



Happy New Year!

Competitive Season set to Begin!

The Ontario Winter Games East Regional Trials competition on January 17th in Peterborough marks the beginning of the 2004 competitive season! Other competitions scheduled for January include Provincial Trials / West Regional OWG Trials January 30 - February 1 in Hamilton.

2004 promises to be a busy competitive year for Ontario with three provincial championships taking place from February to June (Provincials, Tier Championships and the Trillium 12 & Under Championships), and the Canadian National Championships being hosted in May.

High Performance Update

On Wednesday, December 10, 2003 Synchro Ontario held a High Performance Forum for all Synchro Ontario members to discuss the future of synchro in Ontario.

Many thanks to all who attended, and to our meeting facilitator Mary Jane Ling and special guests Shelaigh Croxon and Claire Carver Dias.

For minutes from the meeting please contact Sport Development Coordinator Kara Heald at kheald@osrc.com

Countdown to Nationals 2004!

Nationals is only 4 months away and the Nationals committee is hard at work on preparations for the 2004 National Championships taking place May 3-8 at the Etobicoke Olympium in Toronto, ON.

The Nationals Information Package #2 is currently being prepared and will be ready for distribution in February.

Stay updated on all of the Nationals 2004 information and find all Nationals Information Packages posted at:
www.synchroontario.com/nationals_main.htm



Synchro Canada Announces 2004 Olympic Team

Synchro Canada officially named its Olympic team for Athens 2004 Thursday, December 11 in Montreal.

The team was named following Olympic team trials which were held December 9-10. A total of 14 swimmers had been vying for a ticket to Athens, but in the end only nine were selected.

The team features three returning veterans from the 2000 Olympic Games where Canada finished third. Jessica Chase, Fanny Letourneau and Erin Chan will be counted on for their leadership and experience.

Ontario athlete Courtenay Stewart of Unionville was selected to the Olympic team, continuing the proud tradition of Ontario athletes on the Canadian Olympic Team. In 1996 Ontarians Lisa Alexander and Erin Woodley won silver medals with Team Canada in Atlanta, and in 2000 Claire Carver-Dias was part of the bronze medal winning Canadian Team.

Canada will compete in both the duet and team events from August 23-27, 2004 in Athens. The Canadian duet that will represent Canada be named in late January.

Team Canada 2004

- Nicole Cargill, Regina (SK)
- Erin Chan, Calgary (AB)
- Jessica Chase, Saint-Laurent (QC)
- Jessika Dubuc, Montreal (QC)
- Marie-Pierre Gagné, Montreal (QC)
- Fanny Létourneau, Deux-Montagnes (QC)
- Shayna Nackoney, Calgary (AB)
- Anouk Renière-Lafrenière, Montreal (QC)
- Courtenay Stewart, Unionville (ON)

SYNCHRO SWIM

PRESIDENT'S RETREAT 2004

Saturday, January 10th - Sunday, January 11th

Kempfenfelt Centre - Barrie, ON
www.kempfenfelt.com

*Important information updates, group discussions,
and interactive club development sessions.*

ONTARIO

2004 Competitive Masters Synchro Events

In 2004 the following competitive opportunities are open to competitive Masters athletes:

Regional Trials: See dates on the Upcoming Events Panel

Tier Championships: May 27-30, 2004 - Ottawa, ON

The Masters events at the listed competitions will be:

Duet, Trio, Team and Combo - *Free Routines only*

Questions? Please contact Marilyn Holmes: (416) 426-7112



Next Synchro Ontario Board of Directors Meeting:

Monday, January 19, 2004

Synchro Ontario is proud to acknowledge our sponsors:



Marie Routhier
Designer of Champions



UPCOMING EVENTS 2004

East OWG Trials

January 17, 2004 - Peterborough, ON
Hosted by: Kawartha Trent Synchro

Provincial Trials & West OWG Trials

January 30-February 1, 2004
McMaster University - Hamilton, ON
Hosted by: Burlington Synchro

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 25-28, 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

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

Ontario 12 & Under Provincial Championship

Dates & Host: TBA

Videos available from Synchro Swim Ontario

2003 Canadian National Championships
2003 Ontario Tier Championships
2003 FINA World Championships
2003 Club Presidents & Registrars Meeting (Sept/03)
Synchro Spirit 2003 (Oct/03)
High Performance Forum (Dec/03)

*We do have some additional tapes from previous years for borrow, please inquire if you have a specific request.

Terms for borrowing tapes:

The tapes listed above are available to borrow by Synchro Ontario members from the Synchro Ontario office. Tapes may be borrowed for **14 days**, and must be returned to the office in perfect condition. If tapes are lost or damaged the borrower is responsible for the cost of replacing the tape. The borrower will be billed for shipping if they can't pick up the tape at the office.

Attention Officials:

If you wish to borrow tapes - we do have a breakdown of scores to accompany the tapes for practice judging.

GET CONNECTED!

Resources for Coaches, Athletes & Officials

National Discount Fundraisers (NDF)

www.ndf-online.com

See you in Athens Fund

www.seeyouinathens.com

International Working Group on Women and Sport (IWG)

www.iwg-gti.org

The Tucker Center for Research on Girls and Women in Sport

<http://education.umn.edu/tuckercenter/>

Mission Nutrition

www.missionnutrition.ca

International Swimming Hall of Fame

www.ishof.org



**The Sandalwood Suites Hotel is the
proud sponsor and official hotel of Synchro Swim Ontario**

**Best of luck to all of the teams participating in the
2004 Canadian National Championship**



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