

2026

DIVE LONDON SQUAD SCHEME

This booklet outlines the competitive diving programme at the London Aquatics Centre which looks to develop divers from lessons through to Olympic medalists.



DIVE
LONDON



About Us

Dive London Aquatics Club is one of Britain's top ranked diving programmes and has been established since 2013 after its home, the London Aquatics Centre, was opened following the 2012 Olympic Games. The programme quickly grew and is now one of the largest lessons and competitive programmes in the country. Working alongside the Everyone Active Diving Lessons, Dive London Aquatics Club is set up as the competitive arm of the diving programme allowing divers to compete from novice events through to senior international and masters competitions.

Vision & Mission



Mission

To create a system of continued success and development for both athletes and coaches. Provide the opportunity and facilitation for growth and development in an environment and culture that encourages learning through enjoyment.

Vision

We want to be seen as the best diving programme in Great Britain in terms of domestic and international results as well as both athlete and coach development. We want to be the gold standard at all levels in everything we do.



Our Committee

Dive London Aquatics Club is a Swim England club affiliated club with its day-to-day running being handled by the full time members of staff employed by Everyone Active. These employed coaches lead the training sessions and attend competitions/camps as part of Dive London. The club is overseen by a committee of volunteers. Their responsibility is to ensure the club follows Swim England club governance in providing a safe and enjoyable environment for training and competitions for all of it's members. The committee will also participate in organizing fundraising events, socials and handle the running of the London Legacy Open competition each year. Key personnel on the committee are,

Club Chair - Ian Cotton (chairman@divelondonac.com)

Club Secretary - Sarah Barrow (secretary@divelondonac.com)

Club Treasurer - Jenny Richards (accounts@divelondonac.com)

Club Welfare Officers - Anelise Van Wyk-Beer and Francesca Del Celo (welfare@divelondonac.com)

Club Membership - Rati Chihambakwe (membership@divelondonac.com)

Competition Secretaries - Claire Trew and Wanda Brockie (competitions@divelondonac.com)

Club Governance Officer - Jane Thomas

Head Coach - Sam Buck

Lead Coach London High Performance - Alex Rochas



Our Team

The Dive London Aquatics Club's squad coaches are supplied by Everyone Active alongside the Aquatics GB coaches that work with our High Performances divers. We have 3 full time employed coaches and 9 casual coaches that work regularly with our diving squads.

Head Coach Sam Buck

Sam has been part of Dive London since 2017 working across both junior and senior international divers. Sam oversees all things diving at the LAC as the Programme Manager with Everyone Active. Sam is a former GB International gymnast and has over 18 years diving coaching experience.

Diving Development Officer Kirsteen Mitchell

Kirsteen works primarily with our younger junior elite level divers and is in charge of prepping divers for the Swim England Talent Games. Kirsteen was a Wake Boarding World Champion! Kirsteen is also our lessons programme manager.

Talent Development Officer Florence Smith

Florence is a former junior international diver and oversees our grass roots development within the programme and Talent ID. Florence came through the Crystal Palace Talent ID programme herself so knows what it takes to progress through the sport at an early age. Florence currently coaches our Skills 3 and TID'25 A squad.

Our Team



Elite Development Coach Robyn Birch

Robyn was a senior international level diver competing at World, European and Commonwealth Games level and is now passing on her knowledge to our age group and elite divers. Robyn also competed at World level in gymnastics and is a qualified Personal Trainer.

Age Group 1 Coaches Kirsty McMahon and Annie Thomas

Kirsty is a former diver and head coach of Star Diving Club. She has taken divers to elite, age group, skills and Talent Games medals whilst becoming a regular on part of the Swim England coaching staff. Annie is a former elite level diver and has been coaching in both Luton Diving Club and now with Dive London Aquatics Club. Annie has several years of coaching experience working at all levels and producing national results.

Age Group 2 and TID'25 B Coach Ruby Thorne

Ruby competed at the 2022 Commonwealth Games for Wales and was the first female British athlete to compete a back 3.5 somersaults on 10m in the event. She also holds qualifications in both Strength & Conditioning, and Personal Training.

Our Team



Age Group 3 Coach Lucy Sefton

Lucy was a junior international diver and currently coaches our junior divers progressing from skills to age group diving, putting in national medal winning performances. Lucy also has a degree/Masters in Sports Psychology.

Skills 1 Coach Aaliyah Richards

Aaliyah used to be a diver with Dive London and has since gone on to get her coaching qualifications. She is a current Para Swimming British Record holder for both the 50m and 100m breaststroke, so is no stranger to hard work and dedication. She is looking to build the foundational movements needed for competitive diving.

