



PROVINCIAL CHAMPIONSHIPS

February 20-22, 2004 ~ Etobicoke Olympium

Hosted by: The Olympium Synchronized Swimming Club

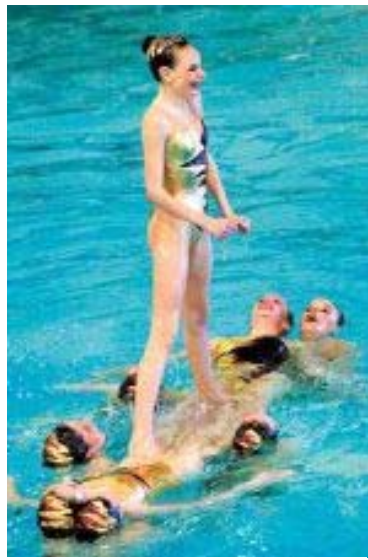
Come and watch Ontario's best synchro athletes compete for Provincial titles!



*Official Hotel of the
 2004 Provincial
 Synchro Swim
 Championships*

Friday, February 20th	Saturday, February 21st	Sunday, February 22nd
Club Spacing	Figure Competition Solo Competition Duet Competition	Team Competition: Tier 6 & 7 Teams Varied Teams Combo Teams

PROVINCIAL TRIALS



Burlington Synchro's
 Varied Team

Photo credit:
 Barry Gray, The Hamilton Spectator

The 2004 Provincial Trials took place from January 29th to February 1st at McMaster University in Hamilton. 499 athletes entered the competition; 318 in the Tier 1-5 Figure Competition, and 180 Tier 6 and 7 athletes in the routine events.

Tier 6 and 7 athletes competed their routines for the first time this competitive season in preparation for the Provincial Championships February 20-22.

Many thanks to all of the volunteers from Burlington Synchro, all of the officials, referees Carol Sharer and Diane Greenwood, and scorer John Muck.

Results from Provincials Trials can be found on page 6, full results are posted on synchroontario.com.



2004 Trillium 12 & Under Provincial Championships

Saturday, June 19, 2004
 Waterloo Swimplex

Hosted by: K-W Synchro

- 10 & Under Solo
- 12 & Under Technical Solo
- 12 & Under Figures
- 12 & Under Duet & Team Free

*2004 10 & Under pre-set solo
 Music: "You've got a Friend in Me"
 CD & Video Package - \$10*

Contact Synchro Ontario to order your copy



**THE BURLINGTON SYNCHRONIZED
SWIMMING CLUB'S**

- 2nd Annual -

RECREATIONAL EXTRAVAGANZA

**Saturday, April 24, 2004
Centennial Pool - Burlington, ON
(Appleby Line & New St.)**

Last year, B.S.S.C. hosted our first annual Recreational Extravaganza. We are planning on running this event again, however, we need your input. If you are interested in attending, please answer the questions below and return to Janet Herman at bssc@worldchat.com.

1. Would you be interested in awards testing for Star levels? If so, for which levels? Or . . .
2. Would you be interested in awards testing for Trillium levels? If so, for which levels?
3. Do you have any recreational duets or trios that would be interested in attending? If so, how many and at what level or age?
4. Do you have any recreational teams that would be interested in attending? If so, how many and at what level or age?
5. Do you have any other ideas, comments or feedback?

**UPCOMING EVENTS
2004**

Central OWG Trials

February 7, 2004 - Markham, ON
Hosted by: Markham Synchro

Provincial Championships

February 20-22, 2004
Etobicoke Olympium Pool
Hosted by: Olympium Synchro

Ontario Winter Games

Canada Games Aquatic Centre
March 11-14, 2004 - London, ON

Eastern Divisionals

March 24-28, 2004
Centre Claude Robillard - Montreal, QC
Hosted by: Synchro Quebec

