



Synchro Swim Ontario announces 2005 Provincial Team

Synchro Swim Ontario selected its 2005 provincial team named **Canada Games - Team Ontario 2005** on Saturday, January 22 during the 2005 Provincial Trials in Waterloo.

The 18 Tier 7 Jr. Athletes who participated in the 2004 High Performance camps were eligible for this team, who competed in a three-phase selection process of basic elements, technical elements, and a figures event. The top 12 athletes at selection were named to the team.

Congratulations to Courtney Brown, Katie Cornish, Taylor Durand, Katie Hammond, Laura Killey, Jennifer Knobbs, Amy Levine, Meredith Mason, Alissa Sadler, Rachel Scott, Kendra

Warner and Erin Willson who hope to represent Ontario this summer at an international invitational competition.

Synchro Swim Ontario is also pleased to announce that Julia Warren has been selected as Head Coach of Canada Games - Team Ontario 2005. Warren, has past experience including Head Coach of the 2003 Canadian National Junior Team, and Assistant Coach of Canada's National B Team from 1999-2002.

Synchro Swim Ontario will also be hiring an assistant coach for Canada Games - Team Ontario 2005. Applications for this position are due to Synchro Swim Ontario by Friday, February 7th.

Canada Games - Team Ontario 2005

Courtney Brown, *Olympium Synchro*
Katie Cornish, *Durham Synchro*
Taylor Durand, *Synchro Optima*
Katie Hammond, *Olympium Synchro*
Laura Killey, *Synchro Optima*
Jennifer Knobbs, *Olympium Synchro*
Amy Levine, *Olympium Synchro*
Meredith Mason, *Olympium Synchro*
Alissa Sadler, *Synchro Optima*
Rachel Scott, *Synchro Optima*
Kendra Warner, *Olympium Synchro*
Erin Willson, *Synchro Optima*



PROVINCIAL SYNCHRO SWIM CHAMPIONSHIPS
FEB 2005

2005 Provincial Championships
February 18-20, 2005

Hosted by: Olympium Synchro
Etobicoke Olympium
590 Rathburn Rd., Toronto, ON

Tier 6-7 High Performance Training/Talent ID Camp **Monday, February 21st ~ 8:00-3:00 p.m.** **Etobicoke Olympium**

- * Top 20 Tier 6 15 & Under Athletes
- * Top 20 Tier 7 Junior Athletes
- * Sessions led by Sheilagh Croxon & Biz Price
- Athletes will be invited based on their Provincial Championship Figure Results.
- There is no registration fee for the camp, lunch & snacks will also be provided
- If an athlete in the top 20 declines the invitation to attend, the next swimmer listed in the results will be invited up to placing 25.
- Athletes/Parents must complete a registration form for the camp to accept their spot. Registration for the camp will take place at the Etobicoke Olympium (upstairs hallway) when results have been posted on Saturday, February 21st.



Trillium Recreational Figures Competition

**Sunday, March 6, 2005 - Port Hope
Jack Burger Sports Complex**

- **Level 1-4 Figures Competition**
- **New! Masters Rec Event (Levels 1-4)**

**Meet Package available on Synchrono Ontario website:
www.synchroontario.com**

Entries Due: Friday, February 18, 2005.



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 Synchrono Ontario website:
www.synchroontario.com**

Entries Due: Friday, April 15, 2005.

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



UPCOMING EVENTS 2004-2005

2005 Provincial Championships

February 18-20, 2005
Etobicoke Olympium, Toronto
Hosted by: Olympium Synchro

East Region Coach Clinic

Saturday, February 26, 2005
Orleans Rec Complex - Ottawa

West Region Coach Clinic

Wednesday, March 2, 2005
Waterloo Synchro Club Pool

Rec Figure Meet - Port Hope

March 6, 2005
Jack Burger Sports Complex

Central/North Region Coach Clinic

Sunday, March 6, 2005
Etobicoke Olympium, Toronto

2005 Eastern/Atlantic Divisionals

March 30-April 3, 2005
Nepean Sportsplex, Ottawa
Hosted by: Gloucester Synchro

2005 Regional Championships

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

East - April 16-17, 2005
Hosted by: Ottawa Synchro

West - April 16-17, 2005
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

2005 Canadian Open

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

2005 Tier Championships

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

Synchro Ontario - Call for Coaches 2005 High Performance Camps

Synchro Swim Ontario will once again be running athlete sport development camps for Summer 2005. At this time we are putting out a call for coaches for the **TIER 1-6 HIGH PERFORMANCE - ALL AGES CAMPS**.

