

RIP ' N ' ROAR

PAN AM DIVING CLUB NEWSLETTER

NOVEMBER 2004



Upcoming dates to mark in your Calendars

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

Wed, Nov 10 – Polar Bear Classic Organizing Committee Meeting. 6:30 – 8:00 pm at the pool.

Thurs, Nov 11 – NO DIVING, Remembrance Day Holiday

Wed, Nov 17 – Coaching and Instructors Meeting, after practice.

Sun, Nov 21 – Novice Provincial Championship – All Learn-To-Dive, Super Tots and Pre-Competitive divers are invited to participate. Registration and practice begin at 12:00 noon. All Competitive divers are asked to help out with running the meet and to participate in the dive show! All instructors are to be on deck at 11:30 am to help set up.

Sat, Nov 27 – PADC and MB Diving joint AGM – 11:00 am PADC AGM, 1:00 pm MB Diving AGM. There will be a break between meetings and a light lunch will be provided. Please have at least one representative from each family present. Important issues are discussed and policies are passed at the AGM. Come out to keep informed and give us your input!

Sat, Nov 27 – 2003-2004 Season Awards Dinner. 6 pm at Windsor Community Centre. Bring warm clothes and ice skates as we will have access to the outdoor skating rink before dinner. Dinner will be catered by Papa George's. Come out and see who did some great stuff in 2004!

Thur – Sun, Dec 3-5 – CAMO International Invitational, Montreal. Kevin, Lauren and Jim will be competing in this prestigious competition involving divers from around the world.

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)



Tues, Dec 7 – Adult Challenge Meet. 6-8 pm. Practice is from 6:00 – 6:45 and events will run until 8:00 pm. Provincial Team members are asked to participate as judges in this fun event!

pan am diving club & Manitoba diving agm

Remember that we are looking for new board members for both the Pan Am Diving Club's and Manitoba Diving's Board of Directors. We are also looking for special project leaders who need not sit on the board of directors. Come out to the AGM to find out more information and hopefully put your name forward! Even if you do not wish to get involved at the Board level, we ask that one representative from each club family come out to get informed!

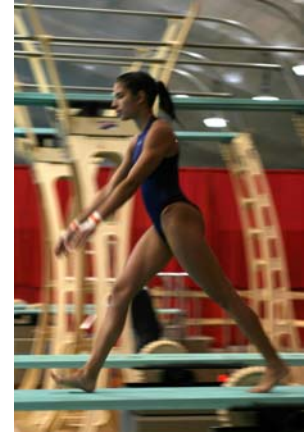
Schedule:

Saturday, November 27th in the Aquatic Hall of Fame at the pool

11:00 am – PADC Annual General Meeting

Break: Light lunch provided

1:00 pm – MB Diving Annual General Meeting



Board Members

In preparation for the upcoming Annual general Meeting, the Pan Am Diving Club (PADC) is seeking new members for the Board. In order for our Club to continue its good work, parents need to come forward and volunteer their time.

Background

The PADC Board consists of ten members who fill Executive and Committee Chair positions; President, Vice President, Secretary, Treasurer, Directors at Large and Committee Chairs. The Board also counts as members Head Coach and Athlete Representative. Several hardworking members are stepping down this November, leaving positions open to be filled: **Secretary, Director at Large and Sponsorship Chair.**

What's Involved?

The Board meets on a monthly basis from September to June, usually on a Tuesday evening from 7:00 – 9:00 pm. Committee meetings are held as required in accordance with the activity. Board terms are for two years. New members can expect to receive an orientation from an Executive Officer that addresses;

- PADC Constitution
- Board Policies
- 2004 – 2005 Activities
- 2005 Budget

Board members must attend at least 80% of meetings and can count time served in meetings and Board activities as volunteer hours.

How Do I Join?

