

F E B R U A R Y 2 0 1 0

THUNDERSTRUCK

THUNDER BAY DIVING CLUB NEWSLETTER



MEDIA RELEASE: January 19, 2010 Divers Reach New Heights at 2010 Vaughn Baird Polar Bear Classic in Winnipeg

THUNDER BAY. Fourteen athletes from the Thunder Bay Diving Club (TBDC) competed in the 2010 Vaughn Baird Polar Bear Classic at the Pan-Am Pool Winnipeg this past weekend (January 15 – 17, 2010). This annual event is known for the high caliber athletes that attend from across Canada and is used by many teams to kick-off their competitive diving season. With over 125 athletes in attendance, Thunder Bay's 14 divers represented well.

TBDC's national duo, Rylee Mose (11) and Molly Carlson (11), have moved up an age category this year and were competing against polished athletes up to age 13. Mose and Carlson competed on all three boards and they both smashed the national qualifying standard by 20-50 points in all three events. In addition, Carlson brought home a silver medal for the Group C 1-metre springboard event.

Thunder Bay has new success brewing. Cristen Merlo (9) achieved her first-ever national qualifying score in the Group D platform event, while Tori Lafontaine (10) missed the standard by



... working hard to make up the gap before her next competition.

Performance highlights from TBDC's boys were from Nathan Lysak (10), as he brought home bronze for both Group D springboard events and silver for the platform event.

Also competing for TBDC were Hailey Mose, Coralie Cote, Noah Kilby, Kasey Washenfelder, Ashleigh Domney, Drue Wood, Cortney LaFontaine, Cassie Samec and Jill Ferguson.

DETAILED RESULTS For ALL TBDC Divers at the 2010 Vaughn Baird Polar Bear Classic in Winnipeg

Women's Open

Jill Ferguson

1 Metre – 5th, 178.95

Female, Group B (born in 1995, or 96)

Cassie Samec

Platform – 13th, 164.10, 3 Metre – 14th, 263.80,
1 Metre – 15th, 223.45

Cortney Lafontaine

3 Metre – 16th, 222.70, 1 Metre – 18th, 165.35

Female, Group C (born in 1997 or 98)

Kasey Washenfelder

3 Metre – 13th, 157.05, 1 Metre – 14th, 165.65

Ashleigh Domney

1 Metre – 15th, 161.15

Drue Wood

3 Metre – 14th, 149.85, 1 Metre – 16th, 157.25

Rylee Mose

Platform – 7th, 240.90 (Junior National Score)
3 Metre – 4th, 292.15 (Junior National Score)
1 Metre – 5th, 265.10 (Junior National Score)

Molly Carlson

Platform – 6th – 249.65 (Junior National Score)
3 Metre – 5th, 288.50 (Junior National Score)
1 Metre – 2nd, 287.35 (Junior National Score)

Female, Group D (born in 1999 or later)

Tori Lafontaine

Platform – 9th, 164.45, 3 Metre – 9th, 197.10,
1 Metre – 8th, 189.65

Hailey Mose

Platform – 12th, 151.45, 3 Metre – 12th, 179.45,
1 Metre – 10th, 172.10

Coralie Cote

Platform – 14th, 134.00, 3 Metre – 13th, 157.25,
1 Metre – 14th, 141.95

Cristen Merlo

Platform – 5th, 176.35 (Junior National Score),
3 Metre – 10th, 193.45, 1 Metre – 9th, 178.75

*This is Cristen's FIRST National Qualifying Score!
Congratulations Cristen and Coach Tiff for this
achievement!!!*

Male, Group D (born in 1999 or later)

Nathan Lysak, Platform – 2nd, 130.10,
3 Metre – 3rd, 171.65, 1 Metre – 3rd, 154.65

Noah Kilby

3 Metre – 4th, 113.10, 1 Metre – 4th, 131.10

GO TEAM!



Coach Tiff

The Storm Group attended their 1st Competition of the season, The Vaughn Baird Polar Bear Classic, in Winnipeg mid January. This was a very exciting weekend for the Storm Group because every one of it's 6 members was able to compete Tier 1 lists on both 1m and 3m spring boards. Tori, Hailey and Cristen also showed off TBDC's platform diving skills with Cristen receiving a Jr. National qualifying score. Drue, Kasey and Cortney were successful in learning and competing Legal and "Scorable" twisters on both of their spring board lists! Hailey showed great bravery in competing in all 3 Group D events, even though she is actually in Group E. Tori conquered her fears and pulled together a tower list in the nick of time. She was also .35 away from a National qualifying score on 1m. We all had a great time and the group did an excellent job of sticking together and showing off what a positive and well mannered team the Thunder Bay Diving Club is.

