

---

# LE TREMPLIN

## Club de Plongeon Gatineau's Information Letter

---

### A WORD FROM THE CLUB

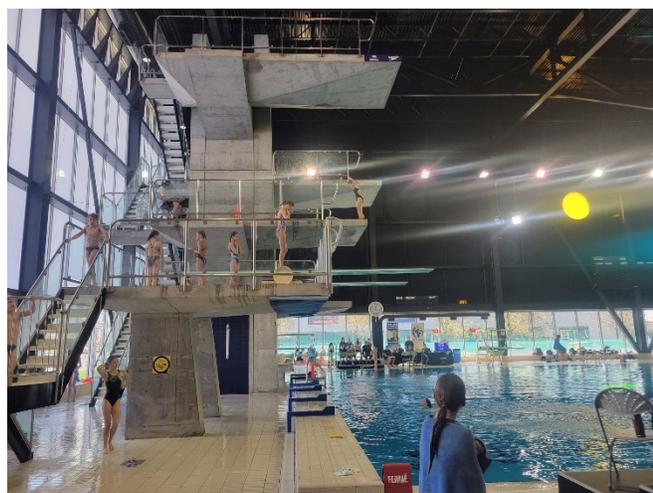
Greetings to all our members! A sign that competitive diving is back, the month of May flourished with two competitions to which our athletes participated. And June looks to be just as busy! Here is the run-down.

#### *Gatineau Junior et Senior Provincial Championship*

At the start of May, Club de Plongeon Gatineau hosted the second provincial championship of the season. A total of 85 athletes from 9 clubs in Quebec and Ontario travelled to participate in the competition. The club was represented by 10 divers competing in the different events. We wish to highlight the performance of Ella Sanscartier, who took part in the very first high-diving event to be held in Gatineau. In addition, Matilde Juneau and Ilse Lachance qualified for the Canadian National Junior Championships that will be held this summer. They join Charlotte Roy and Polina Mikiriukova, who had acquired their places during the first provincial championship at CAMO in March. Anabelle Charbonneau also earned national standard scores at two events and will have the opportunity to complete her qualification during the third provincial competition in Quebec City. Congratulations girls! We also want to note the work of our coaches, Mélanie Duff and Rolando Prieto, who drew the best



from our athletes all weekend. Finally, the event would have been impossible without the generous donation in time and expertise from about thirty volunteers. Once again: many thanks!



*Gatineau Junior and Senior Provincial Championship, May 6-8*

#### *Blainville Espoir Championship*

The second Espoir level championship took place at club L'Envol in Blainville on May 20-22. For the occasion, our athletes were led by our trainers Sophie-Anne Boucher and Jo-Annie Dubois. Nine divers from the club competed at the 1M and 3M springboards as well as at the platform. This was the first time since November 2019 that the athletes could compete on the platform at the

Esplor level. Malorie Richard stood out during the competition, winning three medals and completing her passport giving her full access to the provincial competition circuit. Also, Maxime Robin, Bianca Côté, Rose Payant, Vincent Turbide and Nathan Desjardins all earned podiums, winning medals and ribbons. With the conclusion of the two Esplor competitions of 2022, several of the club's divers also qualified for the AQUAM Esplor Super-Final, namely Malorie Richard, Rose Payant, Maxime Robin, Charlotte Hébert, Audrey Aylwin-Ratté, Anabelle Charbonneau, Vincent Turbide, Nathan Desjardins, Saskia Pelletier and Harper Compton. We are super proud of you!



*Blainville Esplor Championship, May 20-22*

### *The June Schedule*

Two competitions are on the docket for this month. First, the third Junior and Senior Provincial Championship of the season will take place on June 9-12 at the PEPS in Quebec City. Ten divers will don the club's colours in Quebec City. Then, the AQUAM Esplor Super-Final will be held at the outdoor basin of Parc Jean-Drapeau in Montréal, from the 24<sup>th</sup> to the 26<sup>th</sup> of June. The Super-Final, a special event that closes the Esplor season, gathers the best athletes of that level in Quebec. It is back in 2022 after a two-year pause. We hope that all divers having the honor to take part in the Super-Final can fully enjoy the experience. It's a unique occasion to participate in an outdoor competition and display the skills they developed over the season. More importantly, have fun!

Club de Plongeon Gatineau

## **ATHLETE OF THE MONTH OF JUNE 2022**



### **Maxime Robin**

Maxime is the perfect example of resilience in an athlete. During the last Esplor competition held from May 20<sup>th</sup> to the 22<sup>nd</sup>, Maxime obtained her qualification to the AQUAM Esplor Super-Final on top of obtaining a 6<sup>th</sup> place podium and winning a bronze medal. In addition to being invested in the sport, motivated and above all perseverant, Maxime is a leader during training and concentrates on executing her movements with quality.

Congratulations Maxime!

