

O C T O B E R 2 0 0 9

# THUNDERSTRUCK

THUNDER BAY DIVING CLUB NEWSLETTER

*Special  
Welcome to  
ALL new  
Families to the  
Club and all  
returning  
families to the  
2009/2010  
Season!*



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

Mike, Tiff, Heather and Jill have been working as a team to refocus the goals of our club as they apply to the pre-competitive and competitive team. The energy of our coaching staff is very positive and hopeful that the upcoming season will be successful in meeting the needs of all of our divers from Lil'Lightning, on up to our National and International Level Athletes. We have broken up the divers into smaller more cohesive groups therefore, each athlete will benefit from a more personalized training program. We are lucky to have so many great instructors this season with the addition of Kim Fortin, Tristan Anderson and Eden Wilkins as well as the return of Hillary Bohler, Hannah Crookham, Sean MacDonnell and Ali Ivancic. This is going to be a remarkable and prosperous year. Good Luck Everyone! Lets all work together to make this a fantastic season for the Thunder Bay Diving Club.

[www.thunderbaydivingclub.ca](http://www.thunderbaydivingclub.ca)

## The Coaches Corner ...

**From Head Coach, Mike Lang:** The focus for our group this year is to qualify for Junior Nationals in Winnipeg, in July. To accomplish this, each diver has to score above the National Standard on each board at two different meets. Not a simple task, but one that the girls are determined to achieve. We have started the year with tons of basics to provide a foundation for the more difficult dives to be learned. Molly and Rylee have moved up to Group C (12-13 years) and Katherine to B (14-15 year). This means everyone needs more dives in their list than they had the previous season. Jill has also been very dedicated to rehabbing her foot and practicing, when she is not busy coaching the Tornados. Ali has been hobbling around after her knee surgery in August and we hope to have her back soon.

We should be seeing a lot more tower this year with many new and exciting tricks. Jill and Katherine have already got a few dives off ten meter...more to come!! News flash... Rylee has learned a twister on both springboards! Katherine has learned to keep her legs together on her 3 meter twister and Molly has learned a new back one and a half twister on three. We should see more and more competing in the Open events (where all divers compete against each other regardless of age). This will give us a more accurate interpretation of their progress and, for the junior divers, more opportunities to compete.

For the upcoming year I know we will be attending Polar Bear (Winnipeg), Regina and/or Alberta and/or Halifax. Provincials (Ottawa) and Nationals (Winnipeg) are a lock. There also might be a nod for some to the John Dickinson in Toronto in March. I should have more specific info soon but in the meantime, check out the competition section of the Diving Canada website ([diving.ca](http://diving.ca)).



### From Assistant Coach, Tiffany:

Tiff's group has started this season looking like they'd never left. The Storm group is a bunch of rippers! Our main goal for the beginning of the year is to feel comfortable with all of our compulsory dives as well as to focus on everyone having a twister as soon as possible, especially those divers who have moved in to the group C age category where twisties become mandatory on springboard. I would like to see my whole group head to Polar Bear together with full lists on 1m, 3m, and Platform. Winnipeg should beware!  
The Storm is coming!

### From Blitz Coach, Heather:

As the new coach of the Blitz program, I am very excited about the upcoming diving season. This year's Blitz team is a truly dynamic, motivated, and dedicated group of young divers. I am confident that with some hard work and commitment, the Blitz athletes will have a very successful year. As we head into the 2009/2010 diving season, I look forward to giving each of my athletes the best possible opportunity to achieve their goals. I look forward to working with the athletes, parents and other coaches as we strive towards excellence.

