



# News Splash!



**WHITEHORSE 2007**  
**JEUX DU CANADA GAMES**

Special Edition for Canada Games

JANUARY 2007

## ONTARIO'S PROVINCIAL TEAM 2007 Heading for Canada Games!!!



### Coaches and Athletes of the 2007 Provincial Team—

We are so proud of what you have accomplished preparing for the 2007 Canada Winter Games in Whitehorse, Yukon. We hope that you will enjoy being an Ontario synchronized swimming ambassador.

Savor the successes, new experiences and friendships that you will share with your teammates and coaches for now and for a lifetime.

Have a safe, fun and successful trip to the North. We will be thinking of you.

Good luck at the Games!

*Leslie Makins,  
Executive Director*

### PROVINCIAL TEAM SEND-OFF SHOW!

**Tuesday, February 20th  
7:30 PM**

**Etobicoke Olympium Pool**



**Amy Caskey**  
Apprentice Coach



**Elena Podolsky**  
Head Coach



**Jennifer Shaver**  
Manager



**Alyssa Bezeau**



**Samantha Kowalski**



**Katie LePage**



**Julia Maclean**



**Chelsey Matthews**



**Samantha Mawhinney**



**Victoria Mintz**



**Annette Petersen**



**Stephanie Saunders**





**BEST WISHES!**



**Best Wishes to the Canada Games Team '07 from the Saunders family, we know how hard you have worked and all of Ontario is rooting for you!!**

**From the Kowalski family - Samantha we are very proud of you for all your accomplishments and wish you and all your fellow Team Ontario members and coaches all the best at Canada Games -  
Go Ontario !!!  
Love Mom Dad and Rachel !"**

**To Durham Synchro's Katie, Julia and Chelsey:  
Good luck at Canada Games 2007 - we're so proud of you!  
Love and best wishes from the Matthews Family**

**To Alyssa, Chelsey, Julia, Sammy K., Sam M., Katie, Steph, Annette, and Victoria:  
Congratulations to you all - have fun at Canada Games!  
From the Maclean Family**

**To Julia, Chelsey, Katie, and all of the CG girls:  
We'll be cheering for you in Whitehorse, Yukon, at the 2007 Canada Games!  
From the LePage Family**

**We wish you all the very best in Whitehorse. Enjoy the ride and cherish the moment.  
Love Mom, Dad and Kyle**

**On behalf of the Bezeau family we want to wish all the athletes and coaches all the success and luck during the Canada Winter Games.  
What a great opportunity this is to travel, meet new friends and to compete in such a great environment.  
Good Luck Girls! We are all behind you 100%**

**On behalf of your entire family, we wish you all the best in your participation as a member of Team Ontario at the Canada Games 2007. We are very proud of your dedication and commitment toward the sport you love and celebrate your accomplishment.  
Love Dad, Mom, Stephanie and Natalie**

**Elena, Jennifer and Amy,  
Good luck to you in the 2007 Winter Games and on behalf of the Mintz family we thank you for your hard work and support of the Girls on the Ontario Synchro Team.  
Blake & Jeannette Mintz**

**To the Ontario Synchro Team Athletes:  
The best of luck to you in Whitehorse. We are proud of you all and will be cheering loudly.  
Go for it girls!  
The Mintz Family**

# THE LEADERS!



**HEAD COACH ELENA PODOLSKY** ~ I am a 3M NCCP Level 3 synchronized swimming coach with more than 20 years of experience. My teams and athletes have placed consistently at national championships and I have shared my knowledge with athletes attending international synchro camps from Korea, Australia and Cuba.. Some of my contributions to the sport of synchronized swimming include developing a new flexibility training program for various clubs and sharing my expertise with other coaches and athletes at provincial swim camps. In 1996, I was awarded the Synchro Canada/Susan Eon Trophy as the sport's most promising new coach. In 2001, I was honored by 3M, in collaboration with the Coaching Association of Canada (CAC), for my outstanding contribution to coaching and athlete development. In 2003, I was the Head coach for Ontario Canada Games Team. I continue working with different National Teams. In the summer of 2005, I ran International camp in Bratislava. In 2004, I was Junior National Team assistant coach for Junior Worlds in Moscow. In 2005, I was working as assistant coach with 13-15 National Team, competing at the Comen Cup. In 2006, I was working as assistant coach with Junior National Team for Junior Worlds in China.



**APPRENTICE COACH AMY CASKEY** ~ I swam competitively for 18 years with the Kawartha-Trent Synchro Club, Olympium Synchro Swim Club and the Centre of Excellence.

