

MEDITERRANEAN GAMES – DIVING CHAMPIONSHIPS, JULY 2016 BOLZANO, ITALY

Connor Van-Dal and Tyler Humphreys, both from the Southend Diving Programme based at the Garon Park Diving Centre, and coached by Charles Calvert, received honours of the highest order in being selected to represent England at the Mediterranean Cup being held in Bolzano. Charles was appointed as one of the England Team Coaches and that enabled the successful partnership to continue in Italy.

Both boys have had a fantastic season so far with Connor winning a silver medal at the Junior Elite diving championships earlier in the year and showing great character and strength to recover quickly from injury to finish his season with a strong show of performances.

Tyler also had a magnificent season! He was the youngest competitor to make the Men's 3m final at the National Cup and competed against athletes who have since qualified themselves to compete at the Olympic game in Rio this summer. He also added the accolade of being double national champion on the 1m and 3m springboard as well as the 7 Nations champion on the 3m springboard.

With the pressure of fantastic results behind them both, they travelled to compete in the Mediterranean Cup Diving Championships in Bolzano where their success continued in fine form.

In Connor's first platform event in over 12 months he came away with a silver medal, the competitor from Greece just sneaking into first by 0.5 of a point after a dive that scored 9 out of 10 from the judges! Eager to come away with more silverware Connor topped the podium in his 3m event with another amazing performance!

Tyler came into this event after an accident in training that left him unable to train for 5 weeks, and with only 5 weeks before the team travelled Tyler showed fantastic grit and determination to get himself competition ready. With very little time to prepare and a lot of work from a determined young man he came away with 2 silver medals in the 1m and 3m events added to his impressive tally of medals for the year.

Coach Charles said 'Connor and Tyler now have a week of rest and recovery before they will undertake their boot camp of pre-season training. This will be 4 months of heavy weights, hard conditioning, and technical training as they look to improve on this seasons results'.

