



Rip 'n ' Roar

Pan Am Diving Club Newsletter July & August 2006

Upcoming Dates to Mark in your Calendars!

- Start of Fall
Learn-To-Dive:
September 18th
- Start of Club
Programs:
September 25th

THUNDERSTRUCK INVITATIONAL, THUNDER BAY, ON

Our annual trip to the Thunderstruck Invitational took a different shape this year. With only 6 divers traveling to the meet, we drove to Thunder Bay in a van and an SUV instead of our usual giant luxury bus. Lucky for us, one of the drivers was Colin Funk who proved to be a great tour guide! On the way to the meet we stopped at Kekebekka Falls to get out of the car, stretch our legs and admire the giant waterfalls. On the way home from the meet we drove up to the highest point in Thunder Bay to get a bird's eye view of the city, port and mountains... we could even see the pool from there! Thanks to Colin for knowing the area and suggesting that we see these things! It definitely made the usual trip to Thunder Bay more flavorful!

The meet itself was a lot of fun. Cole won both of his E events, and dove exceptionally well in both of them, and he also competed in D on 1m and for the first time on 3m. Congratulations to Cole for getting his back one and a half on 3-metre so that he was able to compete! Lily

had a great event as well, and managed to finish 5th three times! It is hard to believe that she was the same diver who competed in Thunder Bay last year at her first competition, having just learned a 3m list in the nick of time! Morgan had a great event on tower, winning the bronze medal and using many new dives including two new dives on 7m and 2 new optional dives: front 2 and a half and inward double! Congratulations Morgan on 4 out of 7 dives brand new in one meet! Lindsey had a great event on 3m, finishing with her personal best score and not missing a single dive! This was a great way to finish off her year, in her last event of the season. Kim had a very disappointing 1m event, but came back strong to have her best 3m event of the year. Again, this was a nice way to finish off the season and her diving career. Kim will be moving forward with her wrestling career next year... and we wish her all the best! Kansas had an interesting trip... she dove well in the 1m meter event, but then during her practice for 3m, she was walking backwards on the board and slipped off the

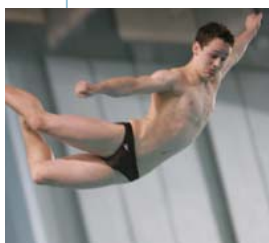
board, falling into the water and hitting the side of the deck. Fortunately, the fall was not too serious, but she did suffer a fraction in her arm and a sore ankle. Kansas spend the rest of the trip in a cast, but we are happy to say that her arm was fully recovered to participate in a summer camp a few weeks after the end of the season. Way to go Kansas, on being so tough in Thunder Bay and coming back strong this summer!

This year, the organizers also threw a fun evening on the Saturday night complete with Chinese buffet and DJ. Everyone got out on the dance floor, but special mention goes to Cole for his non-stop break dancing moves! All in all, it was a fun meet and a great way to finish the season for most of the divers. Thanks to Kristin who traveled as a coach to keep Dallas company and help out with the divers and the driving!



AGE GROUP NATIONAL CHAMPIONSHIPS, EDMONTON

As the season wrapped up, we had several divers qualified for the Age Group Nationals. Lily (D), Morgan (C), Austin (C), Cyrena (B), Cam (A) and Jill (A) all made the standards to qualify for nationals in their age group and were invited to represent the Pan Am Diving Club at this year's Age Group Nationals in Edmonton, July 8-11. A special mention also goes out to Kansas, who made her standard on 1m once this year!



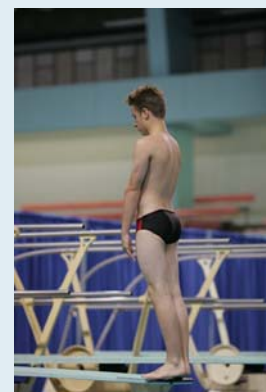
This year's team started out with a week-long training camp at

Pan Am during the first week of July and then headed off to Edmonton very, very, very early on Monday morning. Monday, Tuesday and Wednesday the team trained twice a day and also fit in a trip to the West Edmonton Mall. On Thursday the competition began and the Opening Ceremonies were held. The usual rip contest had an interesting twist to it this year... divers were judged by a celebrity panel including a former NFL player, a wheelchair body building champion, Alexandre Despatie and David Sole and Marie Pelletier – Olympic Champion figure skaters! Also, the top 10 divers after athlete rip contest would have their coaches get in for a dive! Since none of Jim, Dallas or Keith were very excited to dive, Cam (our desig-

nated ripper) performed a flying suey from 10-metre to relieve us of the duty! However, we did get to witness some great coach dives from the likes of David Bedard (3-time Olympian) doing a front triple twister on 1m; Andrew Mitchell from Regina, Fernando Henderson from Ottawa and Philippe Comptois from Laval all doing front 3 and a half (or close!) on 3m; Misha Kordyukov of Etobicoke doing a walking reverse on 10m; and most impressively Ioana Marinescu from London's amazing front one and half from 10m that out ripped any of the divers in the rip contest!