Skills 2 and TID Lessons Coach Tia Monk

Tia is a former Crystal Palace diver who came through their Talent ID programme and went on to represent England in her junior career. Tia recently achieved her coaching qualifications and is keen to give back to the next generation of divers.

Our Team



TID'24 Coach Holly Dixon-Reekhay

Holly was a diver in her younger years in Southampton and is now looking to start our TID divers off on their diving journey. Holly is also a fully qualified Personal Trainer and keen CrossFitter.

Masters Coach Marie Winters

Marie is a former diver and has a masters degree in Psychology. Marie has coached at both ends of the spectrum helping out with junior lessons as well as competitive Masters diving squads.

Casual Coaching Staff

Evie Smith, Hugo Thomas, Grace Reid, Amy Rollinson, Kitty Smith, Matthew Dixon, Kyle Kothari, Jeremy King, Tallulah Clarke, Josh Conway, Arthur Hawkins, Jaime Gilbert, Oscar Kane, Lily Loser, Hannah Newbrook, Max Spencer

Our Programme

The programme at Dive London caters for all competitive levels from novice skills through to senior international and masters. Our squad structure aligns with the Swim England Competition Pathway.

- **Everyone Active Diving Lessons**
- **Talent ID - TID'24, TID 25A, TID'25B, TID Lesson**
- **Skills - 1, 2, 3**
- **Age Group - 1, 2, 3**
- **Elite Development -EDK, EDR**
- **Elite**
- **Masters - 1 and 2**
- **High Performance (Aquatics GB)**

Squad training days and times will vary between the squads, but as a diver progresses through the scheme, the training will increase to match the increased demands of competition. All of our squad training is delivered by qualified coaching staff that all hold up-to-date DBS certification.

Our Programme

Everyone Active Junior and Adult Lessons

Skills

Talent ID

Age Group

Elite
Development

Elite

Aquatics GB
High Performance

Masters

Squad Selections

We have limited spaces within our squad programme but we are always looking to expand alongside additions to our coaching staff and pool availability.

Selections into our squad programme are at the discretion of the coaching team with the Head Coach making the final decision.

Once a diver has passed all of the Swim England Diving Skills on our lessons programme, we will invite them to a trial for our competitive squad programme. If successful, then selection into either a Skills or TID squad will take place. If unsuccessful, then a return to the lessons scheme will be suggested with key areas of improvement to be worked on and monitored by the coaching team ready for future selections.

If a diver shows advanced capabilities with physical movements, ability to learn quickly or has previous experience in diving, gymnastic or trampolining then a squad trial may be fast tracked.

We aim to keep our squad numbers in the ratios of 6-8 divers to 1 coach for juniors and up to 12 divers to 1 coach for our Masters. This ensures a concentrated and optimal learning environment for our divers as they progress through the competitive pathway.

If our squads are full, then we will activate a waiting list for places.

Our Squads

TID Squads

We actively search for potential divers through a schools talent ID programme as well as scouting in the venue's swimming lessons scheme. Our Talent Identification (TID) Squads are designed for those divers that show the right physical and mental attributes to be fast tracked towards competing at the Swim England Talent Games and National Skills competitions. Achieving a result at the talent games can lead to selection on to the Swim England Youth Development Squad, the first run of the ladder in terms of the British Diving Talent Pathway.

Expectations

- Committed to training and improving
- Working on attention to detail in every aspect of training
- Developing all skills needed to compete at Talent Games
- Buy-in to the long term development of a diving career
- Enjoy training and show desire to want to do more

***Selection in to a TID Squad is at the discretion of the Head Coach, Diving Development Officer and Talent Development Officer**

Our Squads

Skills Squads

Our Skills Squads are for those divers working towards and competing at National Skills level. National skills competitions consist of a set of 12 skills using poolside, 1m and 3m for age groups 8-13 years old. Divers aged 14+ will perform lists of dives on both 1m and 3m. Competitions can be at club, regional and national level. Divers within these squads will be looking to build solid foundational skills such as jumps, line ups and basic dives in order to progress on to Age Group diving. Divers in our Skills Squads will access both dry dive and pool training

Expectations

- **Developing the dives needed for Skills competitions**
- **Building and developing tuck and pike dives in all directions on 1m, 3m and platform leading towards 1.5's in all directions**
- **Developing physical strength, flexibility and form**
- **Want to compete and improve in every competition**
- **Show a passion for the sport of diving, having fun whilst learning through the training that's involved**

***Selection in to a Skills Squad is at the discretion of the Head Coach, Diving Development Officer and Talent Development Officer**

Our Squads

Age Group Squads

Our Age Group squads are designed for those diver working at the necessary standards in order to compete at club, regional and national age group events. Divers in these squads will be looking to complete lists of dives on 1m, 3m and platform, starting to work their way to more complex multiple spinning somersault skills and twisting somersaults on all boards. Training schedules will increase at this level in order to meet the physical and technical demands of harder skills. Age Group diving can range from 8-18 years old and progress on to elite level. Age Group Squads will access both dry dive and pool training to enhance their preparation for competitions.

