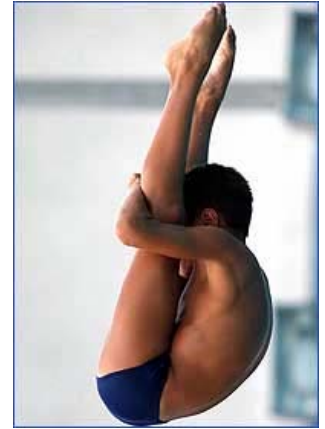


**JANUARY /
FEBRUARY 2004**

RIP'N'ROAR ▶



DATES TO MARK IN YOUR CALENDARS!

Tuesday?? – **Polar Bear Wrap-Up / Olympic Trials Start-Up Committee Meeting.** 6:30 pm at the pool.

Week of March 8-11 (& Saturday March 20th) – **Last Week of the Winter Session of Learn-To-Dive.** Instructors please have your evaluations ready.

Tuesday, March 9th – **PADC Executive Meeting.** 7 pm at the pool.

Sunday, March 14th – **Novice Provincial Championships.** 1-4 pm at Pan Am Pool. All Learn-To-Dive, Super Tot and eligible Pre-Competitive divers will receive details regarding this meet. All *Instructors are to be on deck by 12:30 pm* for set-up. The other divers are asked to come out to cheer on their club mates and volunteer at the meet.

March 22 – 29 – **Winter Senior National Championships.** Calgary. PADC qualified athletes are: Kevin (10m, 3m, 1m & 3m synchro), Cam (3m & 3m synchro), Lauren (10m, 3m, 1m), Jill (10m, 3m & 3m synchro) and Kristin (10m, 1m & 3m synchro).

Wednesday, March 24 – **CBC Broadcast of the Canadian Sport Awards.** 7 pm. Diving has 4 finalists including Junior Athlete of the Year: Alexandre Despatie (2003 World Champion, 10M), Female Athlete of

CAMO INTERNATIONAL INVITATIONAL, Dec 4–7, 2003

This is always a huge junior international diving event, and 2003 was apparently the best year so far! Canadian divers must qualify to compete by making the final (top 12) at the previous year's Age Group Nationals. And this year, the meet was named the Canadian World Cup Trials. Now all senior divers also had to qualify by making the final (top 12) at a previous Senior National Championships. Since the top senior divers would all be in attendance (competing for spots on the World Cup Team), most of the top senior divers from the US, Mexico and South America came as well!

This year, the PADC qualified the following athletes: Cam, Jill and Kristin for age group and Kevin and Lauren for senior. Our divers went up against some of the best divers from Canada, USA, Mexico, Brazil, Colombia, Puerto Rico, Great Britain, Poland, the Netherlands, Finland, Russia, and Ukraine! Talk about steep competition for the first meet of the season!

All three of the girls were competing in their first international meet, and all three stood up to the test quite well. Kristin finished an impressive 6th on platform, and Jill (competing in her first meet as a Group A diver) finished 10th in that event. Lauren competed in one of

the steepest women's tower events of the year and held up quite well considering there were Olympic and World Championship medallists in the event!

The PADC highlight of the meet was Cam's silver medal on tower, a great comeback story! During our first day in Montreal, Cam didn't even come to the pool as he was sick with the stomach flu and couldn't leave his bed / bathroom. The next day, events were starting and he wanted to compete. He competed 3m, his first event as a B diver, and finished 10th of 21 divers from around the world. The following day, Cam started out his tower event by earning a 9.0 from each judge on his first dive, front 1 ½ pike from the 7.5m! He followed that up with 8.0s and 8.5s on his next two, and by the time the compulsory rounds were done, Cam had over a 20-point lead! He had some trouble in the optional rounds, but hung onto 2nd place, behind another Canadian diver, Bertrand from Montreal!

Kevin had a disappointing meet, finishing 20th in each of his events. He let the steep competition get to him, but he has made up his mind to not let that happen again! Full results are next.

A Note

When Jim told us we were going to an international meet that had some of the best divers from around the world, we all got a little nervous... but it was such a great experience! As a third year diver, you'd never expect to be standing on the tower, talking to an Olympic gold medallist. However, at CAMO, Olympians surrounded me, which was probably one of the most overwhelming things that has ever happened to me. Once I got used to it, it got easier to just do my dives.



