



Ontario synchro athletes are “making it happen” at Summer High Performance Camps!



Tier 1-2 High Performance Camp



Tier 3-4 High Performance Camp

Synchro Swim Ontario’s 2005 Summer High Performance Camps kicked-off in July with the Tier 1-2 High Performance Camp which took place July 9-10 at the Victor Davis Pool in Guelph, and the Tier 3-4 High Performance Camp which occurred July 23-24 at the Etobicoke Olympium in Toronto.

Over 100 of the province’s top tier 1-4 athletes have participated in the first two camps, where they have enjoyed working with enthusiastic camp coaches and learning new figure and routine skills in preparation for the upcoming season. Athletes qualified for camps through their results at the 2005 Tier Championships.

“The first two camps were awesome”, said Synchro Swim Ontario’s High Performance Camp Coordinator Mary Jane Ling. “I know the coaches have had a great time, and everyone worked very hard and still found time to have FUN!!!”

Over 120 athletes are registered to participate in the remaining High Performance Camps scheduled for August and September including the Tier 5-6 Camp August 6-7, Tier 2-3 12 & Under Camp August 13-14, Tier 4-5 15 & Under Camp August 20-21 and the Tier 6-7 Camp directed by former Olympic team coach Sheilagh Croxon September 10-11.



Exclusive High Performance 2005 logo designed by Synchro Swim Ontario Sponsor “Me on a T”.

2005 FINA World Championships make a splash in Montreal

The XI FINA World Championships were held in Montreal July 17-31, and the synchro fans were treated to a thrilling week of synchronized swimming competition.

Team Canada had great performances including a 6th place finish in Solo from Marie-Pier Boudreau Gagnon, a 5th place finish in duet competition from Nicole Cargill and Courtenay Stewart, a 4th in Free Routine Combination and a 5th place finish in Team.

Complete results are posted on the Synchro Canada website: www.synchro.ca

XI FINA World Championships ~ Top 6 Results:

Solo Final

- | | |
|--------------------|---------------------------|
| 1. V.Dedieu, FRA | 4. E.Suzuki, JAP |
| 2. N.Ischenko, RUS | 5. C.Jones, USA |
| 3. G.Mengual, ESP | 6. M.Boudreau-Gagnon, CAN |

Duet Final

- | | |
|---------------------------|-------------------------|
| 1. Davydova/Ermakova, RUS | 4. Lowe/Nesbitt, USA |
| 2. Mengual/Tirados, ESP | 5. Cargill/Stewart, CAN |
| 3. Harada/Suzuki, JAP | 6. Gu/Zhang, CHN |

Free Routine Combination Final

- | | | |
|-----------|-----------|----------|
| 1. Russia | 3. Spain | 5. USA |
| 2. Japan | 4. Canada | 6. China |

Team Final

- | | | |
|-----------|----------|-----------|
| 1. Russia | 3. Spain | 5. Canada |
| 2. Japan | 4. USA | 6. China |



2005-2006 Competition Hosts Selected

2005 Lisa Alexander Figure Meet & Superstar 3-7 Testing

Date & Location TBA

2006 Provincial Trials & OWG East Regional Trials

January 20-22, 2006 ~ Hosted by Gloucester Synchro at the Nepean Sportsplex

2006 Central/West/North OWG Trials

Date & Location TBA

2006 Provincial Championships

February 17-19, 2006 ~ Hosted by Olympium Synchro at the Etobicoke Olympium

2006 Ontario Winter Games

March 9-11, 2006 ~ Hosted by Newmarket Synchro at Buell Aquatic Centre (Borden)

2006 Eastern Divisional Challenge

Date & Location TBA ~ Hosted by Synchro Quebec

2006 Regional Championships

Dates & Locations TBA

2006 Ontario-Quebec Cup

April 29-30, 2006 ~ Hosted by Burlington Synchro at Centennial Pool

2006 Canadian Open Championships

Date & Location TBA

2006 Tier Championships

May 25-28, 2006 ~ Hosted by London Synchro at the Canada Games Aquatic Centre

2006 Canadian Espoir Championships

Date & Location TBA

2006 Trillium 12 & Under Provincial Championship

Date & Location TBA

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



BROOKS DID THIS
CREATIVE SERVICES



UPCOMING EVENTS 2005

Tier 5-6 High Performance Camp

August 6-7, 2005
Etobicoke Olympium, Toronto

Tier 2-3 12 & Under High Performance Camp

August 13-14, 2005
Etobicoke Olympium, Toronto

Tier 4-5 15 & Under High Performance Camp

August 20-21, 2005
Etobicoke Olympium, Toronto

Tier 6-7 High Performance Camp

September 10-11, 2005
Etobicoke Olympium, Toronto

Club Presidents & Registrars and Coach Training Day

September 24, 2005
Sport Alliance Building, Toronto

Burning Bright for Breast Cancer 2005

October 1-31, 2005
Synchro Clubs across Ontario!