When I was a member of the Junior National Team in 1995, we won Gold in the team event at Junior Worlds. I was a member of the National 'B' team 1998-2000, a member of the National 'A' team (Centre of Excellence) 2000-2004. I was on the World Bronze Medalist winning team and Pan American Games Silver Medallist.

I have been coaching for 3 years at the club level and have coached private figure sessions for 10 years. I began coaching at Synchro Optima, under Head Coach Elena Podolsky in 2004. Now coaching at Variety Village Synchro Club, and co-coaching the Tier 7 team with Jennifer Shaver for the 2006 competitive season. In November of 2005, I began coaching a club team in Caracas, Venezuela, and took them to the Venezuela National Games (equivalent to our Canada Games). In the summer of 2006, I spent 10 weeks in Venezuela coaching their Senior National Team, preparing them for Central American Games in Cartagena, Colombia. This coaching apprenticeship that I received through the partnership of Sport Canada, the Coaching Association of Canada, Provincial/Territorial Coaching Coordinators Committee, the Canada Games Council, the 2007 Canada Winter Games Host Society, and selected Provincial/Territorial Sport Associations has been a great experience. I am proud to be the only Synchro recipient, which means that Ontario will be the only province with 3 coaches on deck at CWG. I am currently in my last year at the University of Toronto, completing a degree in French and Anthropology.



**MANAGER JENNIFER SHAVER** ~ I was a swimmer at Toronto Synchronized Swimming Club for ten years. Provincial Champion in figures and podium finishes for team, duet and solo. As a swimmer I competed twice internationally for Canada, once at the Comen Cup in the duet and solo events and once in Poland in team, duet and solo. After retiring I came to Variety Village as a team coach and coached the Provincial Level athletes for 5 years. As the head coach I began the first National Level training program for Variety Village and I have coached the Tier 6 and 7

teams for the past 5 years. As an Ontario coach I have also worked with two Team Ontario groups and have represented the province as the National Junior Team manager for two years in a row. Also in my spare time :- ) I am on a Special Education team for the Toronto District School Board. For the Canada Games I would like to see our athletes achieve their goals and have an excellent swim. I believe that we have a great group and the girls have been working very hard to make the province proud.



# GO FOR THE GOLD!



**KATIE LEPAGE ~**

I am 16 years old. I have been swimming with the Durham Synchro Club for nine years. Since I started in 1998, I have been fortunate to have had many amazing experiences as a result of my involvement in the sport of synchronized swimming. After winning gold and silver medals at the Ontario Winter Games, the most memorable moment for me was becoming a member of the 13-15 National Team in 2005. We traveled to Athens, Greece and competed in the Comen Cup, placing fourth, behind Russia, Greece and Italy. It was so much fun to befriend girls from all across the country, and I continue to stay in touch with many of them. I am both thrilled and honoured to now be representing Ontario, at the Canada Games, 2007. In the future I would love to make another National team because I had such a positive experience representing Canada. I love synchro so much because it is truly unique. Not many other sports can help to develop coordination, fitness, strength, endurance, and problem solving simultaneously. I am so close with the girls on my team because many of us have been training together for years, and now we are like sisters. I wouldn't trade my synchro experience for anything! After synchro, I am hoping to pursue a career in either medicine or engineering.



**JULIA MACLEAN ~**

I am 15 years old. My home club is Durham Synchronized Swimming Club. I have been competing competitively for 8 years now. Some of my accomplishments and memorable moments include: Provincial Solo Champion for 2 years in a row, winning Provincial Figures last year, receiving a 3<sup>rd</sup> place finish in figures, a 2<sup>nd</sup> place finish in duet and a 3<sup>rd</sup> place finish in solo at Divisionals last year, earning a spot on the 13-15 Team Canada, winning gold at the Junior PAN AM's and being named to Team Ontario. My goals for my future synchro career include making the Junior National Team this summer, making it to the Olympic Team later on in my swimming and getting a synchronized swimming scholarship to a university. I love synchro because you can express yourself in many different ways in the water. I enjoy synchro so much and just have a lot of fun at the practice and at the competitions. I love to perform and I just feel at my best when I have everyone watching me swim. I think that synchro is such a beautiful sport and for me it is very inspirational to watch. I love the water and I love the sport of synchronized swimming, so it just fits.



