



NEW SOUTH WALES ALL SCHOOLS DIVING CHAMPIONSHIP

Sydney Olympic Park Aquatic Centre

Thursday 30 May & Friday 31 May 2024



Acknowledgement of Country

We would like to begin by acknowledging the Traditional Custodians of the land on which we gather for these championships. We pay respects to their Elders past and present and extend that respect to Aboriginal and Torres Strait Islander peoples here today. We strive to ensure every Aboriginal and Torres Strait Islander learner in NSW achieves their potential through education. We meet for these championships on Burramattagal land. Burramattagal is thought to be derived from the Aboriginal word for 'place where the eels lie down' to breed (within the Parramatta River).

Welcome

Welcome to Sydney Olympic Park for the 2024 NSW All Schools Diving Championship. I would like to thank Diving NSW for their continued support of these Championships. Their involvement ensures the continued success of this event and without them, this would not be possible.

Sue Milford
NSW All Schools Diving Championship Manager



Association Point Score

Place	Points
1 st place	10 points
2 nd place	8 points
3 rd place	6 points
4 th place	4 points
5 th place	2 points
All other places	1 point

Competing Associations



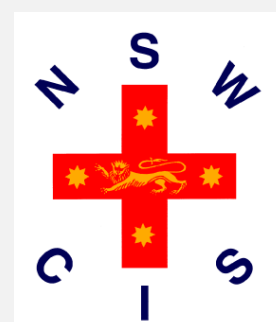
**New South Wales
Combined High Schools
Sports Association**

Sky blue and navy



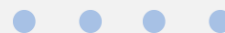
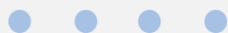
**New South Wales Combined
Catholic Colleges**

Navy and sky blue



**New South Wales
Combined Independent
Colleges**

Navy, red and white



General Competition Information

Age

Age is determined by age turned during the year of competition.

Events

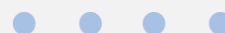
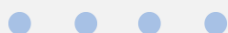
17+ Years Boys and Girls
16 Years Boys and Girls
15 Years Boys and Girls
14 Years Boys and Girls
13 Years Girls
13 Years Boys
12 Years Girls
12 Years Boys
12-13-14 years Boys and Girls Platform
15-16 Years Boys and Girls Platform
17-19 Years Boys and Girls Platform

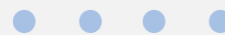
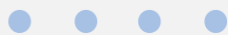
- There will be separate boys and girls competitions in each age group.
- Medals will be awarded for the first 3 places in each competition.
- Associations may enter 3 divers per event.
- All dive sheets are to be entered using “Dive recorder” online sheets by May 23.
- Check all information carefully and any questions contact Sue Milford

NSW All Schools Diving Convener susan.milford@det.nsw.edu.au

Judiciary

In the event of any circumstances requiring a judiciary, the judiciary shall consist of the Championship convener and a representative from each association.





NSW All Schools Diving Team

Further information, including results and selected teams, can be found at the NSW All Schools Diving page: <https://app.education.nsw.gov.au/sport/nsw-all-schools>

School Sport Australia Diving Championship – Selection Information

All divers selected and accepting a position in the NSW All Schools team are expected to **attend the duration** of the School Sport Australia Diving Championship being held in Adelaide, SA from Saturday 10-Friday 16 August 2024.

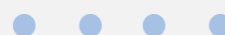
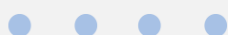
Divers are expected to be available to compete in their individual event, synchronised event, team event and knockout, as well as participate in the team championship experience.

To be eligible for selection in the NSW All Schools diving team, students must:

1. Be enrolled at a NSW school
2. Be born between 2005 and 2014 (Age determined as at 31 December 2024)
3. Compete at the NSW All Schools Championship a. Students unable to trial due to representation at a higher level may make a written application to be considered for selection. This application must be received by **23 May 2024**. A decision will be announced prior to the commencement of the event.
4. Perform the required number of dives pertaining to the correct age group to a suitable standard.

Please note:

- 12 years divers will be combined with 13 years divers for team selection.
- The NSW All Schools team for each age group will be announced at the end of each event at the NSW All Schools Diving Championship.
- Three competitors per event will be selected on springboard and platform.






