



## Provincial Team captures silver medals at Espana Sincro



### 2005 PROVINCIAL TEAM

*Courtney Brown, Taylor Durand, Katie Hammond, Laura Killey, Jennifer Knobbs, Amy Levine, Meredith Mason, Meagan Petrie, Alissa Sadler, Rachel Scott, Kendra Warner & Erin Willson*

Ontario's provincial team captured silver medals in all international results at the VIII Espana Sincro competition June 17-19 in Xirivella, Spain.

The provincial team, made up of junior-aged athletes (18 & under) had a strong 2nd place finish in Senior team competition. The team was competing against Spain's Senior National Team currently ranked 4th in the world, and who will go on to compete at the FINA Worlds in Montreal in July.

The duet of Jennifer Knobbs and Amy Levine also captured a silver medal in Senior Duet competition, with teammates Courtney Brown and Meredith Mason finishing 5<sup>th</sup>. The duets also

competed against Spain's top duet of Gemma Mengual and Paola Tirados who placed 4th at the 2004 Olympic Games. Jennifer Knobbs had a very strong performance in Senior Solo competition placing 2nd, where she faced 2003 World bronze medalist Gemma Mengual. In the Free Routine Combination event Ontario also brought home silver.

Congratulations to all team members, and to the coaches (Julia, Jennifer, Kelly & Jessica). Thank you to all team parents for your support and patience, as well as to the Synchro Ontario Staff, Board and High Performance Committee in the development of a successful provincial team program!

## Ontario athletes excel at 2005 Espoir National Championships

The 2005 Canadian Espoir Synchronized Swimming Championships were held June 1-4 in Saskatoon and was a successful championships for Ontario athletes. Two Ontario athletes were successful in claiming spots on the new Canadian 13-15 National Team. Congratulations go to Samantha Mawhinney of Synchro Optima and Katie Lepage of Durham Synchro who will be representing Canada at the Comen Cup August 4-7 in Saloniki, Greece.

Ontario athletes fared well at the 2005 Canadian Espoir Synchronized Swimming

Championships. In Tier 6 Figures Katie Lepage of Durham Synchro placed 7<sup>th</sup> out of a field of 273 competitors, and Samantha Mawhinney of Synchro Optima followed in 8<sup>th</sup>. In Solo competition Julia Maclean of Durham Synchro placed 10<sup>th</sup>, and in Duet competition Ontario placed 3 duets in the top 10 with Victoria Mintz and Samantha Wymes of Olympium Synchro finishing 5<sup>th</sup>, Katie Lepage and Brianna MacLellan of Durham Synchro placed 7<sup>th</sup>, and Carrie Mouck and Julia Maclean followed in 8<sup>th</sup>. In Tier 6 15 & Under Team competition Olympium Synchro captured a bronze medal, and

Durham Synchro followed in 4<sup>th</sup>. In Select Team competition Burlington Synchro claimed the National Championship, Gloucester Synchro followed with a bronze, and Guelph Synchro placed 4<sup>th</sup>. In the Free Routine Combination event K-W Synchro were bronze medalists, Synchro Optima tied for 4<sup>th</sup>, Variety Village placed 6<sup>th</sup>, and Kawartha-Trent Synchro placed 8<sup>th</sup>.

Complete results from the 2005 Espoir National Championships are available on the Results page of the Synchro Ontario website: www.synchroontario.com



***Congratulations to Ontario athletes who qualified for 2005 National Teams and National Team Trials at the Canadian Open and Espoir Championships.***

**National Junior Team**

Courtney Brown  
Jennifer Knobbs

*Courtney and Jennifer will be competing with the Junior National Team at the 2005 Pan American ASUA Junior Synchronized Swimming Championships in Orlando, Florida from August 18-21, 2005.*

**Qualified for National B & Junior Team Trials**

Katherine Cornish	Samantha Mawhinney
Taylor Durand	Alissa Sadler
Amy Levine	Erin Willson

**National 13-15 Team**

Katie Lepage  
Samantha Mawhinney

*Katie and Samantha will be competing with the National 13-15 Team at the 2005 Comen Cup in Saloniki, Greece from August 4-7, 2005.*

