

Rip'n'Roar—November 2003



Dates to Mark in your Calendars!

Thursday & Monday, November 6 & 10: Last days of Fall-1 Advanced LTD.

Tuesday, November 11: NO DIVING, due to Remembrance Day Holiday.

Wednesday & Thursday, November 12 & 13: Start of Fall-2 Advanced LTD.

Tuesday, November 18: PADC Board of Director's Meeting, 7 pm at the pool.

Saturday November 22: Club Flyer Day, 12:30—2 pm meet at pool. All club divers are asked to meet at the pool and then distribute flyers for the Winter Learn-To-Dive session in local parking lots. (Transportation to and from pool will be provided.)

Thursday – Saturday, November 27-29: NO DIVING, due to swim meet.

Saturday, November 29: Pan Am Diving Club and Manitoba Diving AGM! The PADC AGM will begin at 11 am and the Manitoba Diving AGM will begin at 1 pm. There will be a lunch provided in between meetings. All meetings will be held in the Aquatic Hall of Fame. Please come out! There are board positions up for election and policies to be approved. Come out and learn how diving is run in this province!



FYI: Diving is Canada's Top Aquatic Sport!

This past summer Canada's best divers competed at the Aquatic World Championships in Barcelona, Spain, July 13 – 27. This meet was the biggest and toughest meet of the year for the best divers in the world. And Canada brought home 3 medals! In fact, Diving is so strong in Canada, that diver Alexandre Despatie was name the flag bearer for Team Canada (diving, swimming, synchronized swimming and water polo participated).



In the end, Alexandre won the gold medal on Men's 10M and Emilie Heymans won the gold medal on Women's 10M! That means that Canadians are both the male and female divers to beat going into the 2004 Olympics in Athens, Greece this summer! Blythe Hartley also won the

bronze medal on Women's 1M. Blythe was the World Champion last time in 2001. The next Aquatic World Championships are being held in Montreal during the summer of 2005.

On top of the great success in Spain, our Canada's top divers also completed a near sweep of the gold medals at the Pan Am Games in Santo Domingo, Dominican Republic two weeks later. Canada won 7 of the 8 possible gold medals and a silver and two bronze as well! The American and Mexican teams are also strong, but Canada had been better all year...

and they proved it here!

So be proud of your sport... DIVING! Diving was Canada's top medal sport at the 2000 Olympic Games, and now the 2003 World Aquatic Championships and Pan Am Games! You are a part of one of ... CANADA'S BEST SPORTS!

Junior Pan American Championships

While most of you were at the lake sun tanning this summer, Cam and Dallas were preparing for the Junior Pan American Championships in Belem, Brazil. This would be Cam's first major international championship, and he would represent Canada in the Boys 12-13 1m springboard event. Getting your first National Team bathing suit is probably worth missing out on some beach time!

The 10-day trip began with a 30-hour plane ride to Brazil on Saturday, August 30th. The divers from across Canada met up in Toronto and went on from there together. Although sleeping on the plane wasn't anybody's favorite, we did rack



up a lot of Aeroplan Miles! The Canadian Team consisted of 24 athletes (3 boys & 3 girls in each of the 4 age groups), 6 coaches, 1 judge and 1 team leader. The group got along incredibly well and everyone had a great time! The weather in Belem was beautiful... sunny and over 30 degrees every day! And surprise – the pool...



was OUTDOORS! (We had been told it would be an indoor pool before we left.) Most Canadian divers have not had the opportunity to train or compete in an outdoor facility – but it was a lot of fun. Just ask Cam how much he enjoyed diving in the sun... and especially in the rain! The most important thing to remember was to drink a lot of water and to put sunscreen on a few times a day – the sun was HOT! Even the coaches and judges had to jump into the water about 10 times a day just to cool off... it was great!

