

May 2004



Rip'n'Roar

Pan Am Diving Club Newsletter

DATES TO MARK IN YOUR CALENDARS

Friday – Sunday, April 30 – May 2: **Canada Cup**, Victoria, BC. KEVIN will be representing Canada at this prestigious international event! This competition will be aired on CBC Sports Saturday (afternoon) on: May 8, 15 & 22!!! Be sure to check this out, as you will be looking at the world's contenders for Olympic Gold this summer in Athens!

Thursday – Sunday, May 6-8: **Thunderstruck Diving Invitational**, Thunder Bay, Ontario. 19 divers will be traveling by charter bus to this fun event! Please be in the pool parking lot, ready to load the bus on Thursday at 6:30 am sharp!

Thursday – Saturday, May 6-8: For divers *not* traveling to Thunder Bay, there will be **NO DIVING** due to a swim meet.

Tuesday, May 11: **PADC Board of Directors Meeting**, 7 pm at the pool.

Tuesday, May 18: **Olympic Trials Committee Meeting**, 6:30 at the pool.

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! Those who reach the National qualifying point standard in Thunder Bay, should consider this competition. Please direct questions to your coach.

Monday, May 24: **NO DIVING**, Victoria Day holiday.

Wednesday – Saturday, May 26 – 29: **NO DIVING** due to a Synchronized Swimming Meet. There will still be dryland training for Competitive athletes.

Friday & Sunday, June 4-6: **CANADIAN OLYMPIC TRIALS, WINNIPEG!** Underline it in your calendar and tell all your friends! This is going to be one exciting event! Many volunteers are still needed. To sign up for positions, please contact Bonnie at 896-4341 or bgdavies@mb.sympatico.ca.



Friday – Sunday, June 18 – 20: **Manitoba Tier 1 & 2 Provincials**, Pan Am Pool. All divers with a full list of dives (Tier 1 or 2) are encouraged to participate!

Monday – Saturday, June 21 – 26: **Last Week of Regular Season Training!** Divers qualified for Age Group Nationals will be notified of training camp times.

*Pan American Synchronized Champions
Emilie Heymans & Marie-Eve Marleau*



*World Champion
Alexandre Despatie*

Bingo Update

There are still 3 spots available for the May 23rd Bingo. This is the long weekend, but we still have to fill all of our spots! This is also the last bingo for this quarter. The Summer bingo dates will be coming out by email later in the month. To sign up for Bingo slots, please contact Jayne at 925-5654 or jayne@manitobadiving.com ASAP!

Jim Lambie—2003 Manitoba Coach of the Year!

The Annual Coaching Excellence Awards and Brunch was held on Saturday, April 17th at the Radisson Suite Hotel. Jim was a nominee and finalist in the High Performance Coaching category and Dallas was a nominee in the Developmental Coaching category. Jim has been nominated for this award approximately 15 times, beginning in 1982! Well, it looks like the 15th time was a charm, because Jim was named 2003 High Performance Coach of the Year! The award does not include achievements only in the year of the award, but looks at the coach over time as well. Jim has produced many na-

tional and international champions at the Pan Am Pool over the years and has served on many volunteer sport boards within Manitoba and Canada. Since Jim's return to the Pan Am Diving Club in 1998, the club has made significant improvements at both the junior and senior national level. These results reached a high with three senior national medals at the 2003 summer senior nationals and



Jim with Award, Kevin, Kristin, Lauren and Dallas.

the qualification of two Manitoba athletes for the 2004 Olympic Trials.

Jim began his acceptance speech by "blowing the dust off of it" and went on to proclaim his passion for the profession of coaching and the opportunity to work with some amazing athletes.

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CONGRATULATIONS JIM!

Cam McLean – Finalist for Manitoba Athlete of the Year

Cam was nominated for 2003 Manitoba Junior Athlete of the Year and was also a finalist in that category. With steadily increasing credentials, it sounds like Cam is getting closer and closer to taking this award.

He and the winner, squash player, Andrew Boumford, has fairly similar results...



Cam received his award from Sport Manitoba President Jeff Hnatiuk and Winnipeg's 2000 Olympic Taekwondo Bronze Medallist Dominique Brossard.

*Don't Forget!
2004 Canadian
Olympic Trials!
Pan Am Pool
Friday & Sunday
June 4 & 6*

*Diving on TV!
CBC will broadcast
Canada Cup
Saturday, May 8
Saturday, May 15
Saturday, May 22*

Fundraising Update!



May coffee selection will soon be out by email, and order sheets will be available at the pool in the green basket in the blue box.

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"!

Olympic Trials Pen-Pal Program!

A Pen-Pal Program between the athletes competing in the Olympic Trials and several schools in Manitoba has been organized! Students will get the



World Champion, Alexandre

opportunity to write letters of good luck and encouragement to the athletes preparing for the trials, and then have the opportunity to see them compete live here in Winnipeg! Some of the classrooms are coming to watch the preliminary rounds during the day on Friday, June 4th and other students will come out to visit all week!

We are also involving the divers of the Pan Am Diving Club (of all programs, Learn-To-Dive through Competitive) who are interested! If you would like to be involved in the pen-pal program, please let Dallas know at 487-6243, [dal-las@panamdiving.com](mailto:dallas@panamdiving.com) or sign your

name on the blue box at the pool. Names must be collected by Monday, May 10th to be included!

This is a great opportunity to get to know the best divers in Canada and in many cases, the best divers in the World! Did you know that three Canadian divers are World

Champions? Emilie Heymans won the 2003 World Championships on 10m, Blythe Hartley won the 2001 World Championships on 1m and Alexandre Despatie won the 2003 World Championships on 10m and



Blythe and Emilie

the 2004 World Cup on 3m! Canada is one of the leading diving nations in the world! All three of these divers will be aiming for Olympic Gold in Athens this summer. So get to know all of our fabulous athletes, and come and cheer them on



Emilie and Marie-Eve

*Sign up today for the
Olympic Pen-Pal
Program!*

Age Group National Qualifiers

Currently, we have 5 athletes who have made the point standard at least once en route to qualifying for Age Group Nationals. Qualifying for the Age Group Nationals this year has become dramatically more difficult due to the double qualification process. Here are our Level 1 Age Group qualifications so far:

Sawyer Marshall-Stanchuk – Group D – 1m (Polar Bear)
Cassandra MacLeod – Group B – Platform (Polar Bear)
Cam McLean – Group B – 1m, 3m, Platform (Polar Bear, Speedo Sting)

Jill Gudmandson – Group A – 3m, Platform (Polar Bear)
Kristin Davies – Group A – 3m, Platform (Polar Bear)

The two remaining Level 1 Age Group qualifiers that we will be attending are the Alberta Provincials in Calgary, May 21-23rd and the Quebec Provincials in Montreal, June 25-27th. Divers also have to attain the point standard a second time at any competition.

This year's Age Group Nationals will be held in Victoria, BC in July.

www.panamdiving.com
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