Ontario - North Regional Trials

Date - TBA, Hosted by: Sudbury

Ontario - West Regional Trials

April 2-4, 2004
Victor Davis Pool - Guelph, ON
Hosted by: Guelph Synchro

Ontario - East Regional Trials

April 17-18, 2004
Nepean Sportsplex - Nepean, ON
Hosted by: Nepean Synchro

Recreational Extravaganza

April 24, 2004
Centennial Pool - Burlington, ON
Hosted by: Burlington Synchro

Ontario - Central Regional Trials

April 24-25, 2004
Hosted by: Markham Synchro

Synchro Nationals

May 3-8, 2004
Etobicoke Olympium Pool
Hosted by: Synchro Ontario

Ontario Tier Championships

May 27-30, 2004 - Nepean Sportsplex
Hosted by: Gloucester Synchro

Synchro Ontario AGM

June 5, 2004 @ Sport Alliance, Toronto

Ontario 12 & Under

Provincial Championship

June 19, 2004
Hosted by: K-W Synchro

2004 Olympic Games - Synchro Events

August 23-27, 2004



**Next Synchro Ontario
Board of Directors Meeting:**

Tuesday, February 17, 2004

Synchro Ontario is proud to acknowledge our sponsors:



2004 Synchro Ontario Club President's Retreat

On January 10-11 Ontario Synchro Club Presidents and Club Executive members gathered to meet at the Kempenfelt Conference Centre in Barrie for a retreat organized by Synchro Ontario.

Synchro Ontario staff members Leslie Makins, Kara Heald and Vicki Bradley and Board of Directors Lynn Hammond, Chris Gauthier, VP Admin & Sport Development, Anslie Johnson, VP Finance, Leanne McDonnell, VP Competitions, and Leslie Taylor, VP Officials, lead information and update sessions.

Anne Smeeton of the Canadian University Synchro Swim League (CUSL) lead an informative session. Many thanks to Anne for travelling to Barrie

to present an inspiring presentation to the group.

Other information and discussion sessions included a Synchro Canada update, Communication Report Card, Competitions and Ontario Winter Games Report, Lisa Alexander Meet/Star Testing, Marketing and Promoting Your Club, Seeking and Servicing a Sponsor, Favourite Fundraisers, Finance Update, Developing a Province-wide event, Administration and Recreation Update, Privacy Act, Awards, Club Development Plan, and a presentation from the Ontario Trillium Foundation.

Many thanks to all club presidents and executives that attended the retreat. Your input, ideas and commitment to the sport are incredible!



Information & Presentations from the 2004 President's Retreat are posted on the Synchro Ontario website on the President's Retreat 2004 webpage.

ONTARIO WINTER GAMES REPORT

East Ontario Winter Games Trials - Qualifying Teams:

Tier 4 Team: Kawartha-Trent Synchro
Tier 5 Team: Ottawa Synchro
Combo Team: Kawartha-Trent Synchro

West Ontario Winter Games Trials - Qualifying Teams:

Tier 4 Team: London Synchro & Guelph Synchro
Tier 5 Team: Waterloo Regional Synchro
Combo Team: K-W Synchro

Central Ontario Winter Games Trials

Saturday, February 7, 2004
Markham, ON

North Ontario Winter Games Trials

***Teams judged by video at Central OWG Trials**

OWG registration packages will be sent to Central and North qualifying teams Monday, February 9th.

*** Online registration for OWG is to be completed by February 15, 2004**

GET CONNECTED!

Resources for Coaches, Athletes & Officials

XI FINA World Championships
Montreal - July 17-31, 2005

www.montreal2005.org

FINA

website has been updated

www.fina.org

The Canadian Health Network

www.canadian-health-network.ca

The Canadian Women's Health Network

www.cwhn.ca

Exploratorium: Sport Science

www.exploratorium.edu/sports

Athletic Insight - The online Journal of Sport Psychology

www.athleticinsight.com

SCORING COMMITTEE

Synchro Ontario is forming a scoring committee for people interested in, or already involved in scoring Synchro Ontario competitions.

Provincial Scorer John Mouck will be the Chair of the Scoring Committee, and regional scorers are being sought to join the committee.

