

## ASA National Diving Skills 2016

Hosted by the ASA East Region at the Southend Diving & Swimming Centre.

The Southend International Diving Centre in Garon Park was the venue for the ASA 2016 National Diving Skills Competitions at the weekend. The event was hosted by the ASA East Region with the close involvement of the Southend Diving Programme and the pool operators, Fusion Lifestyle.

Southend Diving had a Team of 18 divers participating and finished the weekend with a terrific collection of 2 Gold, 3 Silver, and 1 Bronze medals and many good individual performances.

Every member of the team selected, qualified for the event at a Regional competition and the minimum standards are set by the Technical Diving committee at the beginning of the competitive season.

The Divers were up against other Divers from all over the UK & from as far as Dubai. All in all there was 274 competitors, which makes the personal best scores achieved by most of the team all the more impressive.

Lilly Widdows (12) dived very well against the other girls in her age group and was awarded the Bronze medal in her event. This kicked off a stream of medals from the team, Lexi Bushnell (13), Lily Maggs (11) and Noah Allende (11) all took the silver medal in their competitions.

The highlight of the competition for Southend Diving saw Ethan King (13) & Ceri Ewing (13) crowned champions of their age group Final, in their home pool in Southend. Ethan beat 14 other Divers in his age group by executing his forward 1 & ½ somersaults in the piked position for an impressive 34 points! Ceri went even further than that with her impressive win by beating 32 divers from 11 other clubs. Ceri secured her medal with a top quality Inward 1 & ½ somersaults from the 1m board which added 42.90points to her overall score of 313.35.

Young Peggy Jefferson & Luana Bull both faced disappointment at their regional event as they fell short of the minimum standard slightly and subsequently missed out on Nationals. Both girls showed excellent team spirit and supported their team mates through the event as they were selected onto the events team as medal bearers.

All detailed results can be found at [www.diverecorder.co.uk](http://www.diverecorder.co.uk) If you want to Learn to Dive you can book directly by calling 01702613000 or drop into reception at the Garon Park Southend Swimming & Diving centre.