**NO FAILED TWISTERS!!!
WOOHOOOO!!!!**

Coach Heather

The Blitz group was well represented at the Polar Bear meet in Winnipeg. The boys faced tough competition, but performed well. Nathan picked up a silver medal on platform and bronze medals on 1&3 metre. Noah placed a respectable 4th place in his 1&3 metre events. The girls did their job and had fantastic performances. Ashleigh had a great 1 metre event; she made her twister with ease! Coralie held her own in all of her events (1m, 3m, & platform); she dove consistently throughout the meet. Cassie's performance blew me away; she scored a 7.0 on her first dive of the meet! Congratulations Blitz divers on your great diving!

The Blitz pre-competitive divers have been working hard and showing much improvement. Addison and Amanda are both working towards a full competitive list in hopes of joining the roster for Ontario Provincials. Alyson has shown that persistence really does pay off; she's finally got a great front dive tuck. Emilie is working on her front dives on 3m and they're really coming along. Maya has been spending a lot of time on posture and entries and it is certainly paying off.

This month will be full of learning new dives and perfecting old ones. Every Blitz diver will be taking it up a notch!

Coach Jill

The Tornadoes started off the month of January working on their basic dives to ease back into their regular routine after the holidays. The Tornadoes really took it up a notch after they got the exciting news that most of them will be heading to provincials in May. Ethan and Kamryn learned a reverse dive on 1m and 3m this month giving them 4 directions and full Group E lists on both boards. Danielle brought her back dive tuck up to 3m, which gives her two full competitive lists as well. Allegra came back from her trip not only with a beautiful new hair due BUT with an awesome attitude ready to learn, she even did some back dive tucks on 1m! Bailey is the newest addition to our group and has been coming along quit quickly with an awesome back dive on 1m. – way to go Bailey! Chris has cleaned up all of his dives and only needs one more dive to complete his 3m list. Zach's front dive straights are rockin' and he is also working on back dive tucks on 1m, keep up the great work! Mackenzie's front and inward dive pikes on 3m are looking great, she even learned a back somi while attempting a back dive tuck on 1m!

Overall I'm really pleased with the Tornadoes performance and attitudes this month and can't wait till provincials!

Tues/Thurs Lil'Lightning

Once again the T/Th group is being coached by Tristan and Tiffany and once again the group consists of 12 young divers! We are glad to see so many returning divers improving their already excellent skills. We also have a great group of new divers who impress us more and more each practice. For example Max has improved his swimming by about 300% and Matthew (age 4) can now jump off of 5m with no bubbles. Keep an eye on this group: Aiden, Matthew, Max, Jayme, Arianah, Fiona, Arley, Emma, Katerina, Olena, Carson, and Kyle. They are Super Stars!!

Saturday Learn to Dive

This is a group of divers varying in experience and ability. We have divers who have been in our programs for 4 years as well as new divers who are conquering their fear of water. We are looking forward to getting to know our Saturday group and work with them to achieve new skills! Keep up the good work Saturday Divers; this is going to be a GREAT session!!!!

Congratulations Molly!!!!



Molly Carlson was awarded Citizen of Exceptional Achievement, from the City of Thunder Bay on January 25th for her International and National success last season.

Thank You for the support of all teammates, and to those who attended the event: Katherine, Riley and Kasey, and Molly's big-sister Megan.



SNACKS

Please bring a piece of fruit for your snack breaks ☺ ! **PLEASE NO NUTS!**

Upcoming Events and Reminders ...

NEW!!! The Drop Box

Thank you to Dive Dad Brian Mose for the lovely drop box now located under the Parent Information Bulletin Board. And of course, thank you to the Complex Maintenance Staff for installing it! Either a Board Member or the Head Coach will check this Box on a daily basis. We are asking that all forms/cheques/fundraising orders etc. be dropped off to this box. Please note that we ask you NOT to put cash in this box for security purposes. Having a central location for this type of communication/exchange will prevent items from being misplaced and will make sure that they get to the proper person. **Thank you for your cooperation.**

New Families - REGISTRATION FORMS

Note to all **NEW** Recreation/Pre-Comp/Comp Families! If you have not yet been asked to fill out a Registration Form for your child, please take one from the Parent Information Board and return it, filled out, to the locked Drop Box located in the stands, under the Parent Information Bulletin Board.

March Break RECREATION Camp

TBDC will be hosting a MARCH BREAK RECREATION CAMP for Recreation Divers. To register for this recreation camp, please use **Barcode #207287** at the Front Desk of the Complex. The Camp will run from 8:30 - noon, daily and will cost \$100 for the week. For an additional fee, you can sign your child up to join the Complex Adventures Camp in the afternoon. Please ask for more details at the front desk when you register.

