

# Tom Daley – British champion



Tom Daley

## FACT FILE

**Date of birth:** 21st May 1994

**Starts diving:** seven years old

**Becomes British under-18 champion:** ten years old

**Becomes European champion:** ..... years old

**Competes in 2008 Beijing Olympics:** 14 years old

**Becomes world champion:** ..... years old

**Competes in 2012 London Olympics:** 18 years old  
(bronze medal)

**Tom Daley is one of the UK's most famous sportspeople.**

**His sport is diving, and his career is incredible.**

**European champion at the age of 13, and world champion at the age of 15 – he is a very talented young man!**

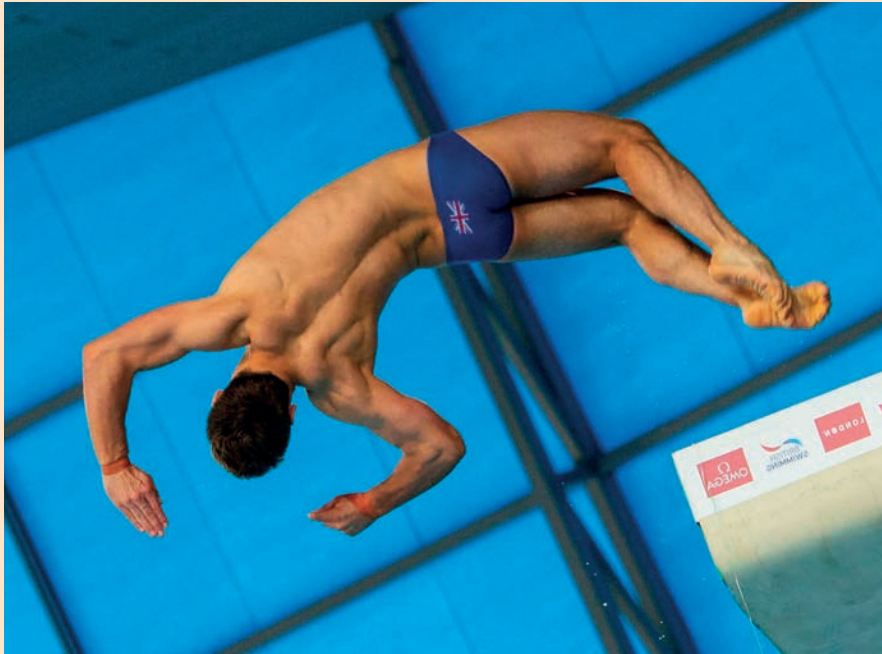
**Tom sometimes dives alone**, and he sometimes dives with a partner in synchronised diving events. He dives from a very high platform, at ten metres. He confesses that he usually feels nervous before a dive. When he's on the platform, he concentrates only on the dive. At competitions, there is often a 30-minute wait between dives. Tom listens to music and tries to relax before his next turn.

**Tom trains** at the Plymouth Diving School, in the south-west of England. He trains for six hours, six days a week. He wakes up at 7.30 a.m. and he has toast, eggs and cereal for breakfast.



**His training sessions don't all happen in a swimming pool.**

Tom does a lot of training in a gym. He does gymnastics and he practises his somersaults on a trampoline. There is a diving board at the gym, with crash mats under it! Tom also does exercises for his arms and shoulders. He uses weights and he walks on his hands.



**When he's at the pool,** Tom practises dives from diving boards at one metre, three metres and five metres before he goes to his normal ten-metre platform.

**During training,** Tom has snacks of cereal bars, fruit and chocolate milk. For lunch, he always has food with a lot of protein, for example, chicken with potatoes. After training he sometimes has a massage. For his evening meal, he has more chicken, with rice or pasta and vegetables. He usually goes to bed at 10.30 p.m.