As a member of the scoring committee your role would be:

- To score, or ensure scoring is taken care of at regional Synchro Ontario competitions
- Assist the provincial scorer at provincial competitions
- Attend one meeting each Fall.

If you have already taken a scoring course (for the Tier system), or are interested in taking a scoring course Fall 2004 you are eligible to be on the committee.

If you are interested in joining the committee please contact: lmakins@osrc.com.

Many thanks to all clubs who have donated trophies

Provincial Championships

Tier 6 Team - Olympium Synchro
Tier 7 Junior Team - Olympium Synchro

Tier Championships

Tier 1 Team - Durham Synchro
Tier 2 Team - Guelph Synchro
Tier 3 Team - Kawartha-Trent Synchro
Tier 4 Team - Markham Synchro
Tier 5 Team - Waterloo Regional Synchro
Tier 4/5 Combo - Toronto Synchro
Tier 6/7 Combo - Gloucester Synchro
Varied Team - Burlington Synchro

Thank you!

Coaches are invited to hear two great speakers in February . . .

Speaker: **Nik Apostolopoulos**, founder Stretch Therapy & Microstretching Recovery Clinic - Vancouver, B.C.

Topic: **Microstretching** - technique that increases athlete's performance by increasing recovery between workouts & competitions.

Wednesday, February 11, 2004
7:00 p.m. - 9:00 p.m.
Sport Alliance Building

To reserve your seat e-mail Mary at mkaramitos@csontario.ca

Speaker: **Andy Higgins**, Director NCI - Ontario
Topic: **Success as an Option** - removing barriers to great performance when you choose to do so

Friday, February 13, 2004
6:00 p.m. - 8:00 p.m.
Robert F. High School - Caledon, ON

To reserve your seat send an e-mail to info@c3online.com.

Future Speakers for 2004:

March 12th **Dr. Todd Williamson**, How to make a healthy athlete and eating on the run.
April 2nd **Leith Drury**, Understanding the role of emotional intelligence on sports success.
May 14th **Rob Millar**, New Strategies in Sport Conditioning

TRILLIUM PROGRAM PARTNERS

TRILLIUM INSTRUCTOR COURSES

Are you interested in hosting a Trillium Instructor 1 or 2 Course at your facility?

Contact Kara at: 416-426-7407

TRILLIUM INSTRUCTOR RE-CERT

All re-cert info for instructors is posted at:
http://www.synchroontario.com/recreation_program_contents.htm

Re-cert options include an assignment, attending a development workshop, or volunteering with a club or at a competition.

DEVELOPMENT WORKSHOPS

Do your instructors want more ideas on how to develop new and interesting routines? Host a workshop and we will bring a course conductor to you! Workshops also count as a re-cert for your instructors!

Call Kara at: 416-426-7407

2004 Provincial Trials ~ January 30 - February 1, 2004

McMaster University, Hamilton, ON Hosted by: Burlington Synchro

Tier 1 Figures

1. Caitlin Flynn, KTSC
2. Alexa Miller, MSSA
3. Katrina Modesti, BRAN
4. Kayla Brooks, KWSC
5. Lindsay Lukezic, MSSA
5. Kaysha Lamb, BRAN (tie)
7. Cassandra Fraser, WRSC
8. Celia Mackenzie, BRAN
9. Emily Nelson, MSSA
10. Cassandra Ferguson, BRAN

Tier 4 Figures

1. Leah Mcgurn, NWMK
2. Katie Hildebrandt, NWMK
3. Rachel Aharan, LDSC
4. Jennifer Turner, OAKS
5. Kelsey Locklin, KTSC
6. Jocelyn Bourrie, NWMK
7. Ali Davies, NWMK
8. Kailey O'Connor, KTSC
9. Tess Martens, GSSC
10. Sara Boyce, LDSC

