

PAN AM DIVING CLUB NEWS

 **OCTOBER 2001** 

ATHLETE REPORT THE 2001 CANADA SUMMER GAMES BY GREG LIPSCHITZ, YOUNGEST TEAM MEMBER



At the Canada Games I did not know what to expect. I knew that I was there to represent my province, but that was it!

When I went to the airport on the Saturday night, I could see all these tracksuits from a distance. I started to get really excited. It was a lot of fun meeting the rugby players on the plane. After we got off the plane, two buses took us to the Athlete's Village. Kevin and I hung out in our room for a while and then went to bed.

Over the next two days we practiced at the Aquatic Center and met some of the volunteers. After practice, we would play pool in the Athlete's Village. We met lots of new friends there, like the soccer players from Ontario. I also got to know the senior divers from other provinces. After playing pool, we usually went to eat. The cafeteria was open 24 hours a day!

One day when we were finished practice early, Kevin and I went to watch the Athletics. We saw the Manitoba athletes who were not competing cheering on their teammates. So we decided to cheer with them and show some "Toba" pride! We met the whole athletics team while we were cheering.

At the Canada Games they gave us trading pins. Kevin and I ran around like crazy trying to get the North West Territories pin and other rare pins.

On Friday, after the competition, we went to Marnie's Pond. It is a homemade diving complex on a spring-fed pond. It was so much fun. The pond held a National Championship once.

It was fun to march out in our tracksuits for the Closing Ceremonies.

I didn't want to leave on the last day. I worked for two years for this one week and even though I had so much fun, it just wasn't enough!

I still have two more Canada Games to go to if I make the teams. At these Games my goal was to make the Semi-Finals, which I did on all boards. Next Canada Games it will be to make Finals on all boards. For my last Canada Games, my goal is to WIN!!!



Upcoming Dates:

PADC / Manitoba Diving AGM - October 20th

Level 1 Theory of Coaching - October 20th - 21st

Awards Night and Halloween Party - Friday, October 26th

Bingo - October 30th

AWARDS NIGHT AND HALLOWEEN PARTY

Since last year's Award's Night which was held in conjunction with a Halloween Costume party was such a hit, we have decided to do the same thing this year!

Awards will be presented to the outstanding athletes from the 2000-2001 season. Even if you were not a part of the club last year, you should still attend. You will want to know what kinds of awards are out there waiting for you!



2001 Provincial Champions and Coaches.

The night is also our Halloween party and has been a lot of fun. Last year, every parent and athlete came in costume. I had no idea we had such creative people around! We had everything from Miss Piggy to Hippies to Punk Rockers and everything in between! So get out your tickle trunks, put on your best garb and get ready for a good time!

Date: Sunday, October 28th, 2001 (date to be confirmed)

Location: Caboto Italia Center,
1055 Wilkes Ave.

Time: 6 – 10 pm



Some of last year's costumes!

The cost is \$10 per person. A buffet dinner including pastas, pizza and salad will be served. The whole family is invited. Please RSVP with numbers **before** October 20th to Dallas at 487-6243.

NEW BOARD MEMBERS

The Pan Am Diving Club's Board of Directors is putting out a call for NEW BOARD MEMBERS! We are currently looking for new volunteers to serve in the positions of President, Treasurer and General Director. If you have any experience or knowledge of these types of positions, or if you are willing to learn, **please contact Jim at 261-9907 ASAP!!** Positions on the Board of Directors count as hours towards your Volunteer Commitment. It is also a great way to get involved with the club and support our athletes!

Get involved with the planning and organization of the Pan Am Diving Club!

BINGO!

A reminder to those of you who have signed up for this month's Bingo:

October 30th from 6:00 pm to 9:45 pm
McPhillip's Street Station
484 McPhillips

Please contact Jayne MacDonald, Executive Director of Manitoba Diving, at 925-5654 if you have not already signed up for your bingos, or to confirm dates.



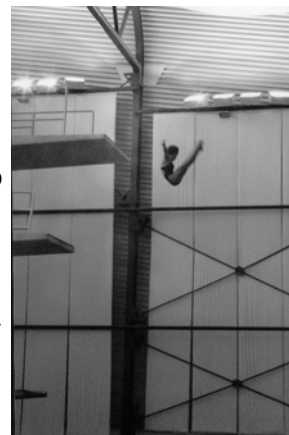
Coaches in Costume: Carolyn (Richard Simmons), Dallas (Rollerskating Waitress) and Jim (Old Hippy).

NEW FLEXIBILITY PROGRAM

This year, the Competitive divers are putting into action a new Warm-Up and Flexibility Program. The main idea is that these two are NOT the same. The purpose of the Warm-Up is to activate the muscles and neural fibers that will be used in training. The purpose of Flexibility Training is to acquire a greater range of motion (and in our case better air positions) over time. For years we have included static stretching, holding a stretched position for a period of time, in our pre-dive warm-up. We will now be doing our static stretching at home, at least 2 hours before or after training. Here is a brief description of the Warm-Up and Flexibility Training and why we have made the changes.

