

Markham's Poore dives into action at Kentucky college

Stouffville Secondary grad happy parents signed her up for classes

BY MIKE HAYAKAWA
Staff Writer

When Ashley Poore goes into a swimming pool, she does it with a grand entrance.

The 18-year-old Markham resident enters the water from one and three-metre heights off a springboard.

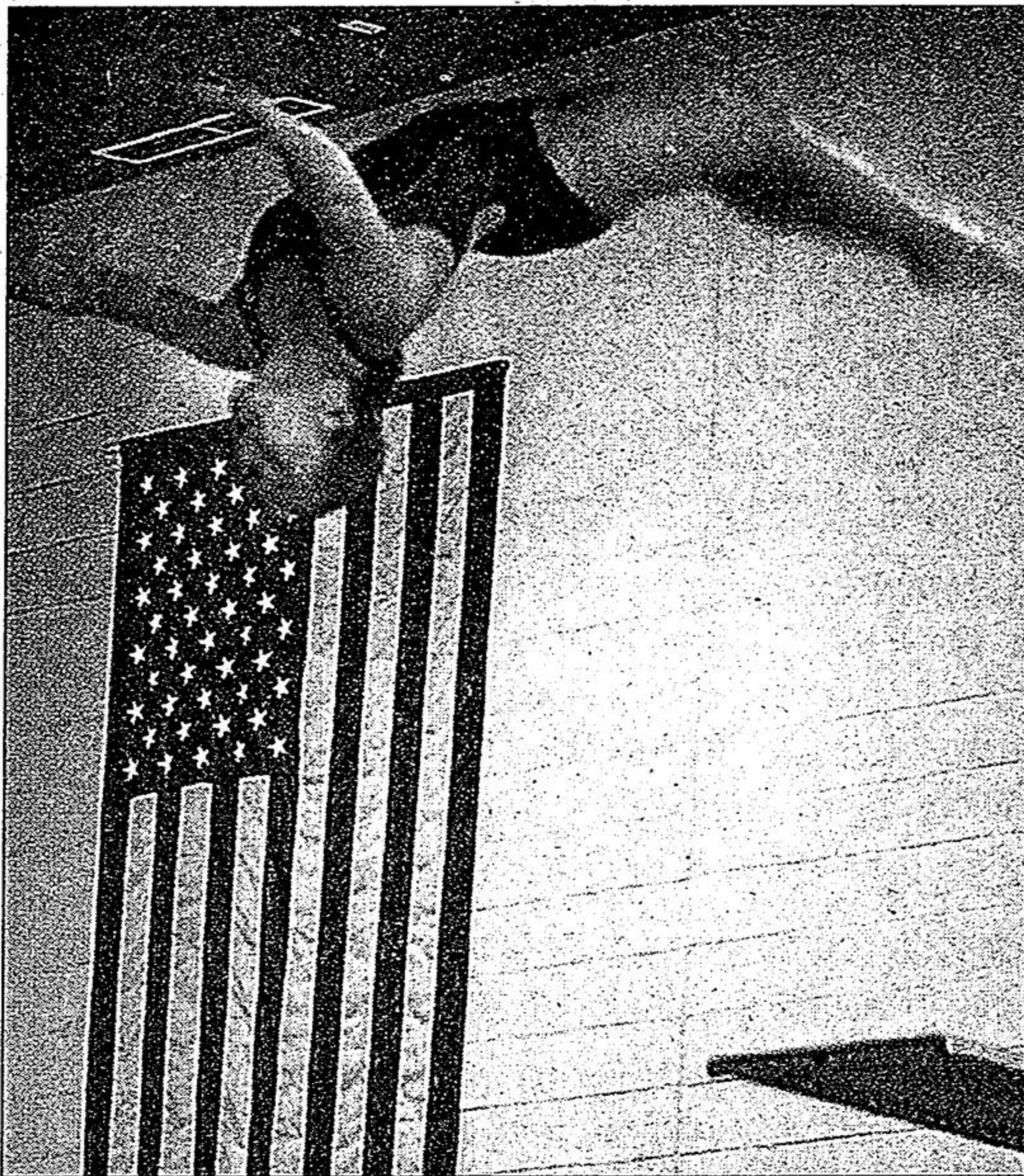
Poore is a diving enthusiast who is enhancing her trade as a student at Asbury College in Wilmore, Ky., 20 miles south of Lexington.

Majoring in exercise science, the first-year student qualified for the National Association of Intercollegiate Athletics Swimming and Diving Nationals in St. Peters, Mo.

A student at Markham District High School for Grades 9 and 10 before going to Stouffville, District Secondary School and graduating from there, Poore placed eighth on the three-metre board and seventh on the one-metre.

Not only a diver, Poore swam with her school team in the 200-yard freestyle relay, helping them to a 13th-place finish.

"Our team is very small, consisting of only three divers and we received many compliments from the other divers and coaches about our performance, knowing that we



Ashley Poore dives off the three-metre board for the Asbury College diving team. In her first year at the Wilmore, Ky., school, she competed at the NAIA championships this spring.

are freshmen in college," she said. Introduced to the sport just six years ago, Poore got into diving as an alternative to gymnastics.

"It's an extremely fun and daring sport," she said. "You must be willing to try new things and if you happen to land wrong on the water, be willing to try the dive again. You can't be afraid of smacking the water. You have to be able to get past the fear and it is only then that you can accomplish great feats in the sport."

Crediting her parents in putting her into lessons with the Markham Diving Club, Poore said much of what she's learned was through Markham coach Michelle Rowe.

"She was there every day, coaching and giving her heart out to us divers. She encouraged me to keep trying and it was only with her help that I ever had the chance to continue diving through college," said Poore.

As well, she credited club teammate Courtney Hill and Asbury diver Caitlynn Taylor with providing moral support.

"They were in the same situations that I was in, trying to learn new dives, but it was easy to relate to them and the friendships there will never end," Poore.

During her time with the Markham club, Poore earned the greatest achievement award in the 2000-01 campaign. She also qualified for the Ontario Summer Games in 2002, placing 11th on the one-metre and sixth on the three-metre boards.

That same year, she qualified and competed in the provincial



ASHLEY POORE: Credits her time spent with the Markham Diving Club in helping her get to Asbury College.

championships and was 10th on the one-metre and ninth on the three-metre boards.

The following year, Poore qualified again for the provincials.

Poore was searching on the Internet for Christian schools with diving programs when she found Asbury.

After entertaining offers from several schools, Poore chose Asbury because "it would be a school where I could come and learn as well as dive," she said.

Poore will continue to compete for the school team.

But she also wants to give something back to the sport by coaching young performers.

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