

NOVEMBER 2009

# THUNDERSTRUCK

THUNDER BAY DIVING CLUB NEWSLETTER



**THUNDER BAY**  
**DIVING CLUB**

## 2008/2009 Season Award Recipients

### **Drue Wood**

*Most Supportive*

### **Rylee Mose**

*Most Dedicated and  
Biggest Improvement*

### **Hailey Mose**

*Top Developing Diver*

### **Cristen Merlo**

*Rookie of the Year*

### **Molly Carlson**

*National Medalist,  
Highest Raw Score,  
Highest % Over  
National Standard and  
Junior Diver of the Year*

### **The Cuthbertsons**

*Huber Award  
(Volunteer of the Year)*

Friday, Oct 23<sup>rd</sup> The Thunder Bay Diving Club held their annual *Awards Banquet at the Italian Hall.* The Mose Family and Michelle Bonnet did an excellent job of arranging such a great night along with picking out and setting up such beautiful decorations! Thanks to all who helped out and attended. In addition to the fun awards we handed out to every athlete that attended, we handed out award our annual award plaques (they are located near the TBDC bulletin board on the track). The recipients are listed on the left.



Although this award was not presented at the banquet, if Dancing Queen was an award it would have gone to Marina Lafontaine (as always) as well as Coralie Cote!

In addition to the awards for divers, we celebrated two special TBDC parents/board members: Bonnie Bohler and Angela Hill. We thank them both for their years of service to the club. Bonnie was presented a gift for her years of involvement on the Board of Directors. Angela was presented a plaque as we honoured her decade of dedication of leadership and passion to our organization.





### *Coach Tiff*

There are 8 Divers in the Storm Group. If you combined all of those divers and their lists they need 177 dives between them. So far they have 161 Dives all together and 16 more need to be learned. We are in excellent shape so early in the season and I am very confident that after Polar Bear there will be members of the Storm Group travelling back to Winnipeg for Age Group Nationals in July. All of the girls are working well as a group. The attitude is still very positive as new dives are being learned at every practice. Great work girls! Continue to challenge yourselves and you will continue to see the rewards!

### *Coach Heather*

The Blitz divers have had a great month. Every diver has accomplished new skills and really improved. We have been busy learning new dives and challenging ourselves.

On the Mon/Wed scene things are looking good. Cassie has amazed everyone with her front 2 ½ on 3m, while Marina's

front somis on both tramp and 1m are looking amazing! Alyson is consistently performing her front fall in from 3m; she's even ripped a few! Coralie has learned four directions (front, back, inward, and reverse) already – WOW! Amanda has really stepped it up learning a reverse on 3m, while little sister Emilie nails her front dive tuck on 3m! Maya has been working on her back jumps on 5m and we're taking them up to 7.5m really soon.

The Tues/Thurs crowd is flipping and ripping like crazy. Grace has got a killer front somi on 1m, while Brenna is landing a fantastic front 1 ½ at the 1m level. My daredevil of the group Addison tried a 1 ½ on the 3m board and it looked super! Noah has worked incredibly hard on his reverse dive on 1m and 3m and is really pumped about mastering his back somi. Nathan has really been a champion this month. Working with Noah, he has learned his reverse dive on 1m and 3m and also rocked his back somi. Nathan really challenged himself by trying an inward 1 ½ on 3m and I am proud of his attempt at such a challenging dive!

Overall the Blitz group is really surpassing my expectations as a pre-competitive coach. With our first meet coming up, I am confident that we will have a great showing. Keep up the great effort divers - I look forward to another month full of perfecting old dives and learning new ones!

### *Coach Hillary*

Hillary and Sean's Lil' Lightning's have been doing awesome this session! The jumps and other basics are working on being perfected (and making great improvement). Here is some of the stuff the kids have been working on...

Kaleb: Amazing progress with front fall-ins and ready catch reaches.

Austin: Can now successfully jump off of 3m and is mastering the ready catch reach.

Deidra: Did a back fall in all by herself and learned a front fall-in on 3m.

Mitchell: Perfecting his front fall-in on 3m and can do back fall-ins.

