

September &  
October 2004



PAN AM DIVING CLUB NEWSLETTER  
Rip 'n' Roar—Fall '04

## Upcoming Dates!

Tues, Oct 5 – **Coaches & Instructors Meeting**. 8 pm at pool. All are required to attend!

Mon, Oct 11 – **NO DIVING**, Thanksgiving Day Holiday

Tues, Oct 12 – **PADC Board of Directors Meeting**. 7-9 pm in Board Room at the pool.

Wed, Oct 13—**Fundraising Meeting**. 6:30-8 pm in the Hall of Fame upstairs at the pool.

Thur, Oct 14 & Mon, Oct 18 – **Last Classes of M-W & T-Th Advanced LTD Diving**. Please re-register for the following session *before* this date!

Tues, Oct 19 & Wed, Oct 20 – **Start of M-W & T-Th Advanced Diving, 2<sup>nd</sup> session**.

Fri, Oct 22 – Tues Nov 2 – **World Junior Championships**, Belem, Brazil. Cam and Dallas will be traveling to represent Canada here, at the biggest competition for junior divers in the world!

Tues, Nov 9 – **PADC Board of Directors Meeting**. 7-9 pm in Board Room at the pool.

Thurs, Nov 11 – **NO DIVING**, Remembrance Day Holiday

Sun, Nov 21 – **Novice Provincial Championship** – This is a fun meet for Learn-To-Dive and Pre-Competitive level divers. More information will come... mark your calendars!

Sat, Nov 27 – **PADC and MB Diving joint AGM** – 1 pm, location to be determined. Please have at least one representative from each family present. Important issues are discussed and policies will be passed! Come out to keep informed and give us your input!

### Last Classes for Fall Learn-To-Dive Session:

Monday 5-6	November 22 (No class Oct 11)
Tuesday 5-6, 6-7	November 16
Wednesday 5-6	November 17
Thursday 5-6	November 25 (No class Nov 11)
Mon & Wed 7-8	November 22 (No class Oct 11)
Tue & Thur 7-8	November 23 (No class Nov 11)
Saturday 9-12	November 20
Monday 6-7	December 6 (No class Oct 11)
Thursday 6-7	December 16 (No class Nov 11, Dec 2)

**PLEASE MARK YOUR CALENDARS!**



## WANTED!

The Pan Am Diving Club's Board of Directors is looking for 3 New Board Members to join on this season! If you feel you have skills, ideas or energy to bring to the table... please let us know! Even if you don't think that you have something to offer, chances are you do! Don't be shy, our board is very friendly and will welcome you with open arms!

We are also looking for people who are interested in being project leaders for specific

projects and events we would like to pursue this year. You do not have to be on the Board of Directors to take on one of these roles. We have many areas to cover from isolated fundraising and social events to volunteering at times outside of the competitions we host.

Please contact Club President Hugh Gudmandson at 488-9644 or [jillnkim@mb.sympatico.ca](mailto:jillnkim@mb.sympatico.ca)

## OBRELLE DIVING GAME!

If you haven't already checked this out, you should! Obrelle is the newest sponsor of Diving Plongeon Canada and they have an online diving game!

Every player can earn up to \$1 towards Canada's Divers just by playing it!

## Important Meetings to Attend!

Firstly, thank you to all parents who attended one of the two Registration Nights as asked. Your cooperation is greatly appreciated!

The next meetings for which we need at least one representative from each family are:

### **FUNDRAISING MEETING**

Wednesday, October 13th  
Aquatic Hall of Fame, Pan Am Pool  
6:30—8:00 pm

Calling all parents! We will be holding an important club meeting to discuss this year's fundraising. Each family is requested to have a representative there. You have all paid a deposit of \$175.00 for fundraising. This is your opportunity to

have some input into how to earn it back. In previous years we have had great success with a Buffalo Bills Bud, Spud and Steak night, a Christmas liquor raffle, and new for last year, Black Pearl Coffee sales. Bring your ideas, we are looking for input. Linda McLean, fundraising.

At this meeting, information regarding fundraisers used in previous seasons will be discussed. New ideas will be presented, so if you have any ideas, bring them! We would like to vote on which fundraising ventures you would like to participate in this season.

Families not attending are asked to please contact Linda McLean at [fundraising@panamdiving.com](mailto:fundraising@panamdiving.com).

