

Rip'n'Roar

PAN AM DIVING CLUB

December 2002 /
January 2003

DATES TO MARK IN YOUR CALENDARS

Saturday, December 7th – DIVE SHOW at Seven Oaks Pool, 444 Adsum, 1-2 pm. Be on deck at 12:30 pm. All competitive members of the club are asked to attend.

Tuesday, December 17th – PADC Board of Directors Meeting at the pool, 7 – 9 pm.

Monday – Thursday, December 23rd – 26th – NO DIVING, Happy Holidays!

Friday – Tuesday, December 27th – 31st
5-DAY TRAINING CAMP for Junior and Senior Competitive divers. The camp will run 9 am to 1 pm. Please bring a lunch as we will be taking a break mid-way through each day.

Wednesday – Saturday, January 1st – 4th
NO DIVING, Happy New Year!

Monday, January 6th – Back to regular training schedule. Start of a new session of Learn-To-Dive for both Beginners and Advanced.

Friday – Sunday, January 17th – 19th – Polar Bear Classic. The Pan Am Diving Club hosts the first competition of the year!...

Polar Bear Classic, January 17—19, 2002

This is a meet for all divers from Pre-Competitive to Senior National! Those of you who have not competed at this level before are encouraged to get ready – learn those dives! – and participate! It is important to note that unlike the Novice Provincials, not all divers can participate in this meet. Divers must fulfill their full national age group requirements in order to compete. A description of the dives required at each age group can be found in this newsletter. If you have any questions regarding these requirements, please ask your coach!

This year's Polar Bear Classic should be a fairly big meet, and a lot of fun! Included in the meet is a pizza party on the Saturday night, door prizes and hospitality throughout the meet for all competitors. We have already had many verbal confirmations of attendance from clubs from both the east and the west.

Parental volunteer information for the Polar Bear Classic will be distributed in early January. But Mark your calendars for all day Friday, Saturday and Sunday.

All Pan Am Diving Club divers are encouraged to come out to watch and

cheer for other club members even if they cannot yet compete at this level. The coaches also ask that all divers who are participating in the meet attend the full competition. We like to treat each competition the same, so treat it as an out-of-town meet, stay and cheer for your teammates even when you aren't competing! This also ensures that all divers are around for designated practice times and that they are not late for their warm-ups and events!



FUNDRAISING!

- Fundraising Packages for the Christmas Cheer Raffle have been distributed!
- Please read the packages carefully and follow instructions!
- If even one family does not follow instructions properly, the whole project will be thrown out of order!
- If you have questions regarding your package, please contact Bruce Martin at 224-5996.



CAMO International Invitational

Three PADC divers will be attending the CAMO Invitational in Montreal this year. They are: Cam McLean, Kevin Geyson and Greg Lipschitz. In order to qualify for this meet, divers must have finished in the Top 12 in their age group at last year's Age Group or Senior National Championships. However, Manitoba Diving has agreed to provide funding to divers who have finished in the Top 8 at those meets. Cam was 1st on 3M, 3rd on platform and 7th on

1M. Kevin was 3rd on 1M and 5th on both 3M and platform. Greg was 7th on platform.

The CAMO International has become quite a distinguished meet in recent years. Many overseas competitors come each year to challenge themselves against the Canadians, who consistently rank very high internationally at both the junior and senior levels. This year, the meet sounds like it is going to be the best ever, with divers from more countries attending

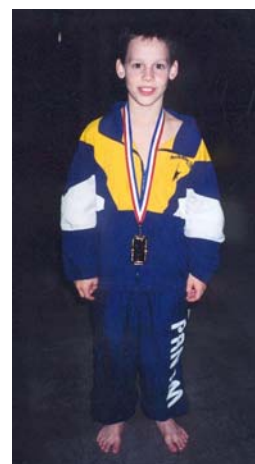
than ever before! There will be representation from all over North and South America as well as Britain and many European countries.

Although Kevin has already competed in several international meets over the years, this will be a first real international meet for both Cam and Greg. All three are diving very well and look great going into the meet. The team leaves for Montreal on Wednesday, December 4th.

GOOD LUCK BOYS!



Kevin and Greg win the Men's Open Tower at the Thunder Bay Invitational last year!



