



## PAN AM DIVING CLUB

April 2003

# Rip 'n' Roar

## Dates to Mark in Your Calendars!

**Saturday, April 5:** Start Learn-To-Dive Spring Session .

**Tuesday, April 8: Pan Am Diving Club Annual General Meeting,** 6:30 – 8 pm in the Royal Gallery. All club members (parents and divers over the age of 16) carry a vote in the operations of the club. Please come out and attend this meeting where ideas and policies will be discussed.

**Tuesday, April 15th: Nationals Planning Committee Meeting.** 7 pm at the pool.

**Thursday – Sunday, April 24-27: London Invitational, ON.** Has been cancelled! Due to the SARS epidemic, we will not be traveling to Ontario.

**Thursday – Sunday, April 24-27: Western Canadian Championships, Regina.** We are looking to travel the full team! Everyone with a list of dives on at least one board is invited to attend.

**Thursday – Sunday, May 1-4: Canada Cup, Victoria.** Kevin will be representing Canada at this competition. Our three other senior national level athletes (Ashley, Kristin and Lauren) will also be attending the meet for an international-level exposure camp.

**Thursday – Sunday, May 8-11: Thunder Bay Invitational.** All Competitive and Pre-Competitive athletes will a full list for their age group on at least one board are invited to attend.



## Welcome!

...to Samantha Deamel and Devin St. Godard who are joining the Pan Am Diving Club this month! Both Samantha and Devin begin diving in the City of Winnipeg Beginner program in the fall session. And both joined our Pan Am Diving Club Advanced

program for the winter session. Now that it is Spring, they are ready to take on the club's Pre-Competitive program! Clearly these two are progressing very rapidly and they will certainly fit right in to our club!



## THE PAN AM DIVING CLUB JUMPS INTO THE 21ST CENTURY!

- ♦ *YES! We do take credit cards!*
- ♦ *PADC is now fully equipped to process fees and travel payments by credit card!*
- ♦ *We accept VISA, Master Card and American Express.*
- ♦ *By next year, you will be able to pay your club fees by automatic withdrawal to your credit card if you choose!*
- ♦ *For now, you can charge the remainder of travel costs that way!*
- ♦ *This should make payments a lot easier for some families.*
- ♦ *Hooray!!!*

## Alberta Winter Provincials, Calgary

After Senior Nationals, the rest of the competitive team traveled to Calgary for the Alberta Winter Provincials, March 20-23. For Kelly, Breanne B. and Stefan, this was a first “airplane” trip with diving! All three had wide eyes as they watched the best divers in Calgary and Edmonton. They too got a lesson in great diving and have certainly been working hard every since!



**Synchro Gold!**

The highlight of the meet was Kelly and Jill’s GOLD medal in the Women’s Synchronized 3m event! Not only did they win the event, they also qualified for Senior Nationals! As we are hosting the Summer Senior Nationals in June, you will all get a chance to see this team in action!

Although this team had more rookies than seasoned travelers, we still managed to bring home 4 medals! Other meet highlights were: Cam showing Dallas a videogame she actually LIKED! (“Dance Dance Revolution” is amazing... go check it out if you haven’t already!). Greg getting all 8 and 8.5s on his first dive on platform, all 7.5s on his 2<sup>nd</sup> and all 6.5s on his 3<sup>rd</sup>...! Kelly spending waaaaay too much money at the mall! And Keith buying new (non-stinky) deck shoes!

### Winter Novice Provincials

Several Pre-Competitive divers also competed in the Winter Novice Provincials held Sunday, March 16<sup>th</sup>. Rachel Blaine and Pascal Toupin-DeBrincat competed in the 7-9 age category. Ryan Vidal, Carly Smith and Miranda Trowbridge competed in the 10-12 age category. Finally,

Zachary Kroeker and Devin St. Godard competed in the 15 and over age category. All of our Pre-Competitive divers did a great job. This was the final Novice level meet of the year, so work hard and get those dives needed to compete at Manitoba Provincials in May!

### CLUB FINANCIAL UPDATE

Each family’s financial statements are in the mail! You should be receiving it any day if you haven’t received it already! Please take a moment to review your statement and forward any questions to Linda Ferguson, our club Treasurer and Bookkeeper. Linda can be reached by phone on the club line (487-6243) or by email ([lindafer@mts.net](mailto:lindafer@mts.net)).

### BINGO

There are still 5 spots available for the Bingo on Tuesday, June 24th from 9:00—11:45 pm at Club Regent. To book, call Jayne McDonald at 925-5654.

