

J A N U A R Y 2 0 1 0

THUNDERSTRUCK

THUNDER BAY DIVING CLUB NEWSLETTER



Ontario Winter Games 2010

The Ontario Winter Games will be held throughout the Muskoka region from Thursday, March 4th to Sunday, March 7th. Diving will be held in Sudbury at Laurentian University. Accommodation for all athletes, coaches, managers and officials will be at the Radisson Hotel in Sudbury. Meals will be either at the pool or at the hotel. Transportation to and from the Games is being worked out as I write. A charter plane from the Thunder Bay region for all sports is being looked into by the host. Transportation to and from the pool has been arranged.

All clubs have been notified of their diver spot allotment. Thunder Bay has received six (6) girl and two (2) boy spots. Selection was to have been done using our mini-meet in December and Polar Bear results. This could not be done for reasons of timing. Instead, using the mini-meet results, practice performance and co-operation, and list completion, the coaches met to decide upon our roster. The roster is as follows: Cassie Semac, Kasey Washenfelder, Cortney LaFontaine, Drue Wood, Victoria LaFontaine, Coralie Cote, Nathan Lysak, and Noah Kilby. The coach is Jill Ferguson and the manager is Heather Chisholm. Good luck to all!

Heather will be distributing registration and release forms in the very near future. These forms must be returned promptly as the deadline is fast approaching. There is a \$70 registration fee which is payable to the diving club. There may be space on the plane on the plane for parents (estimated at \$450.00). Please let Heather know if you are interested.

Spectators attending the Games would be well advised to book their accommodation as early as possible. Two hotel links have been provided by the OWG and can be found at:

<http://www.2010ontariowintergames.ca/accommodations/index.html>



Coach Heather

As I look back on what the Blitz divers have accomplished since September, I am really pleased with the success of the group. The Polar Bear competition this month marks the first Tier I diving event that Blitz competitive divers will attend. My boys Nathan and Noah are anxiously awaiting their opportunity to compete in Winnipeg. Both boys are sporting their new speedos and looking like professional divers! Nathan and Noah have been working on their lists on 1m and 3m and are showing much confidence in their dives. Blitz girls attending the meet include Ashleigh, Cassie, and Coralie. The trio has been working hard to clean up their dives and feel confident with their lists. Ashleigh will be competing in the 1m event, while Coralie and Cassie will be competing in the 1m and 3m events. Both the boys and girls are also working hard to have a full

list on tower for the meet. I know the Blitz divers will represent the TBDC well.

The Blitz pre-competitive divers have had a month full of intense dryland training and have been working hard on their water skills. Addison has acquired a killer back dive tuck; a huge accomplishment for him! Maya is cleaning up her entries and has shown much improvement this month. Marina has been working diligently at her front dive tuck at the 1m and 3m level and it's really coming along. Alyson surprised everyone with her wicked tuck roll in on 3m – way to go Alyson! Emilie has been working on her back dive and it is looking great. Amanda has been focusing on twisting; we are hoping that she will have a full Tier I list by provincials.

I am very pleased with the accomplishments of every diver in the Blitz group. You have all worked very hard and are so dedicated to improving your diving skills. Good luck Cassie, Coralie, Ashleigh, Nathan, and Noah – I am so proud to be taking such a great group of divers to my first competition as a coach.



**Sleigh Ride Photos
courtesy of Julie
Besse, Thank You!!!**

TBDC Spring Recreation Session

L'il Lightning

The Li'l Lightning program is designed for children aged 5-7 who are interested in developing athletic ability in any sport and who can swim a width unaided. The program specializes in improving flexibility, strength, coordination, balance, and motor skills. Through the use of trampoline, balance and tumbling exercises, conditioning, and other diving related activities.

9 Weeks (27 Hours) Fee: \$200.00

Monday and Wednesday:

March 22 – May 19, 5:30 - 7:00 pm

OR Tuesday and Thursday:

March 23 – May 20, 5:30 – 7:00 pm

Learn To Dive

The Learn to Dive Program offers a complete introduction to diving. This 4 Badge program teaches the student all the basic dives they will need. Any child 8 years and older who can swim a width unaided is welcome.

9 Weeks (18 Hours) Fee: 150.00

Monday and Wednesday:

March 22-May 19 5:00 – 5:50 pm or 6:00 – 6:50 pm

Tuesday and Thursday:

March 23 – May 20 5:00 – 5:50 pm or 6:00 – 6:50 pm

9 Weeks (36 Hours) Fee: \$225.00

Monday and Wednesday: March 22-May 19

Or Tuesday and Thursday: March 23 – May 20

5:00 – 7:00 pm

9 Weeks (9 Hours) Fee: \$80.00

Saturday: March 27-May 22

10:00 – 10:50 am or

11:00 – 11:50 am

9 Weeks (18 Hours) Fee: \$120.00

Saturday: March 27-May 22

10:00 am – 12:00 noon

Competition: Polar Bear, January 14-17, 2010 Winnipeg, MB

Over the weekend of January 14 – 17 the following TBDC athletes will be attending Polar Bear Invitational in Winnipeg Manitoba. This meet is a Tier 1, National Qualifying meet. Good Luck Athletes!

