

Coaches Report December 2003

The team has just returned from Montreal and the CAMO Invitational. We had a mixed bag of performances but generally the team performed very well for a competition so early in the season.

Kristin Davies put in a great event in a very tough girls A platform. She started slow and let herself get down in the field. After a little regrouping in optional round, she pulled herself back up to sixth position. With representatives from all over the world this was a great performance.

Cam McLean started his weekend with a 24-hour flu bug and then rallied the next day to win a silver medal in the boys B Platform. Considering he was moving up in age groups and at the bottom of this age group this was a great event. He scored 9 and 9.5 on both of his first two dives.

Jill remained steady throughout her event and again she was moving up in age groups and this was her first time in the A category.

Lauren Penko competed in her first ever trials event and with six Olympians in the event, including the current Olympic champion, and divers from all over the world this was one of the toughest women's tower fields I have seen in several years. Lauren needed this experience at this level to move on in her training. It was very nerve wracking and she held up great. This will be a great start to her years as a pure senior diver.

Kevin ran into trouble early in both of his events. Again this was the toughest field of divers Kevin has ever competed against. I look to greater things this season. These kind of events can play havoc with a divers confidence so hopefully this will be an early season lesson.

Everyone had a good time and got to see some of the best diving in the world by some of the best divers in the world. This should be a great motivator for the long season ahead.

The club numbers remain steady at around 33 divers and the Learn to Dive sessions are coming to an end.

I am trying to get the awards done before Sunday and our dinner. We are running this to the wire but they should be completed in time.

We are planning a Christmas camp for about five days between Christmas and New Years. The cost estimate for the camp will be \$75.00 for twenty hours of diving. Based on who we think will attend this should break us even in the pool rental and coaching cost.

On the day I left for Montreal Jayne and I had a meeting with the head people of the recreation department regarding the letter I had written earlier. We left the meeting with lots of promises regarding more showers, the hot tub and our portable boards. We will have to wait and see if any of it happens.

In summary we are on track and I believe this will be a great competitive year for all of our divers. We have challenges ahead but I think we are on the right track.

Respectfully submitted,
Jim Lambie, Head Coach