Olivia: Amazing tuck-roll-ins on 3m, and is ready for the front fall-in! Also is doing well with back fall-ins.

Mitchell: Awesome front dives and ready catch reaches, plus tried a few back fall-ins.

Calin: Has perfected his ready catch reaches and hurdles. Front dives are looking good as well.

Gunner: Awesome ready catch reaches and work on the yellow board. Ready for some front fall-ins soon.

Keira: Good work on jumps off of 3m and mastering ready catch reaches and front fall-ins.

Kari: Has made tremendous improvement on front dives and bravely tried some back fall-ins.

Laura: Perfect ready catch reaches and good work on front dives!

All in all, the group is looking much sharper and learning new skills. Keep up the great work. You are a pleasure to coach!

**Hannah**

Learn To Dive is going awesome as the kids are working hard and challenging themselves to learn new dives almost every day! Lysandra is now a fan of three meter as she had just recently conquered her fear of jumping. Jonathon and Logan are working hard on their level four badge and have learned some new dives off of the five meter platform.

Melissa, Michelle, Bailey, Jade and Nicole are all working hard to learn front tuck roll-ins on three meter and they are also working hard to get their level two and three badges. Zachary, Sarah, Devon and Matt are all working really hard to get their level one badges and they are also learning front fall-ins on one meter. Last but not least Dylan, Braydon, Sharron, and Faith are working extremely hard to get their level one badges and are not far behind! Andrew, Ella, and Erin are all working very hard on their back fall-ins and front dives on one metre. I hope that you continue to keep up the good work. Way to go guys!

**Tues / Thurs Lil'Lightning**

This group is coached by Tristan, Kim and Tiff and they are a very talented and daring group! One of the interesting parts of this group is that each day before we begin practice someone comes up with a question that each person in the group has to answer. We have learned quite an array of information such as: Arley's favorite song is anything on the CD by her Dad's Band. Aidan favorite thing to feel is a Manatee and for Halloween Joel is going to be and Alligator with a light saver and 2 guns. Everyone in this group has completed front fall-ins, back fall-ins with help and everyone can jump off of the 3m with no bubbles!

**Saturday Learn to Dive**

This is a huge 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. Ali and Eden are working with the 1 hours program participants while Jesse and Tiff are working with the 2 hour divers. The competitive girls who also dive on Saturdays have been a great help demonstrating new dives as well as spotting and instructing we appreciate all of their help. The coaches have been able to work together to keep everyone moving with minimal line ups. Great Job Saturday Divers! Keep up the good work.



**Happy Birthday to TBDC Club Members born in November!**

Cassie Samec, Nov, 11<sup>th</sup>  
Drue Wood, Nov, 21<sup>st</sup>



**SNACKS**

Please bring a piece of fruit for your snack breaks ☺ !

**PLEASE NO NUTS!**

**Fall Bingo Dates**

Saturday, Nov. 7, 12:00 – 4:00 p.m.  
Wednesday, Nov. 18, 5:45 – 9:45 p.m.

*Please note the change in the following bingo date:*

Saturday, Dec. 26, 12:00 – 4:00 p.m.

## November Events to look forward to ...

### *Board Meeting, November 5, 2009*

The last board meeting, before the new board is elected, will be held on Thursday, Nov 5<sup>th</sup> at 7:00 p.m. in the meeting room off of the lobby.

### *Annual General Meeting, November 12, 2009*

The AGM will be held in Meeting Room #3 between the Diving office and the Thunder Bolts office on Thursday, November 12<sup>th</sup> at 6:00 p.m.. **ALL diving parents are invited to attend!!!**

A vote will take place at the AGM to vote in the NEW Board of Directors for the 2009/2010 Season. A Nomination Committee has been created to ease the process. The members of the Nomination Committee are:

**Susan Kilby (Noah's mom – [skilby@tbaytel.net](mailto:skilby@tbaytel.net))**

**Michele Mends-Ulzen (Katherine's mom – [memykatherine@aol.com](mailto:memykatherine@aol.com))**

**Kat Cuthbertson (Molly's mom – [kcuthbertson@tbaytel.net](mailto:kcuthbertson@tbaytel.net))**

These ladies may approach you and ask you if you would like to sit on the Board this upcoming season or if you would like to nominate someone to be a Board Member. Feel free to contact them directly also. The list of nominees gathered by the Nomination Committee will be presented at the AGM and then voted in by the membership. **The membership will be voting in members to the Board, not the person's actual position on the Board.** TBDC voting Members are considered to be one-parent per diver who is in good standing (fees paid) and who is over 16 years old.

