



## Team Ontario 2005 selection set for Provincial Trials



Coaches Sheilagh Croxon and Jadine Cleary with Tier 7 Jr. Athletes who will go on to selection for Team Ontario 2005 in January: Courtney Brown, Katherine Cornish, Taylor Durand, Kirsten Femson, Kathleen Gandy, Katie Hammond, Samantha Hobbes, Lauren Jankowski, Laura Killey, Jennifer Knobbs, Amy Levine, Meredith Mason, Meagan Petrie, Alissa Sadler, Rachel Scott, Liza Walker-Byron, Kendra Warner, and Erin Willson.

Selection for Team Ontario 2005 is set to take place during the 2005 Provincial Trials January 22-23 at WLU in Waterloo, ON.

The Synchro Ontario High Performance Committee has finalized the criteria for the selection of Team Ontario 2005, who hopes to be sent to an international invitational competition in 2005. These athletes will be selected from the group that attended the Tier 7 Jr. High Performance Camps in August and December.

Selection of the top 12 athletes named to the team shall include judging of: Phase I - Basic Requirements (worth 20% of final score), Phase II - Technical Elements (worth 30% of final score), and Phase III - Figures (worth 50% of final score).

The criteria for the final selection of those athletes who will be competing internationally shall be developed by the coach of Team Ontario 2005 in conjunction with officials and High Performance Committee consultants. The Team Ontario 2005 Head and Assistant Coach are set to be hired in January prior to selection at Provincial Trials.

Tier 7 Junior athletes participated at their second high performance camp December 18-19 at the Etobicoke Olympium led by Olympic medal winning coach Sheilagh Croxon. Athletes also trained with renowned sport psychologist Dr. Judy Goss, Coaches Biz Price and Jadine Cleary, and trainer Kelly Platt.

Team Ontario 2005 will be formally announced following Provincial Trials.

## New initiatives set for 2005 as part of ACTIVE2010 Sport Priority Funding

Synchro Swim Ontario extends its sincere thanks to the Honourable Minister Jim Bradley and the Ontario Ministry of Tourism and Recreation for the ACTIVE2010 Sport Priority Funding that has been awarded to us. We are most pleased to utilize these funds for the initiatives outlined below which will be delivered at no cost to clubs, coaches and athletes. Programs are to be completed by March 31, 2005. Detailed information regarding programs will follow in the new year.

### HP Training/Talent ID Camp

**Monday, February 21, 2005**  
**Etobicoke Olympium**

*(following Provincial Championships)*

**Top 20\* Tier 6 15 & Under Athletes**  
**Top 20\* Tier 7 Junior Athletes**

*\*Athletes will be invited based on their Provincial Championship Figure Results*

*\*There will be no registration fee for the camp\**

*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.*

### Regional Coach Clinics

Sheilagh Croxon will lead regional coaching clinics. Clubs must attend the clinic in their competitive region.

*(Synchro Ontario Travel reimbursement policy will apply for North region clubs)*

#### East Region Clinic

Saturday, February 26th ~ 11:30-4:00  
Orleans Recreation Complex, Ottawa

#### Central & North Region Clinic

Sunday, March 6th ~ 3:30-8:00  
Etobicoke Olympium, Toronto

#### West Region Clinic

Date & Time TBA  
Waterloo Regional Synchro Club Pool, Waterloo

### "Try Synchro" Program

A traveling team of synchro enthusiasts can come to your club to run a "try synchro" session. No cost to your club or program - we just need you to provide the participants! The program will run from February 1 to March 31. Existing pool time can be used or an additional booking can be made for the program. Interested in booking a session for your club or program? Call or e-mail Sport Development Coordinator Kara Heald at 416-426-7407 or [kheald@osrc.com](mailto:kheald@osrc.com).



## 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 Synchron Ontario website:**

**[www.synchroontario.com](http://www.synchroontario.com)**

**Entries Due: Friday, February 18, 2005.**



## Presidents Retreat 2005

January 15-16, 2005 @ Kempenfelt Centre - Barrie

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



## UPCOMING EVENTS 2004-2005

### Club Presidents Retreat

January 15-16, 2005  
Kempenfelt Centre - Barrie

### Provincial Trials

January 22-23, 2005  
Wilfrid Laurier, Waterloo, ON  
Hosted by: K-W Synchro

### 2005 Provincial Championships

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

### Rec Figure Meet - Port Hope

March 6, 2005  
Jack Burger Sports Complex

### 2005 Eastern/Atlantic Divisionals

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

### 2005 Regional Championships

North - April 9-10, 2005  
Hosted by: Sudbury Synchro

Central - 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, Quebec  
Hosted by: Fees d'Eau de Gatineau