### **PADC & MB Diving Joint AGM**

Saturday, November 27<sup>th</sup>  
Location to be announced...  
1:00 pm

This meeting will begin with the Pan Am Diving Club's AGM and will be directly followed by MB Diving's AGM. Please come and find out what is going on with diving in your club and province! Board positions are also up for election; so if you are interested, please step forward! Even if you are not interested in a board position, we still ask that you come out. Important issues will be discussed and policies will be passed! We want your vote!

## Polar Bear Classic Invitational

Announcing the date of the 37<sup>th</sup> annual Polar Bear Classic! The Pan Am Diving Club is known throughout Canada as being one of the best hosts in the nation. Please mark your calendar with these dates, as we will be requiring volunteer participation from all families to put on a successful event!

This year's Polar Bear will be held:  
Friday – Sunday, January 28-30, 2005.

Volunteers will be needed Thursday through Sunday to help in every aspect from set-up / tear down to hospitality to results to retail, etc, etc! More details regarding volunteering will follow.

This meet will be the first competition of the year for most competitive athletes. It is also the first Level 1 Age Group National Qualification meet of the season.



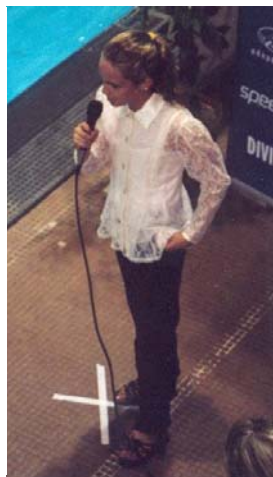
*Last year's '04 Olympic Trials awards presenters a.k.a. Greek Goddesses, Lindsey & Morgan Wankling, display the attention to detail at PADC hosted events!*

### **GOT TOO MANY AEROPLAN MILES?**

*Is anybody out there looking for a place to donate extra Air Canada Aeroplan miles to?*

*The Pan Am Diving Club would like to take you up on this, to support coaches travel to competitions! Please contact Hugh at 488-9644 or [jillnkim@mb.sympatico.ca](mailto:jillnkim@mb.sympatico.ca)*

*Breanne Coulson sings the National Anthem during the Welcoming Ceremonies of the 2004 Olympic Trials for diving, hosted here in Winnipeg!*



## Available Bingos!

**There are still Bingo slots that need filling for this quarter!**

**They are:**

**November 22, 9:00 – 11:45  
at Club Regent (4 spots)**

**December 12, 9:00 – 11:45  
at Club Regent (2 spots)**

**Sign up with Jayne at 925-5654  
or [jayne@manitobadiving.com](mailto:jayne@manitobadiving.com)!**

## 2004 Age Group National Championships, Victoria BC

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Last season's Age Group National Championships in July was much more difficult to qualify for than it has been before. Instead of qualifying once by attaining the National Point Standard at any competition throughout the year, divers had to qualify twice and at least once at a "Level 1" meet for each event they could compete in! For this reason, I would like to congratulate the 7 Pan Am Diving Club divers who made it, on a job very well done! They are: Erin Blaine (Group D), Cyrena Couvier & Breanne Couslon (Group C), Cassandra MacLeod & Cam McLean (Group B), and Kristin Davies & Jill Gudmandson (Group A). The total number of

divers at Nationals was reduced from 240 to 180 because of these tougher standards! And the rules are going to stick for this year, so anyone who hopes to make Nationals this year will have to do the job at the big meets this year! You can do it!

Erin Blaine chose not to compete at the meet, but the other 6 divers did a great job. Cam McLean started out the competition by winning the first event, Boys B 1m. He also made the World Qualification Standard, so he was the first diver named to the Canadian Junior Team that will be traveling to the Junior World Championships in Brazil this

October! In the next event, Jill followed up by finishing 5<sup>th</sup> in the Girls A 10m event! What a day! Kristin had a disappointed finish in the event, but it should be noted that she definitely "medalled in the warm-up"! She looked great going into it, but unfortunately made a costly error during the event. After the first day, the results were not as exciting. However, all 6 divers put out a great effort and I'm certain the experience will only make them stronger competitors this season. Full team results are on the last page of this newsletter.

## 2004 Olympic Games, Athens GREECE

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I hope you all got a chance to catch some of the exciting action happening at the Olympic Games this summer in Athens!