Any athlete's parent or guardian can join the Board. Simply put your name forward to the Nominating Committee Chair - Gary Davies - or wait and attend the Annual General Meeting November 27, 2004 and be nominated from the floor. Nominations may be sent by email: bgdavies@mb.sympatico.ca

NOVICE PROVINCIAL CHAMPIONSHIPS

This is a fun meet for Learn-To-Dive, Super Tot and Pre-Competitive level divers taking place on Sunday, November 21st at Pan Am Pool. Registration takes place on site – no advance registration is required. Divers please report to the registration tables behind the 1-metre boards when you arrive. The cost to participate is \$5 and is to be paid at the time of registration. Registration and practice will take place from 12:00 noon to 1:00 pm, when the events will begin. The divers aged 6 + under will dive first, with the various age categories and levels to follow. There is a level for everyone at this meet – come out and join in the fun! All divers will receive a certificate of participation and a diving poster. Ribbons will be presented to the top 8 finishers in each event. At the conclusion of the events, there will be a dive show put on by the Manitoba Provincial Team and other competitive divers of the Pan Am Diving Club. Hope to see you there!



2003-2004 SEASON AWARDS DINNER

To celebrate the achievements of last season, we will once again be having a skating and dinner party. All PADC family members are invited. Bring warm clothes and ice skates for skating on the outdoor rink, followed by dinner catered by Papa George's! Tickets are \$16 per person with children 7 and under free. Come out and support the excellent, not-so-excellent and funny moments of last season! This event is always one of the highlights of the diving year. Please return your response form and payment prior to the event.

Date: Saturday, November 27th

Time: 6 pm

Place: Windsor Community Club

Cost: \$16 per person, children 7 + under free



ADULT DIVING CHALLENGE!

This fun adult meet is being held on Tuesday, December 7th. Here Tuesday and Friday classes will go head to head against each other in some friendly competition! There are several events, so that the divers will be able to compete at their own level. Awards will be presented at each level and all will have a lot of fun! Provincial Team members are asked to act as judges for this event. Warm-up and practice will take place from 6:00 to 6:45 and the events will begin after that. The cost to participate is \$5... and no one is saying the fun has to stop at the pool!

CAM'S REPORT FROM THE Jr WORLD CHAMPIONSHIPS IN BELEM, BRAZIL

This October, Cam and Dallas traveled to the Junior World Championships of Diving in Belem, Brazil. Here all the top junior divers from around the world would test their skills against each other. Every diving nation in the world was present, except for China, who had problems getting their flights arranged. The Canadian team consisted of 13 divers who qualified for the team by finishing 1st or 2nd in their events at the Age Group National Championships last July in Victoria.

Obviously, with all the best divers in the world present, the competition was tough! The Canadians did a great job, with 8 different divers making the finals, some of them more than once! Cam had an up and down competition with good and bad performances. The highlight of his results was a 4th place finish in the boys 14-15 1-metre preliminary event. He finished 11th in the final. Here is what Cam had to say about Brazil:

Brazil was a really fun trip. I was a positive experience and I'm glad I went. All the hard work paid off. I got to meet a lot of new people from all over the world, and watch them dive. I was really impressed with all the talent I saw. Canada did really well with many divers making the finals (top 12) and we also won two medals: 1 silver and 1 bronze.

Diving wasn't the only thing that I enjoyed in Brazil. There was also the banquet on the last night of competition and a cruise through the Amazon the next day. The cruise didn't end up being quite what we expected, but in the end, Team Canada, Team USA, Team Japan and Team Mexico all ended up swimming in a lagoon on the river and doing tricks off the dock. We had all the fun in the world swimming around together.

It was a disappointment that China couldn't make it to Brazil, but besides that, I now know what the rest of the world is up to. I know what to expect for next time. I learned a lot from this trip and I'm looking forward to coming home and training so that I can go to Cuba for the Junior Pan American Championships next summer.

Remember, if you keep up the good hard work, you will reach your goals!



**Quote of the Month:
Cole Funk ,7, one day...**

“When I’m 14, in 7 years... I’m going to have a big chest just like Cam.”