## Upcoming Competitions

For those of you who would like a little more information on the upcoming competitions, here is the breakdown. The Western Canadian Championships (Regina), April 25-27 are suitable for all divers with a full list of dives for their age group. This is a bus trip and divers only need to be able to dive on one board in order to attend. The Thunder Bay Invitational, May

9-11 is a tier 1 and 2 meet. This means, that divers who are short a dive in their lists, can compete in tier 2. This is also a bus trip and we always have a lot of fun in Thunder Bay. Manitoba Provincials, May 24-25 is planned to be a very small meet. So we really encourage all the divers in the club to get out to at least one, but preferably both of the bus trips to

get some competition in their age groups. Both of these are excellent competitions for divers who are trying to qualify for Nationals. Traveling with the team is also a great team building and motivation tool for athletes. So come on out and join us!

## 2003 Winter Senior Nationals, Edmonton

Four Pan Am Diving Club divers, Kevin, Ashley, Lauren and Kristin competed in the Winter Senior Nationals in Edmonton, March 6-9. Once they finished shopping (at Mall of America and IKEA), it was time to get down to business!

Kevin is a veteran to competing at this level and he had a successful meet. On 1m, he qualified for the Finals (only the Top 12 advance) in 10<sup>th</sup> place and then he had a personal best performance to finish 6<sup>th</sup>! He also made the finals on 3m and finished 12<sup>th</sup>. On platform, he finished in 6<sup>th</sup> place, which secured



*Having fun at West Edmonton Mall*

his spot on the National Traveling team. Because of this result, Kevin will be representing Canada at the

International Canada Cup in Victoria in May. He will also represent Canada at either the American Grand Prix or the Mexican Grand Prix meet.

Ashley has competed in a few Senior Nationals as well and she finished in the finals for the second time on platform. For Lauren and Kristin, the meet was a learning experience. It

was the first Senior Nationals for both of them. In fact, both girls have only competed in one Age Group Nationals so far! Lauren managed to make the platform Semi-Final (Top 18 advance) and finished 18<sup>th</sup>. Kristin was 21<sup>st</sup> in the event. Lauren and Kristin also competed on 1m and finished 32<sup>nd</sup> and 33<sup>rd</sup> respectively. Most importantly, they certainly had their eyes opened to Canadian diving and have been working hard ever since they got home!

Don't forget that our club is hosting the Summer Senior Nationals this June. You will definitely want to come check out this meet as all of Canada's best divers will be competing for spots on the Pan Am Games Team!

### A Note about Senior Nationals by Ashley Martin

Where to start?... My first Senior Nationals was in July 2000. I was 13 years old. At that point I was just going for the experience and to watch the "really good" divers, as I used to call them. Now I realize that I am just as capable of doing what they have done when I set my mind to it! These days, when I got to Senior's it's not just for experience. I set new goals for myself each time.

Senior Nationals is very different from Age Group Nationals. When I go to Age Groups, I try to win my event. But at Seniors I am aiming for Top

10... and before I know it I will be trying to win there too!

During practice I put my heart and body into what I am doing. Not only does your body and mind have to do what your coach tells you, you have to want to do it for yourself first! As I dive I think of where I want to go with this... what teams I want to make, who I want



**Ashley has been named to the Manitoba Provincial Team every year since 1999 and is been Manitoba's Best All Round Diver for 2001 & 2002.**

to be like and also what kind of a role model I want to be!

My long term goal is to become a Canadian Senior National Team member and compete at the Olympics, Pan American Games or Commonwealth Games.

### Volunteer Commitment:

Many families have already fulfilled their annual volunteer obligation. However, there are some families who still have quite a few hours to work off. The two remaining volunteer opportunities (the competitions we are hosting) are:

1. Manitoba Tier 1 & 2 Provincials, Saturday & Sunday May 24-25.
2. Summer Senior Nationals, Thursday – Sunday, June 5-8.

Our club desperately needs volunteers to run these meets. Please call Sally at 837-3029 to book your volunteer hours! If you are able to work weekdays please take those shifts as they are always the most difficult to fill. If you are available to volunteer some extra time for these meets, it will be greatly appreciated!

## PAN AM DIVING CLUB

2855 Pembina Hwy.  
Suite 156  
Winnipeg, MB CANADA  
R3T 2H5

Phone: 204.487.6243  
Fax: 204.487.6243  
Email: dallas@panamdiving.com



**There are no limits**



*This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.*

*It would also be useful to include a contact name for readers who want more information about the organization.*

## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names

and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to

mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



*Caption describing picture or graphic.*