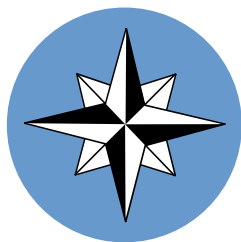


# PAN AM DIVING CLUB



## RIP 'N' ROAR

### FEBRUARY & MARCH '05

#### Upcoming Dates to Mark in Your Calendars!

##### **Sunday, March 6<sup>th</sup> – Novice Provincials – 1-5 pm**

*This is a fun meet for Learn-To-Dive, Super Tot and Pre-Competitive level divers. This is an opportunity for divers to show off their skills to family and friends. All divers receive awards. Registration occurs on site and the cost is only \$5! There is no need to register in advance for this event.*

##### **Tuesday, March 8<sup>th</sup> – PADC Board Meeting – 7-9 pm at the pool**

##### **The last classes for Learn-To-Dive Lessons are as follows:**

*Monday – March 14<sup>th</sup>*

*Tuesday – March 15<sup>th</sup>*

*Wednesday – March 16<sup>th</sup>*

*Thursday – March 24<sup>th</sup>*

*Saturday – March 26<sup>th</sup>*

*Mon-Wed – Wed Mar 16<sup>th</sup>*

*Tue-Thur – Tues Mar 22<sup>th</sup>*



*Lauren's divers at the Fall Novice Provincials!*

**March 20-27 – Canadian Senior Nationals, Quebec City, QC** – *The provincial team divers: Kevin, Lauren, Kristin, Jill and Cam will be attending this meet. Please wish them luck!*

**March 30 – April 1 – SPRING BREAK** – *There will be no diving during spring break.*

**Tuesday, April 5<sup>th</sup> – Spring Adult Challenge** – *6-8 pm at the pool! All Adult divers are encouraged to attend! Details are being distributed.*

**Thursday – Sunday, April 14-17 – Western Canadian Championships, Regina.** *This meet is a Level 1 National Qualifier. All divers looking to qualify for Nationals should attend this meet, as it is the only "driving" Level 1 qualifier of the season. Information will be distributed at a later date.*

#### **Polar Bear Classic, January 18-30, 2005**

Well, we did it... another successful Polar Bear Classic pulled off! This year we introduced new technology: screens displaying running totals and live results on-line for anyone who wished to tune in! Although more computers, always means more stress... the event went off fairly smoothly. Our hospitality got rave reviews yet again, and everyone had a great time at the meet!

This year we hosted teams from Fraser Valley & Vancouver BC, Calgary & Ed-

monton AB, Regina & Saskatoon SK, Thunder Bay and London ON, Montreal in QC, Minneapolis MN, and of course 24 of our own divers from Winnipeg, Manitoba! Congratulations to the divers competing in their first major event: Larissa Cerasani, Cole Funk, Kansas Gross, Jennifer Heaver, Lily Kaufmann, Austin MacMaster, Kim McNabb, Natalie Senecal, Miranda Trowbridge and Nick Zamonsky!

Everyone did a great job... and several National Quali-

fications were achieved. Divers qualifying for Age Group Nationals were: Austin – D – 1m, Morgan – D – Tower, Erin B – C – 1m, Breanne – C – 3 & Tower, Jill – A – 1m, 3m & Tower. Not bad for the first qualifier of the year! These divers must qualify again in order to compete at Nationals. The next chance to get qualifying scores will be in Regina, April 15-17<sup>th</sup>.

Our senior divers also achieved their senior na-

tional qualifications: Jill on 1m, 3m and 10m, Kevin on 1m, 3m and 10m, Lauren on 10m and Kristin on 10m. Kristin and Jill also qualified for the women's synchronized 3m at senior nationals. These divers (along with Cam) will be headed off to the Canadian Winter Senior Nationals March 20-27<sup>th</sup>.

Congratulations divers on a great first meet of the season! And congratulations coaches on getting all those divers ready to compete!

