



**PAN AM DIVING CLUB**



**RIP'N'ROAR**

**December 2003**

**There are MANY Important Dates this Month...  
Please read and Mark your Calendars carefully!**

**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!

**Monday, December 1: Polar Bear Organizing Committee Meeting.** 6:30 pm in the Board Room at the pool.

**Wednesday – Monday, December 3-8: CAMO International Invitational,** Montreal. Kevin, Cam, Jill, Kristin and Lauren will be competing at this prestigious international event. It will be a first time for all three girls – send good luck out to the whole team!

**Monday – Thursday, December 8-11: Coach-Parent Interviews with Keith, Jon and Ashley.** Please call Dallas at 487-6243 to sign up.

**Tuesday, December 9: PADC Board of Directors Meeting.** 7 pm at the pool.

**Monday – Thursday, December 15-18: Coach-Parent Interviews with Jim, Dallas and Summer.** Please call Dallas at 487-6243 to sign up.

**Sunday, December 14: Manitoba Novice Provincials.** Registration and Practice takes place from 1-2 pm and events start at 2 pm with the youngest divers going first. This meet is for Pre-Competitive and Learn-To-Dive divers. If you did not receive an information sheet, please talk to your coach. All competitive members of the club are asked to help run this meet and appear in a dive show at the end of the meet (no later than 5 pm). Please be on deck by 1:30 pm. All coaches and instructors are to be on deck by 12:30 pm.

**Sunday, December 14: Annual Awards Banquet and Skating Night.** Please return the bottom portion of your invitation with payment to Dallas no later than Monday, December 1<sup>st</sup>.

**Monday – Saturday, December 8-13: Last Week of Regular Training.**

**Starting Monday, December 22-26: NO DIVING,** Christmas break.

**Saturday – Wednesday, December 27-31: 5-Day Competitive Training Camp,**

9 am – 1 pm. Information sheets will be distributed to the appropriate divers.

**Welcome!**

The Pan Am Diving Club would like to welcome 7 new divers since the last newsletter! They are: Natasha Higham (Super Tots), Keith Chrabasz, Nicole Priestly, Jillian Dumontier, Brittany Fehr, Jordan Stephenson (Pre-Competitive), Stephanie Friesen (Competitive Foundations). We look forward to getting to know you and your families at the Annual General Meeting and Awards Banquet!



**FYI:**

**A *Sport Nutrition for Female Athletes* clinic** is being held on Tuesday, January 20th, 2004 at 6:00 pm at the University of Manitoba. This would be a valuable clinic for girls in the club and their parents.

If you are interested in attending, please register with Susanne at 474-7382. It's free.



## Canadian Age Group Requirements

For those of you new to the sport of diving, here is a brief summary of the way age groups are divided and the dive requirements to compete at a competitive level in Canada on springboard:

Group E – 9 + under\*. Front Jump, Back jump and 4 dives from 3 directions\*\*. All jumps / dives will be given the Degree of Difficulty (DD)\*\*\* of 1.8 regardless of formula value.

Group D – 11 + under. 6 dives (3 dives from different directions with DD limit of 5.4, and 3 dives from different directions without limit). The 6 dives must cover 4 directions.

Group C – 12-13. 8 dives (5 dives from different directions with DD limit of 9.0 on 1m or 9.5 on 3m, and 3 dives from different directions without limit).

Group B – 14-15. 10 dives (5 dives with DD limit of 9.0 on 1m or 9.5 on 3m, and 5 dives without limit).

Group A – 16-18

Girls: Same as Group B.

Boys: 11 dives (5 dives with DD limit of 9.0 on 1m or 9.5 on 3m, and 6 dives without limit).

Open / Senior – 18+, or meets the competitions criteria for that event (ie, minimum DD requirements on dives without limit). Same number of dives as Group A.

\*Age is determined based on the divers age on December 31<sup>st</sup> of the year of the competition.

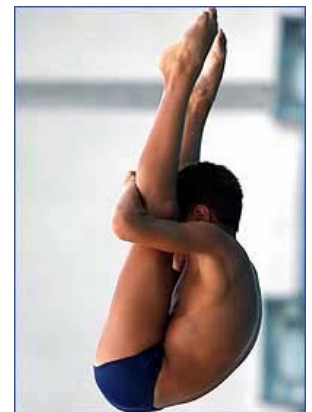
\*\*Directions: These are forward, backward, reverse, inward, twist and handstand (platform only).

