



RIP'N'ROAR—DECEMBER/JANUARY 2004-05

Pan Am Diving Club Inc.

Dates to Mark in Your Calendars

- Dec 20-26 NO DIVING – HOLIDAY BREAK
- Dec 27-31 Competitive Camp by Invitation only, 9 am - 1 pm Monday to Friday
Please bring all your training gear (including runners) and a snack!
- Dec 27-31 Learn-To-Dive, Super Tots and Pre-Competitive Camps
Two camps: 9 – 11 am & 11 am – 1 pm (FULL)
- Mon, Jan 3 Training for Super Tots, Pre-Competitive, Competitive Resumes
- Thur, Jan 6 Polar Bear Planning Committee meeting 6:30 pm at the pool
- Jan 8-14 Learn-To-Dive & Adult Diving Programs begin
- Fri, Jan 14 Pan Am Diving Club Head Coach's Birthday
- Wed, Jan 19 Computer Scoring Clinic – for any new volunteers! 6:30 pm in the timing office (beside the 1m boards)
- Jan 28-30 POLAR BEAR CLASSIC INVITATIONAL! This is our annual event. Please see details within the newsletter... and check out the meet packaged posted on the homepage of our website!
- Feb 3-6 NO DIVING—Man/Sask Swimming meet takes over pool!

ADULT CHALLENGE!

The first ever ADULT CHALLENGE was held Tues, Dec 7th! There was much enthusiasm leading up to the event, and 8 divers came out to participate! Three levels were created for the Adult divers, and all of the divers participated in the 2nd and 3rd levels (the more challenging of the 3)!

It was great to see the

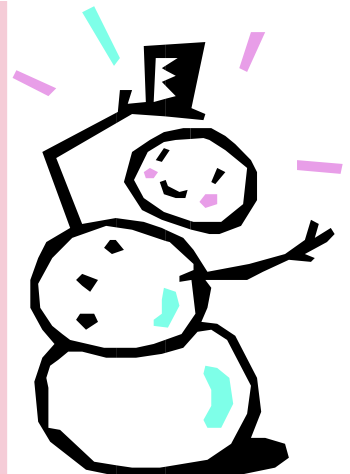
Tuesday and Friday divers cheering for their teammates and meeting other adult divers for the first time. This was a fun event in which all the divers received a medal, a team t-shirt (Tuesday vs. Friday) and a diving key chain.

There was a resounding request for another Adult Challenge in the new year, so... announcing the

SPRING ADULT CHALLENGE...

Tuesday, April 5th
6:00 – 8:00 pm.

Since this was a new event, we welcome all input from the participants. There has already been a resounding interest in having at least one higher level... so we will get to work on creating those!



MERRY CHRISTMAS

Polar Bear Classic

- *Most of the divers in the club will be training towards competing at this competition.*
- *DIVERS: Keep working hard to get those dives ready to compete!*
- *PARENTS: Don't forget to sign up for volunteer slots. All of the volunteer openings were posted in the last newsletter (Nov. 20034) which is still available on the website (www.panamdiving.com)!*
- *To sign up, contact Bonnie at: bgdavies@mb.sympatico.ca or 896-4341*
- *We are known for our excellent events! Here we go again... get ready!*



CANADA GAMES—REGINA 2005!

Well, it is a Canada Games year once again! For those of you who aren't familiar with the Canada Games, here are some details... The Games are held once every 4 years and are run very similar to any major games such as the Olympics. Instead of representing your country, you represent your province at these games! Each Province has a

team composed of athletes from all sports and a provincial team uniform. Manitoba's colours are always black, white and gold. Just like at the Olympics, all the athletes, coaches and other staff live in the Athlete's Village while they are at the Games! There are Opening and Closing

Ceremonies in which the athletes participate in as well! The Games are divided into two weeks. Week 1 involves half of the sports and athletes and Week 2 involves the other half. Diving is a part of Week 2, which means that we participate in the Closing Ceremonies.

To make it on to the Manitoba Team, you have to qualify within your sport. For Diving, each province is allowed to bring 3 male and 3 female athletes.

Each province is allowed to put all 3 of their male and female athletes on each board: 1m, 3m and tower. There is also a 3-metre synchronized event for men and women. Canada Games events are held in

Olympic (or Senior National) format.

This means that all divers perform their Options (hard dives) in the Preliminaries. Then the top 18 of those divers go on to perform their Compulsories (simple dives) in the Semi-Finals. The top 12 divers with the high-

est total go on the Finals where they perform their Options again and go for the Gold, Silver and Bronze!

