

Gabrielle Armstrong-Scott

Springboard and Platform Diver



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New Zealand Teams

- Commonwealth Games long listed athlete
- Diving New Zealand Commonwealth Games Squad, 2010
- FINA World Cup, 2010
- FINA Grand Prix Championships, 2009, 2010
- FINA World Junior Championships, 2010
- Australian Open Championships, 2009, 2010
- Australian Classic Down Under, 2009
- Australian Junior Elite Championships, 2008, 2009, 2010
- Asia Pacific Rim Junior Diving Invitational 2009
- Diving NZ National Squad, 2007, 2008, 2009, 2010



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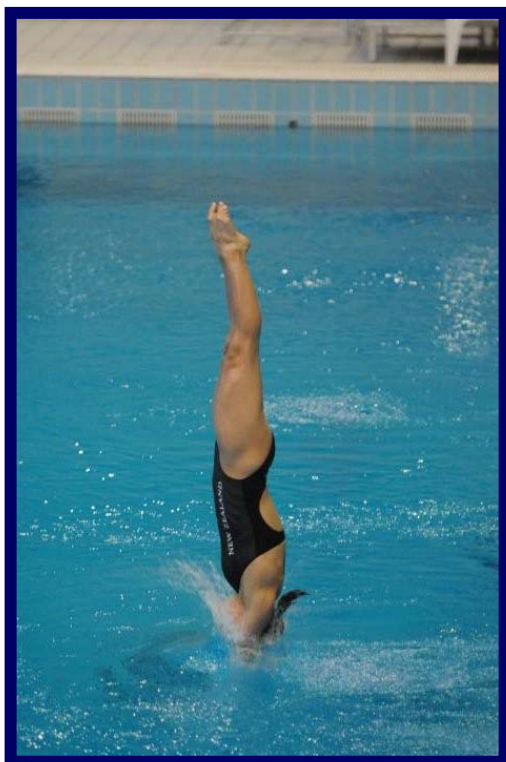
Passion

My name is Gabrielle Armstrong-Scott and my passion is springboard and platform diving.

At age 13 I am already a dedicated international athlete, living my dream, and determined to achieve my goals.

I started diving at 8 years old when my brother (who is now New Zealand's top male diver) began diving. I knew instantly that diving was to be my passion for life and I began training at Wellington Diving Club. Within two years I was accepted into the newly formed Wellington High Performance Aquatics and started breaking NZ records.

I have now been competing for five years and I continue to be more and more determined and dedicated to the sport of diving with every new experience. I have a passion for heights, excitement and the thrills that diving offers.



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Adventure

Imagine leaping off a 10 Metre platform, as high as a 4 storey building, turning 3 and a half full somersaults and landing with no splash (called a "rip"). No helmets, no safety harness, no roll cage! I do this every day, as well as back, reverse and inward dives, also with twists. If I don't get it right my body will be bruised or broken. It takes intense concentration and courage for each dive. Some divers won't dive from the 10 metre platform and prefer the lower 3 metre and 1 metre springboards.

I love the platform and I am aiming to make it my speciality. Diving is a dynamic sport, very exhilarating to participate in, and as a spectator sport it is the best.



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Support

Olympic and Commonwealth Games success comes about through partnerships and support as well as individual achievement and I would like to invite you to join me in a partnership to get to the Commonwealth Games this year and Olympics in 2012.

My coach Steven Zhu has coached world champions in China and New Zealand and he spends enormous hours every week giving me the finest coaching. My manager Luvaine McDonald accompanies me on my world travels and makes sure everything is in place. Wellington Diving Club and Wellington High Performance Aquatics are amazing with all the logistics, my family support me in everything and struggle to meet some of the costs, and I certainly need support from the business community and private individuals in New Zealand, that is you!