Coralie Cote (Female)

Group D - 1m, 3m

Hailey Mose (Female)

Group D - 1m, 3m, Plt

Cristen Merlo (Female)

Group D - 1m, 3m, Plt

Tori Lafontaine (Female)

Group D - 1m, 3m, Plt

Nathan Lysak (Male)

Group D - 1m, 3m

Noah Kilby (Male)

Group D - 1m, 3m

Ashleigh Domney (Female)

Group C - 1m

Drue Wood (Female)

Group C - 1m, 3m

Kasey Washenfelder (Female)

Group C - 1m, 3m

Molly Carlson (Female)

Group C - 1m, 3m, Plt

Rylee Mose (Female)

Group C - 1m, 3m, Plt

Cassie Samec (Female)

Group B - 1m, 3m, Plt

Cortney Lafontaine (Female)

Group B - 1m, 3m

Jill Ferguson (Female)

Open - 1m, 10m

Events & Reminders

Polar Bear Invitational January 15-17, 2010 (Winnipeg, MB)

The coaches have booked their flights for Polar Bear. The meet is being held January 15th – 17th in Winnipeg. The meet packages containing all of the meet information can be found on www.diving.ca under “Competitions” “Provincial/Local”.

Citizen of Exceptional Achievement Award, January 25th

Molly Carlson has been honoured for her achievements at Nationals and the PANAM Games by the Official Recognition Committee of the City of Thunder Bay. The award ceremony will take place on January 25 starting at 6:30 p.m. in the S.H. Blake Auditorium located on the 3rd floor of City Hall. You are more than welcome to attend, please clear this with your coach (as it is during practice time).

Track Suits, T-shirts and Merchandise

TBDC Bumper Stickers

“Thunder Bay Diving Club Parent” Bumper Stickers \$8.00 each. Please ask your child’s coach or any board member when at the pool.

Club Winter Hats

Order forms will be available at the start of the new recreation session (January 11th) and payment must be made in full, accompanying the order form by January 22nd 2-3 week delivery time (depending on the number of orders).

TBDC T-Shirts

Club T-shirts are available at anytime throughout the season, from the Coaching Staff or during an event such as a Mini-Meet. The cost per t-shirt is \$15.00.



Bingo Dates

Jan 7, 5:30- 9:45 pm

Jan 27, 9:30 pm- 12:45 am

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

Bathing Suits: Here's what you need to know about finding the right bathing suit for your child...

(Article prepared by Coach Jill and Coach Heather)

Buying a swimsuit that doesn't fit is more common than you might think. There are a variety of suits available, so make sure you spend your money in the right place.

Brand: popular swimsuit brands amongst divers include Speedo, TYR, Nike, and Dolphin.

Fabric: suits come in a variety of different materials, so make sure you check the tag! Lycra suits are usually less expensive, although they don't hold up to the chlorine well. Polyester suits are much more durable than lycra suits. Polyester suits don't have as much give as their lycra counterparts, so take some getting used to. If your child doesn't like the way a polyester suit feels, look for a polyester/lycra blend.

Fit: If you think it's too tight, then it fits just right! Many retailers will try to convince you that you should buy a suit to fit the body; this is not what we want for divers. Swimsuits should be very tight when first purchased – they will stretch significantly! We don't want to see any saggy bottoms (especially at competitions), so double check that the bum fits tight. Speedo does carry youth sizing to help with this problem area.

Style: Boys should be wearing brief style suits for competition. Girls should be sporting athletic style suits. While T-Back suits are cute, we prefer athletes wear a suit with a 'hole in the back'. There are a variety of strap styles currently on the market, so let your diver try on a few to see which she likes best.

Colour: Bright suits are best in diving. You want to get the judges attention.

Where to find swimsuits in Thunder Bay ...

Wally's Thunder Country Diving – TBDC divers receive a discount
 Fresh Air Experience – TBDC divers receive a discount
 Sport Chek (although they are often pricey)
 Winner's (seasonal)

Online ...

Team Aquatic Supplies – located in Burlington, ON. TBDC divers receive a discount.

