

Women in Sport Week Celebration!

Dempsey Brown, Head Diving Coach at Lisnasharragh Leisure Centre.

I've always loved being in the water.

I began swimming lessons at a young age, moving through the levels and completing my swimming strength and stamina course by the time I was 13 years old. I was heavily involved in a range of other sports like hockey, netball, rugby union and tug-of-war!

When I was 14 years old, I swapped swimming for diving and joined the Diving Academy of Northern Ireland (DANI) in Bangor. I loved the sport right from the beginning, the thrill of jumping off the top board and having my first belly flop!

As a club we were a great team, I joined the sport at an older age than most, so I progressed quickly with more self-awareness of my limbs and body positions in the air. Through my time with DANI I completed the 8 levels of progression and represented Ireland multiple times at the Tri-Nations and Celtic Cup competitions and enjoyed every minute of it!

Diving led me into working in the sport and leisure industry, completing my Bachelors and Masters Degrees in sport. I now work as a Duty Manager in Lisnasharragh Leisure Centre in Belfast and recently completed my Swim Ireland Level 1 and 2 Diving Coaching qualifications. This helped me start a diving programme at Lisnasharragh, we began by running taster sessions for children (8-16yrs) and separate adult taster sessions. We have had a huge amount of interest and great feedback and are now working towards running weekly lessons from March! I would like to thank everyone that has helped me get to this point, I'm so excited to grow Diving in Northern Ireland!