need assistance you should email sallyfreeman@everyoneactive.com

Electronic submissions must be made by no later than midnight on **Friday 10th May 5pm**. You will be asked to sign hard copies of these sheets at the venue. These should be available by 12 noon prior to the start of the competition. The deadline for signing of dive sheets is 30 mins before the start of a session. The deadline for dive sheet changes is 30 mins prior to the start of a session. If neither you nor your Coach is able to use the above electronic methods, you can submit hard copy of your lists of dives to the Recorders.

Failure to comply with these conditions MAY result in disqualification.



TEAM POINTS ARE GAINED AS FOLLOWS:

1 ST PLACES:	GIRLS AND BOYS	10 POINTS
2 ND PLACES:	GIRLS AND BOYS	9 POINTS
3 RD PLACES:	GIRLS AND BOYS	8 POINTS
4 TH PLACES:	GIRLS AND BOYS	7 POINTS
5 TH PLACES:	GIRLS AND BOYS	6 POINTS
6 TH PLACES:	GIRLS AND BOYS	5 POINTS
7 TH PLACES:	GIRLS AND BOYS	4 POINTS
8 TH PLACES:	GIRLS AND BOYS	3 POINTS
9 TH PLACES:	GIRLS AND BOYS	2 POINTS
10 TH PLACES:	GIRLS AND BOYS	1 POINT

ANY TEAM CAN GAIN POINTS IN OPEN COMPETITION

MAXIMUM 2 DIVERS PER CATEGORY AND AGE

(IF AGE CATEGORIES ARE SPLIT DUE TO LARGE NUMBERS, 2 IN EACH CATEGORY WILL QUALIFY)

WHERE A CLUB PLACES MORE THAN 2 DIVERS IN THE TOP 10 PLACES, THE 3RD + DIVERS POINTS CARRY TO THE NEXT ELIGIBLE DIVER FROM ANOTHER TEAM UNTIL 10 PLACES ARE CLAIMED