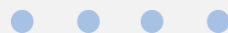
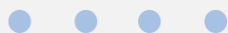
Diving Requirements

Age	Event	Limited Dives	Unlimited Dives
12	1m and/or 3m	3 dives from different groups @ 5.4 DD limit	plus 2 dives from different groups unlimited DD
13	1m and/or 3m	3 dives from different groups @ 5.4 DD limit	plus 2 dives from different groups unlimited DD
14	1m and/or 3m	3 dives from different groups @ 5.4 DD limit	plus 3 dives from different groups unlimited DD
15	1m and/or 3m	4 dives from different groups @ 7.6 DD limit	plus 3 dives from different groups unlimited DD
16	1m and/or 3m	4 dives from different groups @ 7.6 DD limit	plus 4 dives from different groups unlimited DD
17/19	1m and/or 3m	4 dives from different groups @ 7.6 DD limit	plus 4 dives from different groups unlimited DD

Platform

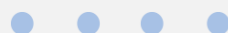
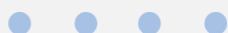
Age	Event	Limited Dives	Unlimited Dives
12-14	Platform 5m &/or 7.5m	3 dives from different groups @ 5.4 DD limit	plus 2 dives from different groups unlimited DD
15-16	Platform 5/7.5/10m	3 dives from different groups @ 5.5 DD limit	plus 3 dives from different groups unlimited DD
17-19	Platform 5/7.5/10m	4 dives from different groups @ 7.6 DD limit	plus 3 dives from different groups unlimited DD





2024 NSW All Schools Diving Officials

Championship Convener	Sue Milford	Lalor Park PS
Championship Coordinator	Kieran Donohue	School Sport Unit
Recording / Presentations/ Results	Aileen Phelps	Lalor Park PS
Head Judge	Norma Holland	Diving NSW
Judge	Xanthe Lee	Gordon East PS
Judge	Shaun Swadling	Fennell Bay PS
Judge	Jenny Miles	Diving NSW
Judge	Madeline Barnett	Diving NSW
Judge	Peggy Gao	Diving NSW
Judge	Christopher Marshall	Diving NSW
NSW All Schools State Team Manager	Michelle Olsson	PLC Sydney
NSW All Schools State Team Manager	Anita Weaver	St Andrews College, Marayong
NSW All Schools State Team Manager	Martin Lang	Trinity Grammar School
NSW All Schools State Team Manager	Brett Austine	Belmont High School
NSW All Schools State Team Manager	Chris Lang	Pymble Ladies' College



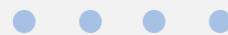
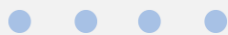


Order of Events

Thursday, 30 May 2024	
Time	Event
12.00pm	Warm Up-General
1.00pm	17-19 Years Platform Girls and Boys
1.40pm	15-16 Years Platform Girls and Boys
2.30pm	12-14 Years Platform Boys and Girls
3.00pm	17-19 Years Boys and Girls Springboard
Friday, 31 May 2024	
8.00am	Warm up
9.00am	16 Years Boys and Girls Springboard
10.15am	15 Years Boys and Girls Springboard
-	20 minute general warm up
11.40am	14 Years Boys and Girls Springboard
1.00pm	12/13 Years Girls Springboard
2.00pm	12/13 Years Boys Springboard

Please note these times will be approximate.





Program of Events

Thursday, 30 May 2024

Event No 1 - Girls 17-19 Years Platform

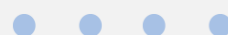
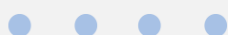
No	Name	Assoc	School	Score	Place
1	Harriet Kaan	CIS	Abbotsleigh		
2	Sarah Malcolm	CIS	PLC Sydney		
3	Ella Hafford McGovern	CCC	St Scholastica's		
4	Ilaria Crowley	CIS	Wahroonga Adventist School		

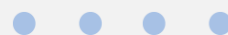
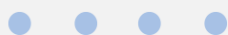
Event No 2 – Boys 17-19 Years Platform