### 2005 Canadian Open

May 12-17, 2005  
Calgary, AB @ Talisman Centre  
Hosted by: Calgary Aquabelles

### 2005 Tier Championships

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

# 2005 High Performance and Sport Development Programming

In 2004, Synchro Swim Ontario's High Performance Committee designed and implemented programs for camps for all tiers. In the Fall of 2004, we took some time to assess the camp designs and their success. We determined that there would be continued benefit in offering this opportunity again, but have chosen to modify the camps somewhat to achieve the goals the Committee has set forth for Ontario's success in the area of high performance. As the Committee began to determine what the definition of "high performance" meant and the need to promote those athletes' movement forward we determined that age

must factor into the definition. We did not, however, wish to take away opportunities for continued development of all athletes, so, in 2005 we will offer camps that are age specific that will meet the needs of training athletes in an environment geared towards "high performance" and camps that allow for continued development within our sport. The chart below identifies how selection into each of the camps will be brought forward. Greater details of the entire High Performance / Sport Development programs will be shared with Ontario Presidents at their upcoming retreat in January 2005.

Please Take a moment to review the chart below. The HP Committee continues to develop the programs for 2005 and more detailed information will be shared as it becomes available. Any questions you may have may be directed to Kara Heald, Sport Development Coordinator.



Lynn Hammond  
President, Synchro Swim Ontario &  
Chair of the High Performance  
Committee

## 2005 High Performance & Sport Development Summer Camps

*\*Please note Tier 1-5 selection is determined by figure results at 2005 Tier Championships (May 26-29, 2005)*

Tier	High Performance Camp	Sport Development Camp
<b>Tier 1</b>	<ul style="list-style-type: none"> <li>No High Performance Camp for Tier 1 Athletes.</li> </ul>	<ul style="list-style-type: none"> <li>Top 30*</li> <li>In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited.</li> </ul>
<b>Tier 2</b>	<ul style="list-style-type: none"> <li>Top 18* aged 12 yrs &amp; under (as of Dec. 31, 2005)</li> <li>If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 2 - 12 &amp; U results will be invited to attend up to placing 25.</li> </ul>	<ul style="list-style-type: none"> <li>Top 30* (omitting top 18 12&amp;U)</li> <li>In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited to attend.</li> </ul>
<b>Tier 3</b>	<ul style="list-style-type: none"> <li>Top 18* aged 12 yrs &amp; under (as of Dec. 31, 2005)</li> <li>If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 3 - 12 &amp; U results will be invited to attend up to placing 25.</li> </ul>	<ul style="list-style-type: none"> <li>Top 30* (omitting top 18 12&amp;U)</li> <li>In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited to attend.</li> </ul>
<b>Tier 4</b>	<ul style="list-style-type: none"> <li>Top 18* aged 13 yrs &amp; under (as of Dec. 31, 2005)</li> <li>If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 4 - 13 &amp; U results will be invited to attend up to placing 25.</li> </ul>	<ul style="list-style-type: none"> <li>Top 30* (omitting top 18 13&amp;U)</li> <li>In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited to attend.</li> </ul>
<b>Tier 5</b>	<ul style="list-style-type: none"> <li>Top 18* aged 13 yrs &amp; under (as of Dec. 31, 2005)</li> <li>If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 5 - 13 &amp; U results will be invited to attend up to placing 25.</li> </ul>	<ul style="list-style-type: none"> <li>Top 30* (omitting top 18 13&amp;U)</li> <li>In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited to attend.</li> </ul>
<b>Tier 6</b>	<ul style="list-style-type: none"> <li>Top 18* Tier 6 15 &amp; Under athletes</li> <li>50% Provincials Figures + 50% Divisionals Figures</li> <li>If an athlete in the top 18 declines the offer to attend, the next swimmer listed in the Tier 6 - 15 &amp; U results will be invited to attend up to placing 25.</li> </ul>	<ul style="list-style-type: none"> <li>Top 30* Tier 6 15&amp;U/Open* (omitting top 18 15&amp;U)</li> <li>In the event that an athlete declines the offer to attend, the next swimmer listed in the results will be invited to attend.</li> </ul>
<b>Tier 7 Jr.</b>	<ul style="list-style-type: none"> <li>Top 18* Tier 7 Junior athletes</li> <li>50% Provincials Figures + 50% Divisionals Figures</li> <li>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.</li> </ul>	<p><b>*Tier 1-5: Selection will be determined by 2005 Tier Championship Figure Results.</b></p> <p><b>*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.</b></p>
<b>Tier 7 Sr.</b>	<ul style="list-style-type: none"> <li>TBD - Based on Registration.</li> </ul>	

## Synchro Swim Ontario announces VTR Uniforms as official uniform supplier

Synchro Swim Ontario is pleased to announce a new sponsorship agreement with VTR Uniforms, of Guelph, Ontario. VTR Uniforms will be the official uniforms supplier of Synchro Swim Ontario for the 2004-2005 season.

