

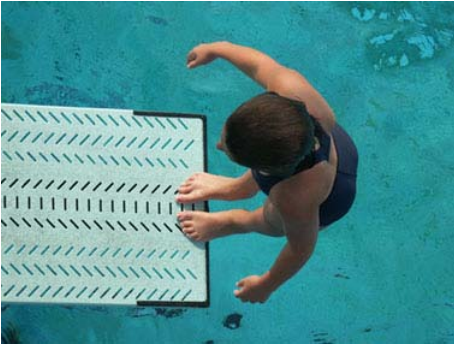
# PAN AM DIVING CLUB

## Rip'n'Roar

**MAY &  
JUNE 2003**



### DATES TO MARK IN YOUR CALENDARS!



**Thursday – Sunday, May 1-4: Canada Cup.** Kevin represented Canada at this meet which will be televised on CBC Saturday Sports May 11 & 18.

**Monday, May 19<sup>th</sup>:** **NO DIVING** during regular hours (Victoria Day pool closure). Competitive members will have practice from 11 am – 1:30 pm.

**Tuesday, May 20<sup>th</sup>:** **Manitoba Diving Meeting / Nationals Planning Committee Meeting.** 7:00 pm at the pool.

**Saturday-Sunday, May 24-25: MB Diving Provincials.** This is also a Tier 1 & 2 meet; all club divers should be diving in this event. To fulfill volunteer commitments at this meet, please contact Sally at 837-3029.

**Monday – Sunday, June 2-8: Canadian Senior Nationals.** We are hosting this prestigious event, which will play host to the top divers in the country. These divers will be competing for spots on the 2003 Pan Am Games Team. Teams will begin training throughout the day Monday-Wednesday and the events run Thursday-Sunday. There will be regular club training times Monday-Wednesday, and **NO DIVING** Thursday-Saturday. However, you will definitely want to come out and watch this spectacular diving as much as possible! Again, to fulfill your volunteer commitment at this meet, contact Sally at 837-3029.

**Tuesday, June 10: PAN AM DIVING CLUB AGM!** 6:30 pm in the Aquatic Hall of Fame.

**Monday-Friday, June 23-27: LAST WEEK OF REGULAR SEASON TRAINING!** This is the last week of regular training hours for the club. Information on Summer Camps will be distributed in June.

**Monday-Friday, June 30-July 4: Age Group National Training Camp.** This camp will run from 9 am to 1 pm each day and is mandatory for all divers traveling to Nationals. Divers should bring a lunch as we will be taking a quick break partway through the workout each day.

**Sunday-Monday, July 6-14: Canadian Age Group National Championships, London, Ontario.** For all qualified athletes.

### Diving Birthday Parties

Are you interested in having a diving birthday party? Or do you know anyone who would enjoy one? The Pan Am Diving Club now offers a new experience in birthday parties. Information pamphlets are available or you can call Dallas at 487-6243.



### BINGO

**There are still 3 spots remaining for the June 24<sup>th</sup> late bingo. To sign up, contact Jayne at**

**925-5654.**

# Western Canadian Championships, Regina

The Pan Am Diving Club sent 14 divers to Regina for the Western Canadian Championships, April 25-27, and what a great job they did there!



**Bus Buddies Breanne C, Cyrena and Erin**

The team brought home 14 medals (6 gold, 3 silver, 5 bronze) and finished 2<sup>nd</sup> in the team standings, behind the Edmonton Springboard and Platform Diving Club (29 divers strong)! Cam won Top Junior Male Diver of the meet (3 gold) and Kevin won Top Senior Male of the meet (2 gold, 1 silver) – way to go!



**Ashley on the water-slide!**

One of the highlights of the meet was our 1-2 finish in the Women's Synchro 3M event by teams Ashley & Lauren and Jill & Kelly respectively. Ashley & Lauren competed as a team for the first time, and Jill & Kelly improved their score by 70 points since their last meet! Both of



**Our Synchro Teams Win Gold & Sil-**

these teams will be competing here in Winnipeg at the Summer Senior Nationals in June. Make sure you come out to cheer them on!