Coach Heather

## Choose to be Excellent

**From Tornadoes Coach, Jill:**

Jill's group, also known as "The Tornadoes" is our youngest group of kids in the pre-competitive program. The main focus of this group is to prepare these athletes for competition. So far this season these athletes have been working hard on perfecting the basic dives to lead up to achieving a full Group E national list on both 1m and 3m. Zach, Kamryn, Danielle and Ethan have started this season off looking great, all with positive attitudes and the willingness to learn new dives. Mackenzie, started off as our groups own cheerleader due to an injury, but she's back in the water working on basics and she's looking great! Chris was invited into The Tornadoes during a week in our summer camp program. His awesome attitude has helped Chris learn a record-breaking amount of dives in just 2 weeks, keep up the good work Chris! Allegra is our newest edition to the group, originally from Lil' Lightning, Allegra fits in perfectly with her hard work ethic and positive attitude! My goal for this group is to see full Group E lists on 1m and 3m by Christmas time. Coach Jill

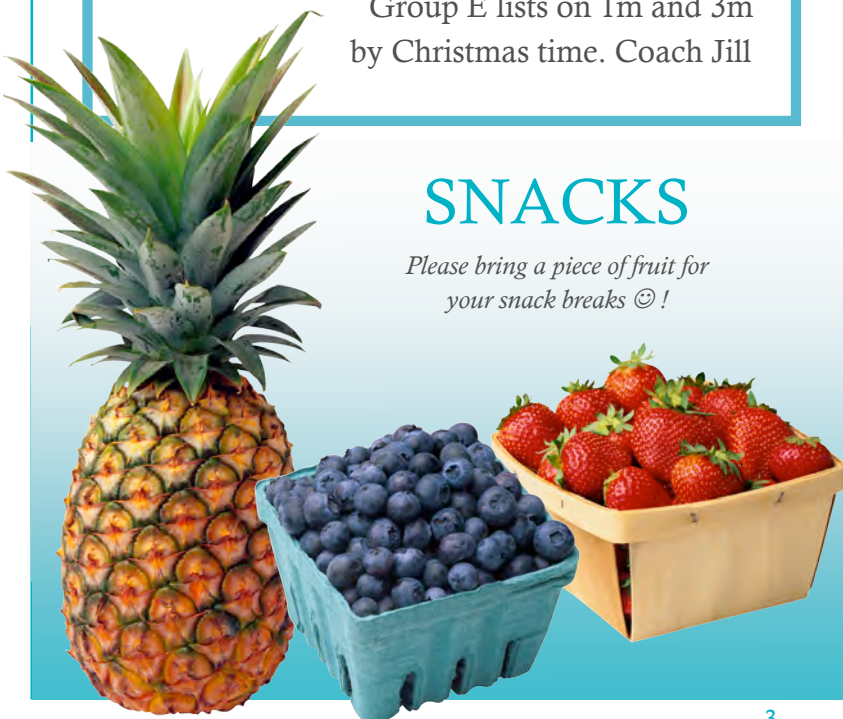
## Learn to Dive & Li'l Lightning ...

Our recreation programs are thriving this session and it's been great to see all of the new excited faces as well as all of our keen returning divers. Hannah is doing a great job heading all of our Learn to Dive programs Monday through Thursday with the help of Ali. Hillary, Sean, Tristan, Kim, Tiff and Eden have two large and talented groups of 3-8 year olds! The future of the Thunder Bay Diving Club is looking bright! Also, our Saturday Learn to Dive classes run by Ali, Eden and Tiff have blown the past record of 5 divers out of the water. We now have 16 divers occupying the deep end weekly from 10-Noon.

**If your diver is a part of our recreation program and you have not yet filled out a registration form please speak to your diver's coach or a friendly board member in the stands.**

## SNACKS

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



## Fall Bingo Dates

Sunday Oct. 11, 12:00 – 4:00 p.m.  
 Thursday, Oct. 22, 5:45 - 9:45 p.m.  
 Saturday, Nov. 7, 12:00 – 4:00 p.m.  
 Wednesday, Nov. 18, 5:45 – 9:45 p.m.  
 Wednesday, Dec. 23, 12:00 – 4:00 p.m.

*Please sign up on the sheets posted on the Parent Information bulletin board in the stands.*



Happy Birthday to  
TBDC Club Members  
born in September  
and October!

