



A thrilling 2005 Tier Championships weekend!



The 2005 Tier Championships hosted by Waterloo Synchro from May 26-29 at the Waterloo Swimplex saw over 600 athletes compete for Provincial titles in Tier 1-7, Masters and AWD competition. A big highlight was the Tier Banquet held on Thursday, May 26th at Bingemans in Kitchener where 500 athletes, coaches, parents, and guests celebrated together!

Team Tier Champions were crowned over the weekend including Mississauga Synchro (Tier 1), Nepean Synchro (Tier 2), Newmarket Synchro (Tier 3), Kawartha-Trent Synchro (Tier 4),

Mississauga Synchro (Tier 5) and Markham Synchro (Tier 6).

Congratulations to all of the athletes and their coaches on your amazing performances, keep up the great work! Many thanks to the dedicated parent volunteers for making the 2005 Tier Championships a success, especially meet manager Lori Kowalski. Thank you also to all officials for volunteering your time over the weekend.

For selected results please see page 5, and for complete results please visit the Synchro Ontario website: www.synchroontario.com.

Ontario lands three athletes on Junior National Team

The 2005 Canadian Open Synchronized Swimming Championships wrapped up May 17th following two days of National Team Trials, where three Ontario athletes were successful in claiming spots on the Canadian Junior National Team

Courtney Brown and Jennifer Knobbs of Olympium Synchro and Caitlin Stewart of Synchro Optima will be representing Canada at the Pan American ASUA Junior Synchronized Swimming Championships in Orlando, Florida August 18-21.

Ontario fared well at the 2005 Canadian Open Synchronized

Swimming Championships. In Junior Duet competition Ontario placed 4 duets in the top 10. Jennifer Knobbs with partner Amy Levine of Olympium Synchro captured a bronze medal, Courtney Brown and Meredith Mason also from Olympium Synchro placed 6th, Taylor Durand and Samantha Mawhinney of Synchro Optima followed in 7th and Alissa Sadler and Erin Willson also of Optima finished 10th. In Junior Solo competition Jennifer Knobbs finished 6th. In Junior Team competition Ontario once again placed 4 teams in the top 10 with Olympium Synchro placing 4th, Synchro Op-

tima 5th, Gloucester Synchro 8th and Durham Synchro 10th. In Senior competition Olympium Synchro won bronze in team competition and Gloucester Synchro placed 5th, and in Senior Duet Michelle Fraser and Sarah Neufeld of Olympium Synchro placed 6th. In Free Routine Combination Synchro Optima placed 5th and Newmarket Synchro finished in 9th.

The next national event is the Canadian Espoir Championships June 1-4 in Saskatoon where Ontario athletes will be vying for National titles and spots on the new Canadian National 13-15 team.



*Canadian Espoir
Synchronized Swimming
Championships*
Saskatoon June/juin 1 - 4, 2005
*Championnats Canadiens
Espoir de Nage Synchronisée*

**Good Luck to all
Ontario athletes
competing at the
2005 Canadian Espoir
Synchronized Swimming
Championships
June 1-4 in Saskatoon**



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Trillium
12 & Under Provincial Championship

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

10 & Under Solo Competition
12 & Under Figure Competition
12 & Under Solo Competition
12 & Under Duet Competition
12 & Under Team Competition



Synchro Swim
ONTARIO

Presidents Forum: 9:30 a.m.-12 Noon
Annual General Meeting: 1:00 p.m.

Saturday, June 25th, 2005
Sport Alliance of Ontario Building

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for meetings and conferences
Official Conference Centre of Synchro Swim Ontario

UPCOMING EVENTS
May-August 2005

Canadian Espoir Synchronized Swimming Championships
June 1-4, 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

Tier 1-2 All Ages High Performance Camp
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

Synchro Ontario Awards Volunteer, Coach and Athlete of the Year

Synchro Swim Ontario is pleased to announce that awards acknowledging the outstanding achievements and contributions made by an athlete, a coach and a volunteer were presented this year at the 2005 Tier Championships Athlete Banquet on Thursday, May 26th.

Elizabeth Metzler (BSSC) was presented with the Athlete of the Year Award, Gayle Wimmer (MKSC) was presented with the Coach of the Year Award and Janet Baines (BSSC) won the Volunteer of the Year Award. Congratulations!