The Canadian divers in particular did a great job and posted some outstanding results! Our girls, Emilie Heymans and Blythe Hartley won the Bronze Medal in the Womens Synchro-



nized 10m event! Then Alexandre Despatie went on to win the Silver Medal in the Men's 3m event! Other top notch performances were Emilie's 4<sup>th</sup> on 10m, Alex's 4<sup>th</sup> on 10m and Blythe's 5<sup>th</sup> on 3m in individual events. This was a spectacular showing for Canada, and since then we

have had a huge boost of interest in Diving in Winnipeg and across the country!

If you are interested in seeing some pictures from the Olympic Park and of ruins and sites around Greece, talk to Dallas! Fortunately, I was able to take a vacation in Greece and take in many islands, ruins, and of course... the Olympics!

## New Popularity—Trampoline & Adult Diving!

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Probably in part due to our Olympic success, this year there has been an overall boost in enrollment in the diving programs of the Pan Am Diving Club. There are two programs in particular that have had a HUGE boost! These are the Saturday morning Diving & Trampoline classes and the Adult Diving classes!

The Diving & Trampoline is taught by Kevin Geyson and can probably give thanks for some of its popularity to the Silver Medal that was won by Canada at the Olympics in Trampoline! This program is now running for 3 classes and is almost completely full!

We have had an adult program on Friday nights for many years now,

but this year there wasn't enough space for everyone who wanted to join it! So we started a second class on Tuesday nights... and that one also filled up in no time! Now we have another class' worth of adults waiting on a waiting list to begin diving! We will do our best to get everyone involved as soon as we can!

## Message from Jim Lambie, Head Coach

Welcome to the 2005 diving season. I am pleased to see that most of our athletes from last year have returned and this will bode well for the competitive section of the club.

Last year was a pretty good season although we did not end up at our Age Group Nationals as well as I would have hoped. We are nonetheless ready to learn and build on that competition and prepare ourselves for a much better 2005 Age Group Season. We did of course come away with a national champion in Cam McLean, who also earned the honour to represent Canada at the World Junior Championships later this month. We are all hoping for some great diving from Cam and I am sure he will do the Pan Am Club and Canada proud.

Our senior divers had a very good season in 2004 and some of the junior divers in Cam McLean, Jill Gudmandson and Kristin Davies are making the move from Junior to Senior very well. Our highlight in the senior arena was qualifying Lauren Penko and Kevin Geysen to compete in the Olympic Trials. Kevin just missed the Olympic Team on ten meter with a third place finish and Lauren was a very respectable 9<sup>th</sup> in the toughest and most nerve challenging meet of her career.

As most of you have noticed we are very heavy into our dry land portion of the program and this is very critical to all of the divers. I am expecting the competitive

groups to learn lots of new dives this season and the dry land is critical to keeping injury free.

Watch in the next newsletter for explanations of some of the new programs being introduced. We will also have a competitive schedule. Our first big meet of the season will be the Polar Bear Classic on January 28-30. All club divers will be expected to participate in this event so put it on your calendar. Again, welcome back, the coaching staff is quite excited to work with you all for the upcoming season.

### QUOTE OF THE MONTH

Lindsey Wankling, one of her goals:

*"To do all things to the best of my ability, and to believe that I can not matter what. And even if those things don't seem to be happening, just tell myself:  
'If you work hard enough, and you love it enough, then you can do it!'"*

Lauren and Manitoba flag carrier Brett Jones-Melbourne, Olympic Trials '04



Lindsey (right) with sister Morgan and Erin in Thunder Bay

## Hello from you Club President, Hugh Gudmandson

Welcome back for the 2004-2005 diving season! Hopefully you had a great summer.

We had a very exciting season last year. Our Club hosted the Canadian **Olympic Trials** in June. It was exciting to watch Canada's best divers, and to cheer-on our own Club divers, Kevin and Lauren who made it all the way to the finals!! This year, we are expecting another fun-filled event packed year.

We will be holding our 2003-2004 **Awards Banquet** in November, date and location to be announced.

Thanks to our coaches and volunteers, this is always a fun night out that is open to all families. So, new families don't be shy come and join the fun!!!