**National:** Ali, September 1; Molly, September 23; Katherine, October 26  
**Storm:** Cristen, October 25  
**Blitz:** Coralie, September 3; Nathan October 12; Noah, October 29  
**Tornadoes:** Danielle, September 23

## October events to look forward to ...

### CLUB Pot Luck & Pool Party, Friday, October 9

TBDC will be hosting a potluck pool party for 'Club' Divers (Tornadoes, Blitz, Storm, Nat) on Oct 9 from 6:30 8:30 p.m. Please bring healthy dish to share! Please keep your dishes peanut-free!

### Parent Information Meetings, Wed. October 21 & Thurs. October 22

Club coaches will be hosting Parent Information Meetings on a monthly basis to discuss the progress of you child's group and your child individually. The upcoming meetings are scheduled in the stands on the following dates:

**National/Storm/Blitz – Wednesday October 21, 7:00 p.m.**

**Tornadoes/Blitz – Thursday October 22, 7:00 p.m.**

### TBDC Family Banquet, Friday October 23

The TBDC annual banquet provides a fun night out for athletes and their families to celebrate last season's success for the pre-competitive and competitive groups. There will be prizes, awards, dancing, great food and great time with friends.

**Date: Friday, October 23, 2009**

**Time: 6:00 p.m., dinner served at 6:45 p.m.**

**Place: Italian Hall on Algoma**

**Price: Tickets are \$25/adult and \$16/Child (12 and under)**

Please talk to Brian or Evie Mose (Rylee and Hailey's parents) for more information, or to purchase your tickets (bmose@tbaytel.net) Please purchase your tickets by October 16th. All TBDC Athletes and Families are welcome!



## Future events to look forward to ...



### **TBDC's Annual General Meeting, November 12**

Thursday, November 12th at 6:00 p.m. TBDC hosts an AGM is every year in November. The AGM is an opportunity for all families involved with TBDC to go learn more about the Club, go over financial information, ask questions, and elect new board members for the upcoming year.

### **TBDC Mini Meet, November 27 & November 28**

The Thunder Bay Diving Club will be holding a Mini Meet Friday, November 27th to celebrate the end of the fall session for Learn to Dive and Lil'Lightning. We will

be in need of parent volunteers to work at the scoring table as well as to judge, sell t-shirts and help with ordering and handing out the pizza. The competitive and pre-competitive divers will be competing the morning of Saturday, November 28th. A sign up sheet will be posted on the Parent Information bulletin board.

### **Polar Bear Classic Meet, January 15 - 17**

The Polar Bear Classic is an annual Tier 1 Diving Meet held in Winnipeg, January 15th-17th. This meet is usually the 1st meet of the year for the Thunder Bay Diving Club. Please refer to the parent's handbook for the definition of Tier 1 and how this applies to your diver.

### **Christmas and March Break Camps**

The Thunder Bay Diving Club will be holding weeklong camps from 8:30 am – Noon for both Christmas Break and March Break. The camps will be \$100 for the week, however if you are already a member of the Diving Club and you sign up with a friend who is a non-member you will receive a 50% discount. The official dates will be posted in the near future.



## Fundraising & Sponsorship Projects

### Thundersplashes.com Advertising & Sponsorship Initiative

TBDC has joined a new advertising and sponsorship initiative in collaboration with the Thunderbolts Swim Club and the Canada Games Complex.

Thundersplashes.com has been formed with one main goal, keeping our community sporting initiatives strong while serving the business needs of our community partners. This initiative has been organized by a volunteer group representing both the Thunderbolts Swim Club and the Thunder Bay Diving Club. The way it works is simple – if TBDC receives monetary sponsorship from a company, we offer advertising in the form of banners, LCD digital advertising in return. It is an organized system that is competitive with local advertising opportunities, while delivering quality products at a fraction of the fair market cost. The profit generated from the advertisements stay directly within the not-for-profit partnership.

***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**.



### 'Thunderbooks' Fundraising Thank you for your support!

THANK YOU to our dive families for the great support so far with the Thunder Books! Our club is doing an amazing job with sales! Additional books can be signed out from the Dive Office and all proceeds are due back by **November 4<sup>th</sup> and 5<sup>th</sup>**. Please contact Susan Kilby (Noah's mom) if you would like to request more books: [skilby@tbaytel.net](mailto:skilby@tbaytel.net).

## 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

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