

# September / October 2003

PAN AM DIVING CLUB

## Welcome to the 2003-2004 Season!

Welcome back to another great season with the Pan Am Diving Club! We are off to a different type of start this year, being waterless due to the closure of the Pan Am Pool. We do expect things to run smoothly, however, provided everyone tries to keep informed. We ask that you please read the distributed newsletters and information flyers carefully, and mark important dates in your calendars right away. A lot of effort is made to include all relevant information on these papers, so please don't toss them to the side and then ask us questions later! For those of you who wish to receive the club newsletters and flyers electronically throughout the year, there will be an e-mail sign up sheet at the registration nights.



A special welcome goes out to the new parents and divers of the club! We hope you will enjoy your involvement with our club. New divers this Fall are: Super Tots Cole Funk and Lily Kaufmann, and Junior Pre-Competitive Divers Danielle and Sahla Mitchell and Megan Wilton. Welcome to you and your families! If you have any questions regarding the club, we hope to be able to answer them all at the registration nights. If not, there is a list of coach phone numbers below. Coaches will also be available for meetings on Wednesday nights at 8 pm (provided one is booked in advance).

This is the first newsletter of the year. You can expect a newsletter at the beginning of each month for the rest of the season. If some months you think you have missed the newsletter, please ask! Important information is found inside that you will need to know! If you have any bulletins that you would like to see written in the newsletter, please forward the information to Dallas no later than the 20<sup>th</sup> of the previous month.

In the past, there has been a Meet & Mingle event at the beginning of the year to get everybody together in a social atmosphere and to welcome the new families to the club. If anyone is interested in organizing such an event, please contact Dallas for a club contact list! The 2002-2003 season was a full of accomplishments for the Pan Am Diving Club, and I believe that 2003-2004 is going to be even better! It is going to be a great year...

## Pan Am Diving Club Coaching Staff

Jim Lambie, Head Coach	261-9907
Dallas Ludwick, Assistant Head Coach	487-6243
Keith Pearch, Competitive Coach	453-6013
Jon Granke, Pre-Competitive Coach	275-3248
Ashley Martin, Jr. Pre-Competitive Coach	224-5996
Summer Armitt, Super Tots Coach	775-6374



### This year we are hosting:

- **The Polar Bear Classic**—January—See Junior and Senior divers from all over Canada!
- **Canadian Olympic Trails**—June—Only the best divers in Canada will be fighting for Olympic berths!

# Important Dates to Mark in your Calendars!

**Monday, Wednesday & Friday, September 15 – 19 – KING'S PARK TRAINING** for competitive and pre-competitive divers returning to the program, 4:45 – 7 pm.

**Monday & Tuesday, September 22 & 23 – REGISTRATION NIGHTS** (You are here!)

**Monday & Tuesday, September 22 & 23 – DRYLAND TRAINING IN GRANT PARK / PAN AM POOL FIELD.** 4:45 – 7 pm. (To make registration easier.)

**Wednesday – Friday, September 24 – October 3 – DRYLAND TRAINING AT KING'S PARK.** For all returning Competitive and Pre-Competitive divers, 4:45 – 7 pm.

**Saturday, October 4 – FALL SESSION OF LEARN-TO-DIVE BEGINS!** All instructors are to be at least 10 minutes early this week for the first class of the session to receive their class lists and greet their divers.

**Monday, October 6 – REGULAR DIVING TIMES BEGIN FOR ALL DIVERS AT THE POOL!** All divers will begin training in the groups and times they are registered for with their designated coach.

**Monday, October 13 – NO DIVING.** Thanksgiving Day Holiday.

**Tuesday, November 11 – NO DIVING.** Remembrance Day Holiday.



## A Note from Jim Lambie, Head Coach

Hello Divers,  
Welcome to the 2004 season of the Pan Am Diving Club. I am looking forward to this season, and I am confident that with hard work and the incredible talent that you have to offer we will have the most successful year to date. 2003 saw us finish the year as one of the top six diving clubs in Canada at the Senior level and 9th at the Junior level. Our goals are lofty this season, but I know you are up to the challenge.

This is an exciting time to be involved in diving in Canada! Diving is by far the premier aquatic sport in the country and Canada is fielding one of

the best diving teams in the world! In the last World Championships, Canada won two Gold and a Silver. They followed that a month later with 7 of 8 possible Gold at the Pan American Games in the Dominican Republic. Our Junior Team then went on to Brazil in August and won the Pan American Junior Championships. Our own Cam MacLean won the Silver medal in the 1 meter event.

This year is the Olympic year and the Pan Am Diving Club will be hosting the Olympic Trials in June 2004. This will be the most exciting event held in Winnipeg in the past ten years.

Not only will two world champions be competing and vying for Olympic positions, you will also have the opportunity to see 2-4 potential medal winners at the Olympic Games in Athens during the summer of 2004.

Be proud of the sport you have chosen and be proud of the fact that you are a member of one of the top clubs in the country. Don't let people refer to you as a swimmer----you are a diver!

I look forward to seeing you all in October and getting our competitive season under way. Remember our club motto "***There are no limits***"!

# Age Group National Championships—London, Ontario

This year's Age Group Nationals were held in London, Ontario July 10 – 13. PADC was well represented by 11 participating divers. Only two of these divers, Cyrena Couvier (Girls 12-13) and Breanne Coulson (11 + under), were rookies to the team. They, along with the rest of the team, did a great job earning 75 team points for a 9<sup>th</sup> place finish out of the 30 clubs that participated this year.