Going into the meet I knew I wasn't going to be competing

against the Olympians, just the divers in my age category that had done well at their nationals. I also knew that it would probably be a tough meet, but I was ready.

Tower went really well even though I started off with compulsory dives worth 4.5's. Jim explained that I needed to dive like I do in practice (which he tells us every time, yet we still seem to forget!), and then I started doing my dives like I usually do. I went from doing my first four dives terribly, to getting steady 6 and 6.5's on my optionals, which helped me finish in 6th place.

I was really happy with how I did,

From Kristin on Her First

until I saw the videotape of my tower competition. I've always had trouble because I spin slowly, and Jim tells me all the time that my pikes and tucks are really open. But you never really realize how bad something is until you see it for yourself! As soon as I watched my dives, I realized that my new goal would be to pull my pikes and tucks in, which will help my diving a lot.

Competitions like the one at CAMO are what all young divers should be working towards! You compete against the best of the best, and it's a really challenging meet, especially at the beginning of the year.



FUNDRAISING REPORT

Our three fundraisers have generated a profit of \$4883.04 to date by:

Coffee sales	875.50
Christmas Raffle	1632.00
Bud Spud 'n' Steak	2375.00

We would like to thank all members who helped make these fundraisers successful by participating as well as helping out at Buffalo bills on Feb. 7th. The evening was a great success, lots of fun and well attended. The silent auction was fantastic the prizes were great. Keep buying those tickets Jim Lambie, one day it may pay off!

By request, we will be running another Coffee sale, the product is great and customers are asking for more. This was a great idea and appears to be a popular option to help complete your fund raising assessment as well as support our club. If customers are asking it becomes an easy sale. Thank you Linda Mclean.

Watch the mail for your next PADC statement, included will be a summary of your individual fundraising account. A number of you have reached your goal already but please don't let that stop you from selling more coffee and building our customer base. All extra proceeds will to the club which help keep our fees competitive.

Thank You From The Fund Raising Committee
Bruce Martin Linda Mclean Karen Berube

CAMO Results

Boys B 1m (17 divers)

Cam McLean 289.90 6th

Boys B 3m (21 divers)

Cam McLean 304.50 10th

Boys B Tower (16 divers)

Cam McLean 310.30 Silver

Girls A 1m (23 divers)

Jill Gudmandson 167.75 16th

Kristin Davies 159.25 19th

Girls A 3m (16 divers)

Jill Gudmandson 298.05 12th

Girls A Tower (10 divers)

Kristin Davies 297.95 6th

Jill Gudmandson 262.25 10th

Mens Open 3m (23 divers)

Kevin Geyson 275.10 20th

Mens Open Tower (22 divers)

Kevin Geyson 283.62 20th

Womens Open Tower (20 divers)

Lauren Penko 167.88 20th

Novice Provincial Championships

The first Novice Provincials was held on Sunday, December 14th at Pan Am Pool. Between the Learn-To-Dive, Super Tots and Pre-Competitive programs, our club had 33 divers participate! For some divers, this was their first diving competition ever! For others it was the first competition of the year, or a stepping-stone towards competing at the Polar Bear Classic in January. No matter what their goals were, the divers from all of the programs all did very well and hopefully had a lot of fun too!

The final Novice Provincial Championships of the season will take place on **Sunday, March 14th** from 1-4 pm at Pan Am Pool. All divers who are eligible for this meet will be notified.



The Polar Bear Classic, Winnipeg Jan. 16-18

Our annual invitational is gaining a great reputation for being one of the best meets in the country! This year was no exception, and with more divers than ever before and very steep competition, this was a difficult event!

Congratulations to Rachel Blaine (E), Austin Lewandoski (D), Brett Jones-Melbourne (C), Brittany Fehr (B), Stephanie Friesen (A) and Devin St. Godard (A) for participating in your first major meet!

All of our divers performed well and many medals were won, including:
 Rachel Blaine – BRONZE!
 Cassandra MacLeod – BRONZE!
 Cam McLean – GOLD, GOLD, GOLD!!!
 Kristin Davies – BRONZE, SILVER!!
 Lauren Penko – GOLD!
 Kevin Geyson – GOLD!

Our club entered three teams enter in the Synchronized 3m event. All three teams were new matches and all 3 did a great job – won medals and qualified for Senior Nationals!
 Kristin & Jill – GOLD!
 Lauren & Erin Lindsay – SILVER!
 Kevin & Cam – SILVER!

