

Rip'n'Roar—PADC Newsletter

March / April 2004

Dates to Mark in Your Calendars!

Thursday – Saturday, April 1-3: **NO DIVING** due to a synchro meet.

Tuesday, April 13: **PADC Board of Directors Meeting.**

Thursday – Saturday, May 6-8: **NO DIVING** due to a swim meet.

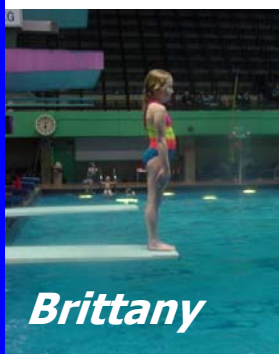
Thursday – Sunday, May 6-8: **Thunderstruck Diving Invitational**, Thunder Bay, Ontario. All Pre-Competitive and Competitive Foundations divers are invited to attend this meet. This trip is always a highlight of the diving season. Details will follow.

Thursday – Sunday, May 20-23: **Alberta Provincials – Level 1 Age Group National Qualifier**, Calgary, Alberta. All competitive divers aiming to qualify for Age Group Nationals must attend this meet.

Friday & Sunday, June 4-6: **CANADIAN OLYMPIC TRIALS, WINNIPEG!** To sign up for Volunteer positions at this exciting event, please contact Bonnie at 896-4341 or bgdavies@mb.sympatico.ca.



Novice Championships, March 14th



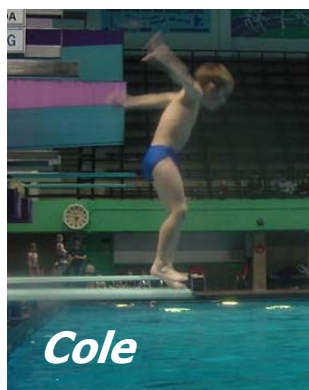
38 divers participated in this year's Winter Championships on Sunday, March 14th. This competition was open to all Learn-To-Dive, Super Tot and Pre-Competitive divers regardless of skill level. Divers performed

anywhere from 3 jumps / dives (Level E) to 8 dives (Level A). All divers received a certificate of participation, a ribbon (1st – 8th) and the new national diving poster featuring Canada's own World Champions Alexandre Despatie and Emilie Heymans!

Congratulations to everyone on the many great dives we saw! New records were also

posted by: Antony Tabaniag, Morgan Wankling, Austin Lewandoski, Miranda Trowbride, Jordan Stephensen and Devin St. Godard! Wow!

Many of these divers will go on to compete in the Manitoba Provincial Championships in June.



Novice Championship Results

6+ UNDER

LEVEL E BOYS

1. Conner Ward	63.50
2. Quinn Desrochers	60.00
3. Rhys Funk	54.40

LEVEL D BOYS

1. Cole Funk	88.00
2. Carter Cerasani	80.50

7-9 YEARS

LEVEL E GIRLS

1. Katherine Walker-Jo.	61.00
2. Samantha Purl	59.50

BOYS

1. Ben Onyshko	62.40
2. Markel Seitz	60.50
3. Jaden Seitz	58.00 (T)
3. Anthony Purl	58.00 (T)

LEVEL D GIRLS

1. Natasha Higham	93.60
2. Megan Wilton	90.45
3. Natalie Senecal	89.25
4. Brittany Trowbridge	84.90
5. Lily Kaufmann	81.30
6. Kansas Gross	80.05
7. Jamie Weible	78.00
8. Larissa Ceransani	75.80

BOYS

1. Antony Tabaniag	104.75 *NR
2. Sam Jarrin	88.50
3. Nicholas Zamonsky	83.60

LEVEL C BOYS

1. Austin MacMaster	138.80
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LEVEL B GIRLS

1. Morgan Wankling	169.55 *NR
2. Lindsey Wankling	155.80

BOYS

1. Austin Lewandoski	180.05 *NR
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10-12 YEARS

LEVEL D GIRLS

1. Kelsey Matwyczuk	92.40
2. Megan Olmstaed	86.40
3. Lauren Anderson	85.70
4. Danica Avery	85.50

BOYS

1. Denim Johnson	109.75
2. Dakota Young-Brown	101.00

LEVEL C GIRLS

1. Miranda Trowbridge	170.65 *NR
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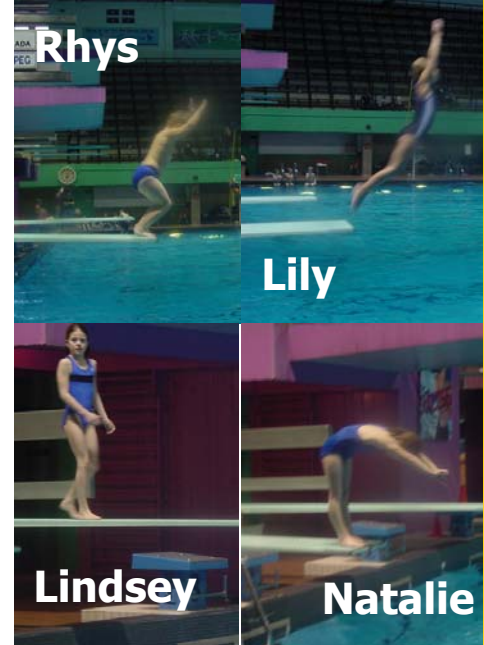
BOYS

1. Jordan Stephensen	152.55 *NR
2. Keith Chabrasz	147.75
3. Kurt Fink	142.35 (T)
3. Zachary Wiseman	142.35 (T)

15+ OVER

LEVEL A BOYS

1. Devin St. Godard	312.35 *NR
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A Note From Jill on the Training Camp in Florida!