\*\*\*DD: Each dive is given a degree of difficulty value from 1.0 to 3.8! The easiest dives (front jumps and fall ins) are given a DD of 1.0. Compulsory dives (dives with limit) are usually in the range of 1.2 to 2.1 in DD. Optional dives at the Olympic level are usually over 3.0! The DD of a dive is significant because when scoring a dive, the judges' marks (with the high and the low dropped) are multiplied by the DD of the dive for the total points gained on a dive.

At no point in one competition can a diver repeat the same dive (even if it is done in a different position (ie, layout, tuck or pike).

In Manitoba, we also have a Tier II level for divers who don't quite have all of the dives that are required to compete. The breakdown is as follows:

	1M		3M	
	With Limit	Without Limit	With Limit	Without Limit
D	3 (5.4)	2	3 (5.6)	2
C	4 (7.4)	2	3 (5.6)	3
B	5 (9.0)	3	4 (7.6)	4
A	5 (9.0)	4	4 (7.6)	4



The Polar Bear Classic will involve only Tier 1 (full lists). Novice Provincials has its own rules (far fewer dives required). Tier 2 events are held at Manitoba Provincials at the end of the season. It is not important to memorize all the rules, only to have an understanding of the progressions from age group to age group. Divers, if you have any questions, please direct them to your coach!

In order to qualify for the Canadian Age Group National Championships, divers must reach a point standard as outlined in the November Newsletter. The 2004 point standards are the same as last year (it is the qualification methods that have become more difficult)!



## A Note From Lauren on Having a Bad Competition!



This past summer, we went to Age group Nationals in London, Ontario. Since it was going to be my last age groups, I wanted to do really well. I felt prepared, and I wanted to go to London and show my stuff.

But when it came time to actually compete, I lost my focus. I started thinking that I had to do well and that I wanted to win... which only made me forget to concentrate on my diving. Instead of going through my events one dive at a time, I was worrying about mistakes I had made 3 dives earlier.

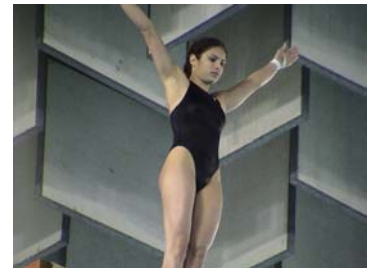
When it came time for my tower event, which I had been practicing for the most, I went in really trying



to win it. I can tell you now from personal experience that this does not work. Instead of going in and diving like I normally do in a practice, I became very nervous and tried to hit all of my dives perfectly. Then on my final dive before cuts I did back armstand and balked twice which resulted in a failed dive.

I was very upset after because I didn't even make cuts (the top 12 go on to the finals). But in the end it was a very good lesson for me. I learned that

you can't go in trying to win the meet, you just have to get up there and dive like it's a practice. Like I am always told, "Taking it one dive at a time", is the only way to make it through a meet. At a diving competition you should have confidence in yourself, take it one dive at a time and have fun while you're doing it. Everyone has bad meets in their diving career, but you shouldn't let that stop you from getting back up and trying even harder!



## Coach-Parent Interviews

We have had some requests for an opportunity to do a Coach-Parent Interview similar to the Parent-Teacher Interviews that go on at school. Although the coaching staff is available to meet with parents on Wednesday nights on an ongoing basis (with prior notice), we are strongly encouraging all parents to come out for a quick 5-15 minute chat with your coach. This will give you an opportunity to ask any questions you have, and it will also give the coaches an opportunity to ensure that each diver's family understands where their child is at and is on board with their goals for the season.

The times for Interviews with the coaches are as follows:  
Monday-Thursday, December 8-12 with Keith, Jon and Ashley  
Monday-Thursday, December 15-18 with Jim, Dallas and Summer  
Time slots: 8:10 or 8:30 pm with Keith, Jon, Dallas and Jim  
7:10, 7:30 or 7:50 with Ashley and Summer

Please call Dallas at 487-6243 to sign up for a time slot.



