

# **The Swim England Diving Talent Games**

**17<sup>th</sup> and 18<sup>th</sup> November 2018  
John Charles Centre for Sport  
Leeds**



# Official Event Programme

## Event Staff

Suzie Collins – Swim England  
Julian Bellan – British Diving  
Becky Walker - Swim England  
Connie Ford - Swim England

## Official Judges

Julian Bellan  
Ruslan Panteleymonov  
Sam Buck  
Nigel Mills  
Claire Burton  
Jack Clewlow  
Harriet Jones  
Stephan Hewat  
Shan Veasey  
Anna Sless  
Vikki Tomlinson

## Recorders

Ann Barker  
Jackie Laughner  
Connie Ford

## Announcer

Collette Calvert

## Field of Play

Gail Harrison  
Jayne Glynn  
Sophie Byrne (Sunday)  
Amy Bryant (Sunday)

## Acknowledgements

City of Leeds Diving Club:  
All clubs, volunteers and officials:

For hosting this year's Talent Games  
For their help and support

## Welcome

Welcome to the 2018 Diving Talent Games organised by Swim England Diving.

Every year Swim England Diving collaborates with diving clubs to undertake an extensive search throughout English primary schools looking for potential diving champions. This process is the first stage of the Swim England Diving talent pathway, feeding the potential diving champions into a club programme and working towards this event. The Talent Games is open to divers from both Little Rippers Talent ID programmes and traditional pathways into the sport, such as club and operator learn to dive, development lessons and the START Diving programme.

The full conditions for the event are included later in the event programme and on the British Diving pathway portal. The philosophy for the event is very simple, to identify the most accomplished diving talent in the country through a series of physical and technical competitions. The highest performing divers from this year's event will be invited to join the Swim England Diving Team Z.

Divers selected to the squad join the first level of our pathway and over the coming two years will be supported through a series of training camps around the country. So that everyone keeps his or her diary free, the first camp will take place Friday 11<sup>th</sup> – Sunday 13<sup>th</sup> January 2019 in Leeds. A copy of the Diving Pathway is also included in the programme. Parents and coaches of selected divers will be invited to attend this camp with a special parent workshop and induction on Sunday the 13<sup>th</sup> January. This is compulsory for all divers and parents selected to the squad.

The Swim England Diving Pathway Squads are designed to work in partnership with your home clubs to nurture and fine tune diving technique and develop a complete athlete. Historically the programme has successfully nurtured talent that has gone on to GB World Class Programmes and become successful World and Olympic divers. In London 2012 Olympics, 5 such divers had come through the Talent Programme. Maybe from this weekend, we will have someone in Team GB 2024?