We also had 5 divers meet the Age Group National Standard at the first Level 1 qualifier of the year! They are Sawyer Marshall-Stanchuk – Girls D 1m, Cassandra – Girls B Tower, Cam – Boys B 1m/3m/Tower, Kristin – Girls A 3m/Tower and Jill Gudmandson – Girls A 3m/Tower!

Congratulations to everyone for their performances at the Polar Bear Classic. It was the first meet of the year, and that can be a little bit nerve-wracking! To those of you who met your goals for the meet, congratulations and keep working hard! To those of you who did not perform up to your potential, I hope you have talked with your coach and taken some lessons from the experience. There is always something to learn from a competition, whether you are pleased or disappointed with your performance. This is the beginning of the season, so everyone set new goals, train hard, and start working towards your next competition!

NOVICE RESULTS!

6+ UNDER

LEVEL E—Boys

1. RHYS FUNK	61.00
2. CONNOR WARD	59.60
3. REID BOYER	58.00
4. MATTHEW HORVATH	51.50

LEVEL D—Boys

1. COLE FUNK	86.80
--------------	-------

7-9

LEVEL D—Girls

1. BRITTANY TROWBRIDGE	94.85
2. MEGAN WILTON	92.05
3. NATASHA HIGHAM	79.50
4. KANSAS GROSS	78.75
5. LILY KAUFMANN	78.50
6. ALEX WADE	78.00
6. LARISSA CERASANI	78.00
7. LEAH KERGER	77.10
8. JAMIE WEIBEL	76.50
9. NATALIE SENEAL	74.00
10. MACKENZIE SHIELDS	73.40

Boys

1. BRAYDEN DUECK	82.50
2. NICHOLAS ZAMONSKY	73.70
3. GRAYSON SCHIMDT	71.30
4. ANTONY TABANIAG	67.20

LEVEL C—Girls

1. MORGAN WANKLING	120.70
2. RACHEL BLAINE	117.00
3. LINDSEY WANKLING	104.80

Boys

1. AUSTIN LEWANDOSKI	127.05
----------------------	--------

10-12

LEVEL D—Girls

1. MIRANDA TROWBRIDGE	119.10
2. ALICE ZADOR	108.70

Boys

1. RICKY AYMONT	81.10
2. ALEX COKE	77.50

LEVEL C—Boys

1. JORDAN STEPHENSON	143.10
----------------------	--------

LEVEL A—Boys

1. BRETT JONES-MELBOURNE	243.35
--------------------------	--------

13-14

LEVEL D—Girls

1. JENELLE MARTIN	86.70
-------------------	-------

LEVEL B—Girls

1. BRITTANY FEHR	196.55
------------------	--------

15+ OVER

LEVEL B—Girls

1. STEPHANIE FRIESEN	176.75
----------------------	--------

LEVEL A—Boys

1. DEVIN ST. GODARD	224.20
---------------------	--------

2003 AWARDS BANQUET

This year's event, held at the Windsor Community Centre on December 14th, was a lot of fun! We started out with ice-skating on the outdoor rink, followed by a delicious dinner catered by Papa George's... and finally, the Awards Presentations! Lots of laughs were shared by both the divers and their families throughout the evening, and a good time was had by all. Of course the purpose of the evening was to recognize the outstanding achievements of PADC divers over the 2003 season... and there were many!



Erin Blaine, Most Improved PC Diver with 2003 coach, Ashley.