So this means that in order to be a potential Canada Games Team Member, you have to have a full list of dives for senior level competition! For men this is 11 dives on spring-



board and 10 dives on tower. For women this is 10 dives on springboard and 9 dives on tower. It is possible to make the team without competing on all 3 boards, but that means that your other boards must be very, very, very good! Our top 2 divers, or best team, will also compete in

the Synchronized 3m event. Canada Games divers must be 19 years old or younger during the year of the games. No participant can be a current or former national team member.

This is a very exciting event, and often stands out in an athlete's memory as one of the best experiences in their sporting career! It is a mini Olympics and

is very exciting for the athletes, coaches and spectators! The divers who have been named to the Canada Games Training Squad (that is, working towards making the team) will be announced in the next newsletter!

The Canada Games involves the sports of: Athletics, Baseball, Basketball, Canoeing, Cycling, Diving, Field Hockey, Rugby, Rowing, Sailing, Soccer, Softball, Swimming, Tennis, Volleyball & Wrestling!

The Canada Games begin in 1967, the year of Canada's 100th Birthday, after 43 year of planning! These Games were held in Quebec City, and were a big success, despite the -37 degree weather for the Opening Ceremonies!



Head Coach's Report (Abridged AGM Report)

The 2004 season was an exciting and rewarding season for the Pan Am Diving Club in terms of competition and competitive results. As hosts of the 2004 Olympic Trials there was lots of excitement and anticipation throughout the year. As the head coach I put a lot of pressure on our top athletes to



strive for their best performances throughout the year. All of them met the challenge and put 150% into their training and preparation. We had five athletes with a chance of making this goal, and the Calgary Winter Nationals would be the trial. Kevin qualified on all boards with an outstanding finish in all events and he firmly established himself as one of the top three divers in Canada. Lauren Penko managed to edge out her teammates Kristin Davies and Jill Gudmandson and make it into the top 12 which would give her the opportunity to compete at the trials here in Winnipeg. Kristin Davies and Jill Gudmandson went on to win us a silver medal in the 3M synchronized diving event but since this was not to be competed at the trials it did not qualify them to dive. Kevin went on in the trials to place 3rd and become first alternate to the Olympic Team. Lauren did an outstanding job of keeping her nerves in control and placed 9th in her first major trials event.

The national body created a new age group qualifying system which put a lot of pressure on our younger divers to compete and perform not just once but over a number of competitions throughout the country. At the Age



Group Nationals in Victoria in July, Cam McLean led our charge and opened the nationals with a win on the 1M board. He has held a Canadian title for three years now. This win also put him on the World Championship team competing in Brazil, where he finished 11th in the world. Jill Gudmandson put in a great performance on tower with a 5th place finish at nationals.

In my estimation our Learn to Dive program is one of the best in the country and this is due in no small part to our athlete/instructors and Dallas's organization. This season we are experiencing a great influx of new Learn to Dive students. I think this is for the most

part due to the great performances by Canadian Divers at the

Olympics. This season we have 137 registered learn to dive students in the first session. This is about 37 more than previous years. Another big change here has been the influx of adult divers and we actually have two full classes of adult divers and a waiting list for another one.

The coaching staff of the Pan Am Diving Club has also had a great season. Dallas was recently awarded the "Junior National Coach of the Year" at the National AGM. And after many years of nominations I won the "High Performance Coach of the Year" awarded by the Manitoba Coaching Association.

Over the past year we have spent a tremendous amount of time to make our web page active and up to date. Dallas has taken on the task of doing a

monthly newsletter that is packed with information regarding past and future events. Please take the time to read this so you know what is happening. The newsletter, meet schedules, current events, handbook, pictures etc. are all available on the web page at

www.panamdiving.com. At the last AGM and over the past years there has been much discussion on the lack of communication within the club. I feel that the web page along with the newsletter addresses this issue fully. This is our major vehicle for communication in the club and with its members.

There are too many highlights to list here but overall the Pan Am Diving Club has remained one of the top 6 clubs in Canada. The dedication of our athletes and coaches has been outstanding.

This years travel season will include two bus trips for all divers to Thunder Bay and Regina. The senior team will travel to two senior nationals of which one will be the trials for the World



Championships in Montreal this summer. International events that may involve

some of our senior and Junior divers this year will include the World Aquatic Championships in Montreal, the World Student Games in Turkey and the Pan Am Age Groups in Cuba.