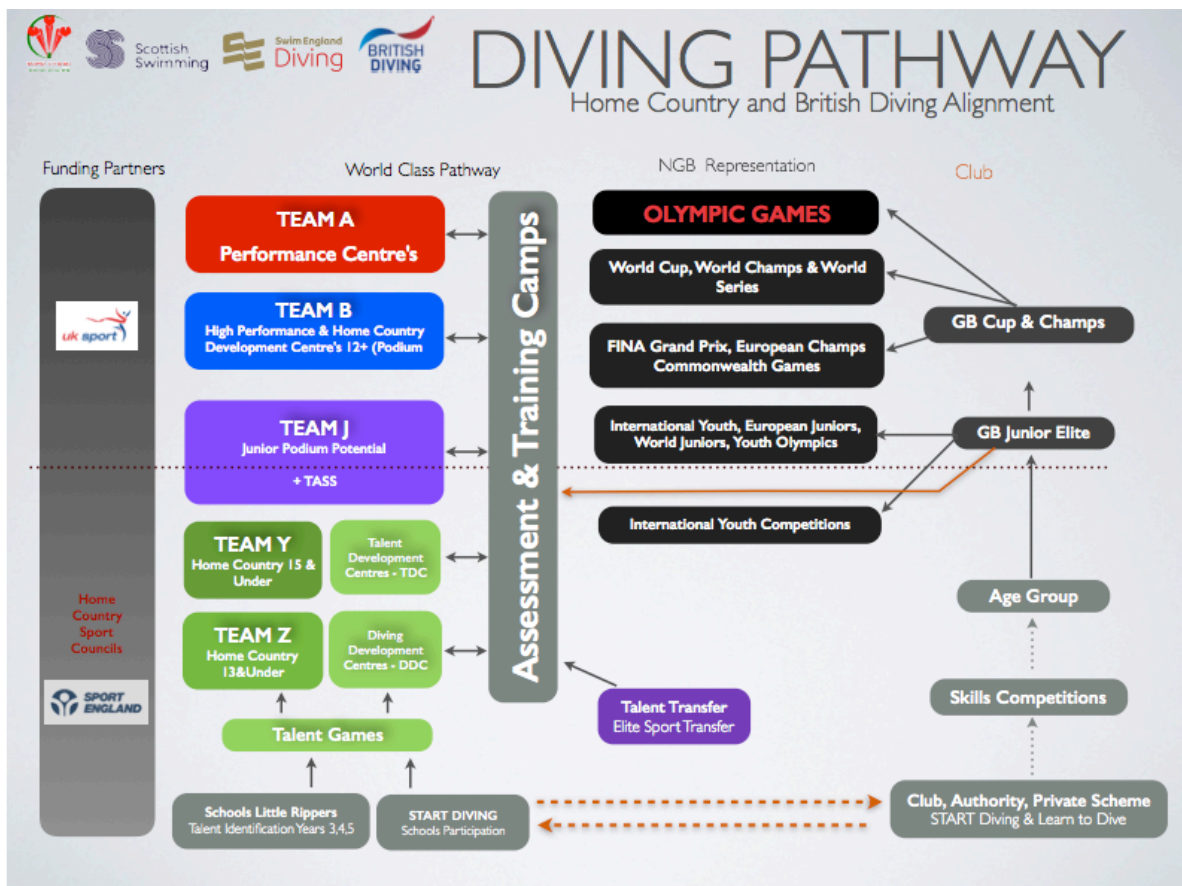
As well as competing for individual honors, divers will have the opportunity to earn team points for their club. By the end of the weekend one club will be crowned Club Champions 2018. This event has a rather unusual format, please take your time to support all of the divers in what we hope will be a fun and challenging weekend of competition.

I would like to take this opportunity to recognize the hard work demonstrated by diving coaches and clubs throughout the country. Your endless dedication and support is vital to the development of diving.

Finally I would like to wish all the divers the very best of luck and hope you enjoy the weekend's events.

A handwritten signature in black ink that reads 'S Collins'.

Suzie Collins  
Talent Development Officer



## Talent Games 2018 Timetable

Friday 16<sup>th</sup> November – Judges and Coaches technical meeting 8.00pm

Saturday 17th November		
08:00	10:00	Dryland Training
10:00	13:00	Boys Acrobatics / Girls Physical Testing
13:00	14:00	Dryland Training
14:00	17:00	Girls - Acrobatics/Boys Physical Testing
Sunday 18th November		
07:45	08:30	Open Training
08:30	09:00	Girls D Pool Training
09:00	12:00	Girls D Pool Competition
12:00	12:30	Boys D Pool Training
12:30	14:15	Boys D Pool Competition
14:15	14:45	Girls & Boys E Pool Training
14:45	15:15	Girls & Boys E Pool Competition
15:15	15:45	Knock out Pool Training
15:45	16:15	1m Springboard Knock-Out Final
16:15	16:45	3m Springboard Knock-Out Final
16:45	17:15	3m Platform Knock-Out Final
17:15	18:00	Results Presentation

This is a provisional timetable and is subject to change.

## What are the Games?

Talent Games is an exciting national competition where divers aged 11 years and under compete across a range of dryland and pool based activities. The competition, held over two days, is also the selection event for the Swim England Diving Team Z squad.

Eligibility for the Talent Games:

- Divers **MUST** be a registered competitor with Swim England and be a British Citizen who is eligible for GB selection under FINA laws
- Divers **MUST** be 11years or under 31<sup>st</sup> December in year of competition
- Divers may have competed in National Skills or National Age Groups
- Teams and divers from Scotland, Northern Ireland and Wales may enter as 'guest teams'
- It is recommended that divers should have been in structured diving training for a minimum of 18 months, preferred 2 years before attending the Talent Games
- The age for selection to the England Diving Team Z Squad is 10/11 years in the year of competition.