**Qualified for National 13-15 Team Trials**

Tristen Gavin	Carrie Mouck
Julia Maclean	Samantha Wymes
Victoria Mintz	

**UPCOMING EVENTS  
July-September 2005**

**Tier 1-2 All Ages  
High Performance Camp**  
July 9-10, 2005  
Victor Davis Pool, Guelph

**NCCP/CBET Level 1**  
July 9-10, 2005  
Victor Davis Pool, Guelph

**2005 FINA Worlds**  
July 17-31, 2005  
Montreal, QC

**Tier 3-4 All Ages  
High Performance Camp**  
July 23-24, 2005  
Etobicoke Olympium, Toronto

**Tier 5-6 All Ages  
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

**Fall Club Presidents & Registrars  
Information/Training Meeting**  
September 24, 2005  
Sport Alliance Building, Toronto

**Team Spirit 2005  
Athlete & Coach Workshops**  
October 22 & 23, 2005  
Etobicoke Olympium, Toronto

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



# Ontario crowns 12 & Under Provincial Champions

The 2005 Trillium 12 & Under Provincial Championships were held Saturday, June 11th at the Etobicoke Olympium where over 100 12 & Under athletes from across the province were vying for provincial titles in 10 & Under pre-set solo competition, and 12 & Under Figures, Solo, Duet and Team competitions.

In 10 & Under pre-set Solo competition Kathleen Carpenter representing Olympium Synchro brought home the provincial 10 & Under solo title. In 12 & Under figures and solo competition Jessica Henry of Synchro Optima captured the provincial championships, and in 12 & Under duet competition Chloe Brown and Natalie Mintz of Olympium Synchro won gold. In the 12 & Under team competition Waterloo Regional Synchro Club swam away with team championship.

Thank you to Olympium Synchro volunteers for a great meet! Complete results from the Trillium 12 & Under Provincial Championships are posted on the Synchro Swim Ontario website Results page: [www.synchroontario.com/results.htm](http://www.synchroontario.com/results.htm).



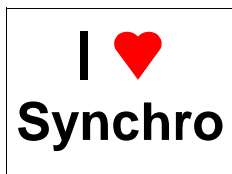
Team Champions ~ Waterloo Regional Synchro Club

12 & U Solo Champion  
Jessica Henry (Optima)

10 & U Solo Champion  
Kathleen Carpenter (OSSC)

12 & U Duet Champions ~ Brown/Mintz (OSSC)

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XI FINA WORLD  
CHAMPIONSHIPS

JULY 16-31, 2005  
Montreal, Canada

## Synchronized Swimming - Schedule of Events

**Sunday, July 17**  
Duet Technical  
Duet Free Prelims

**Monday, July 18**  
Team Technical  
Team Free Prelims

**Tuesday, July 19**  
Solo Technical  
Solo Free Prelims

**Wednesday, July 20**  
Combo Prelims  
Combo Finals

**Thursday, July 21**  
Solo Free Final

**Friday, July 22**  
Duet Free Final

**Saturday, July 23**  
Team Free Final



# 2005 Summer High Performance Camps

- Tier 1-5 selection determined by 2005 Tier Championship Figure Results
- Camp registration for Tier 1-6 camps is currently being filled.
- Tier 6-7 camp selection determined by 50% Provincial Championship Figures + 50% Eastern Divisionals Figures, letters of invitation and registration information have been mailed out and are due by **July 13** (T6 15&U) and **July 29** (T7 Jr.)
- 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.

*This year's camps could 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

**REGISTRATION FEE: \$180.00**

## 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

**REGISTRATION FEE: \$180.00**

## 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

**REGISTRATION FEE: \$180.00**

## 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

**REGISTRATION FEE: \$220.00**

## 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

**REGISTRATION FEE: \$220.00**

## 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

**REGISTRATION FEE: \$250.00**



***Congratulations to all athletes who qualified for 2005 High Performance Summer Camps!***

**Make it happen Ontario!**