

October & November 2005

Pan Am Diving Club Rip'n'Roar Newsletter



Welcome to the 2005-2006 season of diving with the Pan Am Diving Club!

We are pleased to welcome all 34 diving members who have signed up for club programs this year. This is a great seasonal turn out!

A special welcome to the new divers of the club:
Super Tots: Jayde Carriere-Bennie, Dawson Groening, Rhys Funk, Emma Romanica; Pre-Comp:

Anthony Boulay, Francesca Chan, Kristi Heaver, Keegan Jackson, Brett Jones-Melbourne, Kelsey Matvyshuk, Megan Olmstead; Competitive: Jaelyn Pierce

Welcome and welcome back to all the new and returning parents and families of the Pan Am Diving Club! As usual, we have a friendly and dedicated crew on our side who help to run the club and the many great events that we have hosted over the years.

Upcoming Dates to Mark in Your Calendars!

Friday–Sunday, Nov 25-26: **Manitoba Diving Winter Provincials** – Details inside.

Thursday – Saturday, Dec 1-3: **NO DIVING** – Swimming Competition.

Saturday, Dec 3: **Manitoba Diving & Pan Am Diving Club Annual General Meeting** - 11:00 am, location tba. Manitoba Diving meeting will start right after the PADC meeting. Lunch will be served. This is a great opportunity to come out and find out more information about your club and provincial sport! There are spaces available for new board members, so if you are interested in having a role in your child's sport, please come out! For any questions, please contact Jayne McDonald – Executive Director at 925-5654 or jayne@manitobadiving.com.

Tuesday, Dec 6: **PADC Board Meeting** – 7:00-9:30 pm at the pool
Friday, Dec 23: **Last day of diving** before the Holidays.

Tuesday-Friday, Dec 27-30: **Holiday Training Camp** for Competitive Divers only. Camp runs 9 am to 1 pm. Please remember to bring a (healthy) snack.

Monday, Jan 2: **Training resumes** for Senior National competitors.

Monday, Jan 9: **All regular Club and Learn-To-Dive lessons begin.** Registration for Winter Learn-To-Dive is currently open. Classes will be filled up on a first come, first served basis... so call soon!

Tuesday, Jan 10: **PADC Board Meeting** – 7:00-9:30 pm at the pool

Thursday-Sunday, Jan 26-29: **Canadian Winter Senior Nationals and Commonwealth Games Trials.** Don't forget about this exciting event that we are hosting here in Winnipeg! This event will showcase Canada's best divers including World Champions Alexandre Despatie, Emilie Heymans and Blythe Hartley! We are looking for volunteers, sponsors and donations! For more information, please contact Dallas at 487-3459 or dallas@panamdiving.com.

MISSING:

Did anyone forget a blue windbreaker at the Awards Night? Please contact Dallas at 487-3459 or dallas@panamdiving.com!

2006 WADA Prohibited List

The updated list of banned and allowed substances for athletes can be found at:

<http://www.wada-ama.org/en/newsarticle.ch2?articleId=3115190>

COFFEE ORDER FORMS

Coffee order forms have been distributed by email and can also be found in the fundraising bin in the blue box on deck.

Orders are due Dec. 2 and no late orders will be accepted due to the Christmas rush.

Upcoming Events Page: Manitoba Winter Provincials

Well, it is the start of a new competitive season already! We will begin the season by hosting the Manitoba Provincial Championships. This is an event for all Age Group, Senior and Masters divers who have the dives required to compete according to their events.

This competition is very early in the season, and as a result many divers may not be competing

in their full age group events or on all boards. Since the competition is taking place in 2005, divers are able to compete in either their 2005 age group, or the 2006 age group that they will be competing in for the rest of the year. Most of the newer divers will not be ready to compete yet, and this is ok! Another opportunity to compete will be in March at our Polar Bear Classic.

The competition will run on Saturday and Sunday only. Practice will be from 8:30 to 9:30 am and the competition will begin at 9:30 am both days. Saturday will be the longer day, ending around 3 or 4 pm. Sunday will be a shorter, ending around 1 pm. This will be an in house competition, as it is a little too early for other teams to travel to a competition. This is a nice way to start out the

season: with a small, friendly competition here in our home pool. A schedule of events will be distributed this week.

