

Jane Ann Cantwell – Diving



Like many others with grown children out of the house, Jane Ann Cantwell was looking for something to occupy her time, something to get her mind off the empty nest. A previous two-time All-American diver in her college days, Cantwell, now 56, decided to get back on the board and see if she still had the drive and determination to get into the water. Not only did she find out she did, she started competing and setting world records almost instantaneously.

Cantwell started diving when she was a little girl and always enjoyed being in the water. She wasn't always the best in the sport, but she kept at it and got better and better with time. After receiving a scholarship to dive at Temple University and becoming a two-time All-American while there, she took a break from diving for 30 years.

It was 31 years to the day that she competed again and took third place. This success and excitement started building a fire inside Cantwell, and she continued to sign up for meets around the nation. In 2013, she went to the Pan American games in Florida and won the women's 3-meter springboard while also setting a world record. But her success didn't stop there. Cantwell also dove synchronized for the first time in her career and ended up setting another world record in that event.

Today, Cantwell continues to participate in several small meets and one large meet each year with her diving club, East Coast Masters. She also coaches a group of younger children each week and continues practicing as much as she can, all while maintaining a full-time job at FedEx. At 56, she still has trouble believing she can do a back and a half. But she knows that people limit themselves because of their age all the time – and you don't have to.

Cantwell certainly doesn't limit herself to anything when it comes to diving and has registered for the 2016 USA Masters Games for the opportunity to meet and compete with some of the best athletes in the world. Her name is also on that list of the greatest, and she will get her chance at another win this July.