## Canada Games—Training Squad Announced!

The Canada Games are now only 6 months away... and several athletes have been named to the Canada Games Training Squad. From these athletes, 3 males and 3 females will be selected to represent Manitoba at the Regina Canada Summer Games in August. The Canada Games does not include age groups; it is a senior competition where everyone competes against everyone else, regardless of age!

Therefore, the Training Squad includes A and B levels. A-Squad divers have been named due to previous experience at senior national competition, and B-Squad divers have been named because they have shown the potential to put together a

Senior list of dives by August. (Senior lists include 11 dives for men and 10 dives for women on springboard and 10 dives for men and 9 dives for women on tower.) All divers named must also show a commitment to training and giving 100% effort towards learning these difficult dives!

So... the 2005 Canada Games Training Squad is as follows:

**FEMALE**  
A-Squad Kristin Davies  
Jill Gudmandson

B-Squad Erin Lindsay  
Kim McNabb  
Cyrena Couvier  
Breanne Coulson

**MALE**  
A-Squad Cam McLean

B-Squad Devin St. Godard  
Philip Berube  
Austin MacMaster

Divers can move from B-Squad to A-Squad if they compete at a Senior Nationals and demonstrate a full commitment to training. Divers can also move from A-Squad to B-Squad, or be removed from the list if training declines. Names can be added until May 1<sup>st</sup>. Final team selection must be declared June 22<sup>nd</sup>. A female and male alternate will also be named. These divers may be asked to train with the team up until the departure of the team. The hard work will be worth it... the Canada Games are a very exciting multi-sport experience!



For more information regarding the Canada Games, please see the December/January newsletter and visit [canadagames.ca](http://canadagames.ca)

## B-I-N-G-O!

We are nearing the end of the 2<sup>nd</sup> quarter bingos. The 3<sup>rd</sup> quarter bingo dates (April – June) will be available soon. Jayne will be contacting you regarding these bingos.

Please note that is **EXTEMELY IMPORTANT** that you show up for bingos that you have signed up for. We have had one no-show this season, which has put a black mark on our previously perfect attendance record. If we have

one more no-show, we could lose our rights to bingos for the rest of the year. This would be a very big detriment to the finances of the club. If you cannot make it to a bingo that you have signed up for, you **must** find a replacement for yourself.

For more Bingo information, please contact Jayne at 925-5654 or [jayne@manitobadiving.com](mailto:jayne@manitobadiving.com).

## FUNDRAISING—FAJITA NIGHT!

We are gearing up for our annual fundraising evening... Saturday, April 30 is the date! We have a change of venue & menu this year to shake it up a little. It will be a Fajita Night at the Tijuana Yacht Club. The format remains the same as last year: Tickets are \$12.00 each, 6 will be given to each diver to sell, and each family is asked to supply 2 silent auction prizes. Extra tickets are always available if you want to bring a real crowd!

Out of the ticket sales, \$6.00 for each ticket sold will be credited to your fundraising account. The profits from the silent auction will be divided between all participating diver families. This is a great cash generator and a fun time to boot!

Mark your calendars now! Packages will be distributed at the end of this month. If you have any questions please call Karen Berube @ 254-4894, or Linda McLean @ 885-6533.

## VOLUNTEERING.

Thank you to everyone who put in so much time over the weekend to help us host the Polar Bear Classic!

Those of you looking to get a couple more hours off your volunteer assessment can do so by manning the advertising table in the front lobby of the pool, 5:30 to 7:30 pm, on the following evenings:

Thursday, February 24<sup>th</sup>  
Wednesday, March 2<sup>nd</sup>  
Tuesday, March 8<sup>th</sup>  
Monday, March 14<sup>th</sup>

Please contact Bonnie Davies (896-4341) if you are available to volunteer. Detailed information on the set-up and responsibilities will be given when you call. Thanks!