Diving friends meeting me on return from Russia

Gabrielle Armstrong-Scott

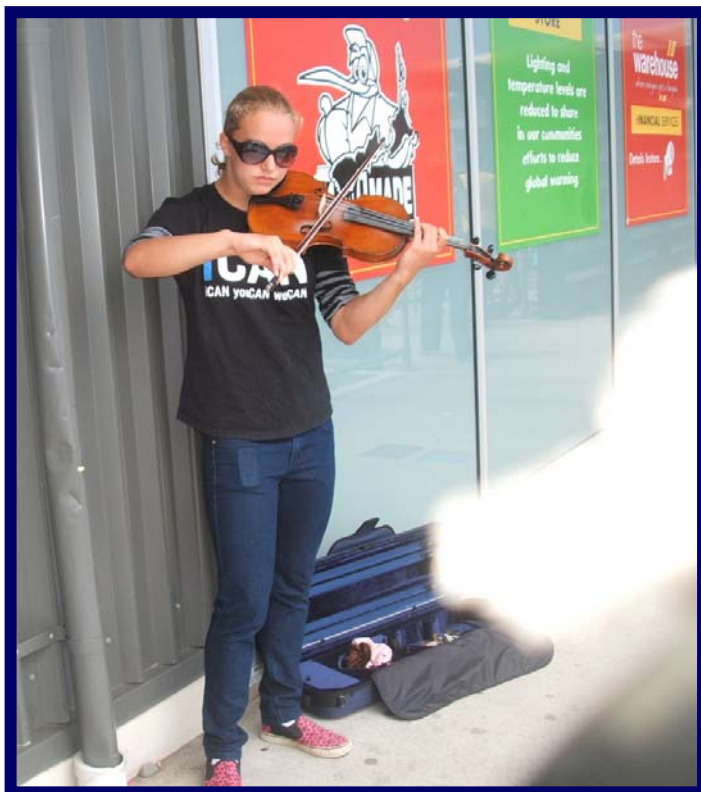
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Development

At age 9, I was breaking NZ records at National competitions, at age 12 I was winning Australian Junior Elite competitions and now at age 13 I am competing internationally with five overseas trips in 2010 alone including FINA World Cup and World Juniors.

I will achieve a world ranking this year with possible selection for the Commonwealth Games in July. My coach says I am likely to make the Olympic team for 2012, especially for platform. I have been on TV1 and TV3 6pm Network News several times and there have been lots of newspaper articles about me. I am now becoming an ambassador and role model for the sport of diving which is growing quickly in New Zealand.



Busking to raise funds!

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Aiming High

- This year I am going to a series of international competitions. This includes Australian Open Competition in Sydney, Grand Prix competitions in Germany, Russia and Spain, World Cup in China, World Juniors in Arizona, USA and hopefully the Commonwealth Games in India.
- I currently train 22 hours in 9 sessions a week. My ultimate goal is to compete and win a medal at the Olympic Games, and the Commonwealth Games is definitely a major stepping stone towards that. I am on the long list and if I am selected I will be not only the youngest member of the NZ Commonwealth Team, but the youngest New Zealander ever to go to the Commonwealth Games!
- Attached is a list of my diving achievements, awards records and budget. I am currently a year 10 student at St Catherine's College in Wellington. I am the junior athletics champion and recently won a national speech award. I also play piano and violin and passed grade 8 recently with distinction. I have done some busking to raise funds for my competitions. I will need up to \$45,000 this year.



New Zealand representative at the Down Under Classic in Australia



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Sponsorship Opportunities

- Company exposure at competitions and training internationally, particularly Europe
- Promotion of your company in the media (television, local and international papers, emails, newsletters, various websites and photos).
- Clear, obvious placement of logo on clothing, swimming togs and chamois (towel on shoulder)
- Attend company functions, and promote a healthy lifestyle within your company.
- Endorsing at coaching, exposing your company to younger generations and other athletes.
- Monthly emails updating your company of my season and results
- Promoting healthy living, great values, role model



With friend Kate after TV interview.
Your logo on my togs and blue chamois, on TV!

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Diving Achievements

2010

- Australian Open Championships - 6th 10 metre platform
- FINA Grand Prix, Moscow - 6th in Semi final platform
- FINA Grand Prix, Rostock – 15th preliminaries platform

2009

- Australian Junior Elite Championships:
- 1st 12-13 1 metre, 2nd in 3 Metre and Platform
- Diving NZ Winter Championships:
- 1st Open Platform, Open 1 Metre, Open 3 Metre, 13 and Under Platform, 12-13 3 Metre, 12-13 1 Metre.
- Australian Open Championships. 6th place in the 3m Preliminaries
- Asia Pacific Rim Invitational Diving Championships:
- 1st 13 yrs and Under Girls 1m, 1m knockout
- 1st 13 yrs and Under Platform
- 2nd 13 yrs and Under Girls 3m knockout
- 3rd 13 yrs and Under Girls 3m

2008

- Australian Junior Elites 1st place 1 metre
- Australian Junior Elites 1st place 3 metre
- Australian Junior Elites 4th place Platform
- New Zealand Summer Nationals
- 1st place 13 & Under 1 Metre
- 1st 3 Metre
- 1st Platform
- (All New Zealand records in all these events)
- 1st Open Women's 3 metre – New Zealand record
- 2nd Open Women's 1 metre

2007

- 4 New Zealand Records (13 & Under 1 metre & 3 metre springboard, 11 & Under 1 metre & 3 metre Springboard).



