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# SPRING NEWS

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Save the Date | Atlantics 2018 | Summer Camp | Farewell

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## Save the Date!

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**Sunday, June 24, 2018**  
**6:00-8:00pm**

**Join us for a Cygnus end of season sundae party!**

**6:00-6:30** dryland warm-up for divers (upstairs dryland area)

**6:00-6:30** parent education session: Cygnus club structure, competition criteria, diving number system (upstairs meeting room)

**6:45-7:15** divers will show off what they've learned this year

**7:30-8:00** awards, recognition, farewells and ice cream sundaes

All are welcome! Please RSVP (include diver's name and number of family members attending)  
[evans.leigh@gmail.com](mailto:evans.leigh@gmail.com)

Please mention any allergies or special dietary considerations when you RSVP so we can adequately prepare. Thanks!

## Atlantics 2018

Congratulations to our divers that competed in Atlantics, hosted by our club from May 11-13 at Centennial Pool! Athletes had a great weekend of competition and camaraderie with competitors from Ontario, Quebec, and Newfoundland.

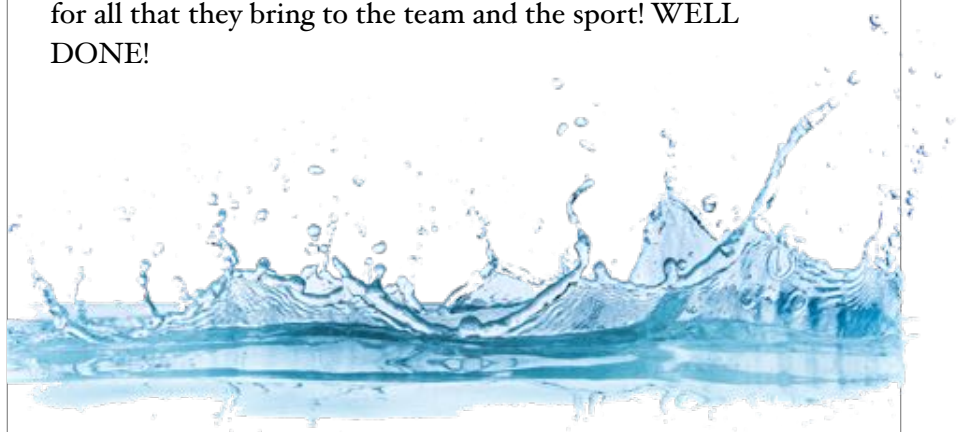
Special congratulations to these Cygnus athletes for competing at Atlantics:

\*Nicholas Marshall\* \*Audrey Evans\* \*Cole Howell\*

\*Ben King\* \*Lily Whitty\* \*Georgia Sawler\*

\*Maxim Kislitsyn\* \*Danielle Higgins\*

KUDOS to all of our Cygnus athletes for incredible sportsmanship and team spirit, especially to those facing a bout of nerves or injury. It was fantastic to see some divers come to cheer their teammates on and watch some of the competition. The sport of diving takes drive, talent, and fearlessness. As coaches and parents we couldn't be more proud of our athletes for all that they bring to the team and the sport! WELL DONE!





## Summer Camp

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Does your diver want to participate in a summer camp?

We're gauging interest in a week-long summer camp from July 23-27.

### Learn to Dive

Will include trampoline, dry land and pool training.

Drop-off 8:15am

Pick-up 11:45am

\$210 for the week

### Moving on Up/Competitive

9am - 2pm (fee TBD)

Please email parent volunteer Leigh ([evans.leigh@gmail.com](mailto:evans.leigh@gmail.com)) as soon as possible to reserve a spot for your diver. There will be limited openings for each group.

## Thank You!

Many thanks to all of our coaches and parent volunteers for donating their time, expertise, or supplies, to make Atlantics run smoothly! We had coaches on judging panels, filling in spots on the scoring table, and coaches and parents stepping up to be announcer or helping in the Hospitality Room. A few specific notes of gratitude for:

### **Michael Brophy** (coach) - *Meet Manager*

A lot goes on behind the scenes, weeks, even months, prior to hosting a competition. Thanks for keeping us on track and making this an outstanding event, Michael!

### **Leanne and Dwayne Higgins** (parents) - *Technical and Office*

This dynamic duo has run the technical side of our competitions for a number of years. Our special thanks to them for all of their years of service to the club! Leanne and Dwayne have trained their replacements and the torch has been passed on.



There are plenty of ways for parents (and divers!) to get involved in promoting our club, or helping out at events. Reach out if you have an interest, or a skill you think would be helpful, and we'll put you to work!

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## Farewell

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This season we will be saying farewell to two of our coaching staff; Nicole Unterlander, and Alexandra Miller. Nicole and Alex will be greatly missed by our athletes, coaching staff, and parents!

An excerpt from Alex's farewell email in case you didn't see it:

It is tearing me up inside that I have to write this email. However, as most of you know.. I do not like to sugar coat or beat around the bush.

Shawn and I have been posted to St. Jean, Qc. The shortest amount of time we will be there is 2 years (if Shawn does not renew his contract), however it is a 3 year posting. The max time we will be there is 5 years if Shawn decides to teach at basic training.

I have a LARGE spot in my heart for Cygnus Diving and will definitely be creeping on the Cygnus FB page and personal pages for updates on the club and its awesome athletes! I will also post lots of updates of our family travels and escapades along the way, so please feel free to add me on FB if you'd like to see.

It is not goodbye, it is see you later!

Alex Miller



Nicole has been coaching with Cygnus for the past two years while pursuing her MSc at Dalhousie University. Nicole will be heading off to Guelph this fall to start her PhD studies. All the best to you, Nicole!

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## Welcome Aboard

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We're happy to announce that we have secured funding to employ Learn to Dive coach Gabrielle Persad for the summer. You've seen Gabi on deck with the Learn to Dive groups over the past two years. This summer she'll be working on some behind-the-scenes logistics for Cygnus and our new Learn to Dive program.