



Diving Coaching Conference 2017

The ASA East Region welcomed Ady Hinchcliffe, Team GB coach from Leeds DC, to Southend on 21st and 22nd January 2017 to deliver a regional diving coaching conference. Twenty three of the region's coaches of all levels of experience attended over the two days, from those who had been involved in the sport for many years to the newly qualified.

Regional coaches had been asked for topics they would like Ady to cover during the weekend for theory, pool and land training sessions. Ady did a great job in covering as many of the topics as possible for the coaches who had provided a wide-ranging list of suggestions.



Personal development as a coach was a key part of the weekend, as was helping to mentor other coaches. Ady spoke about his coaching experiences from his first diving coaching job through to developing diving in Leeds to the current programme and how other coaches had impacted his own development.

He also spoke about the development benefits of informal conversations with other coaches at competitions and other conferences to share knowledge and learn from each other.

Coaches were encouraged to consider their own coaching philosophy and how that impacted on their athletes. To coach successfully, setting goals and building good relationships are key.

He also spoke about developing his divers from grass roots to Olympic Games and other international events. This culminated in the first ever Team GB diving gold medal at the Rio Olympics for Jack Laugher and Chris Mears in the 3m Synchro and a silver medal for Jack in the 3m springboard. Ady also explained more about Jack's journey to his current level of performance.





In the diving gym, sessions covered examples of exercises for strength and conditioning that Ady uses with his divers and explained how they could be adapted for any ability level and in different facilities.

Technical skills were also covered in the gym to show how they could be developed to improve performance and consistency in the pool.

For the pool sessions, Ady wanted to demonstrate coaching a range of skills and asked coaches for their input in developing skill chains. He then showed the coaches how he would apply those skill chains and how he assesses when divers are ready to try the next level up and when they need to go back a level.

The importance of getting the basic skills correct and consistent was emphasised as without those, athletes and coaches would not be successful in building difficulty.

The ASA East Region would like to thank Ady for his time and sharing his experiences and knowledge with coaches from the region.

Thanks also must go to the divers who came to demonstrate for the coaches over the weekend.