# A Look at the Sport of Diving in Manitoba

*The sport of Diving is not easy but the satisfaction of learning new dives and risking bangs and bruises makes young athletes more ready to face the rigors of real life. What the athletes learn about themselves and the ability to rise up and overcome incredible fear and to control nerves under stress are skills they will carry for a lifetime. The traits of motivation, concentration, goal setting, dedication and desire cannot be learned anywhere like they can in a high performance, semi-extreme sport like diving. Personally I feel that my years as an athlete gave me a better education about life skills than any school could have. (It also paid for all of my schooling as well.) Socially I made friends over 40 years ago that are still my best friends today. The coaching staff of the club is committed to giving every diver their best chance at accomplishing their long and short term goals and helping them understand both victory and defeat along the way.*

*As a parent of young children involved in a variety of activities I understand the financial implications of rising fees and membership costs. But I also understand the value of programs like ours that do not end on the pool deck and offer an education in life skills that cannot be learned anywhere else except on the playing field.*

*Since we have little or no control on the rising costs of facility rentals, air travel and traveling, we cannot promise that sport will be cheaper next year or can even remain constant. In fact the effort to hold our fees in check has probably been the number one reason we are facing the*

*sharp rise in costs. It would be beneficial for every club member to approach their councilmen and question the rising costs of playing facilities and the lack of support by the City of Winnipeg towards amateur sport. The Provincial government is committed to amateur sport through Sport Manitoba but the city seems to only love its professional teams.*

*The challenges we face are mostly financial in nature. Much of the club's equipment is aging and needs to be replaced soon. Some of these items are safety concerns for the club and some are necessary to properly train the athletes for their program. New mats are essential as our old ones are water logged and mouldy. We need to add some tumbling mats and boxes. These mats would price out at around \$3000.00. Eventually our diving boards will wear out as well, and currently we do not have any in reserve. The city has not purchased boards in ten years and I am sure they do not include this kind of equipment in their budgets. Diving boards can be \$5000.00 dollars each.*

*It has always been my dream to have a video produced that we could take to schools and events to promote our programs. This would be a professionally created video that would show all of the programs in the club at their best and catch the interest of young aspiring athletes looking for a sport. Video like this for about a 10-15 minute shoot would be around \$15,000.00 or more. This would be an item that we*

*would apply for grants for but the club would have to contribute as well.*

*Another challenge we face is the lack of willing volunteers in the club. A non profit club cannot function without volunteers operating its various programs. Volunteer time is required for a lot more than just running competitions. We need volunteers to help in fundraising ventures, promotional ventures, board positions, sponsorship searches etc. Unfortunately we are*

*faced with many parents who do not have the time and/or do not feel the commitment to help out. In the end the jobs are done usually by the same people time and time again until they burn out.*

*Remember that the hosting of competitions can be a source of income for the club but it is also a great saving to the members. When we don't host we have to travel to the competition. The average cost of a flying trip is \$500.00 - \$700.00 per athlete and coach depending on location.*

*Training and keeping qualified coaches is always a challenge in a club. Coaching is a demanding business, and in a sport like diving where there are lots of risks involved, it is stressful and very time consuming. As we grow our programs to help offset the deficit it is also necessary that we hire and find new coaches. Since coaching learn to dive is a mandatory part of our senior competitive program finding instructors is not too much of a problem. And this is a very successful venture for both the young learn to dive student and the athlete/*

*instructor. Senior qualified coaches are another issue and one that not only clubs face but that is a real threat to the national program.*

*These represent a few of the challenges we face. The financial issues need to be addressed. It is important that we realize that the club has a very, very long history and it is our responsibility to ensure that that history continues.*

*From a competitive perspective the Pan Am Diving Club is considered one of the powers in Canadian diving. This is a very proud tradition and I am honoured to have been a part of it as head coach for over 18 years.*

*While we face challenges financially I know that we are tough competitors and in the 37 years that this club has been in existence it has always endured and moved on. It is my belief that budgets should be set around goals rather than goals set around budgets.*

*Let's step back and look at the young athletes training in this club and see the incredible dedication and effort they put in to not only accomplish their goals but to challenge themselves and conquer anything that might stand in their way, including fear. Sometimes as adults we weigh everything in dollars but I think there is much more at stake here. Almost every youngster in this club is going the extra mile to be better each and every day. Maybe we just need to keep up.*

*My thanks to our hard working board led by our president Hugh Gudmandson who has truly been chief cook and bottle washer in all aspects of*



## 2003-2004 Awards

We have not yet officially published the 2003-2004 Pan Am Diving Club and Manitoba Diving Awards that were presented at the Awards Night, November 27<sup>th</sup>, 2004. Those of you who missed the Awards Night, here are the awards that were presented and their recipients. Pick a goal this year and go for it!

