

# Rip 'n' Roar

Pan Am Diving Club Newsletter  
March/April 2007

Congratulations  
Cam McLean!!

Nominated  
Manitoba's  
Junior Male  
Athlete of the  
Year!

Mark your Calendars:

Pan Am Diving  
Annual General  
Meeting  
March \_\_18th\_\_,  
Time 12 to 2:30pm  
Location: Sports  
Maniotba

Glenlea Greenhouse  
Plant Fundraiser:  
Order Forms: April 5  
Plant Pick-Up: May 30

Next Coffee Order  
Mid-April

## Off To A Solid Start!

It's been an exciting start to the 2006/2007 season for the Pan Am Diving Club! From a coaching perspective, we said good-bye to Dallas Ludwick, Jon Granke, and Ashley Martin; and we welcomed Fin Temple into the fold.

Fin has taken over the boards for the Junior Competitive group, while Summer Armit leads the SuperTots. Our Learn-to-Dive program continues to

thrive and is now in the capable hands of Lauren Penko. Jim Lambie, Keith Pearch and Dylan round out our coaching team. And many of our senior divers are experiencing the "deck-side" of diving as they teach the fundamentals of the sport to the many kids enrolled in our popular Learn-To-Dive program.

Our divers' training has been put to the test in three competitions so far

this season, and we've celebrated some solid results against strong competition at:

**Winter Senior Nationals/World Championship Trials** in Quebec City (January)

**Pan Am's Polar Bear Classic** (January)

**2007 All Star Diving Challenge** in Orlando (February)

## Where In The World Are Our Divers Going?

The line-up for competitions isn't over – not a long shot! Over the next two months, our divers will be traveling across Western Canada for Junior and Senior National Qualifying events, and looking to win spots on the Canadian team competing at the Pan Am Games in Rio de Janeiro; the FISU Games in Bangkok; and the Grand Prix events in Russia, Germany, Italy and Spain!

### Alberta Provincials

(Group 2)  
Calgary, Alberta  
March 9 – 11:  
(Cyrena Couvier, Kelsey Matwyczuk, Cassandra MacLeod)

### Sask Provincials

(Group 1)  
Saskatoon, Regina  
March 30 – April 1

### Pan Am Games/FISU

Games Trials  
Vancouver, BC  
April 20 – 22  
(Senior Divers)

For divers that hit the qualifying marks necessary to compete in either the Junior or Senior National Championships, please note that this year, Dive Canada has elected to run both of these competitions as one event.

### Junior & Senior National Championships

Montreal, Quebec  
July 11 – 15, 2007

For more on qualifying standards, please see page 4.

## 2007 Western Canada Summer Games

The 2007 Western Canada Summer Games will bring together over 2,300 athletes aged 13-23, coaches, officials, and performers from the four western provinces and three northern territories to celebrate the highest achievements in sport and culture from August 3-11.

competition is scheduled during the second week: August 7-11.

Our team selection will occur later this season, likely in May. Please see your coach for more information.

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*"Your Game is only as good as your practice"*  
Don Shula

In total, 17 sports will travel to Edmonton, Alberta to participate in this event. The Diving

*No individual or team can reach "practice perfection" alone. It takes ferocious concentration and unyielding commitment to continuous improvement.*

## And The Award Goes To.....

"Plan it, and we will come!" Thanks to the efforts of Michelle Delios, Linda McLean and Jim Lambie, over 60 divers, friends and family participated in our annual **Awards Night** at Woodhaven Community Club on February 24.

The potluck dinner, skating, tobogganing, socializing and impromptu "trivia-time" provided a relaxed way to get

reacquainted with many we only see in the stands during practice or pass in the parking lot.

The awards recognized the hard work of our divers last season.

For complete listing of awards, please see page 7.

## Pan Am Diving General Meeting

Our Annual General Meeting requires your attendance! Aside from needing a quorum to meet Dive Canada's regulations, we want all club members' input into how the Pan Am Diving Club runs.

Please give serious consideration to allowing your name to stand for nomination on our Board of Directors. You don't have to be a long-standing member of the club to lend your energy and new ideas. Monthly meetings

generally last an hour or two, and your 2-year participation on the Board qualifies for those sought-after volunteer hours!

Mark your calendar: for Sunday March 18, 2007 from 12 noon to 2:30pm at Sport Manitoba (free parking)

## Raising Funds!

Remember that fundraising deposit you paid? Remember the way to earn it back? By supporting the fundraisers, all money you earn is credited directly back into your account, dollar for dollar. Anything you earn over your deposit is split 50/50 with the club. So participate to reduce your fees or to defray the cost of event fees or diving trips. When the books are balanced at the end of the season, any monies owed to you will be returned by cheque. Most fundraising orders, pickups, or correspondence is done

through the blue cupboard on the deck (check the green basket inside). If you're leaving payment – make it a cheque, not cash; and please don't give your orders or payments to the coaches – it's distracting!