Cam with his National Gold Medal!

A Note From Kristin Davies, Competitive Diver

Hi, my name is Kristin Davies and this is my second year diving with the Pan Am Diving Club. I previously did gymnastics for ten years so after that, diving was a nice change!

When I say that, I don't mean in the pace! Competitive diving is just as fast paced as competitive gymnastics! I learned that as soon as finished learning my complete ten meter list...

Being the first girl in the club to perform my whole list of dives this year, was surprising. Mostly because doing so had been a long term goal for me, and I have already gotten all of my dives up there before December!

Now my long term goal has changed to making finals on the platform in Senior Nationals coming up this March.

Ten metre is a really exciting board. First of all, I used to be kind of afraid of heights (last year I wouldn't even do things off the five metre at first). I still get a little nervous when I'm standing backward on the ten, but I'm slowly getting used to it.

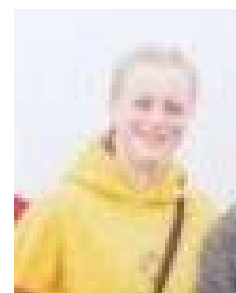
Now I find that it's more of an adrenaline rush. Especially learning my first optional dives. Those are the 5 hardest dives in your list, and when you try your very first optional dive, it's a little nerve-wracking!

I know that my coach

would never send me up to ten metre if I wasn't completely ready. I have a lot of different goals for this year, and hopefully I'll be able to reach them by the end of the year!

Right now I'm beginning to look forward to competing my tower list. I still have a lot of work to do before I start competing but I'm up for the challenge!

I really like the sport of diving! It's a great way to meet new people and I love training with friends. Especially because when you're at about the same level as your friends, you sometimes go through the same challenges and it's easier to get through them when you've got someone to relate to.



Kristin at Signal Hill in St. John's Newfoundland, during her first Diving Nationals.

2002 Pan Am Diving Club Awards

ROOKIE OF THE YEAR

(Presented by Jim)

LAUREN PENKO

- must have been in their first year of competitive diving
- showed a positive attitude towards training: was always hardworking and happy to be at the pool
- was friendly, supportive, encouraging and spirited towards other teammates
- was respectful and friendly to the coaches, other teams, judges
- accomplished an accelerated rate of improvement in diving skills due to: 100% effort at all times, willingness to try new things, desire to improve
- performed in competition up to the standard of a seasoned athlete
- was an all round model of a dedicated and talented athlete at any level

MOST IMPROVED PRE-COMPETITIVE DIVER

(Presented by Keith)

SEFAN BERUBE

- the pre-competitive diver (any number of years with the club) who showed the most improvement in diving skills throughout the year

MOST IMPROVED JUNIOR DIVERS

(Presented by Dallas)

MALE

KRISTIAN PLUESCHOW

FEMALE

JILL GUDMANSON

- the male and female divers in the competitive foundations program (any number of years with the club) who showed the most improvement in diving and competitive skills throughout the year

MOST IMPROVED SENIOR DIVERS

(Presented by Jim)

MALE

KEVIN GEYSON

FEMALE

ASHLEY MARTIN

- the male and female divers in the competitive program (any number of years with the club) who showed the most improvement in diving and competitive skills throughout the year

TOP OVERALL DIVER *(Presented by John Webster)*

KEVIN GEYSON / CAMERON MCLEAN

- the diver with the top competitive results of the year

BEST BREAKTHROUGH PERFORMANCE

(Presented by Dallas)

KRISTIN DAVIES

- for the best performance relative to previous performances and expectations

LEADERSHIP AWARD

(Presented by Jim)

LARUEN PENKO

- the diver who acted as a leader to the rest of the team
- was a positive role model to the other divers in the club by showing consistent positive training habits through hard work, and respect for coach
- always there for all other divers through encouragement when facing a challenge, support of every effort in competition and practice, spending time with the divers of all levels, and treating everyone as equals both as athletes and as individuals

TOP DIVERS IN EACH AGE GROUP

- showed the strongest performance in competition of the divers in their age group

GROUP E

(Presented by Jon)

SAWYER MARSHALL-STANCHUK

- Top scoring E diver of the year (at Manitoba Provincials)

GROUP D

(Presented by Keith)

CYRENA COUVIER

- Top scoring D diver of the year (qualified for Nationals!)