### **ROOKIE OF THE YEAR** **ERIN BLAINE**

-must have been in their first year of competitive diving  
-accomplished an accelerated rate of improvement in diving  
-performed in competition up to the standard of a seasoned athlete

### **MOST IMPROVED PRE-COMPETITIVE DIVER** **DEVIN ST. GODARD**

-the pre-competitive diver (any number of years with the club) who showed the most improvement in diving skills throughout the year

### **MOST IMPROVED JUNIOR DIVERS** **CAM MCLEAN** **JILL GUDMANDSON**

-the male and female divers in the competitive foundations program (any number of years with the club) who showed the most improvement in diving and competitive skills throughout the year



### **MOST IMPROVED SENIOR DIVERS** **KEVIN GEYSON** **LAUREN PENKO**

-the male and female divers in the competitive program (any number of years with the club) who showed the most improvement in diving and competitive skills throughout the year

### **BEST BREAKTHROUGH PERFORMANCE** **CYRENA COUVIER**

-for the best performance relative to previous performances and expectations  
-Women's Open 1m, first time ever, bronze medal!

### **TOP TEAM \*NEW\*** **JILL GUDMANDSON & KRISTIN DAVIES**

-won the silver medal on synchronized 3m at Winter Senior Nationals in Calgary



### **TOP OVERALL DIVER** **KEVIN GEYSON**

-the diver with the top competitive results of the year, 3<sup>RD</sup> at Olympic Trials

### **LEADERSHIP AWARD** **HUGH GUDMANDSON**

-Hugh is the Club President, Handyman, Chef, Cheerleader, and everything else!

### **LIFETIME COMMITMENT AWARD** **JAYNE MCDONALD**

-National Team diver / coach  
-PADC coach  
-MB Diving Exec. Director  
-PADC Bingo Coordinator  
-Keeps Jim organized!

### **TOP DIVERS BY AGE GROUP**

-showed the strongest performance in competition of the divers in their age group

#### **GROUP E** **RACHEL BLAINE**

#### **GROUP D** **ERIN BLAINE**

#### **GROUP C** **CYRENA COUVIER**

#### **GROUP B** **CAM MCLEAN**

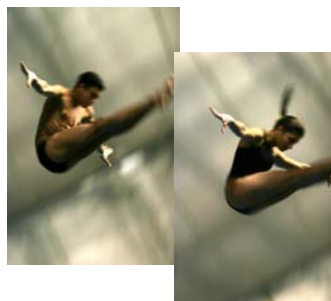
#### **GROUP A** **JILL GUDMANDSON**

### **BEST WIPE-OUT** **CASSANDRA MACLEOD** -107C on 10m, first attempt

### **MB DIVING ATHLETES OF THE YEAR 2004**

**KEVIN GEYSON**  
**LAUREN PENKO**  
20% Emphasis on each of the following:

1. improvement in diving
2. contribution to club and province
3. educational standing
4. results
5. role model for divers



### **MOST IMPROVED TOES** **AUSTIN LEWANDOSKI**

### **MOST IMPROVED ABS** **PHILIP BERUBE**

### **PADC IDOL** **BREANNE COULSON**

### **BIGGEST CHATTERBOX** **COLE FUNK**



### **ARTISTIC AWARD** **LINDA MCLEAN**

-hand painting Bear Paws onto the Polar Bear t-shirts  
-designing and sewing the "Greek Goddesses" outfits for Olympic Trials awards  
-making the laurel wreaths by HAND for the winners of Olympic Trials

### **HANDS FULL AWARD** **MICHELLE FUNK**

-4 boys under the age of 8, 2 are already in diving.

### **TX AWARD** **LINDSEY WANKLING & MORGAN WANKLING**

-takes a lickin' and keeps on tickin'

### **BAULKING AWARD** **STEPHANIE FRIESEN**

### **PATIENCE AWARD** **JON GRANKE**

-for putting up with Stephanie's baulking!



