

*Pan Am Diving Club's*

# Rip 'n' Roar



*Very Tardy... December 2005 / January 2006!*

## DATES TO MARK IN YOUR CALENDARS

Wednesday – Saturday, February 15-18 – NO DIVING (swim meet)

Sunday, March—Extra Saturday Learn-To-Dive class, 9 am—12 noon

Tuesday, March 14 – PADC Board Meeting – 7 pm at the pool

Thursday – Saturday, March 23-26 – POLAR BEAR CLASSIC (see inside)

Last day of Learn-to-Dive Winter Session:

Mondays 5-6, 6-7: March 13

Tuesdays 5-6, 6-7: March 14

Wednesdays 5-6, 6-7: March 22

Thursdays 5-6, 6-7: March 23

Advanced Mon & Wed: March 20

Advanced Tues & Thur: March 23

*\*Registration for the Spring Session is already underway! Register early!*

*SORRY FOR THE  
DELAY OF THIS  
NEWSLETTER!*

*WITH THE COMMON-  
TION OVER THE  
WINTER SENIOR  
NATIONALS, IT WAS  
NEGLECTED.*

*THOS OF YOU WHO  
HAVE PICTURES OF  
THIS YEAR'S EVENTS  
SO FAR, COULD YOU  
PLEASE SEND THEM  
TO ME?*

## WINTER SENIOR NATIONALS / COMMONWEALTH GAMES TRIALS

Thank you to all of our volunteers to gave so tirelessly to the very prestigious Winter Senior Nationals & Commonwealth Games Trials that we hosted here in Winnipeg January 26-29th.

Everyone's help was very much appreciated, especially to those who took on new roles this year and to those of you

who headed up the various committees!

Hosting events like this goes a long way for the sport in our province. We had hundreds of spectators out to the pool to watch the events, thus promoting our sport in our community. Most of our young club members came out to watch the best divers in Canada, thus moti-

vating our up and coming divers to train hard and set their goals high. We also gave our local competitors some home pool advantage, which paid off tremendously! Both Kevin and Cam qualified for the Commonwealth Games in Australia in March and Lauren qualified for the Senior National Traveling Team! Jill and Kristin also had

Personal best performances at a Senior National level and finished in 12th and 13th.

Congratulations divers! You all represented your club and province extremely well!

We will hear from some of these divers in the next newsletter.

Now, it is time to start thinking ahead to our upcoming Polar Bear Classic Invitational!

## FUNDRAISING UPDATE!

### **Safeway Coupon Books**

For 20.00 you receive a coupon book that has 4 x \$5.00 off (so it automatically pays for itself) and loads of other valuable coupons including 10X Air miles! The fundraising profit on these books is \$8.00 each. This is credited directly to your fundraising account.

These books are offered as a Pan Am Diving club fundraiser throughout the season until the end of June 2006. I will now fill orders on an **ongoing weekly basis**. Download an order form or pick up a hardcopy form from the blue deck cupboard/green fundraiser basket. Collect your orders and drop off the form with a cheque. I will be checking the green bucket on a weekly basis and orders will be filled and placed in the green bucket for pick up by yourself or diver within days. Feel free to give me a call at 885-6533 or email [ljmclean@shaw.ca](mailto:ljmclean@shaw.ca) for more information or to let me know there is an order waiting.

### **Black Pearl Coffee**

Coffee is still going strong. Marc Wankling is in charge of this one. There are downloadable forms or hardcopies available on a monthly basis. If you have any questions about this one call Marc at 889-2460. Order forms have gone out for the current order of coffee. The deadline to order has been extended to:

### **Fajita Night at T.Y.C.**

We are in the process of confirming a date. As soon as this is done we will get the news and tickets out to all families. This fundraiser involves selling tickets to a social event and donating to a silent auction at the event. This event is always a lot of fun and doesn't seem like work at all! I am looking for a couple of people to join our committee to assist with the event. Organizing hours are credited to volunteer hours. I will need some creative souls to arrange and wrap silent auction baskets, help with ticket sales and set up at T.Y.C. If you are able and willing please email me at [ljmclean@shaw.ca](mailto:ljmclean@shaw.ca) or call 885-6533.