**Black Pearl Coffee** sales are perking along! Get ready for another order in Mid-April and Mid-June. Contact: Marc Wankling, 889.2460

**Safeway Coupon Books** actually pay for themselves! For \$20, get 4-\$5 off coupons, bonus Air Miles, and other

valuable coupons. Orders for the coupon books are filled on a weekly basis (see the green basket). Complete your order form, attach a cheque, and pick up your coupon books in a matter of days! Contact: Linda McLean, 885.6533, [ljmclean@shaw.ca](mailto:ljmclean@shaw.ca)

**Bud, Spud 'n Steak** or chicken! May 5<sup>th</sup>, Tijuana Yacht Club, sell tickets for \$15 each (you earn \$7.50 back), collect 2 silent-auction prizes per diver and enjoy a great night out. There are more volunteer hours you can earn too! Call Linda McLean – only 3-4 volunteers needed!!

## Spring Has Sprung, The Grass Is Riz.....

OK, well not quite. But for gardeners, there's no time like now to begin planning your plantings! Back by popular demand is our **Glenlea Greenhouses Plant Fundraiser**.

So if you have any plans to pot a petunia or nurture a nasturtium, why not consider buying your bedding plants through this Pan Am Diving fundraiser?

Or, order a plant credit card with a pre-loaded amount that can be redeemed at the Greenhouse!

Catalogues are expected to hit the green basket the first

week of March, or you can check out Glenlea Greenhouses website at [www.glenleagreenhouses.com](http://www.glenleagreenhouses.com) for a sneak peak at their offerings.

**Order forms are due April 5.**

**Plant cards will be delivered the week of April 16**

**Plant pick-up is Wednesday, May 30<sup>th</sup> at the Pan Am Pool**

Contact:

Linda McLean, 885.6533, [ljmclean@shaw.ca](mailto:ljmclean@shaw.ca)

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## Bingo Reminder

First requested, first filled! New Bingo dates will be released to Pan Am Diving early in March. Michelle Delios promises to send out dates as soon as they're known...so keep close to your e-mail with a trigger finger! Contact: Michelle Delios, 837.1000, [michelle4@mts.net](mailto:michelle4@mts.net)

## Canadian National Standards

In order to qualify for Age Group and Senior Nationals, divers must first meet the criteria set by Dive Canada. A national standard is set for each event in each age group: Open/Senior, A, B, C, and D. Each standard represents the points that a diver must attain in competition in order to compete in that event at the National Championships.

Open/Senior divers must attain the standard score at any Diving Plongeon Canada sanctioned event.

All other age-group divers must attain the standard score at two sanctioned events, one of which must be a Group 1 event. (Our Polar Bear Classic is a Group 1 event). Once the diver has attained the standard score twice (at least at a Group 1 event), then they have qualified for Age Group Nationals in that event.

### Senior/Open Standards

	<b>1M</b>	<b>3M</b>	<b>Platform</b>
Women	210	235	220
Men	260	275	270

### Age Group Standards

	<b>1M</b>	<b>3M</b>	<b>Platform</b>
Girls D	190	205	175
Boys D	190	200	175
Girls C	245	255	225
Boys C	230	240	225
Girls B	300	315	245
Boys B	280	290	265
Girls A	355	380	300
Boys A	345	365	315

## Children's Fitness Tax Credit

Sport Manitoba has provided some information about the Children's Fitness Tax Credit from information obtained by Finance Canada and Canada Revenue Agency.

Eligibility for the tax credit is based on the nature of the program and not the type of organization. Not all of the programs of a specific sport may be eligible for the tax credit, just those that meet the tax credit criteria.

To be eligible, activities must contribute to cardio-respiratory endurance, plus 1 or more of muscular strength, muscular endurance, flexibility and balance. It notes that in the initial learning stages, not all sports call on the cardio endurance requirement.

Children under 10 should strive towards at least 30 minutes of sustained moderate to vigorous

physical activity per session, while children over 10 should strive towards 60 minutes.

Eligible programs must run weekly for at least 8 weeks, or in the case of camps, 5 consecutive days provided that more than 50% of the program time is devoted to physical activity.

The tax credit covers kids who are under 16 at any time in the year.

## Children's Tax Credit (continued)

The fees must relate to the cost of registration of membership in an eligible program. Registration and membership costs can include the costs of administration, instruction, and the rental of facilities. Fees charged to pay for accommodation, travel, food or beverages must be deducted when calculating the part of the fees that qualify for the tax credit.

### Receipts

Receipts for income tax purposes must cover eligible amounts paid in 2007 only. Amounts paid in 2006 do not qualify even if all or part of the activity takes place in 2007.

