
LE TREMPLIN

Club de Plongeon Gatineau's Information Letter

A WORD FROM THE CLUB

Hello everyone! We are extremely proud of the 13 athletes that represented Club de Plongeon Gatineau at the Espoir competition in Brossard. This competition marked the return from a pause that lasted a little over two years, the previous Espoir competition taking place in November 2019. A large number of youngsters from across the province were present, a sign that the sport of diving remains healthy in Québec. The performances the athletes displayed were the fruit of a few years of perseverance while maintaining their training via ZOOM, doing exercise programs alone in their rooms, meeting in the park for training sessions with dedicated coaches, all the while having limited access to the pool due to evolving measures. And what a wonderful weekend the club's divers offered! In particular, Ilse, Audrey, Charlotte H., Vincent, Anabelle, Malorie and Bianca all distinguished themselves with multiple medals and ribbons. Notably, Ilse was awarded the trophy for the best female diver of the competition! Many also obtained their passports giving them access to the provincial competition circuit and received their qualification to the AQUAM Espoir Super Final in June. Well done guys! Finally, we wish to congratulate Sophie-Anne and Jo-Annie for their dedicated work all weekend. It's because of our superb coaches that our athletes could perform to their maximum!



The April Espoir competition at the Brossard Aquatic Center

In May, Club de Plongeon Gatineau will host the second Junior and Senior Provincial Championship of the year. The club will again be well represented at this event. We want to wish the best to Analie, Mathilde, Ella, Charlotte H., Malorie, Audrey, Charlotte R., Ilse, Polina and Anabelle in attaining their goals and in their quest to obtain their national standard scores. Feel free to attend and encourage the best young divers in the province!

Club de Plongeon Gatineau

ATHLETE OF THE MONTH OF MAY 2022



Ilse Lachance

Ilse is an athlete that distinguishes herself by her physical abilities, her finesse and her dedication during training. Recently, in addition to winning gold medals at the Girls C 1 Meter and 3 Meter springboard events during the Espoir competition of April 16-17, Ilse was also awarded the title of the top female athlete of the competition. The provincial competition circuit now awaits her, notably at the next competition in Gatineau on May 6-8.

Congratulations Ilse!

SOLICITATION OF VOLUNTEERS FOR THE GATINEAU PROVINCIAL COMPETITION, 6-8 MAY 2022

We still seek volunteers for the Gatineau provincial competition taking place during the first weekend of May. A couple volunteer blocks remain to be filled in the schedule.

Gatineau Junior and Senior Provincial Championship May 6-7-8 2022 at Centre Sportif
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We need volunteers to assist at the scorekeeping tables.

If you have never participated at this type of event, it would be our pleasure to initiate you to the various tasks. Everything is fairly easy to learn.

It is also a wonderful opportunity to see the performances of the diving elite of the province of Québec, including members from the Canadian junior diving team, right from the side of the pool. The best seats in the house!

To communicate your availabilities, please send an email to:

competitioncpg@gmail.com

PROVINCIAL JUNIOR AND SENIOR CHAMPIONSHIP, GATINEAU, MAY 6-8 2022

Here is the schedule of events for the Gatineau provincial competition. Check the club's Facebook page for updated event start times. Attend and encourage the athletes!

	FRIDAY		
	1m	Platform	3m
Event 1		Girls and Boys D1-D2 prelim	
Event 2	Boys C1-C2 prelim		Girls C1-C2 prelim
Event 3		Girls B	
Event 4	Men A		Women A
Event 5	Boys B	Girls and Boys D finals	
Event 6	Boys C finals		Girls C finals
Event 7	Men Senior		Women Senior

	SATURDAY		
	1m	Platform	3m
Event 8	Girls and Boys D1-D2 prelim		Boys C1-C2 prelim
Event 9	Girls C1-C2 prelim		Girls B
Event 10		Boys B	
Event 11		High Diving	
Event 12	Girls and Boys D final	Women and Men A	
Event 13	Girls C finals		Boys C finals
Event 14		Women and Men Senior	

	SUNDAY		
	1m	Platform	3m
Event 15		Girls C1-C2 prelim	Girls and Boys D1-D2 prelim
Event 16	Girls B		Boys B
Event 17		Boys C1-C2 prelim	
Event 18	Women A		Men A
Event 19		Girls and Boys C finals	Girls and Boys D finals
Event 20	Women Senior		Men Senior

SPOTLIGHT ON... MÉLANIE DUFF

Can you introduce yourself, tell us how long you have been with the club, and what you do with the club?

I am Mélanie, head coach of the Gatineau club for 8 years. I am in charge of the sports-studies group, of the technical coordination of the club and of its management, with the help of the administrative committee.

Where are you from originally?

I am from Laval.

What brought you into the world of diving at the very beginning?

I was into gymnastics and my parents felt that the schedule was too intense. My gymnastics coach suggested diving and right upon try it, it was love at first sight.

Can you describe your journey and successes as an athlete?

I dove for 6 years at the competitive level with CAMO. I reached the national championships every year and qualified for the Pan-American games (previously called CAN-AM-MEX) at 14 years of age. I ended my career as a competitive diver at 16. After a year of complete pause, I discovered the world of high diving and worked as an acrobat, performing in diving shows, for three years.

What brought you to become a coach? Can you tell us about your journey as a coach prior to joining Club de Plongeon Gatineau?

I obtained my lifeguard and diving coach certifications at 16 so my student jobs were always in the aquatic domain. During my studies in Sherbrooke, I had the idea to start a diving club that ended up continuing for a few years. When I returned to my home region, CAMO asked me to start their satellite club in Terrebonne and after one year, they offered me a position in Montreal where I had multiple opportunities. The head coach position in Gatineau then became available and I made the big leap and moved to the region, where I have resided since.

What makes you passionate about diving?

First of all, I find that it's a magnificent sport to watch. It's beautiful. We have athletes that are strong, with immense power, that execute figures with elegance. I also love the mental strength required to practice the sport, to keep pushing forward and to continue to surpass yourself. It's actually a precious quality for life in general. I like the idea that what we give to the young athletes can also serve them in their adult lives.

Can you tell us something unusual that we don't know about you?

I once won an annual contest for the person that had the most flats in my club... that year, I received (among other things!) two black eyes while performing a 305C (*E.N.: reverse 2.5 summersault tuck dive*) at the 10M... I completely lost myself!!



The club is really blessed to have a seasoned coach like Mélanie as its director. As the leader of the sports-studies program, Mélanie has guided several of our young divers towards reaching the Canadian national championships every year. She can draw the maximum out of the athletes by providing each one with personalized attention and by outlining goals where the divers must push themselves but that remain very attainable, all in a well-structured training environment. The divers learn to take their tasks seriously while still having fun at the pool, which is the key to their success. This is what makes the renown of Club de Plongeon Gatineau!

Thanks Mélanie!

OUR PARTNERS



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Une députée accessible et engagée!

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A votre service!

**L'HON. STEVEN
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