

August
HeadStart School @ St. Jude's
Grades 1 to 8 • August 4 to 21
8:30 am to 3:30 pm



*Click here for
more info and
registration*

Classes fill quickly - register now!

The **R**ecord.com

[\[Close\]](#)

In sync, in and out of the pool

CHRISTINE RIVET
RECORD STAFF

KITCHENER

Both boys stood onstage cradling their violins, horsehair bows in hand.

When they were no more than preschoolers, C.J. Moore's and Brett Gillis's lives intersected at a long-ago music recital for the first time.

Ever since they were little boys and long before they could even recognize it, they've led parallel lives.

Similar interests, intellect, sensibilities and size. Twin trajectories in perfect symmetry.

The four-time Ontario synchro dive champions from Waterloo Region make their team debut at the senior national diving championships this week in Quebec City.

The fellow junior national teammates are close friends and even better teammates, according to C.J.'s mom, Janice Moore, also the president of Dive Ontario. "They are very much alike in many respects, but if you dig down deeper, you'll see they are different, too," said Janice, who still has the videotape of the two fidgeting lads, dressed in their Sunday best, ready to perform their scratchy violin solos.

Brett's fiery red hair and fearless nature is a perfect foil to C.J.'s dark complexion and more cautious approach. "They certainly have a synergy," Janice said.

The violins have since been abandoned in a closet, as they devote their energies to another means of personal expression.

At four-foot-11 and five-foot-even, C.J.'s and Brett's small stature is a tremendous advantage for this sport.

"We are working with centre of gravity and force. So the faster you can go around that centre of gravity, the more you can do in the air before you hit the water," explained the pair's coach, Rob Wells, of the K-W Diving Club.

But that's only part of what makes the 15-year-old Moore and the 13-year-old Gillis tick. While they are partners in the synchro events, they also compete against each other in solo events.

"They work really hard. They push each other and they obviously have talent," said Wells. "That's a pretty good combination."

Moore, of Waterloo, and Gillis, of Kitchener, are also excellent high school students at Sir John A. Macdonald and Resurrection, respectively. They are deep thinkers, who were devastated by the sudden death of one of their close friends, fellow diver Isabel Warren.

The Guelph high school student died last week when a cinder-block wall fell on her while she was in a washroom at a Guelph park.

"We were really looking forward to going to junior nationals (in Victoria, B.C.) with her later this summer," said C.J.

While it might take plenty of time to come to terms with her death, they said, maybe they will find it to be another reason to pursue their dreams.

"I'm not going to say anything, but (some people) have said they may be good enough to go to the Olympics one day," said Brett's dad, Neil Gillis.

"You never know what's going to happen, but they are well on their way."

crivet@therecord.com



DAVID BEBEE, RECORD STAFF

The **R**ecord.com



© Copyright 2007 Metroland Media Group Ltd. All rights reserved. The reproduction, modification, distribution, transmission or republication of any material from www.thespec.com is strictly prohibited without the prior written permission of Metroland Media Group Ltd.