Diving Awards

2009

- Diving New Zealand - Diver of the Year
- Best Female Diver – Asia Pacific Rim Invitational Diving Invitational
- Waikato Cup for Women – highest points in Open competition
- Dunsmuire Memorial Cup – best female age group competitor
- Eckhoff Memorial Trophy - highest aggregate points in junior competition
- Hansell Trophy – highest judges points of one age group dive
- Douglas Freeman Memorial Trophy – winner Open Women’s 1m.
- Sissons Trophy – highest judges points of one dive.
- Wellington Diving Club Diver of the Year.

2008

- E.C Issac Memorial Trophy – Women’s Open 3 metre winner
- Waikato Cup for Women – highest points in Open competition (1st equal)
- Dunsmuire Memorial Cup – best female age group competitor
- Eckhoff Memorial Trophy - highest aggregate points in junior competition
- Hansell Trophy – highest judges points of one age group dive
- Wellington Diving Club – Junior Diver of the Year.
- Sissons Trophy – highest judges points of one dive.

2007

- Wellington Diving Club Junior Diver of the Year.
- Winner of the Gordon Ng Junior Diver of the Year Award with a scholarship to train in China for two weeks

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New Zealand Records

2010

- Open Women's Platform 283.15 points

2009

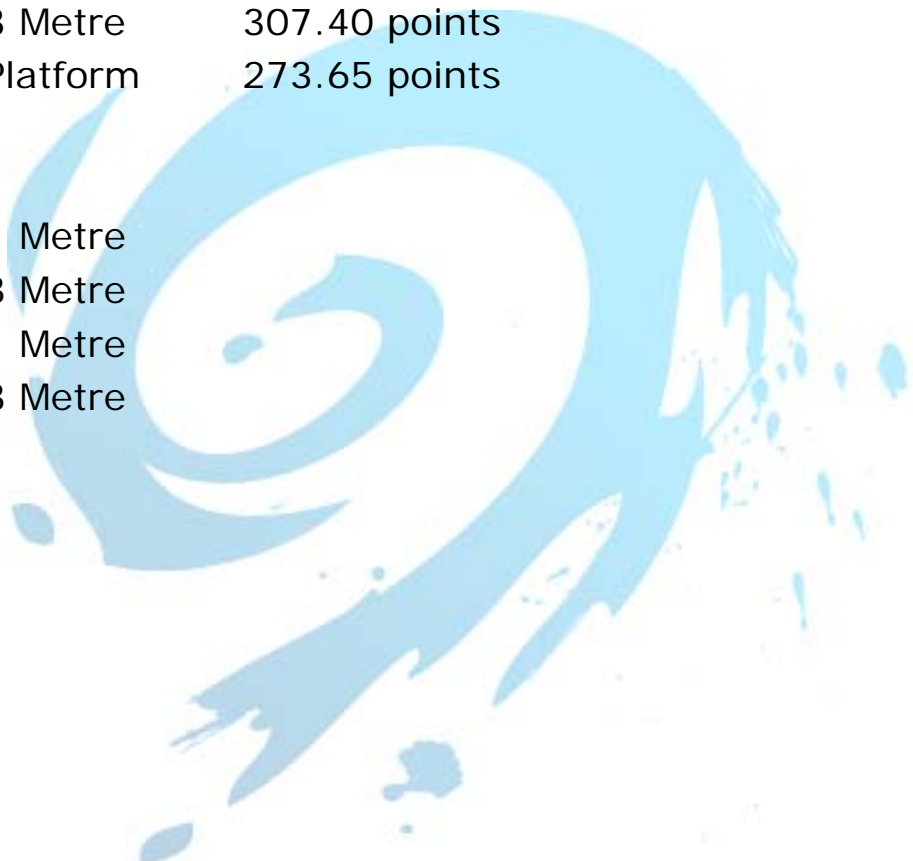
- Open Women's 3 Metre 284.80 points
- Open Women's Platform 261.05 points (new standard)
- 13 yrs and Under Girls 1 Metre 319.60 points
- 13 yrs and Under Girls 1 Metre 324.60 points
- 13 yrs and Under Girls 3 Metre 331.40 points
- 13 yrs and Under Girls Platform 284.20 points

