

DIVING HIGHLIGHTS FROM 16 July – 22 July 2011

Elite Junior Championships

SASI divers turned in a stellar performance at the Elite Junior Championships in the new State Aquatic Centre. Backing up a strong showing in Victoria a few weeks ago, the girls showed that they are competitors. At her first ever National event Sarah Hopkins collected silver and bronze medals in the Group B springboard events. Queensland transfer Taneka Kovchenko validated her move to SA with bronze medals in both Group A springboard events. Coach Mike Martens was very impressed with her results as she only had a few months to prepare prior to the event. "She really prepared for only months...to dive that well required real determination and sticking to the plan on each dive." Jocelyn Burnett delivered a silver medal performance in the platform, taking AIS and national squad member Hannah Thek to the wire. In Group C, Sophie Hinks matched it with the NTID athletes and girls with much more experience.

DIVING HIGHLIGHTS FROM 4 June – 10 June 2011

World Championship Trials and Victorian Elite Junior Meet

Sammy Mills competed in the World Championship Trials in Melbourne. In only her third ever national level event, she was definitely the least experienced diver in the field. She dived about as well as she could have, placing third in the preliminaries and sixth in the final. The biggest benefit of the competition is that she proved to herself that she belongs in the elite class of Australian divers.

SASI junior divers competed in the Victorian Elite Junior meet and their performance was exceptional. The squad dived 10 individual events and achieved 8 personal best scores. Tasmanian transfer Jocelyn Burnett swept the 16-18 year old events. Her improvement since moving to SA was noted by several coaches. Team mate and Queensland transfer Taneka Kovchenko was right behind her in second place on the one metre and third on the 3 metre boards.

Sarah Hopkins posted two PB's and two second places in the 14-15 age group. Sophie Hinks competed well against older and more mature divers in the 13 and under group, taking 3 third places.

The meet couldn't have gone better as a lead up to the national junior championships which are in Adelaide July 15-17.