There will be three High Performance - All Ages Camps over three weekends (Sat-Sun) during July and August 2005: Tier 1-2, Tier 3-4 and Tier 5-6. Details on dates are TBD.

Synchro Ontario is looking for coaches with a minimum Level 1 certification.

Please send a **resume** outlining your synchro experience, and complete the **application form** (available online) with your contact information, NCCP number and any weekends (Sat-Sun) you are **NOT** available in July or August 2005. You may also express if you have a keen interest in working with a specific tier level, and if you are interested in working at more than one camp.

If you have any questions please contact Kara Heald Sport Development Coordinator. Please send resumes and application forms via e-mail to kheald@osrc.com, or fax to the Synchro Ontario office at 416-426-7376.



~ Employment Opportunity ~

Synchro Swim Ontario is hiring for the following positions:

Project Coordinator
Bookkeeper

Posting & Job Description available online at www.synchroontario.com

Deadline for applications is
Thursday, February 3, 2005

E-mailed and faxed applications are accepted.

Send resumes to:

Personnel Committee - Synchro Swim Ontario
1185 Eglinton Ave. E. #303, Toronto, ON M3C 3C6,
Fax: 416-426-7376, E-mail: lmakins@osrc.com



Coaches Association of Ontario Names Sheilagh Croxon New Chair

The Coaches Association of Ontario is pleased to announce the appointment of Sheilagh Croxon as the new CAO Chair. Previously on the Board of Directors as the Secretary, Croxon has played an integral leadership role for the past two years.

"I am excited to take on this new position and continue working with such a strong group of coaches on the Board. Pierre's visionary leadership has helped establish the CAO as a strong support system and voice for coaches throughout the province. I look forward to increasing opportunities for Ontario's coaches to learn, grow, get connected and lead sport in this province".

Croxon is a decorated synchronized swimming coach that has experience at the grass roots levels through to Olympic level. She has been the recipient of numerous coaching excellence awards, including three - time Ontario Female Coach of the Year and the Wittnauer Coaching Excellence Award. She is currently the Women in Coaching National Coordinator for the Coaching Association of Canada and was a member of the Canadian Professional Coaching Association Executive for the past three years.

The Coaches Association of Ontario is a non-profit coach-led organization that strengthens development opportunities and provides educational resources for coaches. The CAO promotes coaching ethics and ensures the wider community recognizes the vital role of the coach in the development of sport at all levels

Regional Coaching Clinics with Sheilagh Croxon

- Clubs may choose the coaches they wish to send to the clinic.
- 3 coaches per club for the East, 2 coaches per club for the Central/North and West.
- The focus will be on the development of Tier 5-6 coaches (level 2-3)
- NO COST for clubs and coaches.
- Registration form available on Synchro Ontario website
- Registrations due by Friday, February 11

East Region Clinic

Saturday, February 26, 2005
11:30 a.m. - 4:00 p.m.
Orleans Rec Complex
1490 Youville Dr., Ottawa

Central/North Region Clinic

Sunday, March 6, 2005
3:30 p.m. - 8:00 p.m.
Etobicoke Olympium
590 Rathburn Rd., Toronto

West Region Clinic

Wednesday, March 2, 2005
2:30 p.m. - 6:30 p.m.
Waterloo Synchro Club Pool
500 Weber St., Unit B, Waterloo

