

LE TREMPLIN

Club de Plongeon Gatineau's Information Letter

A WORD FROM THE CLUB

Greetings to all our athletes and parents! June witnessed the 3rd provincial championship of the year as well as the AQUAM Espoir Super-Final. Our divers continued to proudly and successfully represent the club. And in July will take place the national championships. Here are the highlights.

Club de Plongeon Gatineau



Québec City Junior and Senior Provincial Championship

Throughout the weekend of June 9-12, Québec City's club ARO hosted the 3rd provincial championship of the season at the PEPS of Université Laval. Led by our coaches Mélanie Duff and Jo-Annie Dubois, Club de Plongeon Gatineau was represented by a group of 10 provincial level divers, all of which achieved various objectives. Matilde Juneau, Charlotte Roy, Ilse Lachance, Polina Mikiriukova, Anabelle Charbonneau, Analie Aylwin-Ratté and Charlotte Hébert each earned point totals meeting Canadian national standard scores. Scoring a 110% standard at the



Our provincial level athletes and our coaches at the Québec City Provincial Championship, June 9-12.

3M, Ilse Lachance completed her qualification to all of the events at the national championships. She joins Matilde Juneau, Charlotte Roy and Polina Mikiriukova, who had qualified to all of the events at the Nationals following the 2nd provincial in Gatineau. Finally, every one of our 10 divers obtained podiums, winning medals and ribbons – to the seven divers mentioned above are thus added Malorie Richard, Ella Sanscartier and Audrey Aylwin-Ratté. A special citation for Matilde Juneau, who achieved a gold medal performance at the platform! What a wonderful way for the team to end the provincial season!

AQUAM Espoir Super-Final

Due to a last-minute venue change, the 2022 Espoir Super-Final was finally held at Centre Claude-Robillard in Montréal. The Espoir level athletes that qualified during the season had the opportunity to compete at the 1M and 3M springboards. Congratulations to all of those that participated: Charlotte Hébert, Malorie Richard, Audrey Aylwin-Ratté, Anabelle Charbonneau, Vincent Turbide, Nathan Desjardins, Rose Payant, Maxime Robin and Harper Compton. Our divers exhibited their know-how throughout the competition – each one obtained a top-6 finish in preliminary rounds to gain access to the afternoon final rounds, and thus all returned with medals or ribbons. We wish to highlight the medals won in the final rounds by Charlotte (gold at the 1M and bronze at the 3M), Malorie (silver at the 3M and bronze at the 1M), Vincent (bronze at the 1M and 3M) and Anabelle (silver at the 3M). On top of taking care of coaching duties for the weekend, Sophie-Anne Boucher also brilliantly represented the Club at the classic and playful “rips” contest. Bravo gang! Finally, we would like to applaud all of the Espoir level athletes for their sustained effort during training all year long. After two years of pause, the circuit was able to restart, however due to a series of circumstances, the divers only had the opportunity to participate at two competitions and at a limited Super-Final. The athletes nevertheless stayed on track and understand that the skills they perfected will eventually bear fruit. The Club is looking forward to seeing you again next season!



The CPG team at the AQUAM Espoir Super-Final, June 25-26

Canadian National Junior Championships



**DIVING
PLONGEON
CANADA**

The Canadian National Junior Championship is the final event of the season, being held the week of July 11-18. The meet is taking place at the outdoor basin of Parc Jean-Drapeau in Montreal, where 10–18-year-old divers from across the country will assemble for the ultimate Canadian competition of the year. After the conclusion of the three Provincial level competitions of the season, four athletes from Club de Plongeon Gatineau earned their qualifications by scoring point totals above their respective national standards and will compete at the Nationals, namely Matilde Juneau (Group B at 1M, 3M and plateforme), Charlotte Roy (Group C2 at 1M, 3M and plateforme), Ilse Lachance (Group C2 at 1M, 3M and plateforme) and Polina Mikiriukova (Group D1 at 1M, 3M and plateforme). Congratulations on your qualifications ladies, and best of luck!

ATHLETE OF THE MONTH OF JULY 2022

Matilde Juneau

Matilde is both an athlete and a dedicated employee involved with the Club. Her work ethic is at the heart of everything she undertakes: in addition to qualifying to the three events at the national championships to be held this summer, namely the 1M and 3M springboards as well as the platform, Matilde also acted twice a week since the beginning of the season as the assistant-coach of the Jeunes Espoirs group. Furthermore, she always answers the call to participate in Club activities and her excellent results as an athlete plainly reflect the quality of her training and her perseverance.

Congratulations Matilde!



CLUB DAY CAMPS, JULY-AUGUST 2022

A few spots remain available at Club de Plongeon Gatineau's Day Camps.

Please see the available dates on our registration site:

<http://www.plongeongatineau.org/index.php/inscription-camp-de-jour/?refresh=refresh>

Our camps include diving sessions and fun activities led by our certified and enthusiastic counselors. The camps are a wonderful opportunity to introduce kids to this great sport – or to continue exploring diving for those with experience. Daycare service is included from 7:30-9:00am and from 4:00-5:30pm. Places are limited so act quickly if you are interested!

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