



Rip'n'Roar Pan Am Diving Club Newsletter

April & May 2005



Dates to Mark in Your Calendars!

Tuesday, April 26th – PADC Board of Directors Meeting – 7-9 pm at the pool

Saturday, April 30th – FAHITA NIGHT FUNDRAISER – 6-9 pm at Tijuana Night Club, CanadInns Polo Park. (For tickets contact Linda at 885-6533)

Thursday – Saturday, May 5-7 – NO DIVING (Swim meet)

Thursday – Sunday, May 5-8 – Thunderstruck Invitational – Thunder Bay, ON Travelling divers: All Super Tot, Pre-Competitive and Competitive divers with a list of dives!

Friday – Sunday, May 6-8 – Canada Cup Grand Prix – Montreal, QC Senior National Team event for Kevin.

Thursday – Sunday, May 12-15 – Alberta Provincials – Edmonton, AB Level 1 Age Group National Qualifier for junior divers

Friday – Sunday, May 13-15 – USA Grand Prix – Ft. Lauderdale, FL Senior National Team event for Kevin

Monday, May 23 – NO DIVING, May long weekend

Thursday – Sunday, May 26-29 – John Dickinson Invitational – Etobicoke, ON Senior Team trip for Kevin, Lauren, Kristin, Jill and Cam



Novice Provincials

On the local scene, the Novice Provincials were held on March 6, 2005. There were 37 divers in the meet and the instructors were busy helping them with their dives.

There were many great performances, and a few records were set. Two were set because they were not previously

held, and those are: 7-8 Boys C – Cole Funk 141.00 and 13-14 Girls A – Miranda Trowbridge 248.55. Congratulations to the two of you for competing more dives than previous divers in your age category! Kristi Heaver also broke her own record in the 9-10 Girls D which now stands at 109.10.

Adult Challenge

The Spring Adult Challenge was held on Tuesday, April 5th. We only had a few divers compete this time. Jason beat defending champ, Tal... and the rivalry is on! I'm sure the two will be looking to battle it out at the Manitoba Summer Provincials in June! Once again, Joanne was our top female diver. Congratulations divers, and thank you to the club divers for your help as judges and table workers!

Canada Games Update

The mascots for the Canada Games have been revealed. Tansi is a Cree language greeting meaning "Hi! How are you?" and Ravi means "delighted!" For more information on the Canada Games and the history of the games... check out:

<http://www.canadagames.ca/Content/GamesHome.asp?mnu=3>

As for some Manitoba History... the last two teams to compete at the Canada Games were:

1997: Gillian Keith, Dallas Ludwick, Sari Levitt, Jon Tsouras, Ryan Deck, Kevin Geyson

2001: Sevan Letourneau-Shesaf, Ashley Martin, Erin Lindsay, Jon Granke, Kevin Geyson, Greg Lipschitz

2005: (Training Squad to date) Kristin Davies, Jill Gudmandson, Kim McNabb, Cyrena Couvier, Breanne Coulson, Cam McLean, Devin St. Godard, Austin MacMaster

While the Canada Games Training Squad athletes are vying for positions on the competitive team, we do have confirmation that one Pan Am Diving Club diver will be attending the Canada Games.

Lauren Penko has been named to the National Artists program in the position for "Artistic Sports". The

**Congratulations
Lauren!**

National Artists Program (NAP) includes 3 artists of music and liberal arts and one artistic sport athlete who will attend both weeks of the Canada Games. The NAP

participants will participate in workshops throughout the two weeks and put on a performance at the end of the week. This is a very exciting program and Lauren is really looking forward to being a part of it. Lauren was very disappointed to miss an opportunity to compete at the 2001 Canada Games for gymnastics, due to a knee injury, and is now "too old" to compete in diving in 2005! So she is extremely happy to get her Canada Games experience through the NAP program!

For a look at pictures of the sports, dorms and other facilities, check out:

<http://www.sportmanitoba.ca/>



VOLUNTEERING!