Expectations

- **Developing the skills needed for Age Group competitions**
- **Building competency of dives, 1.5 and up to 2.5 somersaults in all directions plus twisting somersaults**
- **Driven to improve physicality to match the demands of the sport**
- **Begin to understand and process the technical requirements being asked by the coach**
- **Be dedicated to training and committed to making the most of every session**

***Selection in to an Age Group Squad is at the discretion of the Head Coach, Diving Development Officer and Talent Development Officer**

Our Squads

Elite Squads

Our Elite squads are working towards the highest possible level of junior diving. Divers will be expected to developing both lists of required and optional dives in all directions. Attention to detail is paramount and competition success monitored in order to structure training plans and a diver's personal development. Qualification towards international competitions is the long term goal and setting the diver up for a senior career. Successful performance at the Junior Elite and Senior National Cup can result in selections for international competitions and invitations on to the British Diving Talent Squads.

Expectations

- **Developing full lists of dives that meet the minimum qualification standards for elite level competition**
- **Fully committed to all aspects of training and making it a priority**
- **Working towards agreed season goals with the coach**
- **Continually monitor and assess all aspects of training including technical processes, nutrition, psychology and physicality**
- **Be dedicated to training and committed to making the most of every session**

***Selection in to an Elite Squads is at the discretion of the Head Coach, Diving Development Officer and Talent Development Officer**

Our Squads

Aquatics GB High Performance

The London Aquatics Centre is one of only two Aquatics GB Diving High Performance centres, the other being Ponds Forge International Sports Centre in Sheffield. The High Performance squad is made up of Senior and Junior International athletes that are training towards the major internationals of the year. The squad is selected by Aquatics GB and is coached by the Aquatics GB employed coaches Alex Rochas and Stephen Hewat alongside Sam Buck looking after the juniors. Being home to nearly three quarters of the Senior British Diving Team is credit to what can be achieved through the pathway that Dive London creates. There are very few centres around the world that can claim to be home to divers having their very first lesson and to Olympic Champions!

Expectations

- **Training and competing at the very highest standards striving to win medals at major events for Team GB**
- **Applying a professional attitude at all times to all aspects of training and recovery**
- **Acting as role models to the rest of the programme and setting the standards for others to follow**
- **Making time to mentor and develop younger less experienced divers**
- **Be proud to be part of the Dive London programme promoting the achievements of the entire scheme**

Our Squads

Masters

At Dive London we want to create a life long passion for diving and this includes providing opportunities for adults to train and compete in Masters events. These events are run by the GBDF with the most noticeable competitions being the Spring, Summer and Winter Masters Championships. Masters divers compete in age categories ranging from 16-80+, so there really is diving for all at these events! There are two main ability levels, with the easiest being Novice and the Masters section being the more challenging of the two. Our Masters divers incorporate both dryland and pool training in preparation for their competitions. We have a very good history of results with our Masters who have competed and won medals at European and World level. Masters divers will access both dry dive and pool sessions.

Expectations

- Buy in to the training process working hard in both dryland and pool sessions
- Actively engage in the training to further understand the physical, technical and psychological aspects of diving
- Be developing towards tuck, pike and straight dives on all boards and working towards 1.5 somersaults in all directions plus twisting skills
- Enjoy being part of a team that encourages and motivates each other to achieve personal goals
- Be up for the challenge and enthusiastic about competitive diving

***Selection in to a Masters Squad is at the discretion of the Head Coach, Diving Development Officer and Talent Development Officer**

Competition Entry Process 2026

At Dive London we follow a club process when it comes to entering a competition. As a club we help subsidize five major events of the year, one for each ability level. These competitions are Senior National Cup, Junior Elites, National Age Groups, National Skills and one of the major Masters events. For all other competitions the coaches expenses will be divided up and costed out to all attending divers for that event on top of their board fees.