Tier 6 - 15 & Under Solo

1. Brittany Linton, OSSC
2. Samantha Mawhinney, OSSC
3. Sophie Baetz-Dougan, DHSC
4. Julia Maclean, DHSC
5. Katie Lepage, DHSC
6. Brianna Maclellan, DHSC

Tier 6 - Open Solo

1. Amy Dresser, BRAN
2. Meghan Danielson, BSSC
3. Victoria Lee, MKSC

Tier 6 - 15 & Under Duet

1. Linton / Mawhinney, OSSC
2. Baetz-Dougan / Lepage, DHSC
3. Maclean / Mouck, DHSC
4. Baines / Worlidge, BSSC
5. Mintz / Wymes, OSSC
6. Graham / Todd, OSSC

Tier 6 - Open Duet

1. Hoey / Jacobs, MKSC
2. Barna / Reichert, BSSC
3. Morrow / Potter, GLRS
4. Ferguson / Sillberg, LDSC

Tier 2 Figures

1. Emily Doran, LDSC
2. Cayley Cowan, LDSC
3. Hailey Banko, BRAN
4. Aleksa Pahapill, BSSC
5. Katrina Tenbroek, MSSA
6. Cheryl Jackson, MSSA
7. Nicole Amato, MSSA
8. Rebecca Gordon, MSSA
9. Laura Snowdon, MSSA
10. Megan Drake, LDSC

Tier 5 Figures

1. Emma Rickert, LDSC
2. Nicole Langford, KWSC
3. Joey Niezen, KWSC
4. Stacy Kivelia, WRSC
5. Allison Showers, WRSC
6. Syd Strelau, WRSC
7. Kate Reaume, KWSC
8. Katherine Graham, KWSC
9. Katy Missio, WRSC
10. Jacqueline Moslehi, KWSC

Tier 6 - 15 & Under Team

1. Durham (HL)
2. Olympium (KH)
3. Gloucester (LJ)
4. Waterloo Regional
5. Synchro Optima
6. Durham (HL/RF)

Tier 6 - Open Team

1. Gloucester (GL)
2. Mississauga

Tier 7 Junior Solo

1. Jennifer Knobbs, OSSC
2. Amy Levine, OSSC
3. Morgan Clarke, OPTI
4. Taylor Durand, OSSC
5. Courtney Brown, OPTI
6. Erin Willson, OPTI
7. Meredith Mason, OSSC

Tier 7 Junior Duet

1. Knobbs / Levine, OSSC
2. Brown / Clarke, OPTI
3. Halloran / Sadler, OPTI
4. Uhlman / Warner, OSSC
5. Krishnan / Mason, OSSC
6. Davidson / Ivany, VVSC
7. Gandy / Hobbes, BSSC

Tier 3 Figures

1. Melisa Mitic, BSSC
2. Hannah Bergen, OAKS
3. Sophie Monkman, KTSC
4. Stephanie Uhrig, WRSC
5. Rachel Johnston, KTSC
6. Danielle Allan, KTSC
7. Kaitlin Buis, BSSC
8. Robin Lynch, BSSC
9. Elysse Bujold, GSSC
9. Aileen Hodgson, WRSC (tie)

AWD Cognitive

1. Nicole Flynn
2. Cassie Thomas
3. Alexandra Armstrong
4. Kathleen Woo
5. Katherine Orpin

AWD Physical

1. Kristin Hayes
2. Lauren Daly

Tier 7 Junior Team

1. Synchro Optima
2. Olympium
3. Durham
4. Guelph
5. Variety Village

Tier 7 Senior Solo

1. Michelle Fraser, KTSC
2. Laura Scrimgeour, OTSC

Tier 7 Senior Duet

1. Petrie / Peer, OSSC

Varied Team (Tier 6/7)

1. Gloucester
2. Kawartha Trent
3. Burlington
4. Waterloo Regional

Combo Team (Tier 6/7)

1. K-W Synchro
2. Kawartha Trent
3. Gloucester (TH/LJ)
4. Waterloo Regional
5. Gloucester (NK)
6. Variety Village
7. Olympium