

Ontario athletes shine at Eastern Divisional Challenge

The 2005 Eastern/Atlantic Divisional Challenge was held March 30-April 3 at the Nepean Sportsplex in Ottawa. The competition hosted by Gloucester Synchro saw over 300 elite athletes from Ontario, Quebec, and the Atlantic Provinces vie for divisional titles in figures, solo, duet and team competition.

Athletes were also vying for top 10 finishes in solo and duet competition to advance to the 2005 Canadian Open Synchronized Swimming Championship (Tier 7) May 12-17 in Calgary or the 2005 Canadian Espoir Synchronized Swimming Championships (Tier 6) June 1-4 in Saskatoon.

In Select Team competition Burlington Synchro swam to a gold medal, with Gloucester Synchro following with bronze, and Guelph Synchro in 4th.

In Tier 6 competition Julia Maclean of Durham Synchro and Samantha Wymes of Olympium Synchro had 8th and 10th place

finishes respectively in the solo competition to advance to Nationals, and in duet competition Lepage/MacLellan of Durham Synchro finished 6th, Maclean/Mouck, also of Durham placed 7th and Mintz/Wymes of Olympium Synchro placed 8th, all advancing to Nationals. In Tier 6 Team competition Olympium Synchro placed 4th, Durham Synchro 5th, Synchro Optima 6th and Waterloo Synchro 8th. All teams that competed at Divisionals advance to Nationals, Ontario will be sending a total of 13 teams.

In Tier 7 Junior competition Jennifer Knobbs of Olympium Synchro won a bronze medal in solo competition, with Courtney Brown of Olympium following in 9th and Erin Willson of Synchro Optima in 10th, all advancing to Nationals. In Duet competition Levine/Knobbs of Olympium swam to a silver medal, with Brown/Mason also of Olympium placing 5th, Durand/Mawhinney of Synchro Optima placing 6th, and Sadler/

Willson of Synchro Optima placing 7th, also all advancing to Nationals. In Junior team competition Olympium Synchro won a bronze medal, Synchro Optima followed in 4th, Gloucester Synchro in 6th and Durham Synchro in 8th. All teams advance to Nationals.

In Tier 7 Senior competition Olympium Synchro won a bronze medal in team competition and Gloucester Synchro placed 4th. In duet competition Fraser/Neufeld from Olympium Synchro placed 6th and Hoey/Jacobs of Newmarket Synchro placed 7th.

In Tier 6 Combo competition K-W Synchro won a silver medal, Synchro Optima followed with bronze, Kawartha-Trent in 4th, and Variety Village in 5th. In Tier 7 Combo competition Synchro Optima won bronze, and Newmarket Synchro followed in 6th.

For complete Divisionals results see page 6 or visit www.synchroontario.com.

2005 Regional Championships

Central-North Regional Championships
April 9-10, 2005
Variety Village, Toronto
Hosted by: Variety Village Synchro Club

East Regional Championships
April 16-17, 2005
Carleton University, Ottawa
Hosted by: Ottawa Synchro Club

West Regional Championships
April 16-17, 2005
Canada Games Aquatic Centre, London
Hosted by: London Synchro Club

On behalf of the Synchro Swim Ontario Board of Directors & Staff best of luck to all of the competitors at the 2005 Regional Championship!

Trillium Recreational Figures Competition in Port Hope



Synchro Swim Ontario hosted another successful recreational figures competition at the Jack Burger Sports Complex in Port Hope on Sunday, March 6th. Over 90 recreational swimmers, including 18 Recreational Masters swimmers participated in the event.

Thank you to all of the volunteers in Port Hope, especially Marie Lytle for assisting in the organization of the event, and to all of the officials, referee Carol Sharer and scorer Andrew Heald for volunteering your time to make the figures meet such a great success!

Congratulations to all participants on your great achievements and we hope you will join us for the Trillium Recreational Routine Competition hosted by Synchro Swim Ontario Saturday, April 30th at the Alder Street Recreation Centre in Orangeville.



Trillium Recreational Routine Competition

Saturday, April 30, 2005
Alder St. Pool, Orangeville

- **Level 1-4 Team Routine Competition!**
- **Level 1-4 Rec Masters Routine Competition!**

Meet Package available on Synchro Ontario website:
www.synchroontario.com

Entries Due: Friday, April 15, 2005.

Tier Championships Athlete Banquet

Hosted by Synchro Swim Ontario

Athletes, Coaches, Parents, and Officials Come and Celebrate!