**Age Categories:** *(age correct 31<sup>st</sup> December in year of competition)*

- (E) Divers aged 9 and under
- (D) Divers aged 10 & 11 years

There will be medal presentations for:

Group E Girls Dryland	Group E Girls Pool	Group E Girls Dryland and Pool Combined
Group E Boys Dryland	Group E Boys Pool	Group E Boys Dryland and Pool Combined
Group D Girls Dryland	Group D Girls Pool	Group D Girls Dryland and Pool Combined
Group D Boys Dryland	Group D Boys Pool	Group D Boys Dryland and Pool Combined

In addition to the above, in the pool competitions the top 8 divers in each of the; 1m, 3m and 3m platform pool events will proceed to a knock out final in that event. These knock out finals are for the top 8 divers of all the Group E and D events together.

**Every skill has a purpose; each event is designed to challenge the all-round diver.**

## The Conditions:

Swim England Diving & British Diving have developed a series of event conditions that test both the physical and technical competencies of young divers. Each skill is expected to be performed in a specific manner. Video Guides for the exercises and skills can be obtained from [www.divingpathwayportal.org](http://www.divingpathwayportal.org) through your club.

## Dry Dive Competitions

### Event 1. Dry Board (50 points)

1. Bounce 100b to landing mat STOP
2. Bounce 102c to controlled landing Arms in T on landing.
3. Back Press T start - 200a to controlled landing arms down
4. Back Press T start - 201c to back drop heels raised landing.
5. Bounce 301c to back drop heels raised landing

### Event 2. Physical Competitions – Power, Speed, Control (80 points)

1. Sprint Test 4 x 10m shuttle (points for time)
2. Bar chin ups – over grip full arm extension bar chins (score for number of reps)
3. Standing long jump – Pure leg power! (Points for distance)
4. Leg lifts – wall bars straight leg lifts to the bar (score for number of reps- only 10 attempts)
5. Handstand Hold – kick up and hold for 3secs – bonus for lever handstands (2 attempts max)
6. Forward Roll 1 leg stand up balance - repeat both legs
7. ½ lever leg holds low bars – legs at horizontal, arms in line with hips, shoulders turned out/down with long neck, straight back
8. 10 V sits + V pike hold for 10 seconds
9. Line Up Drills – on block  
Tuck come-out drill (x3), Pike come-out drill wide (x3)

### Event 3. Floor Routine (50 points)

Routine – The routine is a series of physical and technical skills linked together to demonstrate strong physical competency and technical coordination. Individual elements carry a weighting linked to difficulty. See individual diver cards for judging considerations. Judges deduct from a maximum score per element.

(i) Inlocate and Dislocate drill – holding the stick at 25cm, inlocate and dislocate the shoulders whilst maintaining good posture and straight arms (1.0)

Hurdle step drill – (one step lunge to hurdle balance step down to stretch), leading into arm swing drill – (stop squat arm swing drill) - Arms 'T' to high 'Y' on to toes, Squat to 90 degrees, fast arm circle, stand up to toes (1.0)

(ii) Arabesque – Diver starts standing, moves arms to a 'T' position then moves forwards to 90 degree one leg balance, maintain position with hip extension and return to stand. Move arms from T to entry line up lifting heels in the stretch. (1.0)

(iii) Tuck Balance – arms locked out tight ball balance 3secs (0.5)

(vi) Head stand sequence- (2.0)

Straddle down to pike

Pike to tuck

Push through to handstand forward roll finish in pike with arms in T slightly forwards – Thumbs towards toes

Entry line up whilst in pike followed by dish

(vi) Bridge – (0.5)

Line back to dish with narrow come out entry stretch

Bridge 5sec hold

Return to supine dish

(vii) Supine dish hold 3secs - ½ roll to prone entry dish hold 3secs (1.0)

(viii) Plank with pointed toes (3secs) followed by x3 narrow strong controlled arm press-ups (1.0)

(ix) Front support to splits routine (1.0)

i. Right leg split (3secs)

ii. Box Split (transition)

iii. Left Leg split (3secs)

iv. Return to squat

(x) Return to squat followed by ping jumps (1.0)

v. 100a rebound to

vi. 100c rebound to

vii. 100b - Control soft landing knees slightly flexed, arms in T

### **General Notes (Dry Dive Events):**

**In the routine**, deductions will be made for travel, body alignment and shapes. Clear and controlled arm swings must be demonstrated. All exercises that require a 'hold' are defined as a 3 second hold in position to demonstrate form and control.