Jim, 1989.



## Bingo Update:

### McPhillips Street Station - 484 McPhillips St.

- |                         |                 |                        |
|-------------------------|-----------------|------------------------|
| 1. Monday, Jan. 5, 2004 | 9:00 – 11:45 pm | 10 volunteers required |
| 2. Wed. Jan. 21, 2004   | 4:30 - 6:45 pm  | 10 volunteers required |
| 3. Tues., Feb. 10, 2004 | 6:00 – 9:45 pm  | 10 volunteers required |
| 4. Mon. March 8, 2004   | 6:00 – 9:45 pm  | 10 volunteers required |

Spaces will be filled on a first come, first served basis. Please contact Jayne at 925-5654 or [jayne@manitobadiving.com](mailto:jayne@manitobadiving.com) !

## December 2003

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

[www.panamdiving.com](http://www.panamdiving.com)

### Get your PADC Gear Here

There will be a retail booth set up at the Novice Provincials, Sunday, December 14<sup>th</sup> from 1-5 pm. The booth will be located on the ramp down to the stands on the 1m side of the pool. We will be selling all kinds of diving wear at very reasonable prices. This would be a great place to find some great Christmas gifts! All kinds of T-shirts, sweat-shirts, shorts, sweatpants and even jewelry will be available! That's right, if you hadn't heard, the PADC has designed it's own unique piece of diving jewelry that is handmade right here in Manitoba! It is a uni-sex design cast in sterling silver (and can also be ordered in gold) that can be either a pendant hung on a coloured cord or a pin. It has been very popular with diving boys and girls from across the country.

Diving gear can be ordered through Linda McLean at 885-6533 or [ljmclean@shaw.ca](mailto:ljmclean@shaw.ca) or Linda Boiteau at 883-2012 or [gboiteau@mts.net](mailto:gboiteau@mts.net) at any time.



### Annual Diving Awards Banquet & Christmas Party

This year we will be holding the event at the Windsor Community Club, 99 Springside in St. Vital, after Novice Provincials, 6:30 to 10 pm. There will be outdoor ice skating at 6:30, so please bring appropriate warm clothing and some hockey, speed or figure skates! Dinner will be catered by Papa George's and will be served around 7:30. The Awards Presentation will begin at 8:30.

All divers, new and seasoned, are invited and encouraged to attend! If you are a new diver, this is an opportunity to find out what great results our divers are achieving at a provincial, national and international level! It will also give you a chance to get to know the other families of the club in a laid-back social atmosphere. The whole family is invited. Bring the kids out for some ice skating followed by a hot dinner! There will be an open bar available for the adults, although we expect to see some triple axles first.

Everyone should have received his or her invitation by email or paper. If you have not gotten yours, please let Dallas know. Tickets are \$15 per person (children under 6 free). Please return your response form and payment to Dallas on or before Monday, December 2<sup>nd</sup>!



*Happy Holidays!*

### Fundraising Update

Coffee Sales are going great! The next two coffee orders will have a Christmas Tag-like label with "To:" and "From:" sections, making the coffee a great gift! Give gourmet coffee and support the club at the same time! What an easy way to finish up your Christmas shopping!

Coffee orders should be dropped off in the green bin in the "Blue Box" on deck (and new order forms are there are well). Orders are placed every second Friday and are delivered the following Monday. For more information, contact Linda McLean at 885-6533 or [ljmclean@shaw.ca](mailto:ljmclean@shaw.ca).

The Christmas Cheer Raffle will be drawn December 23<sup>rd</sup> at 7 pm at the pool... so hand in those tickets!

### Volunteer Update

Volunteer slots are already filling up for our Polar Bear Classic, January 16-18<sup>th</sup>. If you have not already signed up, please do so with Bonnie at 896-4341 or [bgdavies@mb.sympatico.ca](mailto:bgdavies@mb.sympatico.ca) ASAP!

If you have (or are planning to) sign up for computer scoring, please contact John McLean at 885-6533 or [jomclean@shaw.ca](mailto:jomclean@shaw.ca) regarding a training session on Wednesday, December 10<sup>th</sup> at 6 pm.