Thursday, May 26th

Marshall Hall at Bingemans, Kitchener

Doors Open at 5 p.m. Dinner at 6 p.m. with entertainment and dance to follow!

Tickets \$28.00

includes buffet dinner and entertainment!

Ticket order form on Page 5!

Synchro Swim Ontario gratefully acknowledges the generous support of our sponsors & suppliers



UPCOMING EVENTS 2004-2005

2005 Regional Championships

Central/North - April 9-10, 2005
Variety Village, Toronto
Hosted by: Variety Village Synchro

East - April 16-17, 2005
Carleton University

Hosted by: Ottawa Synchro

West - April 16-17, 2005
Canada Games Aquatic Centre
Hosted by: London Synchro

Ontario/Quebec Cup

April 23-24, 2005 - Gatineau, QC
Hosted by: Fees d'Eau de Gatineau

Rec Routine Meet - Orangeville

April 30, 2005 - Alder St. Pool
Hosted by: Synchro Ontario

2005 Canadian Open

May 12-17, 2005
Talisman Centre - Calgary, AB

2005 Tier Championships

May 26-29, 2005
Waterloo Swimplex, Waterloo
Hosted by: Waterloo Synchro

Canadian Espoir Synchronized Swimming Championships

June 2-6, 2005
Harry Bailey AC - Saskatoon, SK

2005 Masters Nationals

June 10-12, 2005
Trinity CRC, Toronto
Hosted by: Toronto Tsunamis

2005 Trillium Championships

June 11, 2005
Etobicoke Olympium, Toronto
Hosted by: Olympium Synchro

Synchro Swim Ontario Presidents Meeting & AGM

Saturday, June 25, 2005
Sport Alliance Building, Toronto



2005 Summer High Performance Camps

- Tier 1-5 selection determined by 2005 Tier Championship Figure Results
- Tier 6-7 selection determined by 50% Provincial Championship Figure Results + 50% Eastern Divisionals Figure Results
- Tier 6-7 Athletes will have letters of invitation and registration information sent to them following Eastern Divisionals.
- Tier 7 Sr. Camp will be offered for ALL T7 Sr. Athletes including T7 Jr. Athletes moving up to Sr. in 05-06, and T7 Jr. Athletes who will compete in Sr. events in 05-06. Date for the camp is TBA.
- Camp registration for Tier 1-5 Athletes will be available on location at Tier Championships!

Save the date now so your athlete can attend their summer camp!
This year's camps will see over 280 athletes benefit from High Performance training!

Tier 1-2 All Ages High Performance Camp

Top 30 Tier 1 Athletes

Top 30 Tier 2 Athletes*

**omitting top 18 Tier 2 - 12 & Under athletes*

July 9-10, 2005

Victor Davis Pool - Guelph

Tier 3-4 All Ages High Performance Camp

Top 30 Tier 3 Athletes*

**omitting top 18 Tier 3 - 12 & under athletes*

Top 30 Tier 4 Athletes*

**omitting top 18 Tier 4 - 15 & under athletes*

July 23-24, 2005

Etobicoke Olympium - Toronto

Tier 5-6 All Ages High Performance Camp

Top 30 Tier 5 Athletes*

**omitting top 18 Tier 5 - 15 & under athletes*

Top 30 Tier 6 Athletes*

**omitting top 18 Tier 6 - 15 & under athletes*

August 6-7, 2005

Etobicoke Olympium - Toronto

Tier 2-3 12 & Under High Performance Camp

Top 18 Tier 2 - 12 & Under Athletes

Top 18 Tier 3 - 12 & Under Athletes

August 13-14, 2005

Etobicoke Olympium - Toronto

Tier 4-5 15 & Under High Performance Camp

Top 18 Tier 4 - 15 & Under Athletes

Top 18 Tier 5 - 15 & Under Athletes

August 20-21, 2005

Etobicoke Olympium - Toronto

Tier 6-7 High Performance Camp

Top 18* Tier 6 15 & Under Athletes

Top 18* Tier 7 Jr. Athletes

**50% Provincial Figures + 50% Divisionals Figures*

September 10-11, 2005

Etobicoke Olympium - Toronto



Reach new heights!

Meet new Friends!



Learn new skills!



Fun!





Congratulations to Ontario's Leslie Taylor on her formal selection to judge at the FINA World Championships July 17-31 in Montreal!

Synchronized Swimming Schedule:

- July 17 Duet Technical & Free Prelim
- July 18 Team Technical & Free Prelim
- July 19 Solo Technical & Free Prelim
- July 20 Team Free Combination
- July 22 Duet Free Final
- July 23 Team Free Final

For more information visit:
www.montreal2005.org

XI FINA World Championships - MONTRÉAL 2005

VOLUNTEER OPPORTUNITY!

