

Who we are

The only diving club in the area, formerly known as TDC, was formed in the late 1970s. We offer a friendly environment with fully qualified coaches supported by a dedicated committee, committed to teaching springboard and platform diving in a safe and fun environment

The club is affiliated to Wiltshire County Amateur Swimming Association and the ASA South West Region.

All divers are registered with the Amateur Swimming Association and are fully covered by the association's insurance scheme.

For those who want to, there is the opportunity for divers to compete in a variety of events throughout the year. These range from inter-club fun events, through County and Regional Championships, right up to National Competition depending on ability.

Committee

Chair	Gill Hammond
Secretary	Sara Creighton
Treasurer	Sue Kennedy
Child Welfare	Eva Millard

Teaching Staff

Chief Coach Teachers
Irene Aldridge
Gill Hammond
Colin Nicholls
Victor Bastar
Ian Kennedy

Gym Coaches
Colin Nicholls
Gill Hammond
Victor Bastar

The teaching team is lead by Chief Coach **Irene Aldridge**, who has been involved in the club since 1988 and teaching since 1990.

Gill Hammond has been with the club for over 12 years as both a diver and teacher. Gill is also an experienced gymnastics coach.

Colin Nicholls was a diver with us in the early 1990's, a Level 1 teacher for several years before becoming a Butlin's Redcoat, rejoining us in spring 2009.

Victor Bastar is a former Romanian National Junior and Senior Champion, Balkan State Champion and European finalist, whose experience of training and competing at this level is invaluable.

Ian Kennedy is a Masters diver who has begun his teaching career in 2008

All teaching staff keep their qualifications and experience valid and up to date by attending training courses and seminars.

All teachers, committee and helpers are subject to Enhanced CRB disclosure.

What we do

From beginners to the more experienced diver, from age 6 (depending on circumstances), if you are confident in deep water and can swim at least the length of the pool you are welcome.

Divers are taught in ability groups and follow ASA award schemes. As you progress within the club you will be offered training weekends and development days at venues across the South West.

Our weekly sessions for more advanced divers comprise both dry land and pool work. Dry land work is an important part of our training for conditioning and flexibility in addition to practising essential diving skills without getting wet!

We are a progressing club and we would love to see some new faces.



DIVE IN – GIVE US A CALL

HIGHWORTH SESSIONS

Monday (club night)

6.30 – 7.10	Beginners
7.10 – 7.40	Intermediate
7.50 – 8.30	Advanced

Wednesday (Advanced and Master)

7.00 – 8.00pm	Dry land work
8.00 – 9.00pm	Pool work

Saturday (advanced squad)

8.00 – 9.00am	Pool work
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(this session not yet running)



Highworth Phoenix Diving Club

FEES

Fees are paid monthly preferably through standing orders. However, alternative arrangements can be made – please discuss with the Treasurer. Fees are calculated on an annual basis divided into 12 equal amounts. An additional registration fee of £10 (to cover ASA, County, regional and National membership and insurance) is payable with the first instalment

Discounts are available for siblings.

Prospective members can attend for up to three sessions paying a weekly fee, (first week free) after which divers must officially join the club. An allowance is made against this on joining

For more information about the club, please contact:

Irene Aldridge (Chief Coach)

Phone: 01793 764890

email us at
info@phoenix-diving.co.uk

or view website at
www.phoenix-diving.co.uk