No	Name	Assoc	School	Score	Place
1	Benjamin Speed	CIS	Barker College		
2	Thomas Williams	CHS	NBSC Balgowlah Boys High School		
3	Joshua Lee	CIS	Northern Beaches Christian School		
4	Banjo Taylor	CHS	NBSC Balgowlah Boys High School		
5	Alexander Hripko	CCC	St Vincents College Strathfield		

Event No 3 - Girls 15-16 Years Platform

No	Name	Assoc	School	Score	Place
1	Amelia Strudwick	CIS	PLC Sydney		
2	Rose Tan	CIS	PLC Sydney		
3	Miya Newman	CHS	Figtree High School		
4	Veronika Alkhimova	CIS	Tara School		





Event No 4 - Boys 15-16 Years Platform

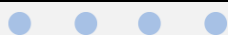
No	Name	Assoc	School	Score	Place
1	Massimo Bottos	CCC	Marist Catholic College Penshurst		
2	Dominic Briscas	CCC	Marist College Kogarah		
3	Caleb Andrews	CHS	Castle Hill High School		
4	Ewan Fouracre	CIS	Trinity Grammar School		
5	Lucas Dawes	CCC	De Salle College		

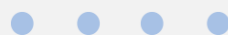
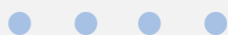
Event No 5 - Girls 12-14 Years Platform

No	Name	Assoc	School	Score	Place
1	Hannah Moodie	CIS	PLC Sydney		
2	Claire De Vos	CCC	St Andrews College		
3	Kayla Davies	CHS	NBSC Mackellar Campus		
4	Nylea Barjola Iglesias	CHS	Concord High School		
5	Rachael Griffiths	CCC	St Andrews College		
6	Charlotte Ward	CIS	Loreta Normanhurst		
7	Annalise Gregoriou	CCC	St Andrews College		
8	Lillian Cormack	CHS	Pennant Hills High School		
9	Ada Savage	CIS	MLC School		

Event No 6 - Boys 12-14 Years Platform

No	Name	Assoc	School	Score	Place
1	Luke Leadbeatter	CHS	Swansea High School		
2	Owen Whitbread	CHS	Woolooware High School		
3	Hayden Brinckley	CCC	De La Salle College		
4	Vincent Pappalardo	CIS	St Patricks Strathfield		
5	Zachary Chan	CHS	Marsden High School		



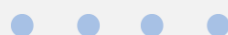
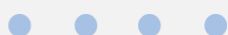


Event No 7 – Girls 17 Years Springboard

No	Name	Assoc	School	Score	Place
1	Ilaria Crowley	CIS	Wahroonga Adventist School		
2	Philomena Grigg	CCC	Mater Dei Catholic College		
3	Layne Wilkins	CHS	Whitebridge High School		
4	Ella Hafford McGovern	CCC	St Scholastica's		
5	Sarah Malcolm	CIS	Sarah Malcolm		
6	Harriet Kaan	CIS	Abbotsleigh		
7	Charlotte Seghers	CCC	Kildare Catholic College		

Event No 8 – Boys 17 Years Springboard

No	Name	Assoc	School	Score	Place
1	Benjamin Speed	CIS	Barker College		
2	Joshua Lee	CIS	Northern Beaches Christian College		
3	Thomas Williams	CHS	NBSC Balgowlah Boys		
4	Banjo Taylor	CHS	NBSC Balgowlah Boys		
5	Alexander Hripko	CCC	St Vincents College Ashfield		
6	Anthony Del Popolo	CIS	St Patricks College		



Friday, 31 May 2024

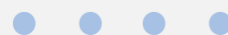
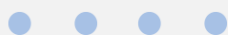
Event No 9 – Girls 16 Years Springboard

No	Name	Assoc	School	Score	Place
1	Lucy Miles	CHS	Cessnock High School		
2	Lily Whalan	CIS	Loreto Normanhurst		
3	Lucia Pappalardo	CCC	Santa Sabina College		
4	Ivy Taylor	CHS	Cessnock High School		
5	Veronika Alkhimova	CIS	Tara School		
6	Mikayla Wilson	CCC	Kildare Catholic College		
7	Charli Nagle	CHS	Riverside Girls High School		
8	Aurora Caie	CIS	Abbotsleigh		

