

A Healthy Club

Synchro-Élite de Québec

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1 - CLUB HISTORY



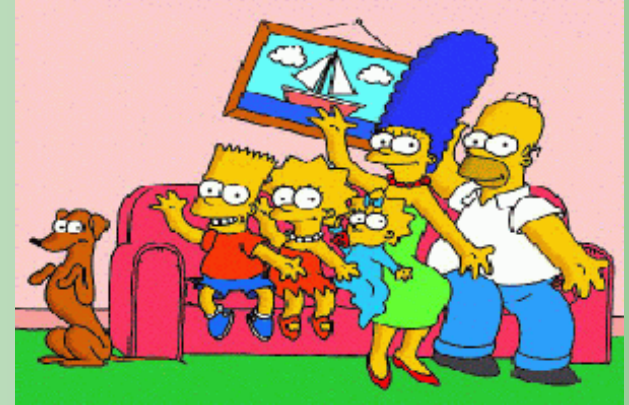
- 1 – Tradition of **EXCELLENCE** for more than « 60 » years.
- 2 – Decisions, actions during less successful cycles.

2 - OUR LESSONS

- 1 – Good coaches at the base and at all levels
- 2 – Stability of the team coaching staff
- 3 – Team work
- 4 – Recruit positive people, especially at the board level and take action to remove negative ones.
- 5 – Celebrate our successes
- 6 – Utilize the strength of each club member and give them feedback and recognition

3 - OUR VALUES

- 1 – Maintain a tradition of Excellence
- 2 – Respect
- 3 – Value the person as a whole
- 4 – A place for each one in the
« **BIG TEAM CLUB** »
- 5 – Family team oriented
- 6 – Work ethic
- 7 – Open minded, pro-active
- 8 – Sharing



We try to transmit our **PASSION** for the sport and good **VALUES** for **LIFE**

5 - OUR « TEAM » OF SPECIALISTS

They work for our specific needs and goals

- 1 – Swim coach, former National. Coach (Manitoba)
- 2 – Ballet teacher, 1^e ballerina of Romanian Ballet
- 3 – Flexibility specialist, from School of Cirque, former dancer
- 4 – Conditionning specialist, chief of Cardio Energy in Québec
- 5 – Cheerleading, from 1^{ex}-gold medal swimmer in team, Captain of the Laval University football cheerleading
- 6 – Physiotherapist 2 visits / week at the pool, individualized exercise programs, special treatments at the clinic

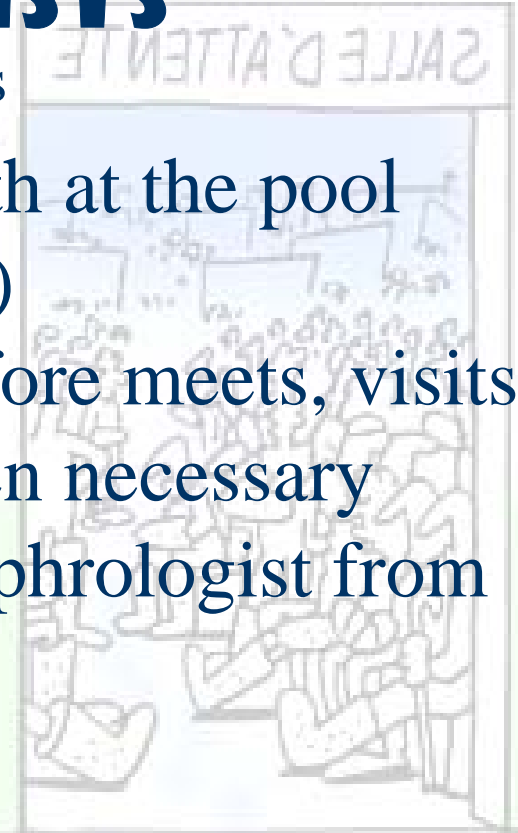
PHILIPPE TASTET

5 - OUR « TEAM » OF SPECIALISTS

(cont'd 2)