*We hope to see you out! The future of the club is only as strong as its volunteers.  
We know you how important your involvement is, and we appreciate it.*

### *Mini Meet, Friday November 27, 2009*

Due to the amount of Divers we have in our program, we have split the Mini Meets into 2 sessions. The first Mini Meet of the season is being held Friday November 27<sup>th</sup> for the Lil' Lightning and Learn to Dive recreation groups. Each Diver will complete 4 jumps or dives in front of 5 volunteer judges. The second Mini Meet is on the morning of Saturday, November 28<sup>th</sup>. The Blitz, Tornados, Storm, Provincial and National groups will complete their competitive group E, D, C, or B lists in front of 5 volunteer judges. **There will be communication going out soon regarding information about ordering Pizza to have at the mini-meet. Please watch for it as there may be a sign up sheet posted.** Our Mini Meets are fun events; this one will wrap up the fall session of our recreation programs. We are also asking that every family bring a canned food item for our food drive.

**If you would like to volunteer at the Mini Meet as a judge, score table worker or any other odd jobs please email us at [tbdc@tbaytel.net](mailto:tbdc@tbaytel.net).**

## Winter Dates & Events to Watch For ...

### *Recreational Winter Session, January 11, 2010*

The winter session for all of our recreational programs begins the week of Jan 11<sup>th</sup>. Keep your eyes open for our ad in the winter issue of the Key or call the office for more information 684-3341.

### *Polar Bear Invitational*

#### *January 15-17, 2010 (Winnipeg, MB)*

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



**Accommodations:** At the hotel, Mike likes all the athletes to stay together as a TEAM. This only happens if proper supervision is available. In each hotel room we will place a maximum of 4 athletes, with one athlete being at least 13 years old or older. If there are not enough 13-and-older athletes to go around, Mike will designate a parent to act as a chaperone in rooms where needed. The list of who will be in what room will go out to the families 2 weeks prior to the meet to make sure all are comfortable with the arrangements. The coaches work very hard at matching the athletes up to develop mentor-type relationships. If you are planning on attending this meet and wish to stay at the same hotel that the club is staying at, please ask the coaches for this information. Our main goals are to keep everyone safe, make sure all athletes get proper rest, and of course, have fun!

**Financials:** Here is the summary of what you will be paying for. If you have not already done so, you will be paying for your child's flight. Be sure to watch for seat sales or use air miles and match up your child's flight to the coach's flights to ensure team travel. If your child is traveling without you - the coaches are willing to take responsibility for them on the flight. Additionally, you will be asked to pre-pay a fee of \$300 2 weeks prior to the competition. This \$300 will go towards your child's portion of the accommodations, coach flights, car rental and gas costs plus their own dive fees. After the meet is over, Mike will send out a detailed summary indicating the total cost of the trip. This total cost will be divvied up amongst all the attending athletes and selected parent chaperones. At this time, all selected parent chaperones pay their own way and all coach travel is paid for by the athletes attending the meet. If the total cost you are responsible to pay is less than the \$300 you have already paid, then your travel account will be credited. If the total cost is more than the \$300 you have already paid, you will be asked to pay the balance.

**If you have any questions regarding the competition or travel plans and accommodations, please be sure to ask the coaches or any board member. If you have booked your child's flight, please let Mike and/or your child's coach know!**

## Fundraising & Sponsorship Projects

### *Thunderbooks – All Money Due!*

Just a reminder that Thunder Book money is due back on November 4th and 5th. Please see Debbie Domney (Monday/Wenesday) or Susan Kilby (Tuesday/Thursday). Thanks for your support!