Event No 10 - Boys 16 Years Springboard

No	Name	Assoc	School	Score	Place
1	Ewan Fouracre	CIS	Trinity Grammar School		
2	Hamish Turner	CIS	Trinity Grammar School		
3	Massimo Bottos	CCC	Marist Catholic College Penshurst		

Event No 11 – Girls 15 Years Springboard



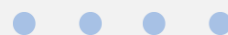
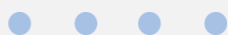
No	Name	Assoc	School	Score	Place
1	Annie Fallon	CCC	Monte		
2	Deanna Drake	CHS	Blaxland High School		
3	Amelia Strudwick	CIS	PLC Sydney		
4	Miya Newman	CHS	Figtree High School		
5	Rose Tan	CIS	PLC Sydney		
6	Matilda Seal	CHS	Wagga Wagga High School		
7	Georgia Gover	CHS	Belmont High School		
8	Méa Shires	CIS	Pymble Ladies' College		

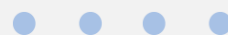
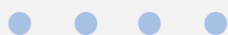
Event No 12 – Boys 15 Years Springboard

No	Name	Assoc	School	Score	Place
1	Dominic Briscas	CCC	Marist College Kogarah		
2	Samuel Tan	CIS	Knox Grammar School		
3	Caleb Andrews	CHS	Castle Hill High School		
4	Lucas Dawes	CCC	De La Salle College		

Event No 13 – Girls 14 Years Springboard

No	Name	Assoc	School	Score	Place
1	Saige Moore	CCC	Caroline Chisolm College		
2	Amelia Bellamy	CHS	Belmont High School		
3	Sophie Rollinson	CIS	PLC Sydney		
4	Kayla Davies	CHS	NBSC Mackellar Campus		
5	Hannah Moodie	CIS	PLC Sydney		
6	Rachael Griffiths	CCC	St Andrews College		
7	Zella Modena	CIS	Meriden		
8	Tegan Schultz	CCC	Trinity Catholic College		
9	Elizabeth Streitberger-Sams	CHS	Cessnock High School		



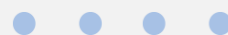
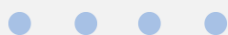


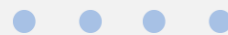
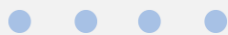
Event No 14 – Boys 14 Years Springboard

No	Name	Assoc	School	Score	Place
1	Vincent Pappalardo	CIS	St Patricks Strathfield		
2	Curtis O'Dea	CCC	St Andrews College		
3	Xavier Grigg	CCC	Mater Dei Catholic College		
4	Ethan Hansen	CIS	Trinity Grammar		
5	Owen Whitbread	CHS	Woollooware High School		
6	Oliver Newton	CIS	Trinity Grammar School		
7	Jesse James	CHS	Belmont High School		
8	Ronan Davis	CCC	St Andrews College		
9	Luke Leadbeatter	CHS	Swansea High School		

Event No 15 – Girls 13 Years Springboard

No	Name	Assoc	School	Score	Place
1	Tilly Adams	CCC	St Scholastica's		
2	Bronte Nagle	CHS	Riverside Girls High School		
3	Analise Gregoriou	CCC	St Andrews College		
4	Georgia Wenke	CHS	Belmont High School		
5	Olivia Spano	CIS	PLC Sydney		
6	Hannah Farag	CCC	St Andrews College		
7	Ada Savage	CIS	MLC School		
8	Lillian Cormack	CHS	Pennant Hills High School		
9	Clementine Lonergan	CIS	MLC School		





Event No 16 – Boys 13 Years Springboard

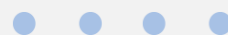
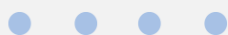
No	Name	Assoc	School	Score	Place
1	Eesa Mir	CCC	St Andrews College		
2	Leo Longman	CHS	Port Hacking High School		
3	Hayden Brinckley	CCC	De La Salle College		
4	Sam Worthley	CHS	Killarney Heights High School		
5	Zachary Chan	CHS	Marsden High School		
6	Hamish Dunne	CCC	St Marys Catholic College Gateshead		