We hope that all divers will attend for the entire competition to cheer for their teammates! This is a great way to learn about diving and help to set some goals for next time!

Looking for New Officials!

Dr. Mike Plueschow, Diving Plongeon Canada National Official, will be holding an officials clinic on November 22-23.

This clinic is for all those interested in learning how to judge the sport of diving! It will take place on both evenings at the Pan Am Pool. This will enable us to have more judges at the Novice and Provincial level.

Parents, siblings, friends, officials of other sports... all are welcome! Contact Jayne McDonald at 925-5654 or jayne@manitobadiving.com for more information!



SPONSORSHIP

We need your help! Do you know someone who owns a business and would like an opportunity to advertise? Do you know someone who would be willing to donate merchandise or food items? As you know, we are hosting the 2006 Senior Nationals & Commonwealth Games Trials in January, as well as our own Polar Bear Classic in March. There are many opportunities to help support these events: merchandise to be used for draws or as gifts for the athletes; food such as fresh vegetables and fruit, bread, cheese slices and yogurt or anything that can be used in hospitality; advertising in our 32 page colour program.

For a copy of our sponsorship package email Stephanie Gross at dskkgross@yahoo.com or phone at 885-7171. Help us make these events the best that Canada's athletes will attend in 2006!

New Age Group Rules

The dive requirements for Age Group divers have been changed this year. A summary is provided on the next page.

Please note the increased dive number for Group D and the reduced dive number for Group B.

Please see your coach with any questions.

Fancy Dive

*The fanciest dive that ever was done
Was done by Melissa of Coconut Grove,
She bounced on the board and flew into the air
With a twist of her head and a twirl of her hair.
She did thirty-four jackknives, backflipped and spun,
Quadruple gainered, and reached for the sun,
And then somersaulted nine times and a quarter –
And looked down and saw that the pool had no water.*

By Shel Silvesstein



*Greek Goddesses,
Lindsey and Morgan
help present the awards
at the 2004 Athens Olympic
Trials we hosted.*

New 2006 Age Group and Senior Dive Requirements

National (Tier 1)

	1M		3M		TOWER	
	With Limit	Without Limit	With Limit	Without Limit	With Limit	Without Limit
D	4 (7.2)	3	4 (7.6)	3	4 (7.6)	2
C	5 (9.0)	3	5 (9.5)	3	4 (7.6)	3
B Girls	5 (9.0)	4	5 (9.5)	4	4 (7.6)	3
B Boys	5 (9.0)	4	5 (9.5)	4	4 (7.6)	4
A Girls	5 (9.0)	5	5 (9.5)	5	4 (7.6)	4
A Boys	5 (9.0)	5	5 (9.5)	5	4 (7.6)	5
Open Women		5	5 (9.5)	5	4 (7.6)	5
Open Men		6	5 (9.5)	6	4 (7.6)	6

*Group E: 1M→ 100A, 200A, and 4 dives from 3 groups (all DDs are 1.8)
 3M→ FFI, BFI, hurdle 100B, and 3 dives from 3 groups (D.D. 1.9)

Provincial (Tier 2)

	1M	3M	Without Limit	With Limit	Without Limit
	With Limit	Without Limit			
D	3 (5.4)	2	2	3 (5.6)	2
C	4 (7.4)	2	2	3 (5.6)	3
B	4 (9.0)	3	3	4 (7.6)	3
A	5 (9.0)	4	4	4 (7.6)	4



NAP 2005—by Lauren Penko

This past summer the 2005 Regina Canada Games took place and unfortunately I was too old to compete. I still wanted to take part in the games some how so I applied for the NAP program. NAP stands for the National Artists Program and from each province were chosen 3 artists and 1 artistic athlete. The sports that were included for the program were rhythmic gymnastics, synchronized

swimming, artistic gymnastics, freestyle skiing and diving. From Manitoba the artists included musicians, a sculptor and me the competitive diver. So off to Regina I went for two weeks. The dorm I stayed in was tons of fun with 16 girls and two bathrooms, but I became friends with a lot of people very quickly.

In total there were 52 artists and our goal was to put on a production by the

end of the 2 weeks. The theme was the seven deadly sins and we were split up into different groups each with a different sin. The sin I was involved in was Greed. We would practice Monday to Friday from 9-



unlike anything I had ever done, but let me tell you I have never had so much fun exploring art and sport together.