***The Routine*** - skills should be developed as individual items in the period of time leading to the talent Games and **ONLY** when the skills themselves are mastered should the routine be brought together.

**Bounce** - this refers to the standardised start for talent divers for springboard skills from groups 1 & 3. Starting position arms behind the hips one low bounce without arm movement followed by a complete bounce with arm swing before the skill is performed.

**Ankle Rock** – 1 to 3 clear and strong ankle rocks without break in body posture and without movement of the arms before the arm swing & press commences.



### **The Pool Competitions (3 x 40 points):**

**Event 4. 1m Springboard:** Divers will be required to perform 4 different dives. Before each dive the diver must demonstrate a clear 'dive drill' also known as a 'run thru'. The diver will be judged for both the drill by one judge and the dive execution judges 2 and 3.

1. Bounce 101c
2. Bounce 301c OR if not competent 100b (DD = 0.7)
3. Back Press T start - 401c
4. Back Press T start - 201c

**Event 5. 3m Springboard– Line Ups:** Each line up will be performed twice giving a total of 8 line-up dives. Clear and correct sequences and arm placement in the come-outs are essential.

1. 10A starting with arms in T position – No bending at the hips
2. 20A starting with hands on thighs – eyes to look back before line up
3. 11C starting in tuck balance open to pike balance before rolling
4. 21c Starting from a crouch, correct arm sequence and kick timing.

**Event 6. 3m Platform – Platform basics:** Four diving groups: 1,2,3, & 4: 3 key ingredients; quality take-off techniques, shapes and come-out sequences.

1. 101c standing
2. 401c – key use of ankles
3. 201C – start from T position, deep squat, strong reach with neutral head position
4. 301c – correct development of rotation. (*Alternative skill 100b – Deliberate slow deep squat with a strong fast pike jump DD 0.7*)

### **General Notes (Pool Events):**

The pool skills cover 3 essential components: (1) Board timing and springboard take-off technique, (2) Come-out and entry quality and (3) platform technique. The 1m skills are an extension of the techniques developed in the dry dive environment.

The learning of the board skills come late, line-ups will be developed before the 1m skills. The 3m platform skills provide a key step into developing quality platform dives. Much of the work will be done from poolside and 3m springboards. These skills come into place late in the preparation cycle leading to the Talent Games.

**Difficulty** – All dives are rated at 1.0. All divers are competing the same dives, they are ALL equally important.

**301c-** Reverse dive, may be deemed the hardest skill to achieve in the Talent Games. With the correct attention to preparation, especially in a dry dive environment, and a postponement in learning until the last quarter of the development phase, the dive can not only be learned with ease but with excellent consistency and quality.

*100B can be substituted for the 301c on either 1m springboards or 3m platform at a difficulty of 0.7.*

**Bounce** – The technique is identical to the dry-dive test.

**Back Press T Start** – The back press with an arm swing in the dry and pool tests **MUST** be performed with a specific technique. 1. Starting position Arms T hands with palms forwards 2. Perform 1 -3 ankle rocks (min/ max) 3. Strong high ankles lift, as the arms lift into the back press. 4. The arms must extend above the head to the ears maintaining balance & posture before the down swing commences. The key is balance and board rhythm.

**Sitting tuck line up** - 010c Divers must show the transition from a sitting tuck to a sitting open pike with T arms before rolling from the board. It is essential divers learn the correct come-out sequence and key positions required for rotational forward spinning skills. Narrow early grab hands and weak leg tension will be penalised by judges.

**Scoring:** The Combined Talent Games will be awarded from a maximum of **300** points. This is broken down into two sections, physical and technical. The technical elements are from 3 pool events = 120 points and one dry board 50 points. The physical elements are out of 130 points.

**Selection to Zone Programme:** Divers will be ranked on overall score with the top 12 divers male and female being considered.

## COMPETITION FORMAT

We wish divers to perform at their true potential and very best. The competition format will take place in a circuit format.