GROUP C

(Presented by Dallas)

CAMERON MCLEAN

- National Champion

GROUP B

(Presented by Dallas)

GREG LIPSCHITZ

- Top placing B diver at Nationals with a 9th on 3M and 7th on platform

GROUP A

(Presented by Jim)

KEVIN GEYSON

- Top placing C diver at Nationals with a Bronze on 1M, & 5ths on 3M/plt

CADA ATHLETES OF THE YEAR

(Presented by Jayne McDonald)

Based on : improvement in diving, contribution to club and province, educational standing, results, role model to other divers

MALE

CAMERON MCLEAN-

FEMALE

ASHLEY MARTIN

NAMING OF THE 2002-2003 PROVINCIAL TEAM

(Presented by Jayne McDonald)

Kevin Geyson, Cam McLean, Ashley Martin, Greg Lipschitz, Summer Armitt, Jill Gudmanson, Lauren Penko, Kristin Davies, Cassandra MacLeod.



2002 Manitoba Diving Awards

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CAMERON MCLEAN-

FEMALE

ASHLEY MARTIN

MANITOBA SPORTS EXCELLENCE AWARDS		
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(Presented by Jayne)

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Kevin Geyson, Cam McLean, Ashley Martin, Greg Lipschitz, Summer Armitt, Jill Gudmanson, Lauren Penko, Kristin Davies, Cassandra MacLeod

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Manitoba Novice Provincial Results

Girls 7-9, Level D (13 divers)
Rachel Blaine 92.50 6th

Boys 7-9, Level D (7 divers)
Pascal Toupin-DeBrincat 100.70 1st

Girls 7-9, Level C (3 divers)
Erin Blaine 156.95 1st
Lindsay Wankling 142.65 2nd
Morgan Wankling 133.90 3rd

Girls 10-12, Level C (5 divers)
Jessica Jones 167.65 1st
Miranda Trowbridge 156.45 2nd

Boys 10-12, Level C (2 divers)
Ryan Vidal 138.15 1st

Girls 10-12, Level B (2 divers)
Kara-Dawn Moroz 200.65 1st
Breanne Coulson 199.00 2nd

Boys 10-12, Level B (2 divers)
Brett Jones-Melbourne 197.90 1st
Robert Berube 177.90 2nd

Girls 15+, Level A (2 divers)
Breanne Boiteau 286.85 1st
Nicole Sherrington 285.05 2nd

Boys 15+, Level A (1 diver)
Zachary Kroeker 263.35 1st

Manitoba Novice Provincials

This year's winter Novice Provincial Championships were held on Saturday, November 23rd at Pan Am Pool. The event was a huge one with over 50 divers participating!

This meet is geared for divers at the Learn-To-Dive and Pre-Comp level. All divers received a certificate of participation and a diving poster. Top 8 finishers received a ribbon.

All of our new divers competed in the meet, and for many it was their first diving competition ever!

All of our club divers did extremely well! They put on quite a show for the Learn-To-Divers by competing in the higher novice levels and by showing off some tough dives!

Pre-Competitive coaches Keith, Jon and Ashley were all smiles as they watched their divers compete in the first meet of the year.

The next goal for all of these divers is to learn all of the required dives in order to compete at the Polar Bear Classic. Age Group requirements are outlined next...

FULL AGE GROUP REQUIREMENTS
(Required for the Polar Bear Classic springboard events.)

Group E (born in '94 or later)
Front & Back jumps and 4 dives from 3 directions.

Group D (Born in '92 or later)
6 dives from 4 directions; 3 compulsories + 3 optionals.

Group C (Born in '90 or '91)
8 dives from 5 directions; 5 compulsories + 3 optionals.

Group B (Born in '88 or '89) and Group A Girls
10 dives from 5 directions; 5 compulsories + 5 optionals.

Group A Boys (Born in '86, '86 or '87)
11 dives from 5 directions; 5 compulsories + 6 optionals

***Note:** Compulsory dives are limited by a degree of difficulty that cannot be exceeded and must all be from different directions. Optional dives must also all be from different directions.