Volunteer of the Year
Janet Baines
Burlington Synchro



Coach of the Year
Gayle Wimmer
Markham Synchro



Athlete of the Year
Elizabeth Metzler
Burlington Synchro

Provincial Team headed to Spain!

Synchro Swim Ontario's 2005 Provincial Team has been selected to represent Canada at the VIII Espana Sincro competition June 17-19 in Xirivella, Spain. The team was originally selected to attend the Finnish Open, but last week was selected to attend a more competitive event in Spain instead.

The team will represent Canada in team and free routine combination events, and Jennifer Knobbs and Amy Levine, recent bronze medalists at the Canadian Open will compete in duet along with teammates Courtney Brown and Meredith Mason who placed 6th at the Canadian Open. Jennifer Knobbs who had a 6th place finish at Nationals will also compete in the solo competition.

The twelve-woman team is training in Toronto before leaving for Spain. The 2005 Provincial Team will be performing a send-off show at the Provincial 12 & Under Championships Saturday, June 11th at the Etobicoke Olympium.

Ontario's 2005 Provincial Team:

Courtney Brown, Olympium Synchro
Katharine Cornish, Durham Synchro
Taylor Durand, Synchro Optima
Katherine 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

Julia Warren, Head Coach
Jennifer Shaver, Assistant Coach
Kelly McDonnell & Jessica Young, Apprentice Coaches

skills AND drills 05

Presented by Olympic medal winning coach Sheilagh Croxon

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**APPLICATION DEADLINE:
THURSDAY, JUNE 30, 2005**
www.exclaimed.ca/synchro



2005 Summer High Performance Camps

- Tier 1-5 selection determined by 2005 Tier Championship Figure Results
- Tier 1-5 letters of invitation have been sent out to those who did not pick-up them up at Tier Championships
- Tier 6-7 selection determined by 50% Provincial Championship Figure Results + 50% Eastern Divisionals Figure Results
- Tier 6-7 Athletes letters of invitation and registration information have been mailed out.
- 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.

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

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

Tier 1-6 Camp Registration Deadline: June 15th

Tier 6 15 & U Camp Deadline: July 13th / Tier 7 Jr Camp Deadline: July 29th



2005 Tier Championships Results (May 26-29, Waterloo)

Complete results available on the Synchro Ontario website: www.synchroontario.com

Tier 1 Figures

1. Alicia Tracey, WRSC
2. Kristin Peck, BSSC
3. Jennifer Heaton, GRTE
4. Megan Howarth, BSSC
4. Rachel Nickerson, DHSC
6. Catherine Pouliot, OTSC

Tier 2 Figures

1. Abby Groulx, BRAN
2. Ali Young, DHSC
3. Kaitlin Sibbald, NWMK
4. Alexandra Dimmer, GRTE
5. Fallyn Thompson, NWMK
6. Karling Roberts, NPNS

Tier 3 Figures

1. Evelina Wolejszo, BSSC
2. Katie Lawson, BSSC
3. Karena Boychuk, OTSC
4. Stephanie Geller, DHSC
5. Nicole Amato, MSSA
6. Morgan Leblanc, BSSC

Tier 4 Figures

1. Nicole Ashworth, MKSC
1. Andrea Rubiano, MSSA
3. Jenna Blakley, OTSC
4. Isabel Wyrzykowska, MKSC
5. Meagan Dutchak, SUYS
6. Krista Wollny, KTSC

Tier 5 Figures

1. Jillian Boa, WRSC
2. Katie Giles, KTSC
3. Ali Davies, NWMK
4. Jocelyn Bourrie, NWMK
5. Katie Hildebrandt, NWMK
6. Krista Cook, LDSC
6. Cara Krall, MSSA

Tier 6 Figures

1. Tristin Gavin, OPTI
2. Samantha Kowalski, WRSC
3. Natalie Wilson, GSSC
4. Taylor Krueger, KWSC
5. Amanda Grubb, OPTI
6. Stephanie Saunders, BSSC