### Competition Categories:

1. Event Winners – taken from the dry and pool events
2. All round winners – taken from both the dry and pool events combined
3. Individual Knock Out Event Winners – taken from pool finals
4. Team Champions – taken from both the dry and pool events combined with top boys team, top girls team top overall team

The top 3 ranked boys and girls in the events will take **Gold, Silver Bronze** in:

Group E Girls Dryland	Group E Girls Pool	Group E Girls Dryland and Pool Combined
Group E Boys Dryland	Group E Boys Pool	Group E Boys Dryland and Pool Combined
Group D Girls Dryland	Group D Girls Pool	Group D Girls Dryland and Pool Combined
Group D Boys Dryland	Group D Boys Pool	Group D Boys Dryland and Pool Combined

Divers qualify for the final by overall ranking in each the 1m, 3m and 3m platform events. In each event EIGHT (8) divers will progress to a final of four skills. Round 1. All divers perform the first skill; the two lowest scoring divers are knocked out. Round 2. The next 6 divers perform the next skill in the test; the lowest two divers are knocked out. Round 3. The remaining 4 divers compete skill 3 from the test, the lowest two divers are knocked out, and the 3<sup>rd</sup> ranked diver will take bronze. The remaining 2 divers will contest in a head to head final skill for Gold and Silver.

### Team Champions

The top 3 divers per team in each category will combine their total scores. The Team Champions will be awarded as the team with the highest combined score. The Team Championship categories are:

1. Girls Team (top 3 divers all events combined scores)
2. Boys Team (top 3 divers all events combined scores)
3. Overall Team Champions – (Top 3 boys + Top 3 girls)

## General Conditions of the Talent Games

Teams must provide the minimum personnel to supervise their team:

### Teams with less than 6 divers:

- 1 x Level 2 or higher coach / available to judge events not involved in
- 1 x Assistant coach to assist with team supervision in the field of play Level 1 or higher or equivalent sporting qualification e.g. Gymnastics.

### Teams of 6 or more divers:

- 1 x Judge – **Required to attend pre event briefing Friday 16<sup>th</sup> November 2018**
- 1 x Level 2 or higher coach
- 1 x Assistant coach to assist with team supervision in the field of play Level 1 or higher or equivalent sporting qualification e.g. Gymnastics.

## Entry Fees

The entry fee of £20.00 per diver should be made as part of a single team entry. Teams will be invoiced for the total amount once entry forms have been received.

The Talent Games are organised under the spirit of sportsmanship and equality. Coaches or clubs who may be unsure of a diver's legitimate eligibility for the event should contact the England Talent Programme at [dive.talent@swimming.org](mailto:dive.talent@swimming.org)

Clubs wishing to host the Talent Games must apply in writing to [dive.talent@swimming.org](mailto:dive.talent@swimming.org)

The venue for the Talent Games requires the minimum facilities:

### **Pool (Spectator capacity 150+)**

2 x 1m springboard, 2 x 3m springboard, 1 x 3m platform (preferably 3m wide)

### **Dry dive**

Floor area (matted or sprung) 8m x 8m, 2 x dry diving boards, wall bars, sports hall, spectator-seating 100.

## Start Lists - Pool

### Girls Group D

		First Name	Surname	Club	Year Born
Group 1	1	Niamh	Rogerson	Aberdeen	2007
	2	Hannah	Stanley	Bradford Esprit	2007
	3	Daisy	Halls	Cambridge Dive	2007
	4	Amy	Ellwein	Corby Steel	2008
	5	Mia	Tiley	Corby Steel	2007
	6	Lucy	Parker	Corby Steel	2007
	7	Ruby	Taylor-Ross	Crystal Palace	2008
	8	Corin	Burrows-Mackley	Crystal Palace	2008
	9	Tallulah	Clarke	Crystal Palace	2008
	10	Emanuelle	Packer	Crystal Palace	2008
	11	Isabelle	Packer	Crystal Palace	2008
	12	Kitty	Smith	Crystal Palace	2007
	13	Isla	Smith	Crystal Palace	2008
Group 2	1	Freya	Smith	Edinburgh	2008
	2	Gemma	Dickson	Edinburgh	2007
	3	Gemma	Sladen	Edinburgh	2008
	4	Niamh	Watson	Edinburgh	2007
	5	Katie	Mackenzie	Edinburgh	2008
	6	Eilidh	White	Edinburgh	2007
	7	Summer	Ross	Edinburgh	2007
	8	Caitlin	Maytham	Luton	2007
	9	Hannah	Brockie	Luton	2008
	10	Tilly	Rollinson	Luton	2007
	11	Lyra	Guise Tucker	Luton	2007
	12	Scarlett	Colbourne	Plymouth	2008
	13	Amelie	Underwood	Plymouth	2008
	14	Phoebe	White	Plymouth	2008

