

DIVING HIGHLIGHTS FOR THE WEEK ENDING 10 DECEMBER 2010

Samantha Mills competed in her first Open Nationals and her performance was excellent. She competed in her first junior national only 5 months ago. "We're trying to fast-track Sammy, and she is going really well right now." She came 6th in the prelim and 9th in the final of the one metre event -both scores were PB's. She dived as well as she could – from the time we arrived for training until she finished the competition. "It's the most pleased I've been with a performance that didn't finish on the podium."

DIVING HIGHLIGHTS FOR THE WEEK ENDING 23 JULY 2010

2010 Australian Elite Junior

SASI had three athletes, **Sammy Mills**, **Sophie Hinks**, and **Ellie Molfetas**, competing at the Australian Elite Junior Championships in Perth from the 9 – 11 July. For Mills and Hinks who have been on scholarship for only 6 months, it was their first national competition. Ellie posted the best result, a silver medal in the 13-under 1Meter competition. She came 4th place, close to a medal on 3M. She left a few points on the table - didn't fight for some entries (and points) that were there for the taking. "I'm not sure if that is an attitude thing or an experience thing - maybe a bit of both." Sammy Mills dived like it was her first nationals - a little nervous, not as assertive as she should have been. "Given her lack of experience, I'm not sure I was justified in expecting a better performance, but I did expect better." Sophie Hinks was great. She was one of the youngest and smallest athletes but she acted and dived like she belonged there. She dived about as well as she could. It was last minute deciding whether or not to even enter her in the meet. "She proved that it was a good decision. The experience will serve her well."

DIVING HIGHLIGHTS FOR THE WEEK ENDING 5 FEBRUARY 2010

SASI athlete **Rachel Bugg** competed in the Diving Australia Open Championships in Sydney recently. It was her first major competition since returning to diving a little over 12 months ago. Rachel's goal was to attain National Development Squad status and to finish in the top 6 overall. She achieved both and that puts her in the running for some international competitions and into the Commonwealth Games trial in July. Rachel was solid through the weekend in which she competed 9 lists of dives. Coach Martens said, "We used the springboard competitions as practice runs for Rachel's best event, the platform, which was on the last day. A 6th place finish in the 1 metre competition was as well as she could have done." The platform event is often unpredictable especially when three lists are

completed - competitors can have major misses. Rachel was one of the most consistent performers and she finished in fourth place. While she was consistent, Martens said, "a medal was there for the taking and she really just needed one dive to be special...they were good, not great. Fourth was good enough to fight another day." Rachel has been offered a 3-month trial at the AIS and she left on 2 February. "If she gives them what she gave me, she'll earn a scholarship and be a real chance for London," said Martens.