They work for our specific needs and goals

- 7 – Sport psychologist, 2 visits / month at the pool
(from **SPORTS-ARTS-ETUDES**)
- 8 – Massage therapist 1 / month + before meets, visits
at the pool, visits at the clinic when necessary
- 9 – Pilates from an osteopath and sophrologist from
the French Nat. Downhill Skiing
- 10 – Choreographer
Gana Maximova from Russia



PHILIPPE TASTET

5 - OUR « TEAM » OF SPECIALISTS

(cont'd 3)

They work for our specific needs and goals

11 – Drama during the summer camp

12 – Goals

Flexibility, extension

Posture

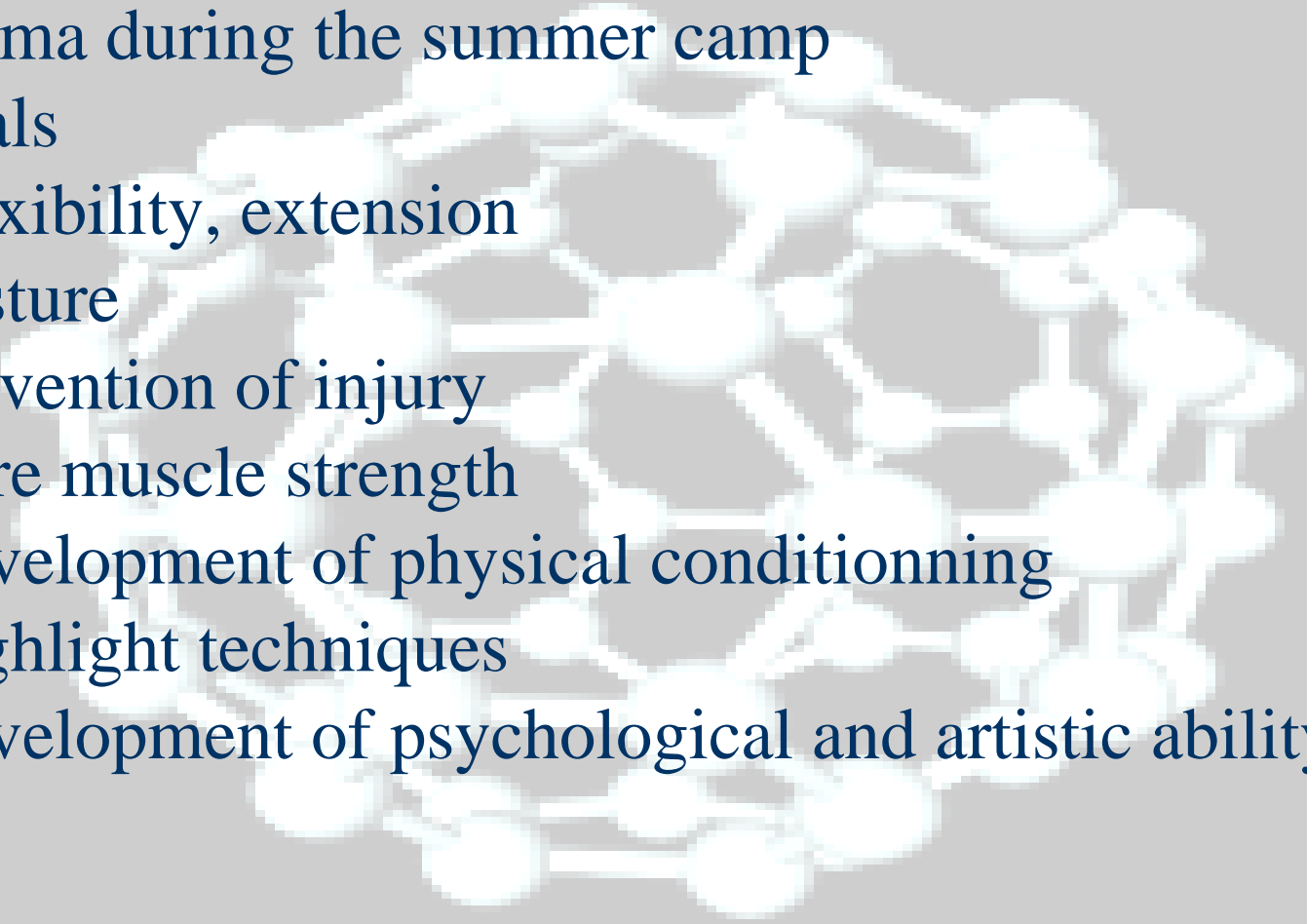
Prevention of injury

Core muscle strength

Development of physical conditioning

Highlight techniques

Development of psychological and artistic ability



6 - HUMANS AS A WHOLE PERSON

Synchro = mini society
prepare them for future life

- 1 – ***Education*** we put in place the **School of Arts and Sports** program in Québec City, so we can help them to excel both in sports and education. We provide a more balance style of life (training – school – social life and rest) and for the parents a better schedule, better quality of life, and therefore incentive for athletes to remain longer.

6 - HUMANS AS A WHOLE PERSON

(cont'd 2)

- 2 – Learn *Social Skills*; team work, social abilities, responsibility, public speaking, respect, etc
- 3 – Learn *Individual skills*; discipline, self-reliance, work with objectives, time management, generosity, self-esteem, etc

We are a family

We care

We help them grow

7 - CELEBRATE CLUB SUCCESS AND SOCIAL ACTIVITIES

I learned to celebrate in silence, with humility, making sure not to hurt others.

I had to learn and plan how to celebrate all successes, to develop « the sense of club pride and motivate athletes with the feeling « everything is possible »!

7 - CELEBRATE CLUB SUCCESS AND SOCIAL ACTIVITIES

(cont'd 2)

Calendar of social activities

- 1 – Celebration to start off the season
- 2 – Initiation party
- 3 – Christmas Show + Party + Gifts