Pre-Comp and Comp March Break Schedule

The Coaches will be posting a March Break Schedule for the Competitive groups shortly, Please watch for it on the Parent Information Board.

February 19th, Loch Lomond Tubing Night **ALL TBDC FAMILIES ARE WELCOME**

TBDC has arranged a Family Tubing Night at Loch Lomond. Tubing date is February 19th from 7 till 10 pm. The cost is \$14.00 per person. Sign- up slips have been posted on the Information Bulletin Board. Please return the slip with in an envelope to the Lock Box before Monday February. If you are paying by cash, please pay directly to Michele Mends-Ulzen (Katherine's Mom), Kat Cutherson (Molly's Mom), Debbie Domney (Ashleigh's Mom) or Susan Kilby (Noah's Mom).

It is such a fun night! We hope to see your family out!!!
(Photos to the right are from last year's tubing night)



Upcoming Events and Reminders ...

NEXT COMPETITION! Winter Games, March 4-7th



The Team for Ontario Winter Games has been selected and the travel plans are being made. Coach Heather and Coach Jill are in charge of this event. Please follow up with them if you have any questions or concerns. There will be more information about the Games soon.

NEXT Tier 1 COMPETITION! Western Champs!!! April 9-11, 2010

Over the weekend of April 9-11 in Regina, Saskatchewan, Coach Mike will be attending the Western Canadian Championships with TBDC athletes (we are not sure who is all going yet). This meet is a Tier 1 National Qualifier. The purpose of this meet is to go up against great competition and aim for National Qualifying Scores. If you think your child would be interested in this level of competition, please talk it over with your child's coach. There is a travel meeting scheduled for **Wednesday March 10th at 7:00 PM**. Please talk with your child's coach before this date and if your child is attending, try to have your child's flights booked by this meeting so plans can be finalized. Thank you.

Coach Mike's Itinerary for Westerns

Getting there ...

Thu, Apr 08 WESTJET, WS 0130

From: THUNDER BAY ON, CANADA (YQT) Departs: 6:30am

To: TORONTO ON, CANADA (YYZ) Arrives: 8:05am

Thu, Apr 08 WESTJET, WS 0239

From: TORONTO ON, CANADA (YYZ) Departs: 8:55am

To: REGINA SK, CANADA (YQR) Arrives: 10:19am

Travelling Home ...

Mon, Apr 12 WESTJET, WS 0237

From: REGINA SK, CANADA (YQR) Departs: 6:00am

To: CALGARY INTL AB, CANADA (YYC) Arrives: 7:20am

Mon, Apr 12 WESTJET, WS 0132

From: CALGARY INTL AB, CANADA (YYC) Departs: 9:35am

To: WINNIPEG MB, CANADA (YWG) Arrives: 12:26pm

Mon, Apr 12 WESTJET, WS 0132

From: WINNIPEG MB, CANADA (YWG) Departs: 1:00pm

To: THUNDER BAY ON, CANADA (YQT) Arrives: 3:08pm



Thundersplashes.com Advertising and Sponsorship Initiative

You may have noticed the LCD TV monitors in the Lobby and the staircase going down to the Lobby from the track area. We will soon have more ads placed on the TVs from various companies who are sponsoring the Thunderbolts Swim Club and the Thunder Bay Diving Club. In addition to the LCD advertising, there will be printed banners that will start popping up all over the track area too. TBDC is still looking for companies to use the Thundersplashes vehicle as a sponsorship option. ***We are asking our membership to get involved!*** If you own a company and are interested in this initiative or you are thinking of approaching a company about sponsorship for TBDC, please go over the details of this opportunity. A brochure can be downloaded at www.thundersplashes.com, or you can talk to Jon or Kat Cuthbertson (Molly's parents) for more information: jcuthbertson@tbaytel.net or 627-6463.

Bingo Dates

Feb 9, 5:30 pm - 9:45 pm

March 12, 9:30 pm- 12:45 am

March 31, 9:30 pm- 12:45 am

**Location: Thunder Bay
Community Bingo, CLE Grounds
Contact Michele Mends-Ulzen
for more information: 473-6624.**



Dive Ontario

The mission of Dive Ontario is to provide quality programming and services that provide all athletes, coaches, and officials the opportunity to achieve personal and community excellence. For information, visit www.diveontario.com



Diving Plongeon Canada

Diving Plongeon Canada (DPC) was established in 1967 as a not-for-profit organization to promote the growth and awareness of the sport in this country. For information, visit www.diving.ca



Thunder Bay Diving Club

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