For the sin of greed my group of six people did an interpretive dance to music using flashlights, tumbling, and a trampoline.

The two weeks went by extremely fast and the show was nerve-racking, but it was a huge success.

Canadian Age Group Nationals—by Morgan

Junior nationals was the best competition ever! Devin, Cam, Austin, Jill, Cyrena, Breanne, Lindsey and I went, and Jim, Keith and Dallas too. We practised for a week before we went and it was during school hours so we missed school! When we got to Quebec City we went to the dorms we were staying in and THEY WERE SMALL! When I go to university I don't want to stay in dorms. The first day we were there we didn't go diving but just got used to the place. The next day we went to the pool in the morning and practised for an hour and a half and then went back to the dorms. We were able to go to the mall after we were done and had lots of



Morgan & Lindsey at dinner.

fun there. After we were done shopping we went to the pool again and practised. We practised for three days and then we went to the opening ceremonies. Opening ceremonies were very cool. It started out with us going on the pool deck by our team and then they did a dive show for us. The dive show was really cool because a whole bunch of people just did really crazy stuff. That night we went to Old Quebec and it was so much

fun! We went to fondue and saw a man doing really crazy stuff and Keith had to do a French dance. When we were coming back we stood in a water fountain and had our picture taken then we all had a water fight! The first day of competition was very exciting. THERE WERE SO MANY PEOPLE THERE! I had to compete the first day and I was on tower. I didn't do very good because I was nervous so I finished in last. It was okay though because I didn't really know what to expect. The next day I wasn't competing so I just got to sit back and watch the competition. On Saturday I didn't have an event and I went downstairs and there was a really cool thing under-

they went underwater. On Sunday I had an event on one. I was doing really good but then on my back one and one half I didn't hold on and only got ones and twos. I was really happy with myself because the next dive I did I got fours and fives. Lindsey and I both agreed that the coolest thing about the competition was that we got pictures of us. After the competition we went to a banquet and it was THE FUNNEST!!! We started off with eating and then we got to dance. I had a really fun time at the banquet. We got back to our dorms at 12:30 and then packed. Coming home was really hard because I didn't want to leave!

Canadian Age Group Nationals—by Lindsey

Age groups was nothing like I expected it to be. We took the plane from Winnipeg to Montreal and then rented a two cars and drove the rest of the way. This was my first year at it and I was there for the experience. So I didn't really know what to expect and how things were going to be done. But every thing worked out in the end. We ended up staying in dorms with no air conditioning-luckily Jim went out and got fan-and where in walking distance of the pool. It was so much fun (like I predicted) and it was a challenge. The first two days when we arrived all the teams were split up so we could have the

to train. We trained two times every day for hours. So the first few days we got to do more after practice. As for the actual competition, you were there from the early shift-7:30 or the other shift-8:15 to about 3:00. When you got there, if you were on the early shift then you had to practise. In that 1 hour shift it was PACKED!! I did 4 dives in the 60 minutes we had!!! You always had to be there for every event to cheer on your team mates and the pool was scorching hot. But it sure was appreciated to hear your team mates cheering for you when it was your turn to dive. I competed tower (5m)

and 3m springboard. I did pretty good in my tower event. I started off the event with 7 & 7 1/2. After that I slowly worked my way down, and by the end I was in 12th place, good enough for a medal. Then during my springboard event I definitely did not do so good. I know I could have done a WHOLE lot better. I came in 13th and got a medal because one of the other competitors was from the U.S. Even though our schedule consisted of a lot of diving we still got to do some site seeing. We went to Old Quebec and had fondue dinner. I was lucky and my mom came with us so Morgan and I got to visit Old Quebec for



for another afternoon where we rented a horse and carriage and saw many things including the Site of Abraham. But my absolute favourite thing about the trip was at the end where we had the banquet. Everybody really dressed up and we went to a party to end the year. We also got to DANCE. That was so much fun. This was a great way to close up the year and was a blast. I had so much fun and hope I can go this year as well.