## BINGO UPDATE

Bingos are now being headed up by Michelle Funk who can be reached at: 837-1000 or [Winnipeg@weepiggies.com](mailto:Winnipeg@weepiggies.com). Bingos remaining in this quarter are: Thurs. Feb. 23, 2006, 6:00 - 9:45 pm and Tues. March 21, 2006, 9:00 - 11:45 pm.

## *The 38th Polar Bear Classic is coming up, March 23-26, 2006!*

### **THE EVENT FOR 2006**

The Polar Bear Classic has always been on of the more prestigious events on the Canadian competitive diving calendar. Every year, we host many of Canada's top Junior divers from east and west. This year, our annual invitational will also play host to most of Canada's top Senior Divers (all senior national team members except those competing at the Commonwealth Games in Australia) as well as most of Canada's top Age Group Divers! This event is the trials for the Senior USA and Italian Grand Prix as well as a qualifier for the Canadian Age Group Nationals!

This is sure to be a very exciting event where junior and senior divers will be sharing the boards and competing for trips to represent their Country, Province and Club! So learn those dives... get ready!

### **SPONSORS NEEDED!**

Manitoba Diving and the Pan Am Diving Club are seeking out sponsors for our annual diving event, the Polar Bear Classic Invitational.

Sponsors can make monetary donations to the event, donate product or offer goods at a discounted price. All sponsors are recognized with banners at the event as well as in our event program and are offered the opportunity to come out and present awards to our medal winners! Donations include food, cost of equipment or awards, gifts for athletes and any other ideas!

If you are interested in having your company sponsor our event, or know of companies or individuals that you believe would be interested, please contact Dallas at 487-6243 or

# 2005 AWARDS NIGHT

The 2005 Awards Night was a costume party theme again this year. It has been a few years since we went with this theme, but it was a big hit! In fact, we had record attendance of divers and parents... most of whom came dressed up! This was a fun evening for all, complete with Pan Am Diving club membership trivia game, great slideshows, tasty food, funny costumes... and of course the reason for the event: The Awards!

For those of you who did not attend, or are new to the club, here is a summary of the Awards Presented this fall... maybe you will win one next!

## ROOKIE OF THE YEAR

**AUSTIN MacMASTER**

-in their first year of competitive diving  
-accomplished an accelerated rate of improvement and performed in competition like a seasoned athlete  
-was an all round model of a dedicated and talented athlete at any level

## MOST IMPROVED PRE-COMPETITIVE DIVER

**LILY KAUFMANN**

-the pre-competitive diver who showed the most improvement in diving skills throughout the year

## MOST IMPROVED JUNIOR DIVERS

**MALE**

**DEVIN ST. GODARD**

**FEMALE**

**KIM MCNABB**

-the male and female divers in the junior competitive program who showed the most improvement in diving / competitive skills over the year

## MOST IMPROVED SENIOR DIVERS

**MALE**

**CAM MCLEAN**

**FEMALE**

**JILL GUDMANDSON**

-the male and female divers in the senior competitive program who showed the most improvement in diving / competitive skills over the year

## BEST BREAKTHROUGH INSTRUCTOR

**STEPHANIE FRIESEN**

## TOP DIVERS BY AGE GROUP

### GROUP E

**LILY KAUFMANN**

-Competed on 1m & 3m in Group E,  
Competed on 1m in Group D  
-Won the Thunder Bay Invitational and MB Provincials in Group E

### GROUP D

**MORGAN WANKLING**

-Qualified for nationals and won her first D tower event. Was the top Manitoban in most often in competition.

### GROUP C

**BREANNE COULSON**

-Only C diver to qualify for Nationals under the new, challenging system

### GROUP B

**CAM MCLEAN**

-National champion 4 years running. This time a medalist on all 3 boards!

### GROUP A

**JILL GUDMANDSON**

-The only group A diver to qualify and a great team leader and role model at AGN this year.

## BEST BREAKTHROUGH PERFORMANCE

**CAM MCLEAN**

-the best performance relative to previous performances and expectations  
-Went from 18<sup>th</sup> to 8<sup>th</sup> at Winter Senior Nationals in one year!

## TOP OVERALL DIVER

**CAM MCLEAN**

-The only diver to win a medal on ALL THREE BOARDS at one Nationals.