Please note that volunteers are needed for the following jobs:

1. Volunteer Table

(to help introduce and share our diving club information) located at the entrance of the Pan Am Pool, from 5:30 to 7:30 pm on the following dates:

Tuesday, April 26th
Wednesday, May 4th
Thursday, May 12th
Monday, May 16th
Tuesday, May 24th
Wednesday, June 1st
Thursday, June 9th

2. Fajita Night:

April 30th 9:00- 12:00 am at the pool to wrap prizes (require 5 volunteers),
5:00 - 6:00 pm to set up the prizes at the Tijuana Yacht Club (require 5 volunteers) and 5:45 - 8:30 pm to sell silent auction tickets (2 people per hour long shift).

Please contact Bonnie Davies at 896-4341 to sign up!

**There are no mistakes,
only lessons.
Growth is a process of
trial, error and
experimentation. The
"failed" experiments
are as much as part of
the process as the
experiment that
ultimately "works".**

All-Star Challenge, Orlando, Florida

Back to February for a minute... we have some early trips left to report on! Right after the Polar Bear Classic, the senior team and some of the members of our Canada Games Training Squad left for Orlando, Florida to compete in the All-Star Invitational. This meet was a very high calibre meet with divers from all over the United States, Canada and Great Britain in attendance! The events were very big and packed full of great diving... Group D all the way up to Open!

The Open events were held in a "Challenge" format. On tower, this meant that there was a preliminary event one night and then the following night, only the top 6 divers would compete in the final. Kristin and Lauren competed in the Women's 10-metre Challenge and did very well. Lauren made the final, but was unable to compete in it due to a nasty flu she caught the day before. Kevin also made the finals for the Men and did a great list, hitting every single dive! He won the Gold medal in the event!

On 3-metre, the format was very fun! All of the divers competed in the preliminaries on the first night. Then the top 8 divers were seeded to dive 1st vs. 8th, 2nd vs. 7th, 3rd vs. 6th and 4th vs. 5th. In each round, only the winner would advance to

the semi-finals the next day. Kevin decided to perform his new dive, the back 3 ½ somersault and was the only diver in the event (and is still the only diver in Canada) to use it. He ended up in 5th place and won his head-to-head event against the 4th place finisher. The next day, Kevin went on to dive against Arturo Miranda, 2000 Canadian Olympic Team, and did not win. But in good spirit, Kevin decided to go for the back 3 ½ again. He didn't beat Arturo, but he certainly gained some fans by using such big and uncommon dives!

In the Age Group Events, Jill had a great 1-metre event, almost winning a medal. She would have had it too, if she hasn't missed her easiest dive – front 1 ½! Oops! Breanne and Cyrena had their eyes opened at their first international event. They started out a little bit timid, but their confidence grew as the meet went on. I'm sure they will be ready to roll the next time a meet like this rolls around! Full results of the competition are on the last page.

Of course, as well as diving, we had to get some of the Florida sightseeing in too! Next is Cyrena's story of the fun activities we did outside of the pool!

By Cyrena...

In my opinion I think this was this one of the best trips that I have ever competed in. It was my first international meet, and my first out of country trip with the team. I had lots of fun but I could have had more fun if I did not get sick. I wasn't feeling a 100% when I left from Winnipeg to Florida. I didn't dive to the best of my potential but I made new friends from different places around America and Great Britain. There were only 7 divers that went and two coaches: Kevin, Lauren, Kristen, Jill, Erin, Breanne, Dallas, Jim, and me. A couple of highlights that happened during this meet was that Kevin got bronze on 3m spring board and he also got gold on tower. Lauren made cuts on tower but unfortunately could not compete in finals because she got the flu. When Kevin won gold on tower he got to decide where we all got to eat for dinner and he decided that we eat at The Hard Rock Café. It was a super cool place to eat; we all had tons of fun. We had our banquet the day before we competed which was kind of unusual but it was super fun, great food and good music. A couple of us also saw a huge Margarita Volcano which was pretty cool. The night before we went to the banquet we went to this Medieval Times dinner, which was the coolest restaurant. When we got there we got super cool crowns and we got assigned a team to cheer for. Fortunately our team was the blue team, and our team won. It was really awesome how they wouldn't let you use utensils you had to only use your fingers. It was an excellent show and a cool way to eat your dinner. On our very last day of being in Florida we decided to go to "Islands of Adventure" in Universal Studios. It was so much fun; we went on the Hulk ride 4 times. It wasn't the best weather but it was good because there weren't as many people there so we didn't have to wait long lines. This trip was so much fun; I hope I will be able to go on more trips like this!!