We are doing a new fundraiser this year... Safeway Coupon Books! These have been distributed. If you have not received yours please ask your coach or myself (Linda McLean, 885-6533) The books sell for \$20.00 and contain 4 x \$5.00 off coupons, 10x Airmiles coupons, and various merchandise coupons. Therefore, they will pay for themselves for anyone who shops at Safeway. This will be offered as a monthly fundraiser for members to order as many books as they like. Use them yourselves, or sell them to family and friends. Ordering just a few each month will add up quickly. These books sell for \$20.00 each, \$8.00 is our profit, which will be credited to your fundraising account.

To start this venture off, each family will receive a sample book and order form for November (additional order form attached to this email). Keep it for your own use or as a sample to show friends. Your fundraising account will be debited the \$20.00 cost of the book, with \$8.00 going towards fundraising credits.

To order more fill in the form, attach a cheque for payment and deposit it in the blue box in the green basket. I will collect them and distribute the books the next week. Your fundraising account will be credited with all profits.

If you do not wish to participate in this fundraiser or do not want this book for your own use please return it to me by Friday Nov. 18 in person or via the blue deck cupboard/green box and you will not be charged. This is an optional fundraiser for all. If you would like your deposit returned at the end of the year this is a great opportunity to fulfill your fundraising obligations.

Coffee will continue to be available on a monthly basis for those hard core coffee drinkers out there! If you haven't tried it make a point of doing so, it is truly one of the best coffees around.

Also in the works is our annual Fajita Night Social Fundraiser at Tijuana Yacht Club. This is a fun get together as well as a great fundraiser. Last year families made over \$100.00 in one easy night. We are looking for volunteers to run it this year. I need 2 or 3 people who would like to organize this event. It is credited as volunteer time. Please call me if you are interested.

Linda McLean, 885-6533

Retro Results from Last Season

Alberta Summer Provincials Edmonton, AB May 13-15, 2005

Girls D 1m (15 divers)
Morgan Wankling 193.60 Bronze
Lindsey Wankling 161.20 7th

Girls D 3m (11 divers)
Lindsey Wankling 182.10 Bronze
Morgan Wankling 177.00 4th

Girls D Tower (6 divers)
Morgan Wankling 153.45 Gold
Lindsey Wankling 150.00 Bronze

Girls C 1m (14 divers)
Erin Blaine 223.15 11th

Girls C 3m (11 divers)
Erin Blaine 230.85 10th

Girls C Tower (5 divers)
Erin Blaine 176.75 5th

John Dickinson Invitational Etobicoke, ON May 13-15, 2005

Boys B 1m (18 divers)
Cam McLean 439.50 Gold

Boys B 3m (14 divers)
Cam McLean 515.55 Gold

Womens Open Tower (5 divers)
Lauren Penko 399.35 Bronze
Jill Gudmandson 385.65 4th
Kristin Davies 340.20 5th

Mens Open 1m (15 divers)
Cam McLean 324.10 Gold
Kevin Geyson 308.70 Bronze

Mens Open 3m (11 divers)
Kevin Geyson 330.05 Gold
Cam McLean 315.60 Bronze

Mens Open Tower (4 divers)
Kevin Geyson 523.75 Gold

Summer Senior Nationals London, ON June 5-8, 2005

Womens Tower (22 divers)
Prelims
Lauren Penko 250.59 9th
Jill Gudmandson 246.06 11th
Kristin Davies 195.12 22nd
Semi-Finals (Top 18)
Lauren Penko 404.82 10th
Jill Gudmandson 394.56 11th
Finals (Top 12)
Lauren Penko 633.03 10th

Mens 1m (20 divers)
Prelims
Kevin Geyson 326.76 6th
Cam McLean 325.92 7th
Finals (Top 12)
Kevin Geyson 347.67 4th
Cam McLean 265.39 10th

Mens 3m (26 divers)
Prelims
Cam McLean 327.12 10th
Kevin Geyson 312.81 12th
Semi-Finals (Top 18)
Cam McLean 530.40 10th
Kevin Geyson 518.16 11th
Finals (Top 12)
Cam McLean 865.68 9th
Kevin Geyson 829.44 11th

Mens Tower (12 divers)
Prelims
Kevin Geyson 334.35 6th
Semi-Finals (Top 18)
Kevin Geyson 507.84 6th
Finals (Top 12)
Kevin Geyson 867.72 4th