(www.team-aquatic.com)

Ebay – you'll be surprised what you can find! (www.ebay.ca)

Swim 2000 – Located in Las Vegas, but will ship to Thunder Bay. (www.swim2000.com)

Splish – Cute prints; good for practice. (www.splish.com)



*Recommended
Reading from
Coach Mike ...
10 Commandments
for Parents*

**Author: Lightning
Diving, Missouri**

Parents play a critical role in a child's success in any field. Certainly athletics is no different. But what can seem like the right thing to do is sometimes counterproductive. As a result of years of experience working with highly successful divers, our coaching staff has a great deal of insight into the do's and don'ts for diving parents.

The following is an abbreviated list of Commandment's for Parents of Young Athletes. These commandments are based upon the conditions that are most likely to allow your children to become healthy, successful competitors and people. No one wins all the time, nor would it be of any value if they did. Following the principles behind this list will help you to create the climate necessary for your child's success.

1) Thou shall not make this about you. It is easy to lose yourself in the excitement of competition, to get caught up

in old feelings of your own athletic glories and shortfalls. This time, however, the moment belongs to your child. Don't allow yourself to ruin his or her moment by projecting your own needs onto the situation.

2) Thou shall not coach, motivate or bribe. You pay your money to a coach because he or she is qualified to do the job. Allow the coach to work effectively by granting him/her authority on the sport. Diving is a very technical sport, which should not be taught by those without specialized training. Your coach has worked hard to become an expert in this field, and parents should resist the temptation to comment on technique. In addition, diving is unique in that all athletes must, with the help of their coaches, face and conquer considerable fear. The result is that our coaches will form a very close bond with and understanding of your child, and this understanding gives our staff great insight into the motivation and discipline of your child. Finally, bribing a child to do a new trick seems harmless, but can effectively diminish the motivation that we strive to teach in our athletes - internal motivation to achieve purely for the satisfaction of it, and not for material rewards.

3) Thou shall love unconditionally. It is crucial that your child understands one thing above all else - that your love for him/her does not in any way hinge on his/her performance. There is already plenty of pressure in trying to get the dive right at the moment of the big meet. If you throw in a sense that "mom or dad will be mad if I blow it," then failure is almost inevitable.

4) Thou shall follow the same rules of sportsmanship as thy child. The best advice on sportsmanship is quite simple; "A champion takes victory and defeat in the same way." Lead your child by example, and put a swift end to gloating and other forms of poor sportsmanship by showing that you won't tolerate it in yourself or your child.

5) Thou shall not compare nor divide. Comparing your child to other athletes on the team or in the meet is unhealthy and pointless. Success is a journey, not a destination. Every child will take a different path, will learn at a different speed, and will arrive at a different kind of success. Before you become concerned about who is outpacing your child, ask yourself "Is my kid having fun? Is he learning? Is this a positive thing for him?" If the answers are "yes," you

10 Commandments for Parents continued ...

have nothing to worry about. This sort of comparison mindset leads to divisions within the team, and animosity among parents. Don't fall into this trap.

6) Thou shall take criticism straight to the coach. Any concerns or questions about the program should go straight to the coach. Discussing and complaining in the stands with other parents is a waste of your energy, and won't fix the problem. It also may plant seeds of discontent in the parent group, which is bad for everyone. It is also helpful to remember that these things always seem to get back to the coach anyway, and the grapevine is a very inaccurate way to communicate. Help to improve the team by talking directly with the coach or a member of the parent board.

7) Thou shall teach thy child to find the lessons in failure. Once again, success is a journey, and failure is a teacher. In life, we are taught the same lessons over and over until we get the message and learn the lesson. Diving is a sport that is made up of 90% failure. If we teach children to see failure as an opportunity for growth, we empower them for life.

8) Thou shall help thy child to persevere. Because there is so much fear involved with diving, a child may wish to drop out of the sport rather than face the next new dive. This often occurs after a diver has taken time off at the end of the season or at Christmas time. Children rarely understand the value of delayed gratification without guidance from an adult. Our culture is so preoccupied with instant gratification that it is even more critical to teach the value of hard work and sacrifice for greater rewards. Talk to the coach if you see your child becoming overwhelmed by fear, or becoming reluctant to go to practice. These are usually problems that can be solved through communication.

9) Thou shall get thy child to workout on time. Success in diving depends on consistent practice habits over the entire year. Poor attendance leads to fear, frustration, crashing, and poor meet performances.

10) Enjoy the ride. Diving is a unique sport that can serve to teach your child many valuable life skills. Thunderstruck Diving is a rare and exceptional diving program. There are less than 15 other programs in Canada capable of offering the coaching staff, programs, and facilities that you enjoy at the Canada Games Complex. Take time to share this unique experience with your child, and have some fun while you're here.

Happy New Year TBDC!