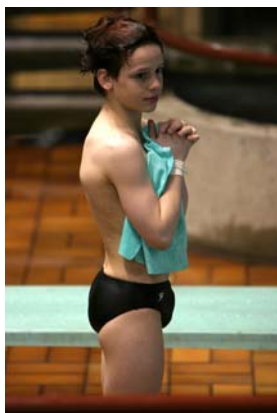
NEW CLUB MEMBERS

There hasn't been an official welcome sent out to our newest members of the Pan Am Diving Club... we are pleased to welcome Colin Fingas to the competitive program, Kansas Gross and Larissa Cerasani to the Pre-Competitive program and Quinn Desrochers and Katie Roller to the Super Tots program!

Welcome to the team everyone!

Cam in Australia!

While the rest of us were competing at the Polar Bear and the All-Star Challenge, Cam was off finding better weather on the other side of the world! Cam was a part of the 12-member junior national team that travelled to Australia to



represent Canada at the Australian Youth Olympic Festival in Sydney and the Australian Open Championships in Southport, Australia on back-to-back weekends!

The Canadian divers were in for a real treat as the Youth Olympic Festival was run like an Olympic Games with multiple sports involved and even an Opening and Closing Ceremony! Cam wasn't super pleased with his performances, but all round the trip was a great learning experience for him.

Kevin in Germany!

Kevin and Jim headed to Germany, March 4-6, for the Rostock German Grand Prix. Here they got a good taste of the new dives that are starting to be used in competition after the Olympics. In an Olympic year, most of the best divers in the world choose to perfect their dives, instead of trying out new ones. Now that the Olympics are over, there are several new dives being performed that have never been performed before! Jim came home raving about the amazingly high difficulties of some of these dives. Although Kevin did not compete his best, the trip was still a good learning



experience and since the meet, he has already been training several new dives... and they have been going very well!

Keith in Russia!

To continue with the international travelling done by Pan Am Diving Club members (wow, there has been quite a bit this year!) Keith travelled with the Canadian Senior Team to Moscow, Russia as



the team Chiropractor!

Here Keith got to

assist the divers and coaches with their aches and pains and help them to be in peak form for their events! He did all kinds of adjustments on the athletes, but of course his favourite had to be adjusting coach Herb Flewelling from Edmonton!



Winter Senior Nationals, Quebec City

The next stop for the Senior team was the Winter Senior Nationals in Quebec City. Kevin, Cam, Lauren, Kristin and Jill all trained very hard to get ready for this important event.

On 10-metre, Kristin was competing two of the most difficult dives in the competition: a back 2 ½ with 1 ½ twists and a back armstand double with a full twist! Jill qualified for the semi-finals for the first

time and Lauren qualified for the finals for the second time. All three did a great job.

Kevin had a great event in the men's event and won his first silver medal on 10-metre. Kevin was second to two-time Olympian Alexandre Despatie, who has since announced his retirement from 10-metre diving. Alex will now only be competing on springboard. This means that Kevin is

currently the top male tower diver competing in Canada! Way to go! Cam also had great events on both 1m and 3m springboard. After 4 of 6 rounds of dives in both events, Cam was in the top 6 in both the preliminaries and the finals! He finished in the top 12 on both events, which was his goal. Congratulations to everyone on a great job! Full results are on the last page

156-2855 Pembina Hwy.
Winnipeg, Manitoba
CANADA
R3T 2H5

Phone: 204.487.6243
Fax: 204.452.9285
Email:

dallas@panamdiving.com

Please make note of a couple of new items available on our Pan am Diving Club website. Now on www.panamdiving.com you can find our Insurance Policy. Please take some time to go through the policy so that you know what you are entitled to in case of an emergency or injury. Also, the Coaches Reports are no longer password protected. Both of these can be found on the Newsletter page.