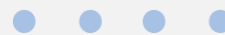
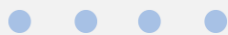
Event No 17 – Girls 12 Years Springboard

No	Name	Assoc	School	Score	Place
1	Despina Thimiopoulos-Wilson	CCC	St Andrews College		
2	Leila Earthrowl	CIS	PLC Sydney		
3	Nylea Barjola Iglesias	CHS	Concord High School		
4	Sybella Carrol	CIS	Ascham School		
5	Leilani Taylor	CIS	Ravenswood		

Event No 18 – Boys 12 Years Springboard

No	Name	Assoc	School	Score	Place
1	Jacob Barlow	CHS	Hastings Secondary College Port Macquarie Campus		
2	Sebastian Natalegawa	CIS			
3	Micah Makari	CCC	St Andrews College		





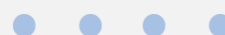
School Sport – for Parents

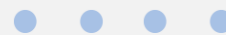
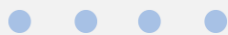
Welcome and thank you for attending these championships and supporting your child. Parents, caregivers, coaches, teachers and volunteers play a significant role in the motivation and development of young people.

Due to the regularity of contact and the influence parents and caregivers have as role models for young people, they particularly have an opportunity to shape the behaviours, enthusiasm and respect young people demonstrate in their sporting endeavours.

Please find below some suggestions that might enhance the enjoyment of all those involved in the school sporting pathway.

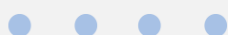
- Enjoy the journey.
- Sport is a journey that provides physical, social and emotional benefits for children. Enjoyment and having fun with friends is their greatest reward. You also share in this enjoyment.
- It's better if the first question you ask your child is "did you enjoy it?" rather than "did you win?"
- Not every child is going to become a champion but every child has the opportunity to continue enjoying sport through coaching, managing or supporting.
- Model good behaviours and never accept poor sportsmanship from your child or their coach.
- Children learn more by seeing than hearing, particularly from people they care about. No matter what the circumstances, be someone they can admire and respect.
- Parents aren't judged on their child's accomplishments; however, parents are often held responsible for their child's behaviour.
- Your child's results should not affect your mood.
- Never get upset after an event where results don't go the way of your child.
- Give your child space to grow and mature.
- All children are different. Accept your child for who they are. Fault finding makes the child question their self-worth. Letting a child know how much you care about them makes them proud and builds resilience.
- Focus on the processes rather than the outcomes.
- Parents should understand that the best athletes focus on the process, because the result is often out of their control.
- Avoid going over the top about your child's talent.
- Every sport has talented athletes, but for various reasons they do not always reach the pinnacle.
- Encourage good attitudes.
- Good attitudes carry over into all aspects of life.

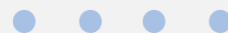
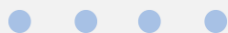




- Support the coach, especially in public and in front of your child.
- If there is a disagreement, settle it privately.
- Negatively discussing other parents or coaches in front of your child can be detrimental.
- No matter how private conversations are, they can become public very easily.
- Build good relationships with other parents.
- Parents of your children's friends will often become your friends.
- You should not compare your child's journey to another child's journey.
- Children mature at different rates. All children are different. Try to understand your child's views of the world around them.
- If your child makes mistakes, let them experience the consequences of their actions.
- This is how they learn and grow and become independent, resourceful and confident.
- Set-backs and failures are opportunities for improvement. Explain to your child that continued effort, practice and learning are the keys to success.
- Recognise your child's results don't define you.
- Your child's success or disappointment does not change other parents' views of you.
- Develop your child's strengths.

Help your child to identify their strengths and develop them. These children experience success, become inspired, confident and resilient.





Further Information

Full results and selected team will be posted on the NSW All Schools Diving page: <https://app.education.nsw.gov.au/sport/nsw-all-schools>



Please see NSW All Schools Facebook page for photos and updates throughout the championships: <https://www.facebook.com/nswallschoolssport>