### *Because the hats were so popular, we're ordering more!*

Due to popular demand, TBDC Club winter hats will be available for ordering in January. Order forms will be handed out in the New Year with a deadline of January 22, 2010. Full payment of \$25.00 must accompany the order form.

### *Thundersplashes.com*

#### *Advertising & Sponsorship Initiative*

The Thundersplashes.com project is up and running and will be visible in the complex area very soon. You may have already noticed the LCD TV monitors in the Lobby and the staircase going down to the Lobby from the track area. We will soon have 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](http://www.thundersplashes.com)**, or you can talk to Jon or Kat Cuthbertson (Molly's parents) for more information: **[jcuthbertson@tbaytel.net](mailto:jcuthbertson@tbaytel.net)** or **627-6463**.



### *Booster Day at Boston Pizza*

The Thunder Bay Diving Club is hosting a Booster Day at Boston Pizza on Monday November 30, 2009. Visit either Boston Pizza location for lunch or dinner (or call from work for take-out and make dinner easy!).

### **Boston Pizza will donate 10% of your purchase back to our club.**

Get your colleagues together for lunch ... Take the family out for dinner ... Make plans for munchies and cocktails with friends after work ... whatever you choose to do - you'll be enjoying great food and service while supporting our club. ***Help us raise funds for the Thunder Bay Diving Club by simply going out and enjoying yourself!*** At the end of this newsletter, please find a coupon to print off and present to your server to ensure your purchase gets applied to our rebate. Please forward this to anyone who might be interested! ***Thank you for your support!***

## *More about the Sport of Diving*



### *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](http://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. As a member of FINA, the world's governing body of aquatic sports, DPC contributes to the development of globally accepted standards of excellence in diving and supports the rules and regulations of international competition. Representing nine provincial diving associations, 67 local diving clubs and close to 4,000 high performance athletes, DPC shares a national commitment to advance the art and sport of diving and to position Canada as the number one diving nation of the world. For information, visit [www.diving.ca](http://www.diving.ca)



### *Thunder Bay Diving Club*

c/o Canada Games Complex  
420 Winnipeg Avenue  
Thunder Bay, Ontario  
P7B 6B7  
(807) 684-3341  
[tbd@tbaytel.net](mailto:tbd@tbaytel.net)   [www.thunderbaydivingclub.ca](http://www.thunderbaydivingclub.ca)



**THUNDER BAY  
DIVING  
CLUB**



**Boston Pizza**<sup>®</sup>  
*You're among friends.*

**Monday November 30th  
is  
Thunder Bay Diving Club  
BOOSTER DAY  
at Boston Pizza**

**Visit Boston Pizza for lunch or dinner on  
our booster day and 10% of your  
purchase will be donated back to the  
Thunder Bay Diving Club!**



**Make sure to get your  
'coupon' to ensure your  
purchase is applied to our  
fundraising efforts.**



**Monday November 30<sup>th</sup> is  
Thunder Bay Diving Club  
BOOSTER DAY!**

Visit either Thunder Bay Boston Pizza on Monday November 30<sup>th</sup> and Boston Pizza will rebate 10% of your bill to our club!

**Present this voucher to your sever to apply your rebate!**

217 Arthur St. W.  
577-4201  
505 Memorial Ave.  
345-6622

**Dine In or Take Out**



© Registered trademark of Boston Pizza Royalties Limited Partnership, used under license. © Boston Pizza International Inc. 2009.



**Monday November 30<sup>th</sup> is  
Thunder Bay Diving Club  
BOOSTER DAY!**

Visit either Thunder Bay Boston Pizza on Monday November 30<sup>th</sup> and Boston Pizza will rebate 10% of your bill to our club!

**Present this voucher to your sever to apply your rebate!**

217 Arthur St. W.  
577-4201  
505 Memorial Ave.  
345-6622

**Dine In or Take Out**



© Registered trademark of Boston Pizza Royalties Limited Partnership, used under license. © Boston Pizza International Inc. 2009.