WARM-UP

The warm-up is done just before exercise or water training. The goal is to slowly "wake up" the muscles and neural fibers to prepare them for the upcoming activity. Warm-up activities begin slowly and increase in speed until full sport-specific speed is achieved. An example is performing arm circles, which begin slowly and then increase in speed up to the speed that is required on the diving board. Once the body is warmed up with general activities such as skipping, arm circles, leg swings and trunk rotations, more diving specific activities are performed. These include on land hurdles, back take-offs, kick-outs and entry closes. When the warm-up is finished, the diver's body should be fully prepared for the movement patterns that will be performed and speed at which they will be completed. This type of warm-up will reduce the risk of injury due to fast or explosive movements and prepare the neurological pathways for quick reactions and decision making (all extremely critical to good diving!).



Ashley Martin performing a Front 1 1/2 from the 10M tower in London, OT.

FLEXIBILITY TRAINING

Flexibility training should be considered an area that needs individual work in order to be improved. Much like strength, power or technical skills, the body needs time in order to improve in the area of flexibility. Static and Partner stretching are good ways to improve flexibility. The problem with flexibility training is that it inhibits the effects of other types of training. So although we need to stretch our muscles past their current range of motion in order to achieve better flexibility (so important to the performance of a good dive and to reduce chance of injury), we cannot do this before training the other aspects such as technique, strength and power.



The reason why we do not do flexibility training directly after a workout is because the body is already tired after a training session. Additional training, in the form of flexibility greatly increases the time needed to fully recover.

The best time to do flexibility training is at least 2 hours before or after training. This way, the effects of stretching will not interfere with training and diving. Ideally, if you dive from 6-8pm, you should do your flexibility before 4 pm or after 10pm. Generally speaking, training flexibility should be done right after school, before bed (after homework!), in the morning or sometime during the day.

So Divers, get your parents and siblings to help you out with your flexibility training! Parents, please encourage your divers to take responsibility for this area of his or her training.

Sevan Letourneau-Shesaf For further explanation, please contact Dallas at 487-6243.

ANNUAL GENERAL MEETING

October 20th at the Pan Am Pool Royal Gallery (Upstairs Hall of Fame), 10 am to 1 pm.

Old and new members of the club, please come out to this joint AGM for our club and Manitoba Diving. You will learn more about diving in this province and the direction in which we are headed. Everyone is welcome.

CLUB MEMBERSHIP

The Pan Am Diving Club is pleased to be starting the 2001-2002 season with 39 club members and 113 Learn-To-Dive members.

SUPER TOTS

Emma Beech	474-0182
Breanne Coulson	253-0614
Emily Fardoe	488-4473
Heather McLean	885-6533
Bram Wiatrowski	885-6223

PRE-COMPETITIVE

Sean Assor	339-0138
Philip Berube	254-4894
Stefan Berube	254-4894
Cyrena Couvier	888-3846
Derek Deonarine	334-9739
Brendan Graves	487-3929
Melissa Hamilton	489-2813
Carsten Hoffart	889-0731
Moses Layco	783-1870
Catherine LeMay	233-1389
Amy Nachtigall	663-4808
Trevor Plett	856-0014

COMPETITIVE FOUNDATIONS

Stacia Franz	254-6379
Jason Guarino	897-1950
Jill Gudmanson	488-9644
Kim Gudmanson	488-9644
Richard Kenkel	489-7247
Shannon MacLoed	728-2544
Cameron McLean	885-6533
Keith Mitchell	256-8396
Carla Nicholson	
Lauren Penko	896-4222
Mykel Piche	667-2627
Kristian Plushow	889-0889

JUNIOR COMPETITIVE

Summer Armit	775-6374
Andrew Budyk	222-3798
Greg Lipschitz	837-3029
Blair Little	339-6953
Cassandra MacLoed	779-7409

SENIOR COMPETITIVE

Kevin Geyson	254-4710
Sevan Letourneau-	
Shesaf	489-1758
Ashley Martin	224-5996
Geoff Ritz	489-2488
Katja Smunty	889-0731

COACHES

Jon Granke	487-0542
Jim Lambie	261-9907
Dallas Ludwick	487-6243
Carolyn McNight	477-6749
Geoff Ritz	489-2488

Try visiting
www.diving.ca!

2002 CLUB HANDBOOKS

The 2002 Club Handbook is complete and has been sent to the printers. Copies will be available within the next two weeks.

INFORMATION FORMS AND CLUB FEES

Thanks to all of you who promptly handed in your club fees at the Meet and Mingle or during the first week of training. If you have not handed in your fees, please do so as soon as possible. If you have any questions regarding fees, please contact our Club Treasurer, Rick Geyson, at 254-4710.

Don't forget to include a check for your Annual Membership Fee of \$50.

There will be Medical Forms being distributed this week. Please take the time to fill out all the information accurately for our club records. This information is important for use on trips and in case of an accident or injury.

Once all of the forms have been returned a detailed Club Roster will be distributed to all Club Members.



LEARN-TO-DIVE INSTRUCTORS THEORY OF COACHING CLINIC

A note to our Learn-To-Dive Instructors, the date for taking your Level 1 Theory course this month is October 20-21. You must be 16 years or more to attend. Contact Sport Manitoba to register. Enrollment is based on a first-paid, first-served basis. There will be an opportunity to take this course approximately every 4 weeks. But don't let the time slip by!