

# Team Plymouth

Making a Sporting Difference



**Name:** Ashley Hendrick

**Sport:** Diving

**Club:** Plymouth Diving Club

**Age:** 13

**Status:** Ashley has been selected for England Regional Talent Squad, and the South West Development Programme run by the Amateur Swimming Association (2009). In his age group, Hendrick is ranked 5<sup>th</sup> in the 1 meter spring board, 6<sup>th</sup> in the 3 meter spring board, 2<sup>nd</sup> in the tower. Mr Hendrick came second at the Dublin Nationals in 2008 in the age group above his.

**Ambitions:** In 2009 Ashley hopes to compete in the NATIONAL Elite Junior Competition and achieve top 6 place ranking, and looks also to be selected for the National England Talent Diving Squad. Beyond 2009 Ashley wants to go to senior national competition at age 14 and is looking to be selected for the Great Britain Team. On from there Mr Hendrick wants to compete in the Commonwealth Games and the Olympic Games.

**Training Demands:** Ashley is aiming to:

- Training to Train
- Training top Compete
- Training to Win.

Ashley knows that he needs to be capable of dealing with the following: hard work, injury while growing, learning to be a better competitor, achieve his goals, be a better person, deal with failure.

