



# Dive In E-News

May, 2018



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**DIVE SASK** is committed to develop and promote safe diving and to provide opportunities for self fulfillment and the pursuit of excellence at all levels.



## Broken Records

We're about halfway through our competitive season and we have had a few records broken by our boys! Our E boys have been fighting for the Platform record. First Freddie Moffatt broke the record at the Polar Bear meet by getting a score of 247 – 5 points more than his buddy Alexander Potts who set the record last year. Then last weekend at Westerns in Regina, Kash Tarasoff broke the record again – by just 1 point!

Rylan Wiens has also been working to break records – his own Platform records! At Provincials in December, Rylan set new records in Group A Platform and Open Platform. The Open record was already his, but the Group A record had been held by Sam Valentine since 2011. Then at Winter Senior Nationals in Saskatoon, Rylan broke his Open record again – this time by 50 points!

Check the current records [here](#) so you know what to shoot for at the next competition!



## Sask Sport Awards

Congratulations to Rylan Wiens who was named one of three finalists for the Sask Sport Male Athlete of the Year. Check out his bio [here](#). Although Rylan didn't win the category, we are pretty proud of his accomplishments, including being the youngest member of Team Canada at the recent Commonwealth Games where he placed 8<sup>th</sup>. Great job Rylan and coach Mary Carroll.

## Team Sask Heads to Cuba



The following athletes qualified and attended the Provincial Team Training Camp in Matanzas Cuba: Ali Cey, Autumn Johnston, Quinn Gariepy, Lily Elliott, Lauren Cey, Anika Park, Presley Deck, Brooklyn Markusson, Kelsey Clairmont, Mira Tinani, Brooklyn O'Day, Amelia Sharp. We trained hard, played hard, made new friends, and donated a number of Love Suitcases

full of gifts for the athletes at the school. Good job Team Sask!

## Financial Awards

The following athletes received Sask Sport Future Best Grant:  
Alyssa Clairmont - \$1500  
Kelsey Clairmont - \$1500

## OUR VISION:

Diving is a highly visible, dynamic and rewarding sport in our communities. Our high standard of excellence and integrity create leadership at all levels of diving, coaching, officiating, volunteerism, and administration.

## Coach Certification and Maintenance

All Saskatchewan diving coaches must be certified by the National Coaching Assoc of Canada and must continue to earn professional development points by taking part in educational opportunities. Here are the answers to some of your questions about how to earn your points:

### [FAQs about Maintenance Points](#)

Check the Coach Corner on the Dive Sask webpage for more info about certification and The Locker.

### LIKE our Facebook Page

Keep up to date with news, contests, photos and more on our [Facebook page!](#)

## Nutrition Tip of the Month



Put on your apron and enter the Coach's Kitchen! Designed for coaches and parents to help support the dietary needs of their athletes, these recipes will offer ideas on what to eat and drink before, during, and after training or competition for optimal sport performance.

### [Coach's Kitchen](#)

## True Sport Champions

Our True Sport Champions this month are the parents and volunteers in our clubs who run amazing competitions. This year our clubs have hosted Sask Provincials, Winter Senior Nationals, Westerns and Novice Nationals. That's a lot of events, a lot of athletes and coaches and judges, a lot of WORK. Thank you to our Meet managers and volunteers who continue to sacrifice to ensure Saskatchewan has such great opportunities and who are always ready to demonstrate the True Sport value of **GOING FOR IT!**

True Sport values:

- **go for it** – Always rise to the challenge. Discover how good you can be.
- **play fair** – Play honestly and obey the rules. Winning is only real when competition is fair.
- **respect others** – Respect teammates, competitors and officials both on the field and off. Win with dignity and lose with grace.
- **keep it fun** – Have a good time. Keep a positive attitude and contribute to a positive atmosphere.
- **stay healthy** – Respect your body. Keep in shape. Avoid unsafe activities.
- **give back** – Do something that helps your community.

Check out [www.truesport.ca](http://www.truesport.ca) for more info on the True Sport movement and to download resources for your facility, club or parents.

## NCAA Scholarships

While Diving is important to our athletes and coaches, having a great life is what it's all about and we're pretty pumped about our 3 athletes who have recently signed on to American schools where they will continue their diving careers under scholarship. How exciting is that! Congrats to:  
Jonah Cey going to Penn State

Joelle Gallais going to University of Toledo  
Jocelyn Gallais going to University of New Mexico



### Coming Soon

- Novice Nationals, Regina – May 26-27
- Team Sask Bus Trip to MB Provincials, Winnipeg – June 21-24
- Jr Elite Nationals, Winnipeg – May 31 – Jun 3
- Jr Dev't Nationals, Toronto – July 6-8
- Summer Sr. Nationals, Gatineau – Aug 3-5

### You Be the Judge

Congratulations to Sean Burnett who was recently upgraded from Apprentice Judge to National Judge. You'll be seeing Sean all over the country making sure our competitions are fair and fun. Thanks Sean for your dedication to fair sport!

### Calling all Former Divers, Coaches, Judges, Volunteers

Do you know someone who used to be part of the sport of diving in our province? Bet they'd love to reconnect with old friends and happy memories. Check out our [Dive Sask Alumni Facebook](#) page for updates on former friends and upcoming events.

### Summer Learn to Dive

It seems that summer IS actually coming to Saskatchewan and with it the chance to cool off by diving into a pool for your Learn to Dive lesson! Classes can be found at [Regina Diving Club](#), [Saskatoon Diving Club](#) and at various outdoor pools throughout the province. Contact the Regina and Saskatoon clubs directly and check back on our [website](#) for locations of rural pools as they become available.

### On the Diving Board

The members of the Dive Sask Board are:

Korene Boehm – Chair and Regina Diving Club Rep  
Lori Hesselberg – Secretary and Saskatoon Diving Club Rep  
Norm Wiens – Director  
Carol Lunn – Director  
Andrew Mitchell – Director  
Ainsley Oliver – Director

Contact one of these members if you have any questions about the work of Dive Sask.

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