When I found out that I was going to go to Florida for a training camp, I was really excited. It was going to be my

first training camp, and I was going to get out of the cold! The trip was different because there were just four of us and Jim. When we arrived in Florida, it was really nice out for February. It was sunny and around plus 30° every day, which was a nice change from the -50° in Winnipeg!

I wasn't quite sure what to expect when we were heading to the pool

for the first practice. It was an outdoor pool, and I had never trained outside before, so I was a little nervous. It was a big change diving outdoors when you compared diving on our dark and wide towers to diving on their bright and narrow towers. From the top of the tower, it seemed like you could see forever! At first it was a little scary diving when the sun was in your eyes... but we all got used to it by the end of the week.

We also did some sight seeing like going to a flea market and three



different beaches. One day, in order to go to the beach, we had to do a workout

on the beach, but it was worth it. We also went and checked out the University of Miami's campus and diving facility. At the end of the week, none of us wanted to leave but unfortunately we had to come back. I think it was a real good experience for all of us, and I think I speak for Lauren, Kristin and Kevin when I say I want to do this again!



Canadian Olympic Trials—WINNIPEG!

Don't forget that we are hosting the Canadian Diving Trials for the 2004 Olympic Games in Athens this summer! The competition will run all day Friday (Men's 10m and Women's 3m) and Sunday (Women's 10m and Men's 3m) separated by a training day on Saturday. Two of our own divers will be participating in this event: Kevin on both 10m and 3m and Lauren on 10m. Please see the event schedule below.

Putting on this prestigious competition will require bringing together all the help we can get! Although this event hosts few divers – only the best in the country! – there are still many aspects to running a successful event. We need volunteers in every aspect from greeting, retail, hospitality, security, results, etc! To sign up for volunteer spots, please contact Bonnie at 896-4341 or bgdavies@mb.sympatico.ca.

Remember, these Trials are often the most important event in an athletic career. Many athletes train for a lifetime towards an opportunity to represent their country at the Olympic Games. Let's give them the best stage possible!

Friday, June 4, 2004

Practice	8:00 am	Entraînement
Women's 3m Preliminaries	10:00 am	Femmes 3m Préliminaires
Women's 3m Semi-Finals	10:55 am	Femmes 3m Semi-Finales
Practice	11:35 am	Entraînement
Men's 10m Preliminaries	12:30 pm	Hommes 10m Préliminaires
Men's 10m Semi-Finals	1:30 pm	Hommes 10m Semi-Finales
Practice	4:15 pm	Entraînement
Women's 3m Final	5:00 pm	Femmes 3m Finale
Practice	6:15 pm	Entraînement
Men's 10m Final	7:00 pm	Hommes 10m Finale
Men's 10m Awards	8:30 pm	Prix Hommes 10m



Kevin is ranked 3rd on both 3m and 10m and will be diving for a spot on the Olympic Team!



Lauren will be competing on 10m tower.

Sunday, June 6, 2004

Practice	8:00 am	Entraînement
Men's 3m Preliminaries	10:00 am	Hommes 3m Préliminaires
Men's 3m Semi-Finals	11:00 am	Hommes 3m Semi-Finales
Practice	11:45 am	Entraînement
Women's 10m Preliminaries	12:30 pm	Femmes 10m Préliminaires
Women's 10m Semi-Finals	1:25 pm	Femmes 10m Semi-Finales
Practice	3:15 pm	Entraînement
Men's 3m Final	4:00 pm	Hommes 3m Finale
Practice	5:30 pm	Entraînement
Women's 10m Final	6:15 pm	Femmes 10m Finale
Women's 10m Awards	7:35 pm	Prix Femmes 10m

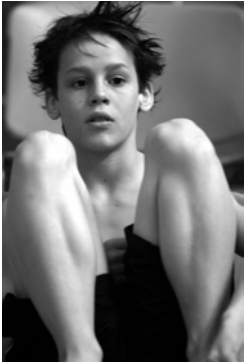
FUNDRAISING UPDATE:

April coffee selection will be out by email shortly, and order sheets will be available at the pool in the green basket in the blue box. Orders will be due April 29th. In order to simplify the remaining fundraising activities, the fundraising committee asks that all coffee orders are paid by a single check from the diver's family. Please put the diver's name on the order... and don't forget to select your "grind"!