2008

- Open Women's 3 Metre 279.70 points
- 13 yrs and Under Girls 1 Metre 313.05 points
- 13 yrs and Under Girls 3 Metre 307.40 points
- 13 yrs and Under Girls Platform 273.65 points

2007

- 13 yrs and Under Girls 1 Metre
- 13 yrs and Under Girls 3 Metre
- 11 yrs and Under Girls 1 Metre
- 11 yrs and Under Girls 3 Metre



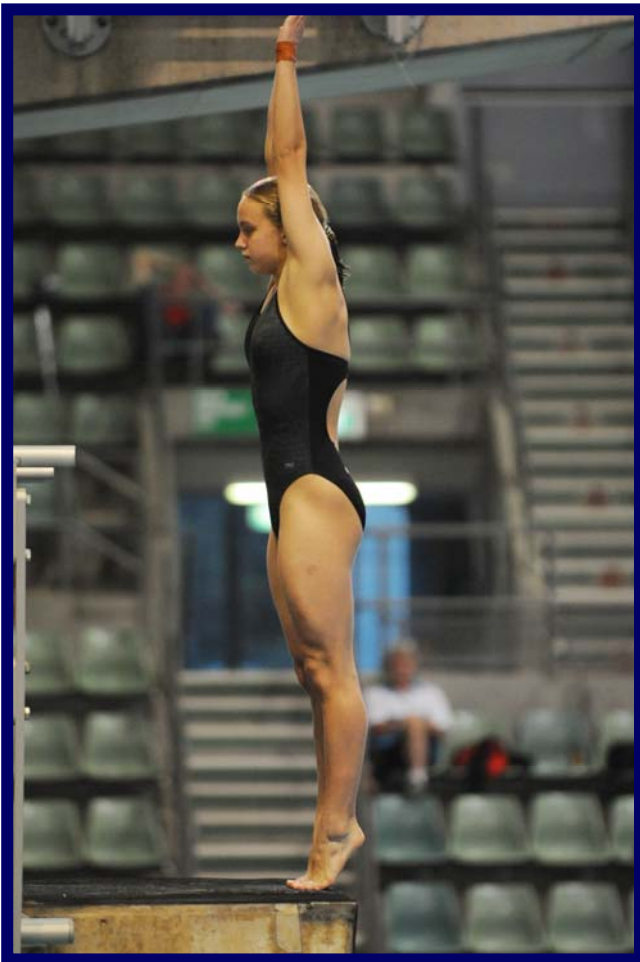
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Goals

- To make finals at Grand Prix and World Cup events 2010.
- Compete at the 2010 Commonwealth Games.
- Compete at the 2012 Olympic Games.
- Win a medal at the Olympic Games.





Other Achievements

2010

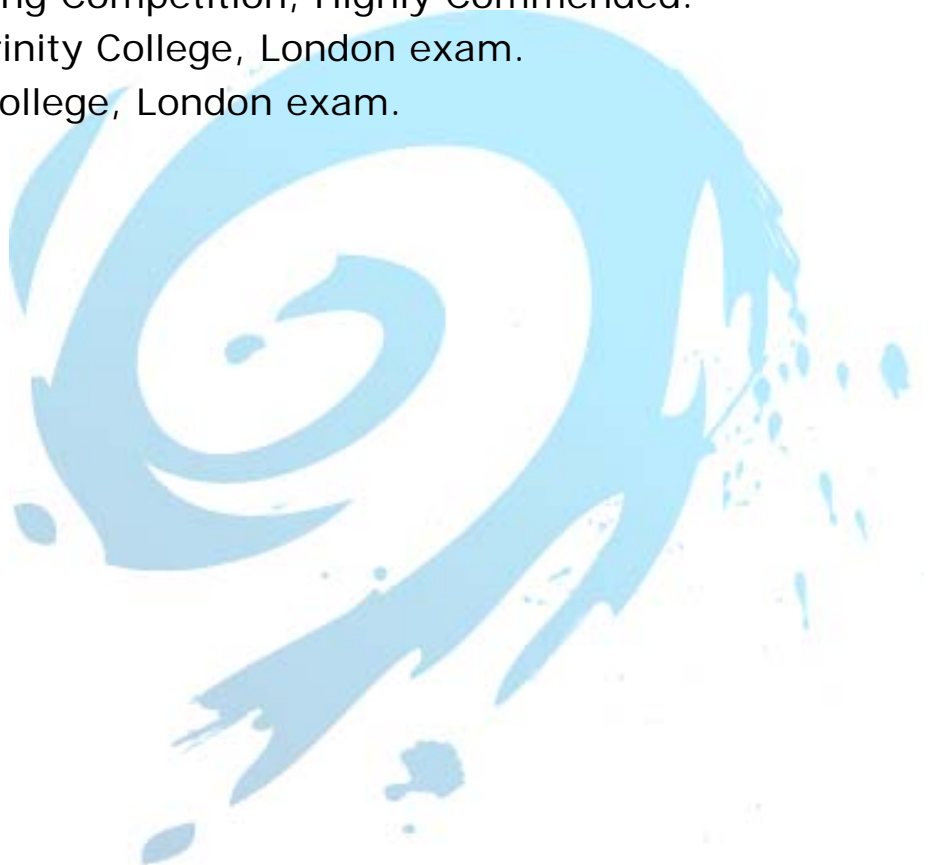
- Winner Junior Prepared Speech O'Shea Shield (all NZ catholic schools)
- Athletics Junior Champion of the Year, St Catherine's College
- Winner Jansen Shield, St Catherine's College (prepared speech)