ROOKIE OF THE YEAR **BREANNE BOITEAU**

MOST IMPROVED PRE-COMP. DIVER **ERIN BLAINE**

MOST IMPROVED JUNIOR DIVERS **MALE CAM MCLEAN**

FEMALE JILL GUDMANDSON

MOST IMPROVED SENIOR DIVERS **MALE KEVIN GEYSON**

FEMALE LAUREN PENKO

TOP OVERALL DIVER **CAM MCLEAN**

BEST BREAKTHROUGH PERFORMANCE **BREANNE COULSON**

LEADERSHIP AWARD **KRISTIN DAVIES**

TOP DIVERS IN EACH AGE GROUP

GROUP E **MORGAN WANKLING**

GROUP D **BREANNE COULSON**

GROUP C **CAM MCLEAN**

GROUP B **JILL GUDMANDSON**

GROUP A **KRISTIN DAVIES**



2003 Top Divers in Each Age Group.

OTHER AWARDS

TARDINESS: **CAM MCLEAN ("Like Father Like Son")**

MOST IMPROVED ABS: **BRETT JONES-MELBOURNE**

TX: **CASSANDRA MACLEOD**

BEST WIPEOUT: **KRISTIN DAVIES (405C 10M)**

ENERGY AWARD: **LINDSAY & MORGAN WANKLING**

BEST FREE STYLE DIVER: **BRAM WIATROWSKI**

CADA ATHLETES OF THE YEAR

MALE **KEVIN GEYSON**

FEMALE **LAUREN PENKO**

(Photo:)



NAMING OF THE PROVINCIAL TEAM FOR THE UPCOMING YEAR

1	Kevin Geyson	1	Senior National Team Member
2	Cam McLean	2	Junior National Team Member
3	Lauren Penko	6	Senior National Qualifier (13 th SSN)
4	Jill Gudmanson	6	Senior National Qualifier (14 th SSN)
5	Kristin Davies	6	Senior National Qualifier (16 th SSN)

BINGO UPDATE!

Spring quarter bingo dates will be available soon! Watch for emails from Jayne with the new dates. Bingo slots will be filled on a first come, first served basis! Contact Jayne @ 925-5654, jayne@manitobadiving.com

A Note From Lindsey on the Polar Bear Classic

This was my first year competing on 3m springboard at the Polar Bear Classic and my 2nd year competing on 1m springboard. In order to compete on 3m springboard I had to learn two new dives on the Tuesday before the Classic. I think that I could have done better, but over all I was pretty pleased with my performance. Ashley, my coach, really helped me with these dives and I am glad that she is my coach.

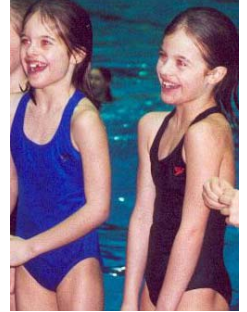
I feel that my team mates were very supportive which made me feel better about my diving. At



the Classic I made many new friends from other clubs and I really had a lot of fun over and above diving.

This was my first time without my sister Morgan diving at the same competition. Morgan got a concussion two weeks before the Classic and could not compete. I was glad that Morgan was still there volunteering but it was not the same not having her diving.

My goals for this Polar Bear Classic were mostly achieved and at the end of it all I felt that I did well. I am planning to continue my improvement in diving and I am looking to the next Polar Bear Classic. My goals for the next Classic are to become tighter, point my toes and learn more dives of a higher degree of difficulty.



Lindsey & Morgan

The Speedo Sting, Victoria BC, February 5-8, 2004

This year, we traveled a small team: Cam, Cyrena and Dallas. It was nice to travel with only 3, because our days were more flexible. For example, we only had to wake up really early once! Also the weather in Victoria was a nice change. It wasn't sunny every day, but it was around +10 degrees, which was great, compared to the -29 degrees in Win-

nipeg on the day we left! When we got there, we had almost a full day to do some site-seeing. We headed downtown for a walk around the harbour and a look at the parliament buildings and old ritzy hotels... and of course, we were wearing only light jackets and no mitts, toques or scarves!

Since there were only the three of

us, we teamed up with other clubs for our dinners. We each had a night to ask the team of our choice if we could join them. Both Cam and Cyrena accomplished some personal goals at the meet and it was an all-round great trip! Full results and note from Cyrena about her experience at the Sting are next!

A Note From Cyrena on the Speedo Sting

This was the first time with the club that I traveled with such a small group. There were only three of us, Cam, Dallas and myself. When we first went into our hotel room Dallas laughed her head off... it had 3 king sized beds in a row and we couldn't even open the refrigerator all the way! On this trip I made tons of new friends from other clubs and also learned a lot about competing.

Since there was only the three of us, it gave Cam & I a lot of coaching attention from Dallas. In fact she had

me do some homework even before we got on the plane. I spent some time thinking about all the things that make me nervous during a competition. Then on the plane Dallas and talked about some of these things and we worked together to create a plan to overcome some of these challenges. I practiced my goals for overcoming my fears by taking apart all the pieces of my dive from my hurdle to the entry of my dive, and I pretended that it was the competition during practice so that I wouldn't be so nervous when I got

called up to dive. Dallas also told me a very helpful tip that I shouldn't watch the C girls I should watch the B girls because next year I will be competing against them. Even though I clipped my heel on one of my dives in my last event trying really hard to go as high as I could, I was more focused that I used to be and I came back and scored 6's on my front one in a half. While my goal of qualifying was not yet achieved, I do feel more confident now and ready for my next competition. This was one of the best trips I have ever been on!!

