

FREE FLOW

LUTTERWORTH SUB AQUA CLUB
DIVE MAGAZINE

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ISSUE 156

ON, FOR LUCK'S SAKE

**DON'T MISS OUT ON
YOUR CHANCE TO WIN
THE WEEKLY BONUS
BALL PRIZE**



CLUB NEWS

A WORD FROM THE CHAIR

Hi buddies, it's great to see Free Flow back in circulation - I would like to say a big thank you to Pete B for all of his hard work editing it previously and a big welcome to incoming editor Emily B. The magazine has always been greatly appreciated by the club and its members so please continue to show your support by contributing content whenever you can.

Thanks to all of those who came to the open forum at the end of last year. For those who were unable to make it, some of the key points raised were that we should hold more socials, increase the number of interest evenings we put on and that moving the pool slot would be beneficial to getting families along on a Tuesday. We have taken note of these. Nigel has since had active discussions with the pool to see what our options are but, unfortunately, they have come back and said it's not possible to move our slot. We are also trying to better fill the 2013/14 calendar so if there's something in particular that you would like to see on the calendar then please do let us know.

A considerable amount of effort has gone into promoting the club in the

past 12 months, especially with the open day at the town hall, the pod at the Birmingham Dive Show and the stand at Lutterworth Healthfest. These seem to have paid dividends so a huge thank you to everybody that helped out in any way. Traditionally, the best method of recruiting new members has been word of mouth and I know that people continue to encourage friends, colleagues and family to give it a go - again this is very much appreciated. There is also an open day at the sports centre on the 10 May, so we will be looking for volunteers to help throughout the day.

I've not seen it mentioned in a while so a bit of a reminder, if you are shopping online then please consider doing so via the Easy Fundraising website. By doing so, participating retailers are willing to give a little bit of your spend back to the club. The best bit is that it doesn't cost you anything other than a few seconds of your time.

www.easyfundraising.org.uk/causes/lsc

Steve



PHOTOS - WE NEED YOU!

To help keep Free Flow vibrant and interesting, we need your contributions. If you have any updates, features, photos or facts, please email them to emilylbutt@yahoo.co.uk, putting 'free flow' in the subject line.

WELCOME

DIVING OFFICER'S BIT

After a very mild winter, we are promised another reasonably good summer. Mind you, it does depend on which long range forecast you use.

The season's diving is getting underway with a number of Stoney Cove sessions arranged at weekends and training going on during weekdays, not to mention the forthcoming Red Sea trip. It's several years since we had a Northern Red Sea trip and there are a number of members who have not been. It's an excellent trip on a good boat with some superb wrecks to see, not to mention the very varied life.

Needless to say, the club's boat is a frequently discussed topic. It was used very little last year and we are endeavouring to make it easier and more attractive to use this year. It will again be going out free of charge, but the main action this year is to park it at various places around the coast meaning that you don't even have to tow it. At worst it will need moving a mile or so to launch, which could be done with a slightly smaller car. At one place, they even launch it for you. At the end of this year we will have to consider where we are going as far as the boat is concerned.

I spent much of last year trying to encourage Instructors, Advanced Divers and Dive Leaders to take part in the Buoyancy and Trim Workshop. This was due to an initiative by BSAC and the fact that we experienced a few difficulties with buoyancy training. There are still some Instructors and

Advanced Divers who have not demonstrated their own ability by taking part in the buoyancy workshop. I can only assume that they are afraid of showing themselves up. You don't need to, just practice at the end of each dive until you are happy with your performance, then speak to Phil or myself and do the test.

In the meantime can we please examine how we teach buoyancy and weighting. Piling weight on people until they sink is not the way forward. We need to teach people how to descend by ensuring the correct positioning in the water and the correct way to ensure they have dumped all the air from their suit.

We are doing more and more try dives. We are now charging £10 for these to come into line with most other local clubs. Many try divers only want the experience and are unlikely to join, however, it generates funds for the club and on several occasions we have completely covered the cost of the pool. People of Sports Diver qualification and above can take try divers in, which will give you a small taste of instructing. If you want to take part, just let Phil know.

Nigel



CLUB TRAINING BUBBLES

TRAINING OFFICER'S BUBBLES

We recently held an instructor meeting which was well attended by a number of Sports Divers and Dive Leaders. It was excellent to see their interest and enthusiasm, and we hope they take the next step of moving to an Instructor Foundation Course (IFC). We need to get a number of the divers onto the instructor ladder to avoid a very real shortage in Tuesday cover. I remember my own step over to instructing. In the mid 1990s there were a lot of us without any qualifications training in the pool. BSAC made a strong effort to get people to follow a qualification route and have minimum instructor grades in place. This has helped to raise standards but means we have to keep replenishing the instructor group. For me instruction was a way to payback the people who had helped me get through all my diving drills. If you look at your log book, every open water drill needs at least an hour of support from an instructor. That needs preparation beforehand, early starts, air and giving up an afternoon or an evening. BSAC has relied on this volunteer force over the years to make the club system tick. It would be great to see more people take up the challenge. I know that a couple of the members have either recently completed or are booked to go



on an IFC, so let's treat the instructor qualifications as importantly as the diving ones.

To support trainees' working times we will be holding a Sports Diver theory training day later in the month. This helps trainees who have shifts or work commitments where they stay away. I think we will need to organise more of these types of events to deliver theory more quickly and reduce room costs. Thanks to Nigel for organising this.

It was fantastic to see Rosie deliver the snorkel course to a willing and keen group of trainees. The attendance of these trainees to lectures and into the pool added another dimension to the club and I whole heartedly support snorkel training and what it adds to the club as a new route to enjoy the water environment. My thanks go to Rosie for her dedication in this and I look forward to the first open water trip. It would be great to have additional snorkel instructors to support this.

If you have any ideas or want to talk about your training needs, please let me know.

Phil

TRY DIVERS

The club recently welcomed 72-year-old Bill who joined us in the pool for a try dive. Bill was given the try dive as a birthday present from his wife and thoughtfully enjoyed the experience. Bill said: "Thank you so much for the try dive - I loved the photos and you took some really good ones. They'll make an excellent memento and something to show my grandchildren when I next see them."

SNORKELLING

WHAT'S NEW IN SNORKELLING

As a club we have recently started training snorkellers and these classes have been well attended by both youngsters and adults coming for the 'experience snorkel' session.

Some of the adults were nervous about going beneath the surface, but by the end of the hour everyone was performing competent duck dives.

We have run a Snorkel Diver course with five adults ranging in age from 50 to 71. They each stated various reasons for wanting to learn to snorkel, including wanting to try new things and wanting to learn how to dive safely on holiday. One trainee whose wife dives, wanted to experience what she does under the water.

It has been very rewarding to teach the course knowing that trainees will experience viewing the marine environment with their new skills.

We plan to include some snorkelling trips with our club boat this summer and are looking for some good sites. If you have any ideas for a snorkel location, then please let me know.

Rosie



**WATCH OUT FOR
UPDATES ON
CHILLY DIP!**