## LEADERSHIP AWARD

**LINDA FERGUSON**

## MANITOBA DIVING ATHLETES OF THE YEAR

20% Emphasis on the following:  
Improvement in diving, contribution to club and province, educational standing, results, role model to other divers

**MALE**

**KEVIN GEYSON**

**FEMALE**

**LAUREN PENKO**

## OTHER AWARDS...

### BEST NICKNAME

**CYRENA COUVIER**

### MOST UNPREPARED FOR DRYLAND

**KELSEY & MEGAN**

### FLEXIBILITY AWARD

**KANSAS GROSS**

### MOST IMPROVED ABS

**AUSTIN MACMASTER**

### MOST IMPROVED TOES

**COLIN FINGAS**

### PIONEER AWARD

**KRISTIN DAVIES**

-For being the first women in Manitoba to attempt and conquer 5253B and the first Manitoban to try and conquer 6243B on 10-metre.

### MOST IMPROVED CHATTERBOX

**KIM MCNABB**

### ENERGY AWARD

**COLE FUNK**

### BEST FREE-STYLE DIVER

**LINDSEY WANKLING**

### IN THE NICK OF TIME AWARD

**NICK ZAMONSKY**

-Getting his 301 just in time to compete in Thunder Bay.

### BEST CUT THROUGH

**ERIN LINDSAY**

### BAULKING AWARD

**CAM MCLEAN**

### TX AWARD

**DEVIN ST. GODARD**

### BEST WIPEOUT

**KEVIN GEYSON**

-FISU Games, went from 5<sup>th</sup> to 25<sup>th</sup> in one dive!...

You see, EVERYONE wipes out!

**GOOD LUCK THIS SEASON!**

# RETRO RESULTS...

## Manitoba Provincials WINNIPEG, MB JUNE 11-12, 2005

### Girls E 1m (3 divers)

Lily Kaufmann	214.20	Gold
Larissa Cerasani	202.50	Silver
Katie Roller	192.60	Bronze

### Girls E 3m (1 diver)

Lily Kaufmann	215.65	Gold
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### Boys E 1m (2 divers)

Cole Funk	214.20	Gold
Nick Zamonsky	193.50	Silver

### Girls D 1m (9 divers)

Morgan Wankling	196.90	Gold
Lindsey Wankling	190.05	Silver
Rachel Blaine	170.60	Bronze
Lily Kaufmann	151.15	5 <sup>th</sup>
Kansas Gross	147.40	6 <sup>th</sup>
Danielle Mitchell	134.05	7 <sup>th</sup>
Natalie Senecal	128.65	8 <sup>th</sup>
Larissa Cerasani	125.70	9 <sup>th</sup>

### Girls D 3m (6 divers)

Lindsey Wankling	228.35	Gold
Morgan Wankling	199.15	Silver
Kansas Gross	177.50	Bronze
Rachel Blaine	161.30	5 <sup>th</sup>
Danielle Mitchell	161.15	6 <sup>th</sup>

### Girls D Tower (2 divers)

Morgan Wankling	158.15	Gold
Lindsey Wankling	148.75	Silver

### Boys D 1m (3 divers)

Austin MacMaster	160.65	Gold
Cole Funk	146.25	Silver
Nick Zamonsky	134.55	Bronze

### Boys D 3m (1 diver)

Austin MacMaster	166.30	Gold
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### Girls C 1m (5 divers)

Breanne Coulson	281.00	Gold
Erin Blaine	247.55	Bronze

### Level 2 (3 divers)

Kelsey Matwyczuk	142.45	2 <sup>nd</sup>
Megan Olmstead	135.55	3 <sup>rd</sup>

### Girls C 3m (2 divers)

Erin Blaine	272.40	Gold
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### Girls C Tower (2 divers)

Breanne Coulson	194.80	Gold
Erin Blaine	193.90	Silver

### Boys C 1m (1 diver)

Colin Fingas	204.60	Gold
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### Boys C 3m (1 diver) Level 2

Colin Fingas	157.35	1 <sup>st</sup>
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### Girls B 1m (2 divers)

Cyrena Couvier	362.00	Gold
Kim McNabb	313.00	Silver

### Girls B 3m (2 divers)

Cyrena Couvier	363.70	Gold
Kim McNabb	355.50	Silver

### Girls B Tower (1 diver)

Kim McNabb	227.00	Gold
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### Boys B 1m (1 diver)

Cam McLean	422.25	Gold
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### Boys B 3m (1 diver)

Cam McLean	565.60	Gold
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### Boys B Tower (1 diver)