POLAR BEAR CLASSIC, JANUARY 28-30

Don't forget about our upcoming annual invitational the Polar Bear Classic! Volunteers will be needed in every aspect to make this a successful event. The Pan Am Diving Club is known as one of the best hosts in the nation, and we want to live up to our reputation!

Here is what we are looking at for Polar Bear volunteers:

Hospitality Set-up	5 pm – 8 pm	Thurs, Jan 27 th	8 volunteers
Hospitality	7 am – 6 pm	Fri, Jan 28 th	12 volunteers (2 shifts)
	7 am – 6 pm	Sat, Jan 29 th	12 volunteers (2 shifts)
	7 am – 6 pm	Sun, Jan 20 th	12 volunteers (2 shifts)
	(This can be split into three shifts as well)		
Retail	9 am – 4 pm	Fri, Jan 28 th	2 volunteers
	10 am – 3 pm	Sat, Jan 29 th	2 volunteers
	10 am – 4 pm	Sun, Jan 30 th	2 volunteers
	(Note this may be four volunteers with split shifts)		
Computer Results	8 am – 7 pm	Fri, Jan 28 th	6 volunteers(2 shifts)
	8 am – 7 pm	Sat, Jan 29 th	6 volunteers(2 shifts)
	8 am – 6 pm	Sun, Jan 30 th	6 volunteers(2 shifts)
	(Extra volunteers could also be used here)		
Protocol & Awards	9 am to the end of each day		2 volunteers
	(This could be different people every day)		
Number Board	9 am – 7 pm		8 volunteers each day (2/3 shifts)
Office Manager	7 am – 7 pm all three days		2 volunteers
Announcer	9 am – 8 pm		5 volunteers (3 shifts)
Stand Cleanup	all day		1 volunteer
	(This position can be tied to hospitality during slow times in the kitchen)		

Please contact Bonnie at bgdavies@mb.sympatico.ca to sign up for your shifts! It is up to you to ensure that you complete all of the required volunteer times in order to get your volunteer refund at the end of the year!

DIVING CALENDARS

Manitoba Diving has a limited number of Diving Calendars for sale. The cost is \$12 each with proceeds going to the Provincial Diving team. Hmm... Christmas? Please contact Jayne at 925-5654 or jayne@manitobadiving.com to order yours!



The Competitive Parent

Over my 30+ year span coaching young divers I am often asked what the role of the parent is with the competitive diver.

Diving is a very personal sport and a very personal challenge for the athlete involved in it. While we do much as a team it is in all sense of the word a totally individual sport. The athlete coach relationship is very close and often parental in its nature.

Combine the personal aspect with a very high fear factor (diving is often referred as an extreme sport) and high demands of both coach and the athlete themselves and you have a high-strung thoroughbred young athlete.

The role of the parent is in a nutshell to support the athlete in all aspects of their endeavor. This would also entail supporting the coaching staff and what they are trying to do with the athlete. The parent should never coach this sport. While many of us have played hockey or baseball very few have ever dived at this level and bad coaching is quite frankly very dangerous and very detrimental to development.

Nutrition is also very important at home. Provide your youngster with good rounded diets that keep the body in top shape. Do not worry that they come home and need to eat a full meal at 8:30 P.M.. The old wise-tale about food laying in you stomach late at night is totally untrue, especially with athletes. They need to refuel after a hard training session or they will loose energy and drive very quickly.

While many things go on at home that can upset a young athlete care should be taken to deliver them to the pool with their minds and bodies ready to concentrate on the task at hand. I have seen kids hit the board in the blink of an eye because they were thinking about arguments at home or other problems and not concentrating on their diving and training. Please let the coach(es) know if there are problems so we can prepare or adjust for them.

In summary your job as a parent is to get them to the workouts on time, keep them fuelled properly, support their ups and downs, support the coaching staff (if there are questions or problems come to us directly and do not belittle in front of your athlete) and cheer like mad in the stands.

Jim Lambie, Head Coach