To top things off, the Canadian team did awesome! We won medals every day and in almost every event. Cam's event wasn't until Saturday, so he got to practice for quite a few days. I was excited just to get in the game already! Cam's first dive was a bit of a miss and he showed his nerves. But after



that, he did great! He moved up in the standings each round and finished 2nd! In fact, Canada went 1-2 in that event, with Riley McCormick of Victoria finishing 1st, only 6



points ahead of Cam. In the end, Canada WON the championship! We had the best results out of all of the other countries. The following teams were: Mexico, USA, Brazil, Colombia and the Dominican Republic. Coming home with a team title, a silver medal and a great tan certainly made all the training all year



worthwhile! Next year's Junior Worlds are also being held in Belem. This is a much bigger event with the best divers from across the world in attendance! Those of you with your goals set to make Junior National Team this year, I assure you the trip to Brazil will be well worth the effort!

Early Competition Schedule

Although the competition schedule for the 2004 season has not been finalized, the following are the first meets that we will be participating in:

CAMO International Invitational

Montreal

December 4-7, 2003

This meet is open only to divers who placed in the top 12 in their age group at Age Group Nationals last year, and by invitation of the coaching staff.

Manitoba Novice Provincials

Winnipeg

December 14, 2003 1-5 pm



This is a fun meet for Learn-To-Dive, Super Tots and some Pre-Competitive divers. Any diver who has already competed in any Tier 1 competition and achieved 70% of their national qualifying standard are no longer eligible to compete as a novice. Divers eligible for this meet will receive an information sheet later this month. The competitive divers are asked to help out at this meet as coaches, judges, table workers, etc.

Polar Bear Classic

Winnipeg

January 16-18, 2004

This is our own invitational meet, which usually draws divers from across Canada: Victoria to Toronto! All divers who have a full list of dives for their age group are encouraged to participate. This meet is a national qualifier - so let's get ready!

John Dickinson Invitational

Toronto

Jan 30 - Feb 1, 2004

This meet is open to Provincial Team and other competitive divers by invitation of the coaching staff. This meet is also a national qualifier (see changes to Age Group National Qualifying Methods).

Changes to Age Group Nationals Qualifying Methods

The way divers must qualify for Age Group Nationals is new this season. In the past, divers had to meet the point standard for their age group at any Tier 1 competition, and if they qualified on 2 boards, they could compete on all 3. This year they have made it a little more difficult! For this year:

- divers must qualify on each board individually – no third board "free"!
- divers must meet the point standard at least *twice* on each board in order to compete
- at least *one* of the point standards must be met at a designated "Group 1" competition
- There are 6 "Group 1" competitions for 2004:
 - *The Polar Bear Classic
 - *The John Dickinson Invitational
 - *The Speedo Sting, Victoria, February
 - *Both Quebec Provincials, February, April
 - *Alberta Grand Prix, June
 - *Senior National Championships (Point standard or Top 12 finish)
- the other point standard can be met at any Tier 1 competition

(Age Groups, Dive requirements and National Qualifying Point Standards will be outlined in the next newsletter!)

WELCOME!

Since October, we have had 2 new divers join the club! Austin Lewandoski has joined the Junior Pre-Competitive program and Natalie Seneca has joined the Super Tots! Welcome to both of you and your parents! Both Austin and Natalie were so outstanding in their Learn-To-Dive sessions that they were invited up into the club almost immediately! We hope you are having a great time so far and will enjoy the 2003-2004 season of diving.

A Note from Kevin on Last Season and This Season...



I'll start with Summer Senior Nationals! One of the biggest events of the year for a Senior diver, this competition is the peak for

all your training and hard work. A time to perform your best and meet and compare with the best divers from all over Canada... And then I found out that it was taking place in Winnipeg. I was disappointed at first to hear that Summer Seniors would be in Winnipeg last June, since travelling out of town is half the fun! But in the end, being in my home pool ended up being one of the key factors in my success this year.

Summer Nationals this year was my best Senior Nationals ever! I got Bronze on 1m, Bronze on 3m, 4th on 10m and I got the Artistic Bronze on 10m. It was the first time I have ever been a Senior National medallist.

I felt really well prepared thanks to some good coaching. I also

felt more relaxed than I ever have in a competition due to a well run meet and a familiar scenery. So as you can see, I ended up being really grateful that we got to host this event at home.