The goal of Montreal 2005 is to offer the world the best synchronized swimming competition they ever attended, and so we need your help!

During the two week competition, we will take care of 36 countries who will take part in the synchronized swimming competition. Our objective is to offer the best environment possible for the teams and athletes to realize their top performances.

Once in a lifetime opportunity! July 12th to 16th for the practices & July 17th to 23rd for the competitions. There are many positions still available for those two weeks!

For those who are not already registered as a volunteer and who want to take part in this unique experience please contact the volunteer committee at (514) 397-6553 or visit www.montreal2005.org and fill out the volunteer form. Make sure to check the synchronized swimming square.

For those who already applied, please contact Jacques Montminy at (514) 397-6553 to make sure that your name and phone number are on the list of the synchronized swimming section. ***DON'T MISS THIS UNIQUE OPPORTUNITY TO SEE THE BEST SYNCHRONIZED SWIMMERS IN THE WORLD!***



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Tier Championships Athlete Banquet

Hosted by Synchro Swim Ontario

Athletes, Coaches, Parents, and Officials Come and Celebrate!

Thursday, May 26th

Marshall Hall at Bingemans, Kitchener

Doors Open at 5 p.m. Dinner at 6 p.m. with entertainment and dance to follow!

Tickets \$28.00

includes buffet dinner and entertainment!

☆ **Banquet Ticket order forms for clubs have been included in the Tier Championship Meet Package** ☆

☆ **Parents or Officials if you would like to attend the banquet please use the order form below** ☆

Tier Championships Banquet Ticket Order Form

Name _____ Club Affiliation _____

Address _____

Phone _____ E-mail _____

Number of Tickets Requested _____ x \$28.00 = _____

*Individual ticket orders are due by Friday, May 6th

*Banquet tickets will be mailed to the contact indicated on order form.

*Tickets must be shown at the door for entry. If ticket is lost, name will be checked on guest list.

*ALL TICKETS ARE NON-REFUNDABLE

*Mail, Fax or e-mail order form to: Synchro Ontario, 1185 Eglinton Ave. E., #303, Toronto, ON M3C 3C6
Fax: 416-426-7376 E-mail: kheald@osrc.com

Please find my cheque enclosed

Please charge my: Visa Mastercard

Name on Card: _____

Number: _____ Expiry: _____

Signature: _____

2005 Eastern/Atlantic Divisional Challenge ~ March 30-April 3, 2005

Tier 6 Figures

**Top 10 Ontario athletes*

6. J.Maclean, Durham
9. K.Lepage, Durham
10. S.Wymes, Olympium
11. V.Mintz, Olympium
12. T.Gavin, Optima
15. A.Petersen, Markham
19. C.Mouck, Durham
20. L.Barna, BSSC (*T6 Open*)
27. C.Caskey, Olympium
29. N.Kokolakis, Olympium
30. S.Kowalski, Waterloo

Tier 6 Team

**All advancing to Nationals*

4. Olympium (KH)
5. Durham
6. Synchro Optima
8. Waterloo
11. Waterloo
12. Gloucester
13. London
14. Guelph
15. Variety Village

Tier 7 Figures

**Top 10 Ontario athletes*

4. J.Knobbs, Olympium
7. C.Brown, Olympium
9. A.Levine, Olympium
10. K. Cornish, Durham
11. E.Willson, Optima
13. T.Durand, Optima
14. S.Mawhinney, Optima
19. A.Hull, Olympium
21. C.Costello, Gloucester
22. R.Scott, Olympium

Tier 7 Junior Team

**All advancing to Nationals*

3. Olympium
4. Synchro Optima
6. Gloucester
8. Durham

Tier 7 Senior Team

**All advancing to Nationals*

3. Olympium
4. Gloucester

Tier 6 Solo

**Solos advancing to Nationals*

8. J.Maclean, Durham*
10. S.Wymes, Olympium*
12. V.Mintz, Olympium
13. K.Lepage, Durham

Tier 7 Solo

**Solos advancing to Nationals*

3. J. Knobbs, Olympium*
9. C.Brown, Olympium*
10. E.Willson, Optima*

Tier 7 Senior Duet

**Advancing to Nationals*

6. Fraser/Neufeld, Olympium*
7. Hoey/Jacobs, Newmarket*

Select Team

**All advancing to Nationals*

1. Burlington
3. Gloucester
4. Guelph

Tier 6 Duet

**Duets advancing to Nationals*

6. Lepage/MacLellan, Durham*
7. Maclean/Mouck, Durham*
8. Mintz/Wymes, Olympium*
12. Gavin/Grubb, Optima

Tier 7 Jr. Duet

**Duets advancing to Nationals*

2. Knobbs/Levine, Olympium*
5. Brown/Mason, Olympium*
6. Durand/Mawhinney, Optima*
7. Sadler/Willson, Optima*
11. Killey/Linton, Optima