Tier 7 Figures

1. Liza Walker-Byron, GLRS
2. Meghan Danielson, BSSC
3. Hilary Baines, BSSC
4. Angela Beanlands, GLRS

AWD - C Figures

1. Nicole Flynn, VVSC
2. Sophia Shugart, VVSC
3. Kathleen Woo, VVSC
4. Melanie Wong, VVSC
5. Amanda Fairbairn, MSSA
6. Alexandra Armstrong, VVSC

AWD - P Figures

1. Kristin Hayes, MKSC
2. Lauren Daly, OPTI
3. Krystyn Derks, SBSC
4. Emma Feather, GSSC

Tier 6 Solo

1. Samantha Kowalski, WRSC
2. Taylor Krueger, KWSC
3. Tristin Gavin, OPTI
4. Michelle Reichert, BSSC
5. Kaleigh Burns, VVSC
6. Jessica Henry, OPTI

AWD - C Solo

1. Nicole Flynn, VVSC
2. Amanda Fairbairn, MSSA
3. Sophia Shugart, VVSC
4. Melanie Wong, VVSC
5. Cheryl Longley, MSSA

AWD - C Solo

1. Kristin Hayes, MKSC
2. Lauren Daly, OPTI
3. Krystyn Derks, SBSC
4. Emma Feather, GSSC

Masters Solo

1. Debbie Sands, TSSC
2. Joy Simon, DHSC
3. Lorie McKnight, TTMS

Tier 3 Duet

1. Lawson / Leblanc, BSSC
2. Brideau / Wolejszo, BSSC
3. Dunn / Farrier, NPNS
4. Geller / Opydo, DHSC
5. Aladin / Lato, MKSC
6. Nealon / Reinfels, GSSC

Tier 4 Duet

1. Ashworth / Wyrzykowska, MKSC
2. Blakley / Gardiner, OTSC
3. Cividino / Wandziak, SBSC
4. Buis / Halgren, BSSC
5. Bell / Hutton, DHSC
6. Copland / Grant, KING

Tier 5 Duet

1. Bourrie / Davies, NWMK
2. Borowiecki / Stuart, NPNS
3. Grimshaw / Lough, NPNS
4. Moslehi / Wilson, KWSC
5. Lynch / Winn, BSSC
6. Gherson / John, OTSC

Tier 6 Duet

1. Gavin / Grubb, OPTI
2. Saunders / Worlidge, BSSC
3. Barclay / Petersen, MKSC
4. Bezeau / Kowalski, WRSC
5. Niemandt / Wilson, GSSC
6. Thomson / Thomson, TSSC

Tier 7 Duet

1. Baines / Danielson, BSSC
2. Beanlands / Walker-Byron, GLRS

AWD - C Duet

1. Thomas/Armstrong, VVSC

Masters Duet

1. Mitchell / Mitchell, KTSC
2. Sands / Welsh, TSSC
3. Mills / Murdock, DHSC
4. Davis / Peer, BSSC
5. Dinsmore / McKnight, TTMS

Tier 1 Team

1. Mississauga (ST)
2. Granite
3. Waterloo Region
4. Nepean
5. Durham
6. Burlington

Tier 2 Team

1. Nepean (JF)
2. Nepean (KS)
3. Mississauga (EP)
4. Variety Village
5. Kawartha Trent
6. Brant Synchro

Tier 3 Team

1. Newmarket
2. Durham
3. Mississauga
4. Burlington
5. London
6. Ottawa

Tier 4 Team

1. Kawartha Trent (AR/HL)
2. Waterloo Region
3. Markham
4. Kawartha Trent (RB/CH)
5. Nepean
6. Gloucester

Tier 5 Team

1. Mississauga
2. Newmarket
3. London
4. Ottawa
5. Burlington
6. Sudbury

Tier 6 Team

1. Markham
2. London

Masters Team

1. Durham
2. Toronto Tsunamis
3. Toronto Tsunamis

Tier 4-5 Combo Team

1. Newmarket
2. Waterloo Region
3. Ottawa
4. Nepean
5. London

Total Club Aggregate

1. Burlington Synchro
2. Waterloo Region Synchro
3. Nepean Synchro
4. Mississauga Synchro
5. Variety Village Synchro
6. Markham Synchro

AWD - C Team

1. Variety Village