Pan
Am

Diving Club

Phone/Fax: 204.487.6243

Email: dallas@panamdiving.com

There are no limits!

www.panamdiving.com

Introducing the 2004 PADC Executive!

President – Hugh Gudmandson

Vice President – Gary Davies

Treasurer – Linda Ferguson

Secretary – Sharon Dyce-Geyson

Volunteer Coordinator – Bonnie Davies

Fundraising Coordinator – Bruce Martin

Sponsorship & Special Events Coordinator – Maureen Penko

Publicity Coordinator – Donna Wankling

Head Coach – Jim Lambie

Athlete Representative – Kevin Geyson

VOLUNTEER UPDATE

Thank you to all of the volunteers who helped out at the Polar Bear Classic... I have received many compliments on what a warm hosting group we have here in Winnipeg! Many people volunteered longer than they were signed up to do and were available to be extra help when needed – thank you!

Don't forget that we are hosting the **Canadian Olympic Trials**, June 4-6, 2004! We will need all the cheerful volunteers once again! This event will actually be easier to host due to smaller numbers of athletes and a far less demanding schedule of events. However, there is much more emphasis on pomp and pageantry at meets of this caliber. We are looking to put our best foot forward.

We will also need 4 volunteers from 1-4 pm to help out at the **Novice Provincials**, Sunday, March 14th from 1-4 pm.

To sign up for volunteer positions or to check the status of your volunteer hours, please contact Bonnie at 986-4341 or bgdavies@mb.sympatico.ca. "I would like to thank all the volunteers that helped at the Polar Bear Classic and look forward to working with you again at the Olympic Trials." (Bonnie)



Left: Breanne, Cyrena & Erin.
Right: Cyrena & Breanne.
See inside for "A Note From Cyrena"!



A Note From Your PADC President

The **2004 Polar Bear Classic** was a great success. This is due to all of the hard work put in by the volunteers at the competition. Thank you everyone, for all of your hard work and effort. A special thank you to all of the people who took holidays in order to volunteer on Thursday and Friday. The event was much larger than past years, which was probably due to a change in the National Qualification structure. To qualify for the National Championships, all divers must meet qualifications standards at one "Class-A" and one "Class-B" competition (at minimum). The Polar Bear Classic is one of five

"Class-A" competitions in Canada. This is a reflection of all of the hard work put in by our Coaches and Volunteers. "Class-B" competitions are smaller meets such as our Provincials and smaller events like the ones held in Thunder Bay and Regina. Volunteers, thank you again for all of your help!!!

The next big event is **Special!** Get ready for the "Olympic Trials" in June 2004. You will be able to see the divers chosen to represent Canada at the Olympic Games, which will be held in August of 2004 in Athens Greece. Keep tuned for more information on this exciting event!!!!

What is Your Executive Doing?

The Club's Board Executive recently held an all day "Strategic Planning Session" to review a number of issues that affect the Club's day-to-day operation. The Board Executive is developing a "Policy and Procedure Manual" which will outline specific "Rules and Procedures" to be met by the Board Executive. These "Rules and Procedures" will have timelines that will greatly improve the present and future Board Executive's ability to operate effectively. The development of "Policies and Procedures" are extremely time consuming, but the effort will be well worth it.

CAMO International Montreal, QC Dec. 4-7

Boys B 1m (17 divers)
Cam McLean 289.90 6th

Boys B 3m (21 divers)
Cam McLean 304.50 10th

Boys B Tower (16 divers)
Cam McLean 310.30 Silver

Girls A 1m (23 divers)
Jill Gudmandson 167.75 16th
Kristin Davies 159.25 19th

Girls A 3m (16 divers)
Jill Gudmandson 298.05 12th

Girls A Tower (10 divers)
Kristin Davies 297.95 6th
Jill Gudmandson 262.25 10th

Mens Open 3m (23 divers)
Kevin Geyson 275.10 20th

Mens Open Tower (22 divers)
Kevin Geyson 283.62 20th

Womens Open Tower (20)
Lauren Penko 167.88 20th

Polar Bear Classic Winnipeg, MB Jan. 16-18 Level 1 National Qualifier #1

Girls E 1m (4 divers)
Rachel Blaine 164.70 Bronze

Girls D 1m (16 divers)
Sawyer Marshall-Stan. 170.55 10th
Erin Blaine 162.25 11th
Lindsey Wankling 122.70 16th