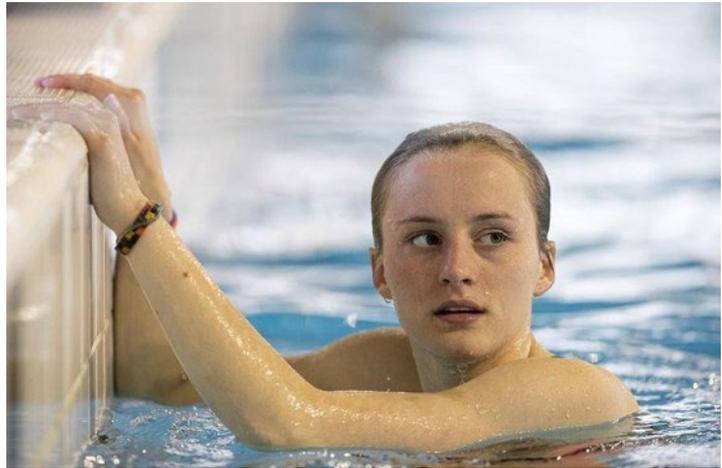
## SPOTLIGHT ON... ANALIE AYLWIN-RATTÉ

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

I'm 16 and in 4th secondary at Mont-Bleu high school, enrolled in sports-studies. I dive with Club de Plongeon Gatineau since the age of 8 and started coaching two years ago.

*Where are you from originally?*

I have always lived in Gatineau. However, my family is from the Témiscamingue.



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

When I was younger, my parents would enroll me in alternance in different recreational sports, so I could explore different paths, and at the same time I was part of a cheerleading team. During a swimming class, diving courses being held at the same time grabbed my Dad's attention, who proposed that I try the sport. I loved it from the beginning!

*You are part of the sports-studies program. Can you talk to us about what this program brings to you?*

The sports-studies program is exactly what I need. School was always relatively easy for me and I'm disciplined in my studies. Sports-studies meets my expectations. The other students in my class have a lot of energy and are very engaged, which makes the class dynamic quite interesting. In the program, academic success is the priority and our grades are important for remaining enrolled, so we have to be disciplined. At the same time, the program is adapted to our training regimen and our competitions.

*Can you describe your journey and successes as an athlete?*

After signing up for recreational classes and taking part in day camps, I entered in the club tryouts and was selected for the competitive groups. My path at the competitive level was progressive. At first, at the Espoir level, I had average results but slowly my performances improved so that I was regularly on the podium. I was awarded the trophy for the best athlete of the competition at my last Espoir level meet, which took place at the home pool in Gatineau in 2019. I also won gold at the platform for two consecutive years at the AQUAM Espoir Super Final. This motivated me a lot and my objectives kept increasing. After completing my passport for the Junior provincial circuit, I earned my place for the Canadian National Championships at the 3M springboard and was expecting the same at the platform. Unfortunately, these were cancelled because of COVID. The term resilience was appropriate here, but it still hit me hard. This year, I am specialising at the 1M and 3M and decided to forego the platform. My goals are to participate at the national championships in my category, to always give 100%, and above all to not let pressure affect me.

*You started coaching some of the young divers from the club. How was the jump to becoming a trainer? Was it what you expected?*

I started coaching 2 years ago after following a mandatory training session that helps a lot with hands-on assistance of athletes and with sports ethics. The experience I have as a diver benefits me quite a bit with identifying the corrections I should provide to young divers, but I still needed a period of adaptation to learn how to properly communicate my advice. You discover that you learn a lot from each athlete. I enjoy planning courses, seeing the athletes' progression and also having fun with them. I'd love to continue with my own training as a coach to increase my competencies. I suggest that other athletes should try coaching, it's quite gratifying.

*What makes you passionate about diving?*

At first, it was the thrill and the feel of entering the water that attracted me to diving. With time, I realized that it was much deeper than that. After all these years, I found a home in it and it's difficult to imagine what my life would have been like without this fabulous sport. While it's an individual activity, there is a wonderful team spirit in diving. What's special too, is the beautiful chemistry that exists during competitions. Podiums are not the primary objective. Rather, it is earning our standards that allow us to compete at higher levels. So, no matter the performance of other athletes, when we attain our standards, the primary objective is met.

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

At the very beginning, during my recreational days I failed my level 2! It's a story I like to share with the young divers I train at the recreational level, especially if one fails and is disappointed. It's a nice story that shows that having fun and perseverance are key.

---

This year, Analie became the senior member of our sports-studies group. Her work ethic and perseverance are exemplary for our young divers. At the same time, she brings this passion and energy to the next generation of young athletes through coaching. We wish you a lot of success in everything that comes next. You completely deserve it! Thanks so much for sharing your inspiring story with us.

Thanks Analie!

# OUR PARTNERS



## IGA EXTRA DES GRIVES



**MARYSE GAUDREULT**  
DÉPUTÉE DE HULL  
et vice-présidente de  
l'Assemblée nationale

ASSEMBLÉE NATIONALE  
QUÉBEC

**Une députée accessible et engagée!**

259, boul. St-Joseph, Bureau 207, Gatineau (Québec) J8Y 6T1  
Tél. : 819 772-3000 Téléc. : 819 772-3265 mgaudreault-hull@assnat.qc.ca

*À votre service!*

L'HON. STEVEN  
**MACKINNON**  
Député / MP Gatineau

819-561-5555 / Steven.MacKinnon@parl.gc.ca

Steven Mackinnon @steven\_mackinnon  
stevenmackinnon stevenmackinnon.lhqarl.ca