We will be holding this year's **Annual General Meeting** on November 27th, location to be announced. We would be pleased if

one adult from each club family could attend this meeting. We require everyone's input as will be electing new members to the Club's **Board Of Directors** at this time

*Hugh Gudmandson*  
Pan Am Diving Club President

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PAN AM DIVING CLUB NEWSLETTER

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## Age Group National Results

Victoria, BC July 22-25, 2004

**Girls C 1m** (21 divers)

Cyrena Couvier 160.70 18<sup>th</sup>  
Breanne Coulson 148.80 20<sup>th</sup>

**Girls C 3m** (20 divers)

Breanne Coulson 157.40 19<sup>th</sup>

**Girls C Tower** (19 divers)

Cyrena Couvier 117.60 18<sup>th</sup>

**Girls B 1m** (26 divers)

Cassandra MacLeod 154.92 25<sup>th</sup>

**Girls B 3m** (26 divers)

Cassandra MacLeod 178.77 18<sup>th</sup>

**Girls B Tower** (22 divers)

Cassandra MacLeod 166.98 15<sup>th</sup>

**Boys B 1m** (15 divers)

Cam McLean 429.99 Gold

**Boys B 3m** (13 divers)

Cam McLean 402.72 5<sup>th</sup>

**Boys B Tower** (12 divers)

Cam McLean 339.93 4<sup>th</sup>

**Girls A 1m** (31 divers)

Jill Gudmandson 196.83 19<sup>th</sup>  
Kristin Davies 192.84 21<sup>st</sup>

**Girls A 3m** (31 divers)

Jill Gudmandson 200.85 24<sup>th</sup>  
Kristin Davies 154.44 31<sup>st</sup>

**Girls A Tower** (22 divers)

Jill Gudmandson 353.40 5<sup>th</sup>  
Kristin Davies 179.22 13<sup>th</sup>

**PADC 11<sup>th</sup> of 24 Canadian Teams**

## PARENTS DRYLAND PROGRAM!

We have something *brand new* this year... something geared especially for the *PARENTS* of the Pan Am Diving Club! We had some requests from the parents of the club, hoping we could “whip them into shape” too! So due to popular demand, we have created a PARENTS DRYLAND PROGRAM. The Parents Dryland Program (PDP) is an opportunity for all parents of Club and Learn-To-Dive divers to get their workouts in at Pan Am Pool while their children are diving, or on other days of the week! Here are the details of the program:

**WHO:** Any parents (or grandparents) of PADC families can join!

**WHAT:** Members of the PDP can work out using all of the dry fitness facilities at the Pan Am Pool, including the track, upper weight room and lower weight room weights and machines. Organized workout plans will be made available (with several levels of difficulty), or you are free to do your own workout!

**WHEN:** Our program starts October 4th, but you can join at any time! When you join, you are entitled to a *full season* of dryland training! You can train during any time that the Pan Am Diving Club programs are in process:

Mondays 3:30 - 8:00 pm  
Tuesdays 5:00 - 8:00 pm  
Wednesdays 3:30 - 8:00 pm  
Thursdays 5:00 - 8:00 pm  
Fridays 5:00 - 7:00 pm  
Saturdays 9:00 am - 12:00 noon

All members can arrive and leave as they please during these times. We only ask that you sign an attendance sheet each time you participate, for our records. How long you stay, and how often you participate is entirely up to you!

**COST:** The cost of the PDP is *extremely* low! One parent can join for \$65 *for the full season, now through June!* Or to encourage even more parents to get out there and get active, TWO parents can join for only \$100 for the full season!

Payments can be brought on the first day you attend. Cheques should be made out to the Pan Am Diving Club. If you are paying by credit card, there will be a 3% service fee added. Please bring a written note with the type of card, name on the card, card number and expiration date, if you wish to pay by credit card.

All PDP participants will receive a choice of two t-shirts to wear while they work out. This way you will be distinguishable from the “general public”...

To sign up, please contact Dallas at 487-6243 or [dallas@panamdiving.com](mailto:dallas@panamdiving.com).

### **WELCOME DYLAN!**

*The Pan Am Diving Club would like to extend a warm welcome to our newest staff member: Dylan Tarnowski! Dylan is a former competitive diver and diving instructor with the Regina Diving Club and has also worked with Dive Calgary. Here in Winnipeg to attend University, Dylan is instructing the Tuesday night Adult class as well as Saturday morning beginner classes. Welcome to the team Dylan!*