## Girls Group D

Group 3	1	Etta	Dodsworth	Sheffield	2008
	2	Sophie	Mae Hancox	Sheffield	2007
	3	Jessica	Ireland	Sheffield	2007
	4	Lucy	Maltby	Sheffield	2008
	5	Chloe	Strutt	Sheffield	2008
	6	Natalie	Barr	Southampton	2008
	7	Imogen	Fitzsimmons	Southampton	2007
	8	Elizabeth	Hart	Southampton	2007
	9	Evie	Tierney	Southampton	2008
	10	Daisy	O'Shea	Southend	2008
	11	Skye	Brooke	Southend	2007
	12	Abby	Rust	Southend	2007
	13	Miya	Morrison	Ayr	2008
	14	Jaeda	Sharman	Leeds	2007

## Boys Group D

		First Name	Surname	Club	Year Born
Group 1	1	Moray	Gault	Aberdeen	2007
	2	Noah	Penman	Aberdeen	2007
	3	Archie	Biggin	Sheffield	2008
	4	Theo	Wellington	Sheffield	2007
	5	Max	Burnell	Cambridge Dive	2008
	6	Lucas	Clayton	Crystal Palace	2007
	7	Toby	Murrison-Waller	Crystal Palace	2007
Group 2	1	Alec	Wragg	Edinburgh	2007
	2	Gregor	Happs	Edinburgh	2007
	3	Ben	Sharman	Edinburgh	2007
	4	Callum	Peace	Edinburgh	2007
	5	Jack	Bedford Goulding	Leeds	2007
	6	Alfie	Whytock	Luton	2007
	7	Jorden	Fisher Eames	Luton	2008

## Boys Group D

Group 3	1	Oliver	Heath	Plymouth	2008
	2	Theo	Stevens	Plymouth	2008
	3	Joseph	Verity	Bradford Esprit	2008
	4	Luke	Hardy	Southampton	2007
	5	Reuben	Havenga	Southampton	2007
	6	Euan	Powell	Southampton	2008
	7	Malachy	Walsh	Southampton	2007
	8	Oliver	Wignall	Southampton	2007

## Girls & Boys Group E

		First Name	Surname	Club	Year Born
Group 1	1	Lexie	Clarke	Crystal Palace	2009
	2	Juliette	John	Crystal Palace	2009
	3	Phoebe	Morgan	Crystal Palace	2009
Group 2	1	Hannah	Gowan	Sheffield	2010
	2	Sebastian	Willcox	Sheffield	2009
	3	Skye	Fisher Eames	Luton	2009
Group 3	1	Eva	Lang	Plymouth	2009
	2	Hana	Cheung	Southampton	2009
	3	Megan	Thorpe	Southampton	2009

# 1m Springboard Knock Out Final

Start No.	Name	Club	Round 1	Round 2	Round 3	Round 4	Total Score	Event Ranking
1								
2								
3								
4								
5								
6								
7								
8								



### 3m Springboard Knock Out Final

Start No.	Name	Club	Round 1	Round 2	Round 3	Round 4	Total Score	Event Ranking
1								
2								
3								
4								
5								
6								
7								
8								

### 3m Platform Knock Out Final

Start No.	Name	Club	Round 1	Round 2	Round 3	Round 4	Total Score	Event Ranking
1								
2								
3								
4								
5								
6								
7								
8								