JIM LAMBIE, Head Coach



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Manitoba Novice Provincials November 21, 2004

6+ UNDER

LEVEL E

BOYS

1. DAWSON GROENING 53.00

LEVEL D

BOYS

1. QUINN DESROCHERS 77.50
2. RHYS FUNK 75.50
3. SHANE LAMBIE 70.50
4. THEO KAUFMANN 67.50
5. SANDOR GYARMATI 67.00

7-8

LEVEL E

BOYS

1. ELLIOT PANCIERA 48.00

LEVEL D

GIRLS

1. LILY KAUFMANN 102.35
2. NATALIE SENEAL 98.15
3. KATIE ROLLER 85.50
4. KAITLYN MATWYCZUK 79.50
5. ABBI FRIESEN 77.50
6. LARISSA CERASANI 76.50
7. JULIA MACCHARLES 68.50
7. AURORA ROBERT 86.50

BOYS

1. COLE FUNK 99.35
2. NICHOLAS ZAMONSKI 96.55
3. PAUL BROMELY 74.00
4. SAM JARRIN 71.30
5. MYLES PANCIERA 71.00
6. KYLE CARRIERE 70.00
7. TURNER ETHANS 64.00
8. MATTHEW BUSBY 61.00

9-10

LEVEL E

BOYS

1. ANDREAS YOUNG 59.20

LEVEL D

GIRLS

1. KRISTY HEAVER 90.30
2. MALORIE KURTENBACH 81.50
3. SHANA GAUTIER 80.70
4. EMILY BROMELY 77.00
5. CASSANDRA PAGE 76.00
6. KELSI GENDAY 68.50

BOYS

NOVICE PROVINCIAL CHAMPIONSHIPS

The Winter Novice meet was held on Sunday, November 21 with 54 divers in attendance! There was a big range of age, level and experience at this fun meet... and everyone did a great job! This meet included divers from the Learn-To-Dive, Super Tots and Pre-Competitive programs. For those of you participating in your first Novice Meet – congratulations! We hope you had a great time!

There were some of the notable performances this time around:

- *Cole Funk* now holds the record for the *new* event of Boys 7-8 (formerly 7-9) Level D with 99.35 points.
- *Rachel Blaine* now holds the record for Girls 9-10 (formerly 7-9) level B (8 dives) with 176.10 points that was previously set by *Morgan Wankling* in March 2004 at 169.55 points.
- *Kayin Pauls* now holds the record for boys 9-10 (formerly 7-9) level B (8 dives) with 191.80 points that was previously set by *Austin Lewandoski* in March 2004 at 180.05 points.
- *Stephen Penko* now holds the record for boys 13-14 Level C (5 dives) with 161.45 points that was previously set by *Devin St. Godard* in November 2002 at 143.35 points.
- *Jen Heaver* now holds the record for girls 15+ over Level C (5 dives) with 155.05 points that was previously set by *Amy Nachtigall* in December 2001 at 152.10 points.

All of these records were previously held by divers who are currently or formerly in the competitive program! So congratulations to all of you up and coming divers who now hold the records... keep up the good work!

Make sure you all come out to watch the POLAR BEAR CLASSIC, January 28-30 at the Pan Am Pool to see all of the competitive divers have their chance to compete!

1. MATTHEW SHARPE 82.20

LEVEL C

GIRLS

1. MEGAN WILTON 137.20
2. KANSAS GROSS 124.85

LEVEL B

GIRLS

1. RACHEL BLAINE 176.10
2. DANIELLE MITCHELL 174.25

BOYS

1. KAYIN PAULS 191.80
2. AUSTIN LEWANDOSKI 177.45
3. AUSTIN MACMASTER 175.70

11-12

LEVEL D

GIRLS

1. ALICE ZADOR 98.25
2. ERIN NEUDORF 82.80
3. REBECCA DAWSON 81.00
4. KAYLA GAUTIER 80.20
5. RHIANNA FRIESEN 79.20

BOYS

1. COLIN FINGAS 87.50
2. JARED ZIPMAN 83.90
3. JASON MARTIN 79.90

LEVEL C GIRLS

1. KELSEY MATWYCZUK 120.20
2. MEGAN OLMSTEAD 120.15

LEVEL B GIRLS

1. MIRANDA TROWBRIDGE 176.15

13-14

LEVEL D

BOYS

1. ALEX JAQUES 70.90

LEVEL C BOYS

1. STEPHEN PENKO 161.45

15+

LEVEL C GIRLS

1. JEN HEAVER 155.05

LEVEL B

GIRLS

1. GABY RUBIO 170.05