Below is a basic outline of the competition entry process

**Head Coach
selects team list
and notifies
Competition
Secretary**

**Team list sent
out via Team
Unify from
Competition
Secretary**

With a guide on fees to be included

A diver must respond if they are agreeing to or declining their selection. Once a diver has agreed to their selection, they are bound to the financial commitment regardless of attendance.

**Divers respond
agreeing to
attend and
paying all fees**

**Head Coach
enters
confirmed
divers for the
event**

Unless it is a National event that requires an online individual entry by the diver

Competitions

Dive London is a competitive pathway for diving within the Everyone Active structure at the London Aquatics Centre. We aim to facilitate divers in to competitions at all levels starting from smaller club novice events right the way through to major national and International competitions. Below is an example outline of events for different levels within the club;

Novice Skills

- Club events - Bill Johnston Grand Prix, Santa Skills, Gavin Brown Invitational, White Rose, Hydro Novices
- Regional Skills - London Region, East Region, South East Region
- **National Skills Finals** (upon hitting qualification standards)
- **Talent Games (invite only)**

Age Group

- Club events - Southampton Invitational, Armada Cup, G-Star
- Regional Age Groups - London Region, East Region, South East Region
- **National Age Groups** (upon hitting qualification standards)
- English Schools Finals (team selected by divisional manager)

Elite/Senior

- Club events - LLO, Armada Cup, G-Star
- Scottish Nationals
- **National Cup (invite only)**
- **Junior Elites** (upon hitting qualification standards)
- **British Championships (invite only)**

Masters

- Winter Masters
- Summer Masters

*The final list of competitions to be attended will be decided by the club coaches and Head Coach.

This is an example list and Dive London might not attend all of these events or additional events might be added .

Competitions

In order to compete in the major national events of the year, Dive London requires divers to hit the qualification points standards as set out by British Diving and Swim England in the lead up competitions preceding them. The points standards can be found below and is subject to change depending on national conditions;

National Skills Finals

***2026 standards**

- Group E = 240
- Group D = 255
- Group C = 230
- Group B = 280
- Group A = 170 (1m) and 175 (3m)

National Age Groups

- Group D Female = 1m - 125, 3m - 135, 5m - 130
- Group D Open = 1m - 130, 3m - 135, Platform - 130
- Group C Female = 1m - 160, 3m - 170, Platform - 165
- Group C Open = 1m - 165, 3m - 170, Platform - 165
- Group B Female = 1m - 185, 3m - 195, Platform - 175
- Group B Open = 1m - 200, 3m - 210, Platform - 180
- Group A Female = 1m - 220, 3m - 230, Platform - 205
- Group A Open = 1m - 230, 3m - 245, Platform - 215

Next Gen (formerly Junior Elites)

- Group C Girls = 1m - 230, 3m - 250, Platform - 230
- Group C Boys = 1m - 240, 3m - 260, Platform - 240
- Group B Girls = 1m - 260, 3m - 280, Platform - 250
- Group B Boys = 1m - 310, 3m - 330, Platform - 300
- Group A Girls = 1m - 295, 3m - 315, Platform - 295
- Group A Boys = 1m - 350, 3m - 390, Platform - 370