- 4 – Halloween 2 parties (School and Club, rec. and elite)
- 5 – Team cheer creation
- 6 – Valentine's Day



7 - CELEBRATE CLUB SUCCESS AND SOCIAL ACTIVITIES

(cont'd 3)

Calendar of social activities

7 – Spring break activities

½ day training, ½ day club or team activities of their choice; beach party, collective breakfast, team dinner, games, water and winter sports, ...

8 – Celebration parties after Provincials and Nationals

9 – Gala at the end of the season, party-rewards, gifts and water show

10 – Red Cross, Life Saving courses to help athletes find summer jobs and for future coaching ...

11 – All « Special coaches meeting », productive then creative... that link our team of coaches !?!

7 - CELEBRATE CLUB SUCCESS AND SOCIAL ACTIVITIES

(cont'd 4)

Calendar of social activities

- 12 – Many occasions when parents-coaches meet for dinner « Called : Sequins evening » also coaches, swimmers and ex-swimmers meet and remain friends
- 13 – At meets, we are welcome with Special Treats, they take care of us, and we have « *FUN* »

*We celebrate
Competitions are fun*

8 - CLUB STRATEGIC PLAN

- 1 – Evaluation of how our club is perceived
- 2 – Promote our coaches and athletes (Support them and have a long term plan for both) and get the recognition they deserve
- 3 – To have a better professional image, gifts for swimmers and coaches before big meets; hat, bag, goggles, outfits... Athletes go to competition happy and proud to represent their « CLUB »
- 4 – Have a few bulletin boards at the pool, all teams have their pictures, + articles + photos of trips, competitions, activities. School bulletin board makes them feel proud before their peers.
- 5 – International meets are used for *recognition, motivation, team spirit* and a good *preparation* for National Team

All this develops a *Sense of Pride* to be part of Synchro-Élite Club-family a *Sense of ownership*, a place where they feel valued, they want to stay and want to come back *HOME !*