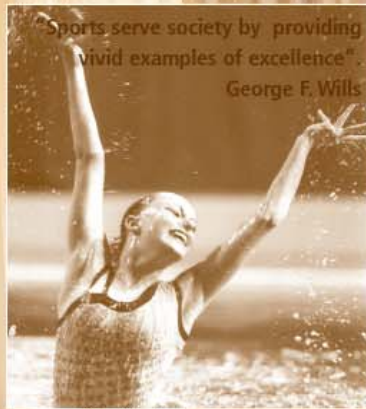


2005 High Performance Camps

Attention Coaches, Athletes & Parents:

- Please note the revision below to the naming of the 2005 Summer High Performance Camps for Tier 1-7 Athletes.
- Camp dates & location will be announced shortly.
- Camps shall be grouped together as follows:
 - Tier 1 & 2 High Performance - All Ages Camp
 - Tier 3 & 4 High Performance - All Ages Camp
 - Tier 5 & 6 High Performance - All Ages Camp
 - Tier 2 & 3 High Performance - 12 & Under Camp
 - Tier 4 & 5 High Performance - 13 & Under Camp
 - Tier 6 & 7 High Performance Camp (T6 15 & Under + T7 Jr. Athletes and T7 Sr. if applicable)

Tier	High Performance Camps (12&U,13&U,15&U,Tier 7)	High Performance Camps All Ages
Tier 1	<ul style="list-style-type: none"> • No age specific camp 	<ul style="list-style-type: none"> • Top 30* • In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited.
Tier 2	<ul style="list-style-type: none"> • Top 18* aged 12 yrs & under (as of Dec. 31, 2005) • If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 2 - 12 & U results will be invited to attend up to placing 25. 	<ul style="list-style-type: none"> • Top 30* (omitting top 18 12&U) • In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited to attend.
Tier 3	<ul style="list-style-type: none"> • Top 18* aged 12 yrs & under (as of Dec. 31, 2005) • If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 3 - 12 & U results will be invited to attend up to placing 25. 	<ul style="list-style-type: none"> • Top 30* (omitting top 18 12&U) • In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited to attend.
Tier 4	<ul style="list-style-type: none"> • Top 18* aged 13 yrs & under (as of Dec. 31, 2005) • If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 4 - 13 & U results will be invited to attend up to placing 25. 	<ul style="list-style-type: none"> • Top 30* (omitting top 18 13&U) • In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited to attend.
Tier 5	<ul style="list-style-type: none"> • Top 18* aged 13 yrs & under (as of Dec. 31, 2005) • If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 5 - 13 & U results will be invited to attend up to placing 25. 	<ul style="list-style-type: none"> • Top 30* (omitting top 18 13&U) • In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited to attend.
Tier 6	<ul style="list-style-type: none"> • Top 18* Tier 6 15 & Under athletes • 50% Provincials Figures + 50% Divisionals Figures • If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 6 - 15 & U results will be invited to attend up to placing 25. 	<ul style="list-style-type: none"> • Top 30* Tier 6 15&U/Open* (omitting top 18 15&U) • In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited to attend.
Tier 7 Jr.	<ul style="list-style-type: none"> • Top 18* Tier 7 Junior athletes • 50% Provincials Figures + 50% Divisionals Figures • If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 7 Jr. results will be invited to attend up to placing 25. 	<p>*Tier 1-5: Selection will be determined by 2005 Tier Championship Figure Results.</p> <p>*Tier 6-7: Selection determined by 50% of Provincial Championship figure score + 50% of Divisionals figure score. If an athlete misses one event, remaining score is weighted at 100%. If an athlete misses both events, they are ineligible.</p>
Tier 7 Sr.	<ul style="list-style-type: none"> • TBD - Based on Registration. 	



Congratulations to the excellence demonstrated by competitors, families and organizers of the Synchro Swim Ontario provincial championships.

Preferred hotel rates are available to all members of the Synchro Swim Ontario family. No need to shop around, just go to:

www.GreatCanadianHotels.com/sso

or give us a call at 1.888.4Canada (1.888.422.6232) and quote the "SSO" rate.



Official host hotel.