The competition itself was one of ups and downs, as usual. Our rookie, Lily in group D, showed a few signs of nerves in the first couple days of practice, but got stronger and more confident each day. A diver's first Age Group Nationals is always a challenge, and Lily did a great job! In group C, Morgan and Austin were returning for their second Age Group Nationals, and had a better idea of what to expect this time! Of course, now that they are in group C, hey had to deal with cuts! (In all age groups expect group D, there is a cut after a certain number of dives, and only the top 12 divers at that point continue to finish their list.) Congratulations to Morgan for learning so many new dives near the end of the year and getting them ready for na-

tionals, and to Austin for making the cut on 1m! Our veterans, Cyrena (group B), Jill and Cam (group A) rounded out our field. All three divers had some great dives and some not so great dives... Cam accomplished a huge feat by winning his 1-metre event. This is a very difficult task when you are in the first year of the only 3-year age group! He also won the silver medal on 3-metre and was therefore named to represent Canada at the World Junior Championships in Kuala Lumpur in August on both 1-metre and 3-metre. Congratulations Cam! Perhaps the unexpected highlight of the meet was Jill's performance on 3-metre. After a frustrating event on 1-metre – being in 13th place before the cut is always hard to swallow! – Jill came back extremely strong to not only make the cuts on 3-metre, but to finish in 7th place! She nailed each and every one of her dives and attained by far her highest score of the year. This was all very gratifying to the diver who struggled all year on 3-metre! The next day, Jill went on to have another great event on tower, finishing 6th. This was not a great surprise, as all of the coaches knew that Jill could put in a strong performance on tower. Congratulations Jill on a great ending to your junior career! Jill will now be mov-



SUMMER CAMPS

Summer camps this year were a huge success! Instead of the 9-11 am & 11-1 pm time slots, the camps run from 9 am-12 noon and this proved to be a much more popular time frame!

Almost all of the camps were completely full and many new divers tried diving for the first time! We hope to see all of YOU back again for our Fall programs!

We also held a Pre-Competitive camp and two Competitive camps for club divers who didn't want to get too rusty over the summer. In the competitive camps, each and every diver tried at least a few new things and had a great time. I think it is safe to say that all of the camps were a huge success! Thank you to all of the instructors who helped to coach the camps! Your time was appreciated and your enthusiasm was contagious!

End of Season

And now the 2005-2006 diving season has come to a close. It has been an interesting year, very different from most seasons; with a late start to the competitive season with the Polar Bear in March instead of January, our club hosting ALL THREE senior national trials events (Winter Senior Nationals, Polar Bear Classic and Summer Senior Nationals!) and no big team bus event this year. It has been a long season, and I hope you have all had a chance to rest and have some summer fun over the break. The new season is fast approaching... Learn-To-Dive programs begin September 18th and Club Programs begin September 25th! As you all know, I will not be returning the Pan Am Diving Club in the fall. I am making my goal of long term travel come true as I head off to the islands of the South Pacific in September! I thank you all for the great times we have shared, and I wish you all a great season in 2006-2007!

For fall information, please contact Lauren Penko for Learn-To-Dive at 487-6243
For Club information, please contact Jim Lambie at 261-9907 or jimlambie@yahoo.com.

Dallas Ludwick

JUNIOR WORLD CHAMPIONSHIPS KUALA LUMPUR, MALAYSIA

I have not heard back from Cam yet, but anyone who wants to hear about the Junior World Championships that were held in Kuala Lumpur last week, should ask Cam about it when diving starts! The Junior World Championship hosts the very best junior divers in the world! Each country is allowed to send their best two divers to compete in each event. Cam was there to represent Canada on 1-metre and 3-metre. This was Cam's second time at the Junior Worlds, but this time he was in Group A – a very challenging age group – with divers up to two years older than him. Cam competed at the last Junior Worlds in Belem, Brazil, and it will be interesting to hear what he has to say to compare the two experiences!

RESULTS

Age Group Nationals Edmonton, AB July 13-16, 2006

Girls A 1m (24 divers)
Jill Gudmandson 208.40 13th

Girls A 3m (24 divers)
Jill Gudmandson 431.70 7th

Girls A Tower (21 divers)
Jill Gudmandson 359.10 6th

Girls B 1m (16 divers)
Cyrena Couvier 130.65 15th

Girls B 3m (24 divers)
Cyrena Couvier 125.70 22nd

Girls C 1m (25 divers)
Morgan Wankling 140.20 25th

Girls C 3m (25 divers)
Morgan Wankling 148.30 24th

Girls C Tower (19 divers)
Morgan Wankling 118.25 19^t

Girls D 1m (21 divers)
Lily Kaufmann 159.80 21st

Girls D 3m (19 divers)
Lily Kaufmann 176.20 19th

Girls D Tower (15 divers)
Lily Kaufmann 159.05 15th

Boys A 1m (13 divers)
Cam McLean 461.75 Gold

Boys A 3m (13 divers)
Cam McLean 514.65 Silver

Boys C 1m (21 divers)
Austin MacMaster 251.05 10th

Boys C 3m (22 divers)
Austin MacMaster 163.75 19th

Boys C Tower (19 divers)
Austin MacMaster 117.40 19th

Junior World Championships Kuala Lumpur, Malaysia August 2006

Boys A 1m (31 divers)
Cam McLean
344.55 29th

Boys A 3m (33 divers)
Cam McLean
396.90 28th