LONDON LEGACY OPEN



13-16 NOVEMBER
2026

LONDON AQUATICS CENTRE



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Volunteering

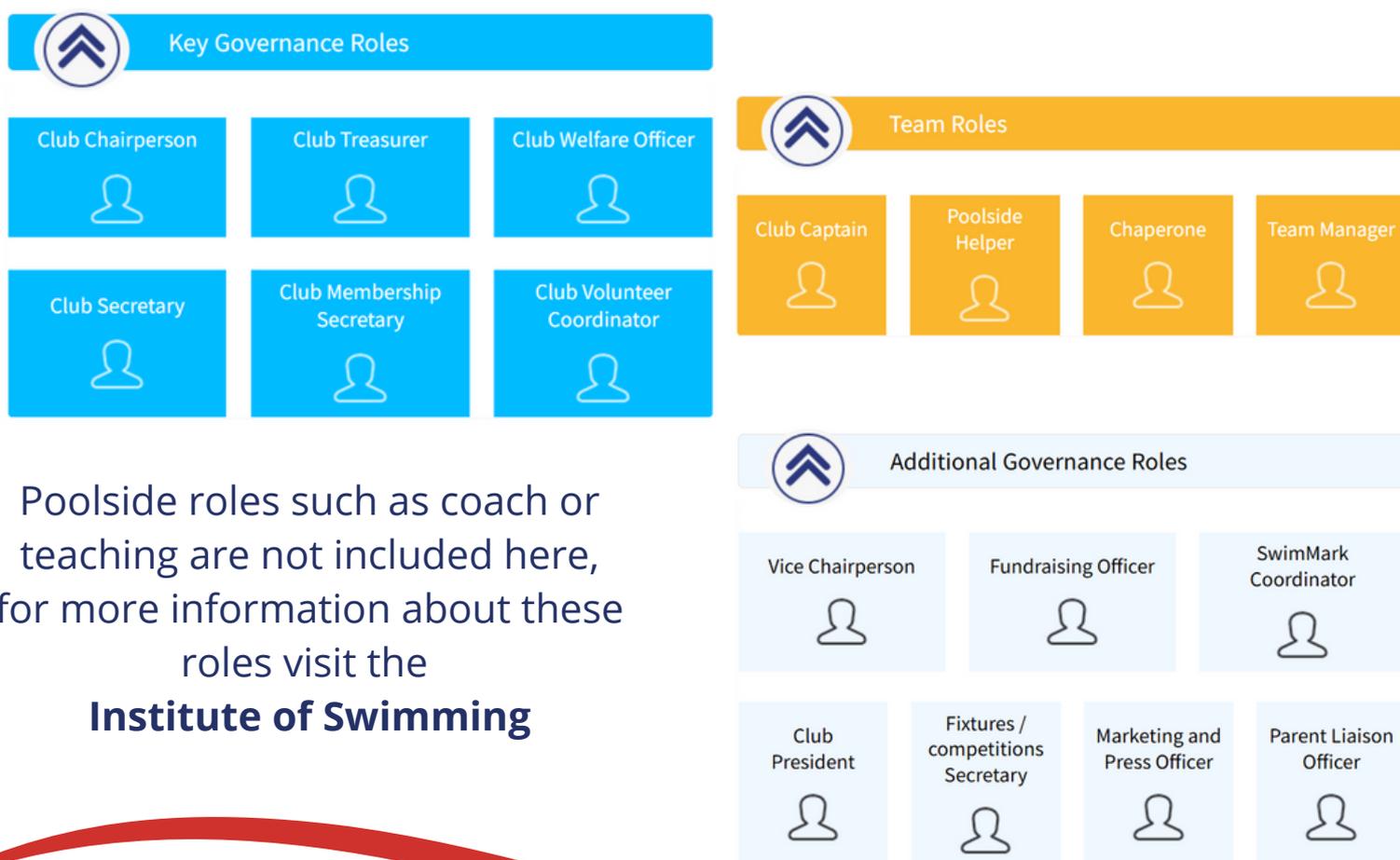
Your club needs you!

Club Volunteer Roles

Clubs are always on the look-out for extra help to help manage and support the day to day running of the club.

There are many different volunteering opportunities and roles to suit your skills and experience. Whether you can spare an hour a week or an hour a day, your time will really make a difference.

Below is a diagram of all Swim England club volunteer roles. If you are interested in any of the roles, please email the club secretary for more information.



Poolside roles such as coach or teaching are not included here, for more information about these roles visit the

Institute of Swimming

Dive Numbers

In competitive diving, a coding system is used to represent each dive. This is done to make the language of diving universal, so no matter which country you are competing in everyone knows what dive you are meant to be doing. Below is the basic process for dive numbers.

2 0 1 B

The first number of a 3 digit dive number represents the direction of the dive

- 1** = Forwards
- 2** = Backwards
- 3** = Reverse
- 4** = Inwards

The third digit of a 3 digit dive number represents the number of half somersault rotations

- 0** = Jump
- 1** = Dive
- 2** = Full somersault
- 3** = 1.5 somersaults
- 4** = Double somersault

The letter on the end of the dive represents what shape the dive will be

- A** = Straight
- B** = Pike
- C** = Tuck
- D** = Free

Dive Numbers

When there is a 4 digit dive number, the follow rules apply

5 2 5 3 B

→ The letter represents the shape which is the same as the 3 digit dive number

↙ If the dive number starts with a **5** then it means it is a twisting dive

↘ If fourth digit is the number of half twist rotations

↙ The second digit is the directional number which is the same as for a 3 digit dive number

↘ The third digit is the number of half somersaults which is the same as for a 3 digit dive number

6 2 4 3 D

→ The letter represents the shape which is the same as the 3 digit dive number

↙ If the dive number starts with a **6** then it means it is an armstand dive

↘ If fourth digit is the number of half twist rotations

↙ The second digit is the directional number which is the same as for a 3 digit dive number

↘ The third digit is the number of half somersaults which is the same as for a 3 digit dive number