Tier 6 Combo Team

**All advancing to Nationals*

2. K-W Synchro
3. Synchro Optima (JY)
4. Kawartha-Trent
5. Variety Village

Tier 7 Combo Team

**All advancing to Nationals*

3. Synchro Optima (AC)
6. Newmarket

Trillium Recreational Figures Competition ~ Port Hope ~ March 6, 2005

Masters Figure Competition

Level 1 (20-29)

1. N.Boyd, Orangeville

Level 1 (30-39)

1. L.Butler, Orangeville

Level 2 (30-39)

1. M.Shuwers, Kawartha-Trent

Level 2 (40-49)

1. K.Rous, Port Hope
2. K.Grills, Kawartha-Trent
3. G.Clark, Port Hope

Level 2 (50-59)

1. T.Degler, Toronto Tsunamis

Level 2 (60-69)

1. E.Horsburgh, Orangeville

Level 3 (30-39)

1. T.Colosimo, Orangeville

Level 3 (40-49)

1. K.Knight, Port Hope
2. A.Burnham, Port Hope

Level 4 (20-29)

1. L.Wieczula, Toronto Tsunamis
2. A.Racine, Port Hope
3. A.Oleksak, Toronto Tsunamis

Level 4 (30-39)

1. H.Langen, Kingston Synchro

Level 4 (40-49)

1. V.Cane, Orangeville
2. B.Robinson, Orangeville

Level 4 Figure Competition

11-12 yrs

1. C.Parkin, Jimmie Simpson

13-14 yrs

1. L.Roberts, Jimmie Simpson
2. A.Routs, Port Hope
3. O.Carey, Kingston Synchro

15+ Yrs

1. A.Everdell, Kingston Synchro
2. A.Tupy, Jimmie Simpson
3. K.C-Merriam, Jimmie Simpson
4. S.Ludlow, Jimmie Simpson
5. M.Roberts, Jimmie Simpson
6. H.Cable, Port Hope

Level 3 Figure Competition

11-12 yrs

1. K.Vandenberg, Kawartha Trent
2. A.MacDonald, Port Hope

13-14 yrs

1. J.Clark, Port Hope
2. T.Clark, Port Hope

15+ Yrs

1. C.Macdonald, Port Hope
2. H.Duncan, Orangeville

Level 2 Figure Competition

8 yrs & Under

1. C.Bedlington, Kawartha-Trent
2. M.Hathaway, Brampton

9-10 yrs

1. A.Shuwers, Kawartha-Trent
2. A.Allen, Kawartha-Trent
3. E.Hillier, Port Hope
4. B.Beck, Kingston Synchro
5. R.Rutherford, Kawartha-Trent

11-12 yrs

1. E.Nesbitt-Wood, Trinity
2. S.Roberts, Jimmie Simpson
3. K.Downey, Trinity
4. K.Dobie, Port Hope
5. E.Pearce, Trinity
6. R.Verbeem, Port Hope

13-14 yrs

1. J.Zhou, Trinity
2. K.MacPherson, Kawartha-Trent
3. J.Kryluk, Cobourg Y
4. A.McBride, Port Hope
5. T.Facey, Port Hope

Level 1 Figure Competition

8 yrs & Under

1. J.Lance, Durham Synchro
2. R.Borbas, Olympium Synchro
3. M.Caulfield, Durham Synchro
4. S.Roberts, Olympium Synchro
5. R.Hansen, Granite Club
6. M.Dick, Kawartha-Trent

9-10 yrs

1. R.Heit, Granite Club
2. J.Marshall, Granite Club
3. H.Clark, Durham Synchro
4. P.Gouinlock, Granite Club
4. K.Grand, Granite Club
4. M.Daly, Granite Club
5. N.Monk, Durham Synchro
6. J.Brillantes, Jimmie Simpson

11-12 yrs

1. J.Thornton, Durham Synchro
2. C.Tang, Durham Synchro
3. K.McGuire, Cobourg Y
4. C.Broderick, Trinity