Many of our divers also set personal best individ-

ual scores... by a lot! Breanne Boiteau completed the most improved performance for beating her old personal best score on 1M by 56 points! She also beat her old personal best score on 3M by 45 points and competed on tower for the first time! Next best were Cyrena's record breaking scores.

She smashed her old personal record on 1M by 51 points, her 3M record by 46 points and her tower record by 22 points! Lauren broke her old 1M record by 48 points!

Breanne Coulson also broke her old record on 3M by 43 points! She won her first medal (bronze) in that event and also qualified for Age Group Nationals for the first time! These are HUGE improvements!

Other personal best scores included Kelly's 1M (23 points) and 3M (18 points), Sawyer's 1M (19 points) and 3M (first time), Erin Blaine's 1M (12 points) and 3M (first time) and Cam's tower (10 points).

Also, congratulations to Age Group D divers, Breanne C, Erin and Sawyer, who traveled to their first out-of-town meet. Since all three improved on their personal best scores, clearly their nerves didn't get the best of them! Congratulations all!



**Pool Pile-Up! Erin on Kelly on Kevin & Cam on Stefan!**

INSERT SALLY'S NOTE HERE!

# Thunderstruck Invitational, Thunder Bay

Everyone was invited to attend this Tier 1 & 2 meet in Thunder Bay, Thursday – Sunday, May 8-11. We traveled 22 athletes and 4 coaches to this meet! I

think everyone will agree that this meet was a huge success! With the host club of Thunder Bay earning 350 team points (2nd place), the Pan Am Diving Club

stole the show with over 600 team points! We had some new qualification standards met, including



Kristin in all 3 Girls A events and Senior

Kroeker, Brett Jones-Melbourne and Ryan Vidal. All of these divers did a great job at their first traveling meet!

Hats go off to both Lindsey and Morgan for learning reverse dives in practice at the meet! Way to go girls!...con't



Women's 1m and tower, Jill in Senior Women's 3m, Cam in Senior Men's 3m, Kelly in Girls A tower Breanne C in Girls D 1m, and Cyrena in Girls C tower!

First time travelers included Morgan and Lindsey Wankling, Jessica Jones, Jessica Ibbotson, Zachary



## Age Group National Qualifiers!

The following athletes have met the point standards that will allow them to compete at the 2003 Age Group Nationals in London, Ontario in July!

Breanne Coulson—D—1m, 3m  
 Cam McLean—C—1m, 3m, tower  
 Cyrena Couvier—C—tower  
 Jill Gudmandson—B—1m, 3m, tower  
 Cassandra MacLeod—B—1m, 3m, tower  
 Greg Lipschitz—B—1m, 3m, tower  
 Lauren Penko—A—1m, 3m, tower  
 Kristin Davies—A—1m, 3m, tower  
 Kelly Safanovs—A—tower  
 Ashley Martin—A—tower

## Senior National Qualifiers!

The following athletes have met the point standards that will allow them to compete at the 2003 Summer Senior Nationals held here in Winnipeg in June, as well as the 2004 Winter Senior Nationals in Alberta.

Jill Gudmandson—Women's 3m, tower  
 Lauren Penko—Women's 1m, 3m, tower  
 Kristin Davies—Women's 1m, tower  
 Ashley Martin—Women's tower  
 Kevin Geyson—Men's 1m, 3m, tower  
 Cam McLean—Men's 3m  
 Ashley & Lauren—Women's 3m Synchro  
 Jill & Kelly—Women's 3m Synchro

## Thunderstruck Results... Continued

**Womens Open 3M** (11 divers)  
 Lauren Penko 406.00 Bronze  
 Kristin Davies 393.10 4<sup>th</sup>  
 Jill Gudmandson 382.05 5<sup>th</sup>  
 Kelly Safanovs 343.75 7<sup>th</sup>  
 Cassandra MacLeod 324.70 9<sup>th</sup>  
 Breanne Boiteau 321.25 10<sup>th</sup>