VTR Uniforms specializes in teamwear, workwear, custom embroidery and screen printing, and has been outfitting synchro clubs for several seasons, and a supplier to Synchro Swim Ontario since Spring 2004.

For information and quotes on teamwear for your club please contact Franco Venturato at VTR Uniforms at 519-837-1272 or e-mail [vtruniforms@bellnet.ca](mailto:vtruniforms@bellnet.ca).



61 Victoria Road South  
Guelph, ON N1E 5P7

Phone: 519-837-1272  
Fax: 519-837-8753  
E-mail: [vtruniforms@bellnet.ca](mailto:vtruniforms@bellnet.ca)

## Synchro Swim Ontario Board of Directors Announcement

On behalf of the Synchro Swim Ontario Board of Directors, I am pleased to announce that Elena Podolsky has joined the Board of Directors as the Coaches Representative. Elena has many years of coaching and related training which will certainly be an asset to the Board as well as the committees on which she will sit. We are looking forward to working with her!

At this time I would also like to extend my thanks to Carrie Wilson who has held this position for the last two years. Both the Board and the related committees in which Carrie participated greatly benefited from her knowledge and expertise and we wish her all the best in her future endeavors!

*Sincerely,*  
*Leslie Makins, Executive Director*

### Synchro Swim Ontario Board of Directors:

*Lynn Hammond, President*  
*Janice Mason, VP Finance*  
*Leanne McDonnell, VP Competitions*  
*Chris Gauthier, VP Admin & Sport Development*  
*Amy Caskey, Athletes Representative*  
*Leslie Taylor, Officials Representative*  
*Elena Podolsky, Coaches Representative*  
*Lori Kowalski, Recording Secretary*

The advertisement features a large background image of two female swimmers in red and black patterned swimsuits, smiling and celebrating in a pool. To the right, there is a logo for 'BROOKS DID THIS CREATIVE SERVICES' which includes a stylized lightbulb icon. Below the main image, the text 'EVENT PHOTOGRAPHY' is written in large, yellow, outlined letters. A row of five smaller inset photos shows various moments from swimming events, including swimmers celebrating and performing.

### 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](mailto:info@brooksdidthis.net)

### WE CAN ALSO...

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

Give us a call to see how we can help.

99 COTTON GRASS STREET :: KITCHENER ONTARIO :: N2E 3T5 :: T 519-998-7704 :: F 519-742-7704 :: E [INFO@BROOKSDIDTHIS.NET](mailto:INFO@BROOKSDIDTHIS.NET)

# 2005 PROVINCIAL CHAMPIONSHIPS SHIRTS



White w Red Sleeves  
 ¾ Length Sleeve Baseball Baby T

Measurements	Width X Length
M	15 x 22.5(in)
L	16 x 23.5(in)
XL	17 x 24.5(in)

100% Combed Cotton  
 10.5 ounce Silky Touch Interlock  
 Cut for smaller fit with stretch  
 Style suitable for teens



**Me on a "T" is a proud sponsor of  
 Synchro Swim Ontario and the official  
 supplier of the 2005 Provincial  
 Championships T-Shirts**

*These great souvenir shirts are available for sale, on a pre-order basis, to participants and supporters of the 2005 Provincial Synchro Swim Championships!*

**Price: \$28.00 each**

**Order yours before Friday January 14<sup>th</sup> 2005,  
 and pay only \$25.00 EACH!**

Please use this form to order and return with payment (cheques payable to OSSC) to:

Olympium Synchro Shirt Orders  
 66 Marcus Crescent  
 Markham, ON L3P 7A7  
 Nancy Chan (905)294-8803

*Last Day To Order is January 28, 2005*

## 2005 Provincial Championships Souvenir Shirts Order Form

Name: \_\_\_\_\_  
 Club: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Size (Ladies)	Quantity	Unit Cost	Total
M			
L			
XL			
<b>TOTAL:</b>			

To qualify for the discount, orders with payment must be post-marked January 14, 2005 or prior.

*Thank-you for your support!*