Cam McLean	433.75	Gold
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### Girls A 1m (2 divers)

Jill Gudmandson	425.70	Gold
Jenn Heaver	346.40	Silver

### Girls A 3m (3 divers)

Jill Gudmandson	442.80	Gold
Gaby Rubio	367.30	Silver
Jenn Heaver	360.75	Bronze

### Girls A Tower (2 divers)

Jill Gudmandson	335.90	Gold
Erin Lindsay	306.80	Silver

### Boys A 1m (1 diver)

Devin St. Godard	368.95	Gold
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### Boys A 3m (1 diver)

Devin St. Godard	403.55	Gold
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### Womens Open 1m (8 divers)

Jill Gudmandson	237.60	Gold
Kristin Davies	205.15	Silver
Cyrena Couvier	192.30	Bronze
Kim McNabb	170.20	4 <sup>th</sup>
Stephanie Friesen	168.00	5 <sup>th</sup>
Jennifer Heaver	163.00	6 <sup>th</sup>
Breanne Coulson	162.70	7 <sup>th</sup>
Lauren Penko	158.90	8 <sup>th</sup>

### Womens Open 3m (6 divers)

Jill Gudmandson	422.85	Gold
Stephanie Friesen	396.30	Silver
Cyrena Couvier	367.40	Bronze
Gaby Rubio	346.70	4 <sup>th</sup>
Kim McNabb	337.10	5 <sup>th</sup>
Jennifer Heaver	332.00	6 <sup>th</sup>

### Womens Open Tower (4 divers)

Lauren Penko	450.05	Gold
Kristin Davies	449.10	Silver
Jill Gudmandson	389.90	Bronze
Kim McNabb	286.55	4 <sup>th</sup>

### Mens Open 1m (3 divers)

Kevin Geyson	381.50	Gold
Cam McLean	276.80	Silver
Devin St. Godard	234.15	Bronze

### Mens Open 3m (3 divers)

Kevin Geyson	637.15	Gold
Cam McLean	518.90	Silver
Devin St. Godard	327.85	Bronze

### Mens Open Tower (1 diver)

Kevin Geyson	558.20	Gold
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### Mens Masters 3m (1 diver)

Jason Guarino	250.00	Gold
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### Mens Masters 1m (2 divers)

Jason Guarino	244.30	Gold
Tal Veselyuk	226.00	Silver

## Age Group Nationals QUEBEC CITY JULY 7-10, 2005

### Boys D 1m (11 divers)

Austin MacMaster	132.00	11 <sup>th</sup>
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### Boys D 3m (12 divers)

Austin MacMaster	135.20	12 <sup>th</sup>
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### Girls D 1m (16 divers)

Morgan Wankling	139.40	15 <sup>th</sup>
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### Girls D 3m (13 divers)

Lindsey Wankling	145.60	13 <sup>th</sup>
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### Girls D Platform (14 divers)

Lindsey Wankling	137.90	12 <sup>th</sup>
Morgan Wankling	124.85	14 <sup>th</sup>

### Girls C 1m (26 divers)

Breanne Coulson	131.15	24 <sup>th</sup>
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### Girls C 3m (21 divers)

Breanne Coulson	164.35	15 <sup>th</sup>
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### Boys B 1m (26 divers)

Cam McLean	440.04	Silver
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### Boys B 3m (24 divers)

Cam McLean	525.57	Gold
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### Boys B Tower (20 divers)

Cam McLean	389.43	Bronze
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### Girls B 1m (31 divers)

Cyrena Couvier	160.71	27 <sup>th</sup>
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### Boys A 1m (12 divers)

Devin St. Godard	248.91	12 <sup>th</sup>
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### Boys A 3m (12 divers)

Devin St. Godard	258.03	12 <sup>th</sup>
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### Girls A 1m (21 divers)

Jill Gudmandson	200.10	15 <sup>th</sup>
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### Girls A 3m (24 divers)

Jill Gudmandson	205.86	19 <sup>th</sup>
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### Girls A Tower (23 divers)

Jill Gudmandson	170.94	15 <sup>th</sup>
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WWW.PANAMDIVING.COM  
 WWW.MANITOBADIVING.COM  
 WWW.DIVING.CA

## Canada Games – by Austin MacMaster

The Canada Summer Games was a big experience for me. I got to learn that great athletes don't just have to be big, strong, super men because I met people that were tall, short, and my size. I learned that when you get hurt you always have your friends to cheer you up.