Remember, the  
Awards Night is for  
ALL Club Families!

Hope you'll all

# Polar Bear Classic Results, January 28-30, 2005

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## Girls E 1m (4 divers)

Lily Kaufmann	189.00	Bronze
Larissa Cerasani	185.40	4 <sup>th</sup>

## Boys E 1m (3 divers)

Cole Funk	204.30	Silver
Nick Zamonsky	198.90	Bronze

## Girls D 1m (12 divers)

Morgan Wankling	160.80	4 <sup>th</sup>
Megan Wilton	140.50	6 <sup>th</sup>
Lindsey Wankling	134.60	7 <sup>th</sup>
Danielle Mitchell	133.35	8 <sup>th</sup>
Kansas Gross	121.05	9 <sup>th</sup>
Rachel Blaine	116.20	10 <sup>th</sup>
Lily Kaufmann	107.55	11 <sup>th</sup>
Natalie Senecal	92.50	12 <sup>th</sup>

## Girls D 3m (7 divers)

Lindsey Wankling	160.05	4 <sup>th</sup>
Morgan Wankling	144.55	5 <sup>th</sup>
Danielle Mitchell	124.45	7 <sup>th</sup>

## Girls D Tower (6 divers)

Morgan Wankling	161.70	Gold
Lindsey Wankling	129.70	4 <sup>th</sup>

## Boys D 1m (6 divers)

Austin MacMaster	169.50	Bronze
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## Boys D 3m (6 divers)

Austin MacMaster	149.35	4 <sup>th</sup>
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## Girls C 1m (15 divers)

Erin Blaine	244.55	11 <sup>th</sup>
Breanne Coulson	236.65	12 <sup>th</sup>

## Girls C 3m (14 divers)

Breanne Coulson	268.50	5 <sup>th</sup>
Erin Blaine	214.05	13 <sup>th</sup>

## Girls C Tower (12 divers)

Breanne Coulson	198.85	6 <sup>th</sup>
Erin Blaine	180.00	9 <sup>th</sup>

## Girls B 1m (22 divers)

Cyrena Couvier	142.75	16 <sup>th</sup>
Kim McNabb	106.50	19 <sup>th</sup>
Miranda Trowbridge	95.45	21 <sup>st</sup>

## Girls B 3m (18 divers)

Kim McNabb	271.45	17 <sup>th</sup>
Cyrena Couvier	255.45	18 <sup>th</sup>

## Girls B Tower (11 divers)

Cyrena Couvier	204.20	10 <sup>th</sup>
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## Girls A 1m (22 divers)

Jill Gudmandson	392.85	Bronze
Erin Lindsay	348.40	11 <sup>th</sup>
Jennifer Heaver	221.95	21 <sup>st</sup>

## Girls A 3m (22 divers)

Jill Gudmandson	428.10	Bronze
Erin Lindsay	310.70	18 <sup>th</sup>

## Girls A Tower (15 divers)

Jill Gudmandson	356.05	Gold
Erin Lindsay	246.00	15 <sup>th</sup>

## Boys A 1m (3 divers)

Devin St. Godard	307.65	Bronze
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## Boys A 3m (3 divers)

Devin St. Godard	292.40	Bronze
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## Womens Open 1m (29 divers)

Lauren Penko	183.50	14 <sup>th</sup>
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## Womens Open Tower (5 divers)

Lauren Penko	443.50	Gold
Jill Gudmandson	394.15	Bronze
Kristin Davies	389.80	4 <sup>th</sup>

## Mens Open 1m (14 divers)

Kevin Geyson	347.60	Gold
Devin St. Godard	133.85	14 <sup>th</sup>

## Mens Open 3m (9 divers)

Kevin Geyson	572.85	Bronze
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## Mens Open Tower (2 divers)

Kevin Geyson	606.70	Gold
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## Womens Synchronized 3m (3 teams)

Davies / Gudmandson	204.60	Gold
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# CONGRATULATIONS!