Receipts should contain: Organization name, address; name of eligible program; total amount

received, date received and the amount eligible for the tax credit; full name of payer; name of child and child's year of birth; authorized signature.

### More info:

Canada Revenue Agency  
<http://www.cra.gc.ca/fitness>  
1-800-959-5525  
1-800-387-1193  
[www.sportmanitoba.ca](http://www.sportmanitoba.ca)

## Results

### Winter Senior Nationals/2007 World Championship Trials

#### **Men's Open 1M**

Cam McLean	323.15	6 <sup>th</sup>
Kevin Geyson	311.05	8 <sup>th</sup>

#### **Women's Open 3M**

Jill Gudmandson	200.85	23 <sup>rd</sup>
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#### **Men's Open Platform**

Kevin Geyson	1090.70	7 <sup>th</sup>
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#### **Men's Open 3M**

Kevin Geyson	1126.70	6 <sup>th</sup>
Cam McLean	1038.15	9 <sup>th</sup>

#### **Womens Open Platform**

Lauren Penko	808.35	8 <sup>th</sup>
Jill Gudmandson	769.00	10 <sup>th</sup>

*For Complete Results:*

*[www.rezman.net](http://www.rezman.net)*

### 2007 Speedo Sting: Victoria

#### **Men's A 1M**

Cam McLean	481.75	Silver
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#### **Men's Open 1M**

Cam McLean	335.00	Silver
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#### **Men's Open 3 M**

Cam McLean	364.45	Bronze
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#### **Men's A 3M**

Cam McLean	460.75	4th
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## 2007 All Star Diving Challenge: Orlando

**Pan Am Diving Club Team Award Overall** 6<sup>th</sup> (21 clubs)

**Men's Platform**

Kevin Geyson 711.15 Silver

**Women's Platform**

Lauren Penko 549.65 Gold

**Girl's A 3M**

Cyrena Couvier 160.80 22<sup>nd</sup>

**Girl's C 1M**

Morgan Wankling 219.00 4<sup>th</sup>

Lindsey Wankling 196.75 11<sup>th</sup>

Kansas Gross 189.95 13<sup>th</sup>

**Boy's D 1M**

Cole Funk 125.05 Bronze

**Girl's A Platform**

Cyrena Couvier 208.55 10<sup>th</sup>

**Girl's C Platform**

Morgan Wankling 178.45 6<sup>th</sup>

Lindsey Wankling 171.60 11<sup>th</sup>

**Girl's D 3M**

Lily Kaufmann 120.40 9<sup>th</sup>

**Men's 1M**

Kevin Geyson 628.35 6<sup>th</sup>

**Boy's D 3M**

Cole Funk 124.05 4<sup>th</sup>

**Girl's A 1M**

Cyrena Couvier 162.75 24<sup>th</sup>

**Girl's C 3M**

Morgan Wankling 206.55 7<sup>th</sup>

Lindsey Wankling 200.65 9<sup>th</sup>

Kansas Gross 176.05 15<sup>th</sup>

**Girl's D 1M**

Lily Kaufmann 114.80 10<sup>th</sup>

**Men's 3M**

Kevin Geyson 300.25 11<sup>th</sup>

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*For Complete Results:*

*<https://secure.meetcontrol.com>*

## Back Page Story Headline

Diving Awards  
**Rookie of the Year** – Lily Kaufmann  
**Most Improved Pre-Comp Diver** – Kansas Gross  
**Best Nickname** – Cyrena Couvier  
**Most Unprepared**

**for Dryland** – Cole Funk  
**Most Improved Junior Divers** –  
**Male:** Austin McMaster; **Female** – Morgan Wankling  
**Most Improved Senior Divers** –  
**Male:** Cam McLean;

**Female** – Lauren Penko  
**Best Excuses** – Keith  
**Best Breakthrough Performance** – Jennifer Heaver  
**Energy Award** – Cole Funk  
**Best Free – Style Diver** – Cyrena Couvier

**.Leadership Award** – Jill Gudmundson

**Best Positive Attitude** – Lindsay Wankling  
**Top Divers for Each Age Group**  
**Group E** – Cole Funk  
**Group D** – Lily Kaufmann  
**Group C** – Morgan Wankling  
**Group B** – Cyrena Couvier  
**Group A** – Cam McLean  
**Senior Diver** – Lauren Penko  
**TX Award** – Colin Fingas  
**Best Wipeout** – Kansas Gross  
CADA Athletes of the Year  
Male – Kevin Geyson  
Female – Lauren Penko  
**Top Overall Diver** – Kevin Geyson

**Naming of Provincial Team for 2006**  
Kevin Geyson  
Lauren Penko  
Cam McLean  
Jill Gudmundson