Being the youngest competitor at the Games made me feel special because I knew that after all that practice, it finally paid off. Whether it was the Canada Games or the Age group National Championships, I felt that I have come a long way this past year in diving and that if I stay in it I might have a place in it.



We spent all day at the Lawson Aquatic Centre to train for the competition. We got to fool around and laugh while we were practicing.

I got interviewed a couple times for the Manitoba Newsletter "Toba Talk" and the Winnipeg Free Press. The interviewers were nice and it was nice having them ask me how the Games were so far and if I was having a good time.

While Cam and Devin were having fun at the free arcade, Cyrena, Jill and Kristin were having a great time shopping for clothes. I had a great time in the video arcade as well as everyone else. We also enjoyed the all-you-can-eat cafeteria. Jim said "Even though it's all-you-can-eat, you shouldn't eat-all-you-can".

The competition was very exciting and a little nerve racking, but we did well. Cyrena almost made it to semis on 3m, Cam made top 10 on every board, Jill and Kristin made semis on 3m and platform, Devin made semis on 3m and I felt I improved my dives a lot after placing second last on 1m and 3m. Everyone did an awesome job diving.

## MORE RESULTS...

### World Masters Games Edmonton July 22-31, 2005

#### **Womens Modified FINA 30-34 1m**

Joanne Hutlet 183.75 Gold

#### **Womens Modified FINA 30-34 3m**

Joanne Hutlet 172.60 Gold

#### **Mens Modified A 25-29 1m**

Vitaliy Veselyuk 318.85 Bronze

### FISU Games

#### Izmir, Turkey Aug 14-20, 2005

#### **Mens 1m (39 divers)**

Kevin Geyson 287.82 26<sup>th</sup>

#### **Mens 10m (27 divers)**

Kevin Geyson 342.12 22<sup>nd</sup>

### Junior Pan Am Championships Fort Lauderdale, Florida August

#### **Boys B 1m (10 divers)**

Cam McLean 298.85 5<sup>th</sup>

#### **Boys B 3m (10 divers)**

Cam McLean 314.40 6<sup>th</sup>

### Canada Summer Games Regina August 13-20

#### **Women's 1m (24 divers) Prelims**

Jill Gudmandson 196.89 16<sup>th</sup>

Cyrena Couvier 172.53 21<sup>st</sup>

Kristin Davies 164.07 23<sup>rd</sup>

#### **Women's 3m (24 divers) Prelims**

Kristin Davies 199.44 15<sup>th</sup>

Jill Gudmandson 187.92 18<sup>th</sup>

Cyrena Couvier 182.76 19<sup>th</sup>

#### **Semi-Finals**

Kristin Davies 379.53 13<sup>th</sup>

Jill Gudmandson 364.11 17<sup>th</sup>

#### **Women's Tower (16 divers) Prelims**

Jill Gudmandson 257.49 3<sup>rd</sup>

Kristin Davies 213.63 10<sup>th</sup>

#### **Semi-Finals**

Jill Gudmandson 403.62 5<sup>th</sup>

Kristin Davies 368.43 8<sup>th</sup>

#### **Finals**

Kristin Davies 394.89 7<sup>th</sup>

Jill Gudmandson 368.64 11<sup>th</sup>

#### **Men's 1m (23 divers) Prelims**

Cam McLean 332.04 2<sup>nd</sup>

Austin MacMaster 148.62 22<sup>nd</sup>

Devin St. Godard 147.54 23<sup>rd</sup>

#### **Finals**

Cam McLean 283.89 8<sup>th</sup>

#### **Men's 3m (21 divers) Prelims**

Cam McLean 304.83 8<sup>th</sup>

Devin St. Godard 181.29 17<sup>th</sup>

Austin MacMaster 138.48 20<sup>th</sup>

#### **Semi-Finals**

Cam McLean 516.66 8<sup>th</sup>

Devin St. Godard 299.37 17<sup>th</sup>

#### **Finals**

Cam McLean 552.24 4<sup>th</sup>

#### **Men's Platform (17 divers) Prelims**

Cam McLean 318.72 7<sup>th</sup>

#### **Semi-Finals**

Cam McLean 494.61 6<sup>th</sup>

#### **Finals**

Cam McLean 524.61 5<sup>th</sup>