Team Spirit 2005 Athlete & Coach Workshops

Tier 1-3 Team Spirit
Saturday, October 22, 2005
Etobicoke Olympium, Toronto

Tier 4-6 Team Spirit
Sunday, October 23, 2005
Etobicoke Olympium, Toronto

Tier 1-6 Team Spirit
Date TBA
Ottawa, ON

Synchro Canada Presents.....

Swim with the National Team for a Day!

Please join us at the Etobicoke Olympium on **Tuesday, August 9th, 2005** while we work together and meet up to learn new skills, new ideas and see a preview all of the Junior National Team routines.

The team would like to invite the first 36 swimmers who are interested, to join them for an afternoon of synchro adventure including figure skills, routine skills, performance practice and a private look into how the National Team prepares for their best swim. The National Junior Team is competing in the ASUA Cup in Orlando, Florida in the middle of August and they are looking for as much support as possible.

The practice will be from 1:00pm-4:00pm on Tuesday, August 9th and the girls are very excited to work with some of Canada's new up and coming stars. We are looking for athletes that are in the Tier 3 level or higher and we would love to see some keen Tier 6 and 7 athletes that are ready to learn what National Team is all about.

Please fill out a form (available on the Synchro Ontario website) and send it through email to confirm your spot. Please wait for a confirmation of your spot via a phone call. Please bring a cheque or cash to the event as the cost of the training is \$15.00. You can email the forms to goldiejs@yorku.ca and we will call you to confirm. The athletes will meet in the lobby of the Etobicoke Olympium at 12:30pm and we will begin our day of fun. Parents can join us at about 3:30pm when we will begin our show (your daughter's are the stars!)

Synchro Canada Presents.....

The Junior National Team

Send-Off Show

Saturday, August 13th

The Junior National Team would like to invite you to our send-off show **Saturday, August 13th at 7:30 p.m.** at the Etobicoke Olympium. The team is very excited to show off their routines, as they are ending their training for the ASUA Cup on August 17, 18, and 19. Our top 12 Tier 7 Junior athletes are very excited to show you their routines that have reached a level of excellence that we are all very proud of. These girls have been working towards perfection for 6 weeks and are ready to share their success and efforts with their fans.

The show will be held at the Etobicoke Olympium and will begin at 7:30pm. Athletes will be available for autographs after the show. The cost of the show is \$2.00 for adults and \$1.00 for children under 10. All of your donations go to support the cost of training for our athletes and we appreciate your contributions. Everyone is invited to come and enjoy the show and wish our athletes the best of luck in their upcoming adventure south of the border. Please come out and show our National Junior Team your support and good wishes as they pursue their quest for Gold at the ASUA Cup.



BROOKS DID THIS
CREATIVE SERVICES

Photo of the year!

After online balloting the winners of the 2005 Brooks Did This Photo of the Year contest have been announced! Congratulations to all nominees and to the Photo of the Year Winner - Waterloo Regional's Tier 4 Team.



Winner
Waterloo Regional Tier 4 Team



First Runner Up
Newmarket Synchro Tier 5 Team



Second Runner Up
Gloucester Synchro Tier 7 Duet

Team Spirit 2005

Athlete & Coach Development Workshops

Synchro Swim Ontario is pleased to present **TEAM SPIRIT 2005** Athlete and Coach Development Workshops. The workshops are designed to give athletes and coaches the knowledge and skills to reach for higher levels of achievement, and this year specially targeting team development skills. We are planning an exciting line-up of sessions with guest coaches, and invited experts from different fields, including former National team coach and international synchro consultant Biz Price.

This year registration will be **limited** initially to **one team per club per workshop** for the Toronto workshops and to **3 teams per club** for the Ottawa workshop. In limiting registration we are guaranteeing that every club has the opportunity to attend. Spots declined by clubs will be filled by a random draw from second and third choices indicated on the registration form.

Clubs are to register by team. The team registration fee of \$650 includes up to 10 athlete spots and one coach spot. Additional coaches can be registered at \$25 per coach. *Team Spirit Registration Packages have been mailed to club contacts with their 05-06 Club Registration Packages.

Tier 1-3 Team Spirit

Saturday, October 22
8:00 a.m. ~ 3:00 p.m.
Etobicoke Olympium

Tier 4-6 Team Spirit

Sunday, October 23
9:00 a.m. ~ 4:00 p.m.
Etobicoke Olympium

Tier 1-6 Team Spirit

Date TBA
9:00 a.m. ~ 5:00 p.m.
Ottawa, ON

Registration Information

\$650 per team*
\$25 per additional coach

Fee covers up to 10 athletes and 1 coach & does not change for less than 10 swimmers

Snacks & Lunch are NOT included, please have athletes and coaches bring their own

Team registrations are due by Saturday, September 24, 2005

Clubs will be notified following the deadline if they are drawn for additional spots.

Refund policy: Upon request by a participant, Synchro Swim Ontario will refund 50% of course fees paid up to 10 days prior to the day of the course, after that all fees are non-refundable.

For more information or questions please contact Sport Development Coordinator Kara Heald
Phone: 416-426-7407 or e-mail kheald@osrc.com