## **A SAFETY ANNOUNCEMENT FROM SWIM ENGLAND**

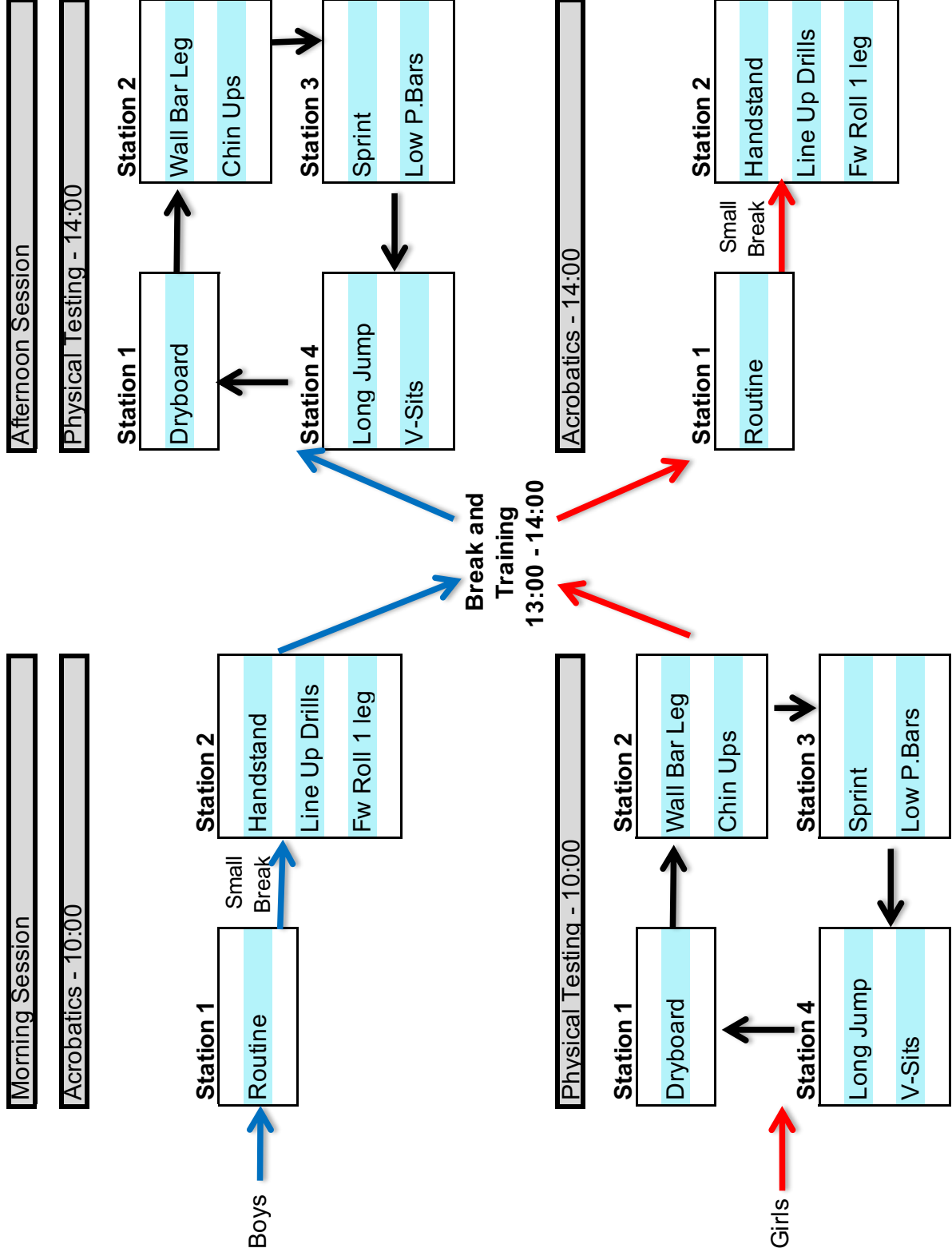
Coaches and divers must inform the Referee if they consider that the diving facilities are unsafe in anyway.

Spectators are requested not to use flash photography during the performance of a dive as this can be distracting to the diver and could lead to an accident.

The signal that you will hear if it becomes necessary to evacuate the building will be an automated voice, please follow the instructions given. To evacuate the building, all those present must use the marked emergency exits. Divers and officials must not return to the changing rooms to collect their clothes or belongings.

## **POOLSIDE ETIQUETTE**

For insurance purposes, please be advised that only coaches, competitors and event staff will be allowed on poolside. On no account should any other persons be on poolside.