Cam's Trip to the World Cup in Athens, Greece

This year's World Cup was held in Athens, Greece at the site of the 2004 Olympic Games. This event was the final qualifying event for countries hoping to compete at the Olympic Games this summer. Cam writes:

This year Dive Canada selected



certain junior athletes to go to Greece. I was lucky to be picked to go to with 11 other selected divers. It was nicknamed "Dive School" by National

Team Head Coach, Mitch Geller, and we were the first country to do something like this. It was an experiment to give us a first hand look at the top divers in the world. I was able to see what other countries do compared to our top divers (Alex Despatie and Emilie Heymans) and how disciplined they are! I was also able to see all of this and learn how they deal with their countries pressure. I didn't expect to see mistakes and failed dives, but I did. I saw some top divers crying cause they didn't qualify a spot for their country. I didn't expect that at all.

When I got out of the horrid airports that were filled with smoke I saw snow. People in Greece hadn't had snow for years and it's very rare there, but yep there was snow! We took a cab down to the hotel and sat and waited for the rest of the team to arrive. When they got there we took an athletes bus down to the stadium on the first day the pool was open! In-

side we saw some teams practicing and warming up. The huge pool was amazing! It was all done with marble floors and food stands and it was the only completed project in the Olympic Park.

We I went to go see the Acropolis and the Parthenon one day, and it



was fabulous to imagine that these buildings had been there for over 2000 years and are still standing today for us to see. After that we went to Olympia, which I've always wanted to go to because that's where the Olympics started. That is the most amazing place I've ever been. Through a child's young eye

"It was an experience of a lifetime..."

it would look like a big field with rocks in random places. I was on the track were the first athletes ran



and competed naked throwing the discus and javelin. I was able to see where they lit the torch, and will do again in a couple of months for the 2004 summer Olympics. Just to be there and

wonder made me really feel grateful for this experience. I also went to the Placa, which is a bunch of stores and people selling things to tourist. It was really neat to see all these stores with Olympic items and souvenirs to buy. If you're in Athens, you need to go there.

The day the meet started we all sat down in our groups for learning and examining the different styles of diving. Canada's style was different and



"open" compared to other countries like China who all do the same hurdle or take offs. We looked at everything from the different come outs of dives to the toe points of every diver! After the event we sat down while one of the coach's videotaped our discussion about what was good and bad. And we did this for every single event except one final!

The diving was amazing to watch, not only our national team, but also the Chinese who are like robots sometimes. Always ripping their dive, always doing a correction. But they still do miss dives just like everyone does, they're only human. I didn't expect the Chinese to miss dives. Even at that level, the Greece synchro team failed a twisting dive. Nope, I didn't expect that. But when these divers are on their game they are just jaw dropping to watch. Like Tian Liang and Hu Jia doing inward 3 1/2 off the ten meter in the pike position synchro. Or their back 3 1/2 pike. "Tens." But Hu Jia's reverse 3 1/2 tuck got tens across the board on the last day. Man it was some-



thing to be there and live to see this and cheer our team on! It was an experience of a lifetime and I have to thank Dallas because without her coaching I wouldn't be were I am in this today, and that's what got me to Greece in the first place!

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The Diving Board

Here I am up on the board,
I look down I'm ready to leap.
I changed my mind I'll count to ten,
Wow that went fast
I'll count again.
Here I go I'm in the air,
I changed my mind
but they don't care.
That's odd their all cheering.
Oh no are those my trunks up there?

-Morgan Wankling, Age 9



Winter Senior National Championships, Calgary

This year's Winter Senior National Championships were held in Calgary, Alberta March 25-28.

Before hitting the pool, the team went site seeing in Banff for 2 days! Here they saw Lake Louise, rode the gondola up the mountains and into the snow, went into the sulfur hot springs, and saw all the other sites in the area. It must have been a great motivator for the team going into this meet because all 5 divers, Kevin, Cam, Lauren, Kristin and Jill, went on to achieved great things!



Kevin has been leading our team in the senior arena for quite some

time now and this year was no exception. Kevin won the BRONZE medal on 1m—matching his performance at last year's summer nationals. He

also broke into the medals for the first time on 10m, winning the overall BRONZE as well as the



SILVER artistic award. This was Kevin's first silver medal at a senior nationals.

Our new synchro team, Kristin and Jill, did a fantastic job in synchronized 3m and won the SILVER

medal! This is the first medal at a national level for both divers.

Great job and congratulations girls! Kristin also competed individually on 1m and Jill competed on 3m.



Lauren achieved her goal of making it into the Final on 10m. This means that she has secured her spot to compete at the Olympic Trials here

in Winnipeg in June! Only the best divers in Canada are able to compete at the trials, so this is a great feat!

Cam competed on 1m for the first time at a senior nationals and nearly made the final! One big miss on

his back 1 1/2 is what kept him out of the top 12. On 3m, Cam achieved his goal of making the semi-final (top 18). Diving in reverse order

of placement... it was quite an experience to follow World Champion, Aleandre Despatie in a major championship!

Congratulations to all of our divers. This has been our most successful senior nationals in many years... 4 medals and two additional finalists and one semi-finalist!