**CHELSEY MATTHEWS ~**

I am 17 years old and I swim for the Durham Synchro Club. I started out swimming rec for two years, and then moved to competitive. This is my eighth year of competitive synchro swimming. My most memorable experiences in synchro have definitely been the competitions! Whether it's the bus ride there, team dinners with my teammates and my coach Holley, or fun times in the changeroom, we always manage to have a great time! My goals include winning the 2007 Canada Winter Games in team and I would also love to have my best figures performance yet. I love a lot of things about synchro, so it's hard to just name a few. I would have to say the friendships and the good times we have would be at the very top of my list. I love the athleticism of synchro and the feeling of working really hard on a routine. I love visiting new places that I might never see if it weren't for synchro. I've also learned a lot about time management, dealing with different team dynamics, and how to rise above when you feel like you've failed. I hope to study speech-language pathology at university. I'm not really sure what synchro holds for me in the future but I do know that so far, I've enjoyed every minute of it.



# WE'RE CHEERING FOR YOU!



**SAMANTHA MAWHINNEY ~**

I am 16 years old and my home club is the Olympium. I have been swimming for 10 years. My accomplishments include being a member of the 13-15 National Team two summers ago, representing Canada in Greece where our team placed 4th! I traveled to Loano, Italy to represent Canada in the duet category in April 2006. Our club team also came 3rd at Nationals in 2006 in the Tier 7 category. I love synchro because of the great friendships you share with teammates and the challenges it gives athletes. For me, the feeling of overcoming difficult

obstacles is what keeps me going!



**VICTORIA MINTZ ~**

I have been swimming with the Etobicoke Olympium Synchronized Swim Club for 9 years. I love the sport and have had the opportunity to befriend many talented and wonderful athletes whom I consider my best friends. I have experienced many memorable moments in synchro which include placing top three at Nationals in the past two years, top six in duet and receiving the aggregate (all round) award for Tier 6 in Ontario in 2006 to name just a few. My team was also presented the opportunity to compete internationally in Peru last year which was awesome as we placed first. I feel my greatest accomplishment has been the Team Ontario experience. It is truly an honour and privilege to be involved in the Canada Winter Games in 2007 and being able to travel to the Yukon to represent Ontario. It has been experiences like these that have had a significant impact on my life. In the future, I would love to receive a swimming scholarship and coach young swimmers and like every athlete I would love to compete in the Olympics. The reason I love this sport is the opportunities and challenges I am presented with in every aspect of training. I love the feeling of accomplishing my goals and striving for something bigger and better with my team mates. I love to swim in front of large



**ANNETTE PETERSEN ~**

I am 15 years old from the Olympium Synchro Club. This year is my 6th year swimming. My accomplishments and memorable moments include: traveling to Lima, Peru with my tier 6 team in 2006, traveling to Oaxtepec, Mexico with the 13-15 National Team in the summer of 2006, making Team Ontario 2007 and traveling with them to Santa Clara California and Los Angeles for a training camp. I like synchro because I like the fact it's a team sport and you get to meet

new people. I would like to make another National team in the future.



**STEPHANIE SAUNDERS ~**

I am 16 years old and I am from Hamilton. I swim for the Olympium Synchro Club. I have been swimming synchro for 10 years.

One of my memorable achievements in synchro happened last year. Even though our 10 person team went to Tier 7 Nationals last year with 3 injured swimmers and had to swim only 7 swimmers, we still achieved our goal of placing 3rd!!



## **2007 Canada Games Legacy Project**

Since 2004, The Honourable James K. Bartleman, Ontario's Lieutenant Governor, has been leading the drive to put books in the hands of aboriginal youth across Ontario and in Canada's far north. This monumental effort to increase literacy is supported by the generosity of thousands of Ontarians and is the inspiration for a new Team Ontario project.

Team Ontario's "2007 Canada Games Legacy Project" will collect and present books to The Honourable Geraldine Van Bibber, Commissioner of the Yukon, on behalf of The Honourable James K. Bartleman and Team Ontario. This initiative will be a lasting legacy of Ontario's participation in the 2007 Canada Winter Games.

With your support, our goal is to have every participant from Ontario bring a minimum of 10 new or gently used books appropriate for a child or adolescent.



Please make sure the books are suitable for children and youth. Also, please no magazines or text books. All books will receive commemorative labels to let the reader know Team Ontario donated these books in 2007.

This is a great opportunity to give back to the host community and say thanks for their hard work in organizing the Canada Games for us all. It is also a priceless way to increase literacy for hundreds of young people in the north.

Come on Team, we can do it! Start collecting your books today!

