

East Diving Leadership Group
(the “EDLG” or “Group”)
Minutes of the Diving Leadership Group held via video conference
4th February 2026 at 7pm

Present:	Lottie Thompson (LT)	Diving Manager
	Ian Mackenzie (IM)	Board Representative
	Sharyn Bord (SB)	Operations Officer
	Lexie Bushnell (LB)	Specialist
	Steph Lewis (SL)	Southend Representative
	Will Machin (WM)	Hatfield (Brocket) Representative
	Ian Rollinson (IR)	Competitions Officer
	Emma Winter (EW)	Regional Administrator

26/01

Welcome and apologies

- 26/01.1 LT opened the meeting and thanked everyone for attending.
- 26/01.2 Apologies were received from Sarah Gateshill (SG), Dacorum Representative, Beth Lee (BL), Luton Representative, Alice Clarke (AC), Development Officer, and Allan Jaunzens (AJ), Cambridge Representative.
- 26/01.3 WM was introduced as the new Hatfield representative. WM explained that Brocket Diving Academy is being wound up at the end of March, and a new club called Hatfield Diving Club is being formed with the same members, coaches (including Justine Green), and diving programme, but with a new committee. WM will be helping Justine to run the club.
- 26/01.4 LT outlined the roles of the attendees, emphasising their contributions to the regional diving activities. The meeting's structure was explained, focusing on updates from clubs, upcoming events, development plans, and budget discussions, with an emphasis on providing regional support and addressing concerns.

26/02

Declarations of conflict of interest

- 26/02.1 None declared.

26/03

Previous minutes

- 26/03.1 The minutes from 4th December 2025 were reviewed. There were no comments, and the minutes were agreed to be a true record.

26/04

Matters arising

- 26/04.1 **Financial report queries (action from December):** The latest financial sheet has not yet been circulated. LT noted that the figures appear to be correct, but some items may be allocated to incorrect codes.

Action: LT and SB to arrange a meeting with Jo Stalley (JSt) to review financial allocations

- 26/04.2 **Synchronised diving judging workshop (action from December):** LT confirmed that a provisional date in March 2026 has been sent to Vicki Tomlinson (VT) (GB Olympic judge) to deliver an online synchronised diving judging session. VT will confirm the actual date.
- Action:** LT to confirm final date with VT and coordinate with EW on advertising
- 26/04.3 **Wet-rigging course (action from December):** The wet-rigging course for experienced dryland rig users did not align with the January coaches' course in Southend as originally planned. The Region is still committed to delivering this networking and upskilling opportunity for high-level coaches. LT will get a date confirmed.
- Action:** LT to schedule wet-rigging course.
- 26/04.4 **Announcers' course (action from December):** LT is awaiting input from Josh Devine. Provisional resources have been prepared and require further development.
- Action:** LT to follow up with Josh Devine on announcers' course resources
- 26/04.5 **December camp team managers (action from December):** The December camp went well with adequate team manager coverage. LT liaised with SL.
- Action closed.**
- 26/04.6 **Officials list and competition dates (action from December):** LT has received final confirmation of the updated officials list and will share it with EW for distributing invitations to the upcoming Skills and Elites competitions.
- Action closed.**
- 26/04.7 **Coach sponsorship for Swim England courses (action from December):** At the regional Board meeting LT raised the proposal to sponsor selected coaches to attend Swim England leadership and development courses. The Board declined to provide sponsorship at this time.
- Action closed.**
- 26/04.8 **2026 meeting dates (action from December):** Meeting dates for 2026 were circulated.
- Action closed.**
- 26/05**
- Correspondence**
- 26/05.1 Budget confirmation received: The 2026 budget was confirmed and all budget codes for the year have been received. IR and SB now have access to the codes.
- 26/06**
- Club reports**
- 26/06.1 **Southend:**
- Fulcrum funding: Payment should be received imminently.
- Athlete updates: Todd Geggus and Connor Lano have returned from Sheffield after the Aquatics GB competition and are currently training in Edinburgh ahead of Scottish Nationals.
- Gavin Brown competition: The event was very successful with many new divers trying competition diving for the first time.
- Coaching updates: Dan Gorsuch has settled in well as senior coach. Significant squad changes are planned to happen soon.

Progress is being made with Freedom Leisure, though they appear less enthusiastic about the competitive side of diving. There have been issues with Freedom Leisure not wanting to pay coaches to attend competitions. Shan Veasey (SV) is making slow but steady progress in addressing these issues.

26/06.2 **Cambridge:** Five divers completed the Level 1 Assistant Coach qualification just before Christmas. All are now actively supporting Learn-to-Dive lessons. Two people (one diver and the club's apprentice) achieved Level 2 coaching qualifications and are awaiting certificates.

This year has seen excellent retention rates, particularly in Learn-to-Dive programmes, which is better than in many previous years. The improved retention supports the club's financial health. The increase in the number of junior coaches has improved programme delivery.

The club is sponsoring two senior coaches to attend Swim England club development courses. SB stated that the club would welcome regional support for coach development opportunities.

The county has been reinvigorated through significant work by IM. It is now functioning very well and covers all aquatic disciplines. The county has held senior/junior Diving Championships and has a Skills competition scheduled for next week. An aquatics county development day was held featuring psychology sessions for all disciplines and taster sessions for diving and water polo. The event was hosted at Cambridge.

New wall bars and an airtrack have been received. Unfortunately, one dry board has broken and needs replacement. The club hopes to obtain another rig to install above the new dry board.

