



PRESS RELEASE

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TOM DALEY TEACHES 7 YEAR OLD BOY TO DIVE

Children who are keen on swimming from Clyst St Mary Primary School were taken to watch Tom Daley train at Central Park Pool in Plymouth on 5 July 2010. The two 10 year olds, two eleven year olds, one 7 year old and parents were there to help with the launch of Nestle's GET SET GO FREE campaign that featured on GMTV on 13 July 2010.

Tom Daley trains for 5 hours a day and the children were able to watch his morning dive session from the gallery at the pool and then they got to meet the young diver himself. Next all the parents and children took to the water. Tom started by getting all the children and parents to jump off the low diving board and then the 3 metre diving board. The two mums did not wish to jump off any higher boards but the children and the dad all jumped from the 5 metre board. However, one child, 7 year old Owen Elliott, was prepared to jump off the 7 and a half metre board and then the 10 metre board. Although Tom

began diving at 7, he told Owen that he did not dive from the 10 metre board until he was 9 years old. Tom then taught Owen how to dive off the low diving board.

Zara Trickett, Director of Splash Swim School, started teaching Owen to swim when he was 2 years old and still gives him weekly lessons. Owen gained his 5 metre badge (which means he could swim 5 metres on his front and back unaided) when he was 3 years old. Zara comments: "I am very proud of what Owen has achieved in his lesson with Tom Daley and it is a reflection of the commitment Owen has shown in the last 5 years in his swimming lessons. It is much easier to help a child be so at ease in the water if they start learning to swim at a young age and they continue to have regular lessons."

Rachel Elliott, Owen's mum who also took part in the diving lesson given by Tom, said that: "It was a fantastic opportunity that Tom Daley gave Clyst St Mary Primary School. It was a truly memorable day and we all had a marvellous time. It is a tribute to Zara and Splash Swim School that Owen has so much water confidence that he could take such a big leap of faith from 10 metres up and even more so because Tom Daley is a very inspirational instructor."

ENDS

<http://splashswim.co.uk/>

www.clyststmary.devon.sch.uk

<http://www.gm.tv/articles/51353-dan-dives-with-tom-daley.html>

<http://www.profsports.com/en/category/representation/olympic-sports/tom-daley/>

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