And what is even better news is that we get to run the Olympic Trials this year, which I think will really help me perform my best and maybe get me one step closer to achieving my ultimate goal. That goal is winning a Gold medal at the Olympics for Canada. Now I know that this is a little bit of a stretch at the moment but I will work really hard this year... and who knows where it could take me.

As for the rest of the divers in the club, most of them are setting goals at the Junior National level. Now, as some of you know, last year I was too old to go to Junior Nationals with the rest of the team. It was the first time and it was hard! That was the first trip that the team went on without me, and the first time in 8 years that I didn't go to Junior Nationals, so I missed it!

Dallas did keep me busy with the responsibilities of the club. Yeah!!! But every day I

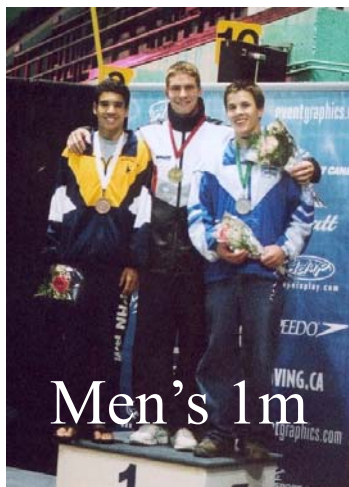


went on the computer to watch the live results on www.rezman.ca. And parents: I feel your pain. It is way more stressful watching an event on the computer. I found myself really getting into it, I would be

cheering and clapping for dives that I couldn't even see! Ha ha. Then I would send the team by e-mail some encouraging words.

I saw some really good results and some not so good results, but all in all the team did really well. Our team is growing in the fact that we are represented in and have some good performances in almost all of the age groups. Our focus is not just focused in one or two events, and that shows that the club is getting stronger and hopefully it will continue to get stronger in the years to come.

With all that said I just want to congratulate Cam on an awesome performance at Pan Am Juniors. 2nd place is really really good and I knew you could do it!



Volunteer Commitment

Just a reminder to everyone that your first opportunities to work off volunteer hours are not that far away! Please refer to your club handbooks for a reminder on your requirement based on the program your diver(s) participate in. The first two opportunities are:

1. Manitoba Novice Provincials – Sunday, December 14th, 1 – 5 pm. This is a small, fun meet for Learn-To-Dive, Super Tots and some Pre-Competitive divers. We need 2 score keeping table workers and 2 retail sellers for 1 shift each.
2. Polar Bear Classic – Thursday-Sunday January 15-18. This is a big meet that requires volunteers in many areas: score keeping, hospitality, retail, set-up/tear down, announcing, awards... Volunteering begins as early as Thursday night with set up of pool deck / hospitality preparation and goes until Sunday evening with tear down. If you have an expertise in an area related to the meet (announcing, promotions, sponsorship, etc.), please let us know!

The club's volunteer coordinator is Bonnie Davies. Please contact her at bgdavies@mb.sympatico.ca Or 896-4341 to sign up for volunteer time slots. They will be filled on a first come, first served basis. So if you have a tight schedule, call early!



Check out our new website at:

www.panamdiving.com! It has been completely re-done and is being kept up to date! From now on, all newsletters will be found on the website, as well as other great information and pictures! A big thank you goes out to Rick Penko for his quick work in designing the new site and for his speedy updates!

Bingo!

There is still 1 bingo spot available for Tuesday Dec. 2 at Regent from 9-11:30 pm. Please call Jayne at 925-5654



to sign up or for more information regarding bingo dates.

Pan Am Diving Club Awards Night

In the past, we have done our Awards night in conjunction with a Halloween party. This year we are thinking of doing a Christmas party. If anyone has any suggestions for a location or any ideas for the party, please contact the coaching staff.

Club Email Distribution List

Most of you are receiving notice of this newsletter via email. If you received this newsletter on paper and would like to receive it (and all other club notices) electronically, please email dallas@panamdiving.com. If you have additional email addresses that you would like added to the list, please email them in!