The highlight of the meet was the Gold Medal won by Cam McLean in Boys 12-13 1m. Cam beat 9-time national champion Riley McCormick from Victoria for the win. It was a very exciting race with the top 3 boys all very close in points from start to finish! Cam's first place secured his spot as part of the Canadian Junior National Team that would travel to Belem, Brazil for the Junior Pan American Championships in August. The best part about his performance was that Cam made such a strong comeback from a very disappointing event the day before where he placed 26<sup>th</sup> on tower. Here is a great example of why you should never, ever, ever give up!

Other stand-out performances included Kristin Davies' 12<sup>th</sup> place finish on tower. Kristin was competing in only her 2<sup>nd</sup> age group nationals and achieved her goal of making

the finals (only top 12 advance). In fact, she was sitting in 6<sup>th</sup> at the cuts! Breanne Coulson also made the top 12 on 3m at her first nationals ever! It is very difficult to do this at your first nationals, she finished 11<sup>th</sup>. Jill Gudmandson was our best all-round

performer of the meet. She finished 6<sup>th</sup> on 1m and 7<sup>th</sup> on both 3m and tower, earning 24 of the 75 team points of the meet! Greg Lipschitz also earned 22 points with his 5<sup>th</sup> place finishes on tower and 3m and a 9<sup>th</sup> place finish on 1m!

Another treat was having Emilie Slavenburg become a part of the Pan Am Diving Club. Emilie lives in Geneva, Switzerland and came to train and compete with our club for the summer. Having limited access to a tower complex (theirs is an outdoor complex that can only be used for 2-3 months of the year), Emilie was particularly interested in learning enough tower to compete up there for the first time. She did accomplish this goal and competed on all 3 boards at

nationals! Another reason to visit Winnipeg was to get a chance to practice her English, since Emilie had registered for an English-immersion school



2003 Age Group National Team : (l-r back) Greg, Cam, Emilie, Jill, Cassandra, Lauren, Ashley, Erin, Kristin, (front) Breanne and Cyrena.

for fall. Her English did improve over the summer, and Emilie was a real addition to the team and an all round pleasure to have around.

The Forrest City Diving Club (London's home club) also organized a day of fun at a game park complete with waterslide, miniature golf, wall climbing, go-cart racing and video games. This was a lot of fun and I assure you that the coaches (Jim and Dallas) were sore for days after 2 or 3 successful climbs of the rock wall!

All in all the trip was a lot of fun and a big success. Next year we hope to grow our team even bigger and keep up the good results!

## PAN AM DIVING CLUB

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THERE ARE NO LIMITS!

Check out: [www.diving.ca](http://www.diving.ca)  
[www.manitobadiving.com](http://www.manitobadiving.com)  
[www.panamdiving.com](http://www.panamdiving.com)

### Up and Coming in the NEXT NEWSLETTER:

- Read all about Cam's experience representing Canada at the Junior Pan American Championships in Belem, Brazil.
- Kevin shares his thoughts about winning two Senior National Medals, hosting the Olympic Trials, and not attending his first Age Group Nationals in 7 years!
- Details about where you can help on this year's Polar Bear Classic and Olympic Trials Organizing Committee! For more information now, please call Jayne at 925-5654.



Cam wins the Boys 12-13 1m event at Nationals.

## 2003 Age Group National Results

### AGE GROUP NATIONALS

London, ON July 10-13, 2003

#### Girls D 1m (23 divers)

Breanne Coulson 126.57 22<sup>nd</sup>

#### Girls D 3m (23 divers)

Breanne Coulson 168.33 11<sup>th</sup>

#### Girls C 1m (44 divers)

Cyrena Couvier 113.85 42<sup>nd</sup>

#### Girls C 3m (42 divers)

Cyrena Couvier 118.65 40<sup>th</sup>

#### Girls C Tower (40 divers)

Cyrena Couvier 99.54 37<sup>th</sup>

#### Boys C 1m (36 divers)

Cam McLean 317.34 Gold

#### Boys C 3m (33 divers)

Cam McLean 287.55 6<sup>th</sup>

#### Boys C Tower (35 divers)

Cam McLean 121.24 26<sup>th</sup>

#### Girls B 1m (27 divers)

Jill Gudmandson 338.25 6<sup>th</sup>

Cassandra MacLeod 153.87 16<sup>th</sup>

#### Girls B 3m (28 divers)

Jill Gudmandson 352.47 7<sup>th</sup>

Cassandra MacLeod 166.62 24<sup>th</sup>

#### Girls B Tower (24 divers)

Jill Gudmandson 277.77 7<sup>th</sup>

Cassandra MacLeod 134.82 15<sup>th</sup>

#### Boys B 1m (14 divers)

Greg Lipschitz 330.51 9<sup>th</sup>

#### Boys B 3m (12 divers)

Greg Lipschitz 158.08 5<sup>th</sup>

#### Boys B Tower (8 divers)

Greg Lipschitz 285.69 5<sup>th</sup>

#### Girls A 1m (38 divers)

Erin Lindsay 161.07 29<sup>th</sup>

Kristin Davies 160.44 30<sup>th</sup>

Lauren Penko 152.94 32<sup>nd</sup>

Emillie Slavenburg 148.02 35<sup>th</sup>

#### Girls A 3m (33 divers)

Kristin Davies 196.89 18<sup>th</sup>

Emillie Slavenburg 173.22 27<sup>th</sup>

Erin Lindsay 173.16 28<sup>th</sup>

#### Girls A Tower (23 divers)

Kristin Davies 278.73 12<sup>th</sup>

Ashley Martin 166.38 17<sup>th</sup>

Emillie Slavenburg 155.13 21<sup>st</sup>

Lauren Penko 126.45 22<sup>nd</sup>