**Womens Open Tower** (5 divers)  
 Lauren Penko 405.40 Gold  
 Kristin Davies 380.05 Silver  
 Cassandra MacLeod 354.00 Bronze  
 Jill Gudmandson 351.25 4<sup>th</sup>  
 Kelly Safanovs 329.05 5<sup>th</sup>



## Thunderstruck Invitational, Continued...

Again, many personal best scores were surpassed. All in all the team had a great showing and is proving itself to be one of the top diving clubs in the country!

Even the parents had a great time on the trip! Several families made the trip out to Thunder Bay to cheer for our team... and to have a little fun! Even the mother's were given Mother's Day roses on Sunday—a very nice touch on the part of the organizing committee. Thanks for coming out to make our cheering section even louder!



## SCHEDULE OF EVENTS CANADIAN SUMMER SENIOR NATIONALS

All Club divers should take the opportunity to come out and watch  
Canada's best divers!  
Admission is free... come and go as you please!



Thursday, June 5

10 am  
1 pm  
followed by  
3:30 pm  
followed by

Women's 1M Preliminary  
Men's 10M Preliminary  
Men's 10M Semi-Final  
Women's 1M Final  
Men's 10M Sychro



Friday, June 6

10 am  
1 pm  
followed by  
3:00 pm  
3:30 pm  
followed by  
7:30 pm

Men's 1M Preliminary  
Women's 10M Preliminary  
Women's 10M Semi-Final  
Welcoming Ceremony  
Men's 1M Final  
Women's 10M Sychro  
Alumni Party (Aquatic Hall) *Parents Invited!*



Saturday, June 7

10 am  
followed by  
1 pm  
3 pm  
followed by

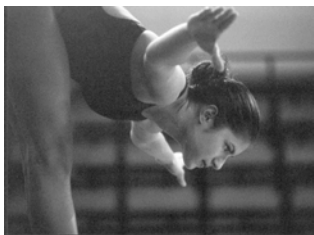
Women's 3M Preliminary  
Women's 3M Semi-Final  
Men's 10M Final  
Women's 3M Final  
Men 3M Sychro



Sunday, June 8

10 am  
followed by  
1 pm  
3 pm  
followed by

Men's 3M Preliminary  
Men's 3M Semi-Final  
Women's 10M Final  
Men's 3M Final  
Womens 3M Sychro



## Hosting the Summer Senior Nationals

All divers are encouraged to come out and watch as much of the Summer Senior Nationals as possible!

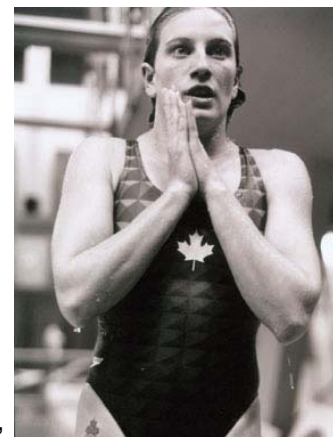
For some of you, it will be a long time before you get to see this caliber of diving again! Don't miss out!

For others hoping to one day jump onto the senior national diving scene, watching this competition

**Alexandre Despatie, Commonwealth Games Champion (at 13 & 17), 4th place at the 2000 Sydney Olympics... Yes! He will be here!!!**

will give you a feel for the type of diving that is present at the elite level.

And last, but certainly not least, **7** Pan Am Divers will be competing! This is the biggest team that our club has sent to the Senior Nationals in over 10 years! And for Cam, Jill and Kelly, this will be a very first senior Nationals! Come out and support their efforts!



**Emilie Heymans, Olympic Silver Medallist in 2000! Commonwealth and Pan Am Games Medallist!**