GreatCanadianHotels.com

 Call us at 1.888.4.CANADA (1.888.422.6232)

Preferred hotel rates apply only to properties managed by CHIP Hospitality. Rates valid on new reservations only and subject to availability – some blackout dates may apply.

2005 Synchro Ontario Officials & Club Presidents Retreats

Officials Retreat

Selected Synchro Swim Ontario officials attended the 2005 Synchro Ontario Officials Retreat January 8-9 at Kempenfelt Conference Centre in Barrie.

Officials attended technical development sessions over 2-days with FINA level officials Leslie Taylor, Lynda Furniss, Diane van der Pol, and Level 5 trainee Jan McLaughlin. Officials also enjoyed a session on stress in the judges chair with Sports Psychologist Dr. Judy Goss.

Many thanks to Synchro Ontario's Officials Representative Leslie Taylor for organizing a great retreat, and to retreat presenters Lynda Furniss, Diane van der Pol, Jan McLaughlin and Judy Goss for sharing your knowledge and experience with all of the officials!



Officials participated in technical development sessions and a fun social on Saturday night.



Club Presidents from Synchro Ontario competitive clubs participated in interactive group discussion sessions regarding club development topics, and enjoyed a Saturday night social together after a long day of hard work!

Club Presidents Retreat

Club Presidents from across the province gathered once again at the Kempenfelt Conference Centre in Barrie January 15-16 for their annual Presidents Retreat.

Club presidents were updated on the latest news and program developments from Synchro Ontario and Synchro Canada and participated in various group club development sessions over the two day retreat.

Many thanks to all Club Presidents who attended the retreat, your input, suggestions and ideas continue to strengthen synchro in Ontario. Thank you also to all of the retreat presenters including Synchro Ontario President Lynn Hammond, board members Chris Gauthier and Janice Mason, University Synchro Coordinator Anne Smeeton, and the Synchro Ontario Office Staff.

**EASTERN/ATLANTIC DIVISIONAL CHALLENGE
CHAMPIONNAT DE L'EST/ATLANTIC
LONG SLEEVE T-SHIRT**



Front (small logo left)



Logo



Back (large logo center)

Long Sleeve T-Shirt	
Size	Length x Width
S	28 x 18 (in)
M	29 x 20 (in)
L	30 x 22 (in)
XL	31 x 24 (in)

This souvenir **white t-shirt is available for sale to participants and supporters of the 2005 Eastern/Atlantic Divisional Challenge. The t-shirt is 100% 10 oz. Cotton, seamless, double stitched collar and bottom; taped neck and shoulders; pre-shrunk and loose fitting.**

Orders must be placed and cheques received by Wednesday, March 2nd in order to get them in time for the meet. TEAM ORDERS WOULD BE PREFERRED. Price: \$25.00

There will be no orders placed after this date or at the meet.

Please use the order form and return with payment (cheques payable to "Gloucester Synchro") to:

**Gloucester Synchro
1991 Silver Pines Cres.
Orleans, ON K1W 1J7**

**Susan Smallwood
613-824-2578
susan.smallwood@sympatico.ca**

2005 Eastern/Atlantic Divisional Challenge Souvenir T-Shirt Order Form

Final Order Due Date: March 2nd, 2005

CLUB NAME: _____

SWIMMERS NAME (if ordering individually): _____

CLUB CONTACT Name, telephone #, e-mail address: _____

Size (Ladies)	Quantity	Unit Cost	Total
Small		\$25.00	
Medium		\$25.00	
Large		\$25.00	
Extra Large		\$25.00	
Total		\$25.00	

2005 Provincial Trials ~ January 22-23, 2005 @ Wilfrid Laurier University Pool

Tier 1 Figures

1. K.Chowan, WRSC
2. S.Horner, WRSC
3. A.Tracey, WRSC
4. A.Ko, WRSC
5. V.Krzywicki, WRSC
6. M.Evans, VVSC
7. H.Verbiski, WRSC
8. L.Dawson, DHSC
9. S.Bourrie, NWMK
9. E.Feeney, WRSC