26/06.3 **Dacorum:** All is going well. Swim England renewals have been submitted. The club is restarting Masters diving sessions after a hiatus.

26/06.4 **Luton:** The club held a successful Christmas competition involving a mix of learn-to-dive and squad divers. Two coaches, Alfie Whytock and Max Hill, performed a showcase of advanced dives for the younger divers to watch. It was very popular.

Tilly Rollinson and Alfie Whytock have completed their Level 2 coaching qualifications. Tilly has one final component to complete before being fully signed off.

Several Luton divers attended the Gavin Brown competition and achieved good results.

The club continues to face some difficulties with the pool operator, but operations are generally running well.

As a much smaller club than others in the Region, key challenges include limited coaching staff (one Level 1 and one Level 2 coach, with one additional coach helping), difficulty in attracting coaches because of scattered lesson times, and limited growth capacity.

26/06.5 **Hatfield (Brocket Diving Academy):** The club is focussing on completing affiliation documents. Current divers are training through the Brocket affiliation until the Hatfield Diving Club setup is complete, at which point they will transfer.

The short-term focus is on completing the affiliation process. The longer-term goal is sustainable club growth, enabling the training of more coaches, and attracting additional members to improve financial viability.

LT confirmed that the Region has been supporting Justine Green and the club through the transition process. LT suggested utilising the Coaches Forum WhatsApp group to advertise available coaching hours, as coaches from other clubs sometimes pick up additional hours. This could help with competition coverage and regular sessions. The group has seen success with coaches supporting multiple clubs.

26/07 **Operations update**

26/07.1 SB stated that there is not much to report at this early point in the season. IR has completed all the preliminary work for upcoming events.

26/08 **Regional diving competitions**

26/08.1 IR reported that all information for the Skills and Elites competitions has been distributed. Age-Groups information will be sent out in two to three weeks.

IR has been asked to serve as recorder for the NextGen competition in Edinburgh.

SB queried whether the Region would split age groups (E1/E2, D1/D2, C1/C2) as shown on the entry pack introduction, or continue grouping them as E, D, C as in previous years.

LT explained that, nationally, groups were split purely because of large numbers making single groups too big. Regions have the flexibility to structure groups as needed.

IR confirmed that he will purchase flash cards and claim for them. A budget code is available for this equipment purchase.

Action: IR to purchase flash cards and submit an expense claim

26/09 **Regional development**

26/09.1 **December 2025 camp review:**

The December camp at Southend was very successful. Kirsty McMahon presented sessions on spotting and awareness, providing coaching with a different approach which divers found beneficial. The dryland skills and drills sessions went particularly well.

LB added that divers loved the camp, especially the younger Team B divers. Highlights included challenging drills such as back somersaults on the 10m platform. Divers were excited to work with a different coach.

Numbers were slightly lower than expected, however this created a positive outcome for Team A divers, who received highly focused attention because of the smaller group size. There was strong attendance from Team B athletes.

A boxing cross-training session was delivered, which the younger divers particularly enjoyed as something different from normal training.

26/09.2 **2026 development programme:**

Wet-rigging course: LT will liaise with Alex Rochas to schedule the wet-rigging course for high-level coaches.

Athlete-focused camps: Preparation will begin for additional athlete-focused camps throughout 2026. Provisional conversations have been held with presenters. LB and AC will assist with organisation.

Planned sessions include:

- May (Luton): Georgia Davenport on competition preparation
- Summer (Basildon or alternative): Matt Jackson on twisting
- September (Southend): Kirsteen Mitchell on Talent Games skills
- Late 2026 (Southend): Hurdles focus session

Action: LT to liaise with Alex on wet-rigging course scheduling

Action: LT, LB, and AC to finalise the 2026 camp schedule and presenter confirmations

26/10

Officials update

26/10.1 **J1 course 2026:** Multiple J1 courses are scheduled throughout 2026.

- 2nd March 2026: LT will be presenting
- June 2026
- September 2026
- One additional course to be scheduled

LT encouraged clubs to sign up members. Participants can shadow at regional events without the pressure to judge immediately. The regional competitions provide a low-pressure environment to gain experience.

Action: Club representatives to encourage J1 course sign-ups from their club members

26/10.2 **J2 course opportunity:** LT has been approached by Swim England to explore hosting a national J2 course in the East Region during the first half of 2026.

LT is investigating the possibility of combining this with a competition preparation camp, allowing the J2 course to be attached to an actual competition for the divers.

Action: LT to explore feasibility of hosting J2 course alongside competition preparation camp

26/11**Coaches Forum update**

26/11.1 LT reported a recent conversation with SV about potentially holding an additional regional competition or club event during the year for senior athletes.

LT suggested that this might be better organised as a club-run or informal event rather than a full regional competition. The Region can still support by organising judges of an appropriate level to attend poolside.

LT asked SV to develop the idea further, considering timing and specific requirements. LT expressed concern about adding more to the regional competition calendar because of the strain on volunteers.

SL stated that Southend is ready and eager to run an event. LT agreed to advise SV that Southend should proceed with setting a date and the criteria for a club event.

26/12**Any other business**

26/12.1 None raised.

26/13**Confidential items**

26/13.1 LT raised a confidential item. The recording was paused for this agenda item.

26/14**Next meeting**

26/14.1 Proposed meeting dates for 2026:

- 26th March 2026
- 4th June 2026
- 13th August 2026
- 8th October 2026
- 3rd December 2026