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The Quays Swimming and Diving Complex
27 Harbour Parade
Southampton SO15 1BA

Diving Office: 023 8072 0922

Reception: 023 8072 0900

September 2017

Dear All

"Toddle & Waddle" Pilot Study.

I am delighted to be able to introduce to you a new venture being delivered by Active Nation on behalf of Communicare in Southampton. The project is aimed at bringing together the highly active under 5's (and their Carers) and less mobile members of the community to enjoy a weekly afternoon of physical activity together.

The pilot study is being supported by a grant from "Southampton Healthy Living" and will last 4 weeks.

Thursdays, 2nd – 23rd November

3 – 4.30pm

The Quays Swimming & Diving Complex

Cost: £8/head for 4 weeks (Carers are free)

A parking permit to cover the session times is provided.

3 – 3.15pm	Registration in Studio 2
3.15 – 3.45pm	Under 5's & Carers take part in "Little Sports" activity in Olympic Dive Gym Less mobile members undertake chair-based exercise class in Studio 2
3.45 – 4.05pm	Whole group activity in Studio 2
4.05 – 4.30pm	Refreshments and chat!

"Little Sports" is a scheme run by the Southampton Diving Programme to offer young children the opportunity to develop their physical skills to maximise their potential in whatever sport they may choose to pursue in the future. The curriculum has been developed under the umbrella of the Southampton Diving Programme and Chamberlayne Gymnastics Club with input from coaches operating up to the Olympic level. Participating children should be **walking to 4 years of age** and should be accompanied by an adult. **Please note that school age children cannot be accommodated.**

Chair-based exercise classes have been offered through the Southampton programme for over 3 years led by qualified instructors. Our current instructor has a wealth of knowledge and experience in supporting athletes with disabilities and a passion for keeping everyone moving, at least gently! The group encompasses members with a wide range of abilities and stages of fitness.

If you are interested in taking part I would be grateful if you could fill in the attached form and return it to The Quays as soon as possible (and **at least 48h before the first session**). **Payment must be made with all bookings** before they can be entered on the system. Places are limited and will be filled on a first come first served basis. It is also possible to email the form back to us on the email address below.

If you have any questions about the scheme, please contact the Diving Office on 023 8072 0922 / divingatthequays@activenation.org.uk.

We look forward to receiving your applications.

Yours sincerely,
Lindsey Fraser
Diving Development Officer



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ACTIVE NATION DIVING PROGRAMME, SOUTHAMPTON

The Quays Swimming and Diving Complex opened to the public in June 1999 with springboard/highboard diving as a high priority. The mission statement for the diving programme is: "To deliver a high quality programme that caters for divers and pre-divers at all stages of development and with different aspirations and aptitudes. The programme will promote enjoyment and encourage participants to commit to the sport."

In September 2010 national charity Active Nation took over the management of the Quays from Southampton City Council and now takes responsibility for delivering the diving programme.

Facilities for diving at the Quays are some of the best in the south of England. There are two each of 1m and 3m springboards and 1m, 3m, 5m, 7.5m and 10m platforms, all suitable for competition at International level. Bubble-making machines give divers extra cushioning when they execute new dives. In addition there are excellent studio facilities, including dry boards and trampoline.

The Diving Development Officer, Lindsey Fraser, was a competitor with the British Olympic Team in 1980 and 1984 and the British Team Manager for the Olympic Games in 2000 and 2004, she was also one of the Team GB coaches in Beijing and London. In 2002, 2006 & 2010 she was the English Commonwealth Diving Coach. She is a trained secondary school teacher and continued her teaching career alongside her coaching until she moved to Southampton in 1999. She was awarded the Helen Rollason medal as the top female UK Coach of the Year in 2004.

Diving Development Coach, heading up the Talent Programme, is Jack Clewlow, who was himself an international diver, finishing 8th in the World University Games in 2011 in the 10m synchronised event. Senior Coach is Matt Roberts, former International diver with a degree in Sports Coaching. Programme Coach and Lead Coach for early years, Mollie James became a Junior International diver with the Southampton programme. Gemma McArthur, Lead Coach for "Divability", our disability programme, competes for Scotland.

Many of the elite divers have qualified to join the coaching team.

The programme incorporates Southampton Diving Academy, which was formed in January 2000, amalgamating the former City of Southampton Swimming and Southampton Diving clubs.

Membership of the club now stands at around 100, with divers aged 7 – 60+ years, mostly diving at national level and above. Some of the recruits had their first taste of diving through the Quays "tasters" scheme. At the top of the club Pete Waterfield became the first British diver to win the gold on highboard at the Commonwealth Games for 20 years in 2002. In 2004 he took a silver medal at the Olympics in the synchronised highboard event and 5th in the individual highboard competition. In March 2006 he took the silver medal on highboard at the Commonwealth Games. In August 2008 he represented Great Britain at his third Olympic Games and in 2009 he took 4th place at the World Championships on 1m, the highest ever finish by a Briton on any springboard. In 2012 he took bronze at the World Cup in the individual 10m event. Although Peter has now retired from competing he continues to work closely with the programme.

The programme had 3 divers in the British Olympic team for the London Olympics:

- Peter Waterfield, 10m individual & 10m synchro with Tom Daley from Plymouth
- Christopher Mears, 3m individual & 3m synchro with Nick Robinson-Baker from Sheffield
- Stacie Powell, 10m individual

In 2014 Chris Mears moved to Leeds to be able to train daily with his new synchro partner, Jack Laugher. This paid off when they took Gold at the Olympics in Rio, 2016.

Gary Hunt is the 2010, 2011, 2012, 2014, 2015 and 2016 World Champion in the Red Bull Cliff Diving World Series and was runner-up in 2013. Team mate, Blake Aldridge, is also successful in this discipline.

The Academy recruits its members primarily through the diving lessons programme or Talent Identification scheme. In 2004 Southampton was chosen as one of only 5 centres in Britain to become a Talent ID Centre for English Diving, involving selection of youngsters through visits to local schools. The children identified as having outstanding potential during testing are offered fast-track training in the sport. This initiative was repeated annually in 2009 - 2016.

There is also an adult diving programme, with members who have achieved great success both on the national and international Masters scene.



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APPLICATION FORM FOR "TODDLE & WADDLE" PILOT

For all applicants:

Name:..... Gender: Male/Female

Home Address:.....

Post code:.....

Tel:..... Email:..... Date of birth:.....

If you can provide an email address this helps us with providing your confirmation of place.

Medical information: Does the participant have any medical condition that the instructor should be aware of (eg asthma, allergies, epilepsy)? Please give details.

Is the participant taking any medication? Please give details.

If there is any other relevant information (eg learning difficulties, behaviour etc) that it would be useful for the instructor to know. Please give details.

For participants in "Little Sports":

Name of adult accompanying child:

Relationship to child:

I confirm that my son/daughter is fit to take part in the "Little Sports" activity.

Signed:.....(Parent) Date:.....

PLEASE FILL IN ALL SECTIONS OF THIS FORM AND LET US KNOW IF ANY OF THIS INFORMATION CHANGES BEFORE THE SESSION. THANK YOU.

For all applicants:

I confirm that I am happy to have my/my child's details recorded and held by Active Nation and Communicare in Southampton in relation to this project. It can also be used in feedback to the "Southampton Healthy Living" grant provider to analyse the outcomes.

Signed:..... Date:.....

Printed name:

Please tell us where you heard about the pilot study:

Method of payment:

Please pay at Quays reception/post in Diving postbox at reception

£8/head (2 – 23/11/17)

Cash ____ Cheque ____ (Payable to Active Nation UK Ltd) Card ____