All-Star Invitational

Girls C 1m (26 divers)
Breanne Coulson 138.80 23rd

Girls C 3m (25 divers)
Breanne Coulson 161.00 20th

Girls C Tower (15 divers)
Breanne Coulson 159.40 12th

Girls B 1m (25 divers)
Cyrena Couvier 138.75 18th

Girls B 3m (26 divers)
Cyrena Couvier 132.20 23rd

Girls A 1m (39 divers)
Jill Gudmandson 334.45 7th
Erin Lindsay 139.35 34th

Girls A 3m (37 divers)
Jill Gudmandson 198.60 15th
Erin Lindsay 131.20 35th

Girls A Tower (21 divers)
Jill Gudmandson 312.35 7th
Erin Lindsay 227.65 21st

Womens Challenge 10m

Preliminaries

Lauren Penko 360.35 8th
Kristin Davies 330.70

Mens Challenge 3m (13 divers)

Preliminaries

Kevin Geyson 336.50 6th

Quarter Final

Kevin vs. David Boudia Qualify

Semi Final

Kevin vs. Arturo Miranda Out

Mens Challenge 10m (5 divers)

Preliminaries

Kevin Geyson 476.40 5th

Finals

Kevin Geyson 618.15 Gold

Winter Senior Nationals

Mens 1m Prelim (18 divers)

Cam McLean 267.39 8th
Kevin Geyson 256.83 10th

Mens 1m Final (Top 12)

Kevin Geyson 317.85 6th
Cam McLean 293.31 8th

Mens 3m Prelim (28 divers)

Kevin Geyson 333.51 8th
Cam McLean 312.84 10th

Mens 3m Semi-Finals (Top 18)

Kevin Geyson 544.77 8th
Cam McLean 491.10 11th

Mens 3m Finals (Top 12)

Kevin Geyson 579.63 6th
Cam McLean 508.77 11th

Mens 10m Prelim (10 divers)

Kevin Geyson 312.12 6th

Mens 10m Semi-Finals (10 divers)

Kevin Geyson 492.90 5th

Mens 10m Finals (10 divers)

Kevin Geyson 605.70 Silver

Womens 10m Prelims (22 divers)

Lauren Penko 252.09 6th
Jill Gudmandson 220.47 15th
Kristin Davies 194.67 19th

Womens 10m Semi-Finals (Top 18)

Lauren Penko 389.61 8th
Jill Gudmandson 359.76 15th

Womens 10m Finals (Top 12)

Lauren Penko 378.75 11th

Manitoba Novice Championships

6+ Under Level D

Boys

Rhys Funk 84.00
Noah Martin 80.00
Sandor Gyarmati 67.00

Girls

Jayde Bennie 75.00

7-8 Level D

Boys

Bela Gyarmati 88.00
Sam Jarrin 76.00
Ido Segal 72.50
Zachary Alderdice 70.00

Girls

Katie Roller 85.00
Julia MacCharles 80.50
Kaitlyn Matvyczuk 77.50 (tie)
Sofia Lane 77.50 (tie)
Sarah Lucovic 61.50

Level C

Boys

Cole Funk 141.00
Nick Zamonsky 126.60

Girls

Larissa Cerasani 133.30

9-10 Level D

Boys

Nicholas McDonald 84.60
Dwayne Kraushar 77.50

Girls

Kristi Heaver 109.10
Lindsay MacCharles 78.00
Adrianna Aiello 75.30
Brittany Hancox 72.50

Level C

Girls

Cassandra Page 83.80

Level B

Girls

Kansas Gross 161.20
Natalie Senecal 154.20

11-12 Level D

Boys

Bryce Kraushar 77.20
Tzuf Segal 75.20

Girls

Emma Beley 79.00

Level C

Girls

Megan Olmstead 119.45
Kelsey Matvyczuk 112.85

13-14 Level D

Girls

Brittany Ulriksen 69.20

Level A

Girls

Miranda Trowbridge 248.55