## Dryland - Morning Session Start Order

### Boys - Acrobatics

Sebastian Wilcox  
Moray Gault\*  
Noah Penman\*  
Joseph Verity  
Max Burnell  
Lucas Clayton  
Toby Murrison Waller  
Alec Wragg\*  
Gregor Happs\*  
Ben Sharman\*  
Callum Peace\*

### 10 Minute Break

Jack Bedford Gouding  
Alfie Whytock  
Jordan Fisher Eames  
Oliver Heath  
Theo Stevens  
Archie Biggin  
Theo Wellington  
Luke Hardy  
Reuban Havenga  
Euan Powell  
Malachy Walsh  
Olliver Wignall

### Girls - Physical Testing

#### Station 1

Hana Cheung  
Megan Thorpe  
Natalie Barr  
Imogen Fitzsimmons  
Elizabeth Hart  
Evie Tierney  
Etta Dodsworth  
Sophie Mae Hancox  
Jessica Ireland  
Lucy Maltby  
Chloe Strutt  
Hannah Gowan

#### Station 2

Ruby Taylor Ross  
Corrin Burrows-Mackley  
Tallulah Clarke  
Emanuelle Packer  
Isabelle Packer  
Kitty Smith  
Isla Smith  
Lexie Clark  
Juliette John  
Phoebe Morgan  
Niamh Rogerson\*  
Daisy Halls

#### Station 3

Freya Smith\*  
Gemma Dickinson\*  
Gemma Sladen\*  
Niamh Watson\*  
Katie Mackenzie\*  
Eilidh White\*  
Summer Ross\*  
Miya Morrison\*  
Caitlin Maytham  
Hannah Brockie  
Tilly Rollinson  
Lyra Guise Tucker  
Skye Fisher Eames

#### Station 4

Daisy O'Shea  
Skye Brooke  
Abby Rust  
Scarlett Colbourne  
Amelie Underwood  
Phoebe White  
Eva Lang  
Jaeda Sharman  
Amy Ellwein  
Mia Tiley  
Lucy Parker  
Hannah Stanley

\* = Guest diver

## Afternoon Session Start Order

### Boys - Physical testing

#### Station 1

Sebastian Wilcox  
Moray Gault\*  
Noah Penman\*  
Joseph Verity  
Max Burnell

#### Station 2

Lucas Clayton  
Toby Murrison Waller  
Alec Wragg\*  
Gregor Happs\*  
Ben Sharman\*  
Callum Peace\*

#### Station 3

Jack Bedford Gouding  
Alfie Whytock  
Jordan Fisher Eames  
Oliver Heath  
Theo Stevens

#### Station 4

Archie Biggin  
Theo Wellington  
Luke Hardy  
Reuban Havenga  
Euan Powell  
Malachy Walsh  
Olliver Wignall

### Girls - Acrobatics

Hana Cheung  
Megan Thorpe  
Natalie Barr  
Imogen Fitzsimmons  
Elizabeth Hart  
Evie Tierney  
Etta Dodsworth  
Sophie Mae Hancox  
Jessica Ireland  
Lucy Maltby  
Chloe Strutt  
Hannah Gowan

#### 5 Minute Break

Ruby Taylor Ross  
Corrin Burrows-Mackley  
Tallulah Clarke  
Emanuelle Packer  
Isabelle Packer  
Kitty Smith  
Isla Smith  
Lexie Clark  
Juliette John  
Phoebe Morgan  
Niamh Rogerson\*  
Daisy Halls

\* = Guest Diver

#### 5 Minute Break

Freya Smith\*  
Gemma Dickinson\*  
Gemma Sladen\*  
Niamh Watson\*  
Katie Mackenzie\*  
Eilidh White\*  
Summer Ross\*  
Miya Morrison\*  
Caitlin Maytham  
Hannah Brockie  
Tilly Rollinson  
Lyra Guise Tucker  
Skye Fisher Eames

#### 5 Minute Break

Daisy O'Shea  
Skye Brooke  
Abby Rust  
Scarlett Colbourne  
Amelie Underwood  
Phoebe White  
Eva Lang  
Jaeda Sharman  
Amy Ellwein  
Mia Tiley  
Lucy Parker  
Hannah Stanley