2009

- Athletics Junior Champion of the Year, St Catherine's College.
- Wahine Toa Shield – Presented by the Student Council to Junior Student Showing Outstanding Leadership and Commitment to the Mercy Spirit, St Catherine's College.
- Year 9 Diligence, St Catherine's College.

2008

- Evans Bay Intermediate School: Millennium Cup – dux.
- NIE Dominion Post Writing Competition, Highly Commended.
- Violin Grade 8 (hons) Trinity College, London exam.
- Piano Grade 7, Trinity College, London exam.



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Young Wellington diver tipped for greatness

Gabe Armstrong-Scott isn't afraid of hard work, or heights, as she strives for Commonwealth Games selection.

A diving ambition

Kiwi diving hope

Wellington diver outclasses Chinese opponents

Wellington 12-year-old has a diving ambition

Armstrong-Scott stars at nationals

Capital gain

Wellington's Gabe Armstrong-Scott, 11, tasted trans-Tasman success yesterday by winning the girls 13 and under 1m title at the Australian elite junior diving championships in Melbourne.



■ DIVING
PENNY MILES
IF FEARLESS Wellington diver Gabe Armstrong-Scott makes next year's Delhi Commonwealth Games, she will join a select group of 14-year-olds to represent their country.
The St Catherine's College 12-year-old is a great chance in the event.
Other 14-year-olds to have competed at the Games include swimmers Murray Lester and Rebecca Perrott, and gymnastics gold medalist Nikki Sinclair who, at 14 years seven months, is believed to be New Zealand's youngest Games competitor.
Armstrong-Scott, who will spend 18 to 14 years and two months, snatched her talent when she qualified for the world championships last year. However, she was too young to attend "so that was a real pain".
She was named New Zealand's junior female diver of the year last season after a standout performance at the national championships.
Armstrong-Scott won the open 1m with a score of 278.70, breaking the New Zealand record by more than 50 points. She broke three world records in her age group, including 18 & under, 1m, 2m platform events.
Her coach, Steven Zhu, rates Armstrong-Scott's performance as his as her finest when she was 12 months old.

■ DIVING
WELLINGTON divers scooped 21 gold medals at the national championships in Auckland at the weekend, breaking six New Zealand records and taking 10 of the 29 contested titles.
The star performer was 12-year-old Gabe Armstrong-Scott, who won the open 3m with a score of 278.70, breaking the former New Zealand record by more than 50 points.
Armstrong-Scott also broke five other records in her age group, winning 1m, 2m, 3m and platform.
Her coach, Steven Zhu, rates Armstrong-Scott's performance as his as her finest when she was 12 months old.



Gabe Armstrong-Scott
Smashed national record.

Scott, in the 14/15 boys 1m, 3m and men's open 1m and 3m, and Alice Wylie-von Bert in the 1m event.
In the 16-18 age group category, 14-year-old Kate Irving won gold in 14-15 girls' 1m, 3m and platform events.
Wellington coach Steven Zhu said he was thrilled with the results.
"These results are to the divers' credit."

Zealand's junior female diver of the year, and former Olympian Ann Sissons rated the best she had seen by a New Zealand female diver.
Other gold medal-winners from Wellington were Gabe's brother, Ollie Armstrong,