Girls D 3m (15 divers)
Erin Blaine 171.45 6th
Sawyer Marshall-Stan. 139.05 14th
Lindsey Wankling 100.80 15th

Girls D Tower (10 divers)
Sawyer Marshall-Stan. 101.90 10th

Boys D 1m (10 divers)
Austin Lewandoski 87.75 10th

Girls C 1m (19 divers)
Breanne Coulson 194.05 16th
Cyrena Couvier 189.15 18th
Jessica Jones 164.50 19th

Girls C 3m (17 divers)
Cyrena Couvier 230.05 10th
Jessica Jones 195.35 15th

Girls C Tower (11 divers)
Cyrena Couvier 160.20 8th

Boys C 1m (10 divers)
Brett Jones-Melbourne 189.85 10th

Boys C 3m (11 divers)
Brett Jones-Melbourne 173.70 11th

Girls B 1m (21 divers)
Cassandra MacLeod 146.45 17th
Brittany Fehr 93.30 21st

Girls B 3m (12 divers)
Cassandra MacLeod 334.90 8th

Girls B Tower (13 divers)
Cassandra MacLeod 270.45 Bronze

Boys B 1m (9 divers)
Cam McLean 394.55 Gold

Boys B 3m (9 divers)
Cam McLean 429.10 Gold

Boys B Tower (7 divers)
Cam McLean 305.25 Gold

Girls A 1m (26 divers)
Erin Lindsay 331.65 10th
Jill Gudmandson 321.50 12th
Breanne Boiteau 142.55 23rd
Kristin Davies 129.40 24th
Stephanie Friesen 125.05 26th

Girls A 3m (25 divers)
Jill Gudmandson 392.40 7th
Kristin Davies 388.75 8th
Breanne Boiteau 178.50 18th

Girls A Tower (17 divers)
Kristin Davies 344.40 Bronze
Jill Gudmandson 312.75 7th

Boys A 1m (10 divers)
Devin St. Godard 231.25 9th
Philip Berube 230.80 10th

Womens Open 1m (38 divers)
Jill Gudmandson 180.10 15th
Kristin Davies 166.20 24th
Erin Lindsay 163.15 27th
Lauren Penko 153.75 29th
Cassandra MacLeod 151.30 31st
Breanne Boiteau 134.80 37th

Womens Open 3m (18 divers)
Lauren Penko 363.35 11th
Kristin Davies 357.30 12th

Jill Gudmandson 352.65 13th

Womens Open Tower (5 divers)
Lauren Penko 395.90 Gold
Kristin Davies 395.70 Silver
Jill Gudmandson 349.95 5th

Mens Open 1m (13 divers)
Kevin Geyson 275.80 4th
Cam McLean 255.30 6th

Mens Open 3m (11 divers)
Kevin Geyson 532.50 4th
Cam McLean 441.20 7th

Mens Open Tower (2 divers)
Kevin Geyson 624.95 Gold

Womens Synchronized 3m (3 teams)
Kristin Davies & Jill Gudmandson 226.80 Gold
Lauren Penko & Erin Lindsay 214.41 Silver

Mens Synchronized 3m (2 teams)
Kevin Geyson & Cam McLean 213.60 Silver

Speedo Sting Invitational Victoria, BC Feb. 5-8 Level 1 Qualifier #2

Girls C 1m (16 divers)
Cyrena Couvier 222.15 15th

Girls C 3m (14 divers)
Cyrena Couvier 227.95 13th

Girls C Tower (10 divers)
Cyrena Couvier 138.75 10th

Boys B 1m (13 divers)
Cam McLean 415.20 Gold

Boys B 3m (14 divers)
Cam McLean 427.40 Gold

Boys B Tower (9 divers)
Cam McLean 346.45 Gold

Mens Open 1m (19 divers)
Cam McLean 214.85 16th

Mens Open 3m (17 divers)
Cam McLean