Tier 2 Figures

1. H.Truong-Nguyen, WRSC
2. D.Klein, WRSC
3. A.Young, DHSC
4. A.Rinne, KWSC
5. F.Thompson, NWMK
6. K.Mazurek, WRSC
7. L.Pharm, WRSC
8. J.Cait, MSSA
9. L.Woo, VVSC
10. E.Nelson, MSSA

Tier 3 Figures

1. S.Geller, DHSC
2. K.Lawson, BSSC
3. L.Snowdon, MSSA
4. J.Oczkowski, WRSC
5. C.Horner, WRSC
6. M.Lebland, BSSC
7. E.Wolejszo, BSSC
7. M.Triebe-Gravel, WRSC
9. C.Bourrie, NWMK
9. C.Fraser, WRSC

Tier 4 Figures

1. K.Wollny, KTSC
2. N.Ashworth, MKSC
3. K.O'connor, KTSC
4. D.Gibson, KTSC
5. P.Moore, NWMK
5. C.Hutton, DHSC
7. H.Sine, WRSC
8. K.Buis, BSSC
8. L.Henderson, KTSC
10. A.Rubiano, MSSA

Tier 5 Figures

1. A.Davies, NWMK
1. K.Giles, KTSC
3. C.Krall, MSSA
4. L.Halabecki, BRAN
4. J.Bourrie, NWMK
6. J.Boa, WRSC
7. R.Winn, BSSC
8. A.Secord, MSSA
9. K.Ardiel, LDSC
9. K.Cook, LDSC

AWD C Figures

1. N.Flynn, VVSC
2. M.Wong, VVSC
3. K.Woo, VVSC
4. K.Orpin, VVSC

T6 15&Under/Open Solo

1. J.MacLean DHSC
2. K.Lepage DHSC
3. C.Mouck DHSC
4. S.Wymes OSSC
5. V.Mintz OSSC
6. T.Gavin OPTI

T6 15&Under/Open Duet

1. Lepage/MacLellan DHSC
2. Mintz/Wymes OSSC
3. MacLean/Mouck DHSC
4. Saunders/Worlidge BSSC
5. Barclay/Petersen MKSC
6. Papineau/Todd OSSC

T6 15 & Under Team

1. Durham
2. Olympium (KH)
3. Synchro Optima
4. Waterloo Region
5. Gloucester
6. London

T6 Open Team

1. Durham
2. Olympium (KH)
3. Synchro Optima
4. Waterloo Region (Open)
5. Waterloo Region (15&U)
6. Variety Village (JS)

T7 Jr. Solo

1. J.Knobbs OSSC
2. E.Willson OPTI
3. C.Brown OSSC
4. T.Durand OPTI
5. R.Scott OPTI
6. K.Cornish DHSC

Tier 7 Jr. Duet

1. Durand/Mawhinney OPTI
2. Sadler/Willson OPTI
3. Brown/Mason OSSC
4. Cornish/MacLean DHSC
5. Petrie/Uhlman OSSC
6. Killey/Linton OPTI

T7 Jr. Team

1. Synchro Optima
2. Olympium
3. Gloucester
4. Durham

T7 Sr. Team

1. Olympium
2. Gloucester

Tier 6-7 Combo

1. Synchro Optima (EP)
2. Newmarket
3. Kawartha Trent
4. K-W Synchro
4. Synchro Optima (JY)
6. Variety Village

Select Team

1. Guelph
2. Gloucester

Tier 7 Sr. Duet

1. Fraser/Neufeld OSSC
2. Hoey/Jacobs NWMK

Complete results for all events at Provincial Trials can be found at www.synchroontario.com/Results.htm



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EVENT PHOTOGRAPHY

SEE YOU AT THESE MEETS

January 22-23 Provincial Trials
February 18 - 20 Provincial Championships
May 26 - 29 Tier Championships

Want us at your event...Email us at info@brooksdidthis.net

WE CAN ALSO...

Design promotional materials, logos, meet programs, develop websites, take club photos cut music and much more....

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