



2005 Provincial Synchro Swim Champions Crowned



Durham Synchro Tier 6 Team Champions

The 2005 Provincial Synchronized Swimming Championships were held February 18-20 at the Etobicoke Olympium, where over 200 athletes from 16 clubs across the province battled for provincial titles in figure, solo, duet and team competition

In Tier 6 competition Durham Synchro won gold medals in every event including the Tier 6 team event. Durham Synchro's Julia Maclean was crowned solo champion and took home the duet championship with partner Carrie Mouck, and won the Tier 6 Aggregate Trophy. Teammate Katie Lepage won the figure competition and the Tier 6 All-Round Award.

In Tier 7 Junior competition Synchro Optima won the team championship, while Jennifer Knobbs of Olympium Synchro won Junior Solo and Junior Duet with

partner Amy Levine, and the Tier 7 Junior Aggregate and All-Round. Erin Willson of Synchro Optima won the figure event.

In Tier 7 Senior competition Michelle Fraser and Sarah-Nicole Neufeld of Olympium Synchro won the Senior Duet event and Olympium's Senior Team took home the Team Championship.

In the Select Team event Burlington Synchro was crowned provincial champions and Synchro Optima won the Tier 6/7 Combo Team event.

Many thanks to meet managers Nancy Chan and Valerie Lukezic, and to all of the parent volunteers for a very successful event. Thank you also to all of the officials for your time and dedication to the sport!



2005
EASTERN / ATLANTIC DIVISIONAL CHALLENGE
CHAMPIONNAT DE L'EST / ATLANTIQUE

OTTAWA, ONTARIO
March 30-April 3, 2005
Nepean Sportsplex

Hosted by:

Gloucester Synchro



MAKE A SPLASH!

Sparkle + Shine

want to get in synchro?

YOU ARE INVITED TO TRY SYNCHRO!

Synchro Swim Ontario in partnership with member clubs, Trillium Program Partners and municipal Parks & Recreation programs will be holding "Try Synchro" events during March and April across the province!

Visit the Synchro Swim Ontario website at:

www.synchroontario.com

to find a event near you and come on out and **TRY SYNCHRO!**

March 14 Chatham-Kent Y
March 15 Windsor Water World
March 16 Orangeville
March 16 Vaughan
March 18 Simcoe
April 9 Kapuskasing



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 Synchro Ontario website:
www.synchroontario.com

Entries Due: Friday, April 15, 2005.

Upcoming Courses:

Trillium Instructor 1 Courses

Monday, March 14 - Tuesday, March 15
Windsor Water World, Windsor
To register e-mail jvaldez@city.windsor.on.ca

Sunday, March 20
Alder St. Pool, Orangeville
To register e-mail smorrison@orangeville.ca

Saturday, April 9 - Sunday, April 10
Donat Brousseau Pool, Kapuskasing
To register contact April Knowles at 705-337-4266

Official 1 Course

Saturday, March 19 - Sunday, March 20
Orleans Rec Complex, Ottawa
To Register contact Vicki Bradley at vb Bradley@osrc.com or 416-426-7407

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



UPCOMING EVENTS 2004-2005

West Region Coach Clinic
Wednesday, March 2, 2005
Waterloo Synchro Club Pool

Rec Figure Meet - Port Hope
Sunday, 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

Canadian Espoir Synchronized Swimming Championships
June 2-6, 2005
Saskatoon, SK @ Harry Bailey AC

2005 Trillium Championships
June 11, 2005
Hosted by: Olympium Synchro



2005 Summer High Performance Camps

- 2005 Summer High Performance Camp Dates & Location Listed Below
- Tier 1-5 selection determined by 2005 Tier Championship Figure Results
- Tier 6-7 selection determined by 50% Provincial Championship Figure Results + 50% Eastern Divisionals Figure Results
- Tier 6-7 Athletes will have letters of invitation and registration information sent to them following Eastern Divisionals.
- Camp registration for Tier 1-5 Athletes will be available on location at Tier Championships!

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

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

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

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

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

Tier 6-7 High Performance Camp

Top 18* Tier 6 15 & Under Athletes

Top 18* Tier 7 Jr. Athletes

Tier 7 Senior Athletes - TBA

**50% Provincial Figures + 50% Divisionals Figures*

September 10-11, 2005

Etobicoke Olympium - Toronto

TEAM ONTARIO 2005 UPDATE



The Canada Games - Team Ontario 2005 and coaches were introduced for the first time to the public Sunday, February 20 at the 2005 Provincial Championships. Team members 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 along with Head Coach Julia Warren, Assistant Coach Jennifer Shaver, and apprentice coaches Kelly McDonnell and Jessica Young were greeted by a warm ovation from athletes, coaches, parents and officials. Congratulations ladies!

Tier Championships ★ Athlete Banquet ★

**Athletes, Coaches, Parents, and
Officials Come and Celebrate!**

**Thursday May 26th
Bingemans, Kitchener**

Ticket Sales begin in March!

**Banquet Ticket order forms for clubs will be
included in the Tier Championship Meet Package**



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

GreatCanadianHotels.com

 Call us at 1.888.4.CANADA (1.888.422.6232)

2005 Eastern Divisional Synchronized Swimming Championships :: March 30th - April 3rd, 2005 :: Host Hotel: Crowne Plaza Ottawa

2005 Ontario Tier Synchronized Swimming Championships :: May 26th - 29th, 2005 :: Host Hotel: Four Points by Sheraton

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 Provincial Championships ~ February 18-20, 2005 @ Etobicoke Olympium

**All teams, and the top 10 in solos and duets will be advancing to the 2005 Eastern/Atlantic Divisional Challenge March 31-April 3 hosted by Gloucester Synchro at the Nepean Sportsplex*

Tier 6 15&Under Figures

1. K.Lepage, DHSC
2. J.MacLean, DHSC
3. S.Wymes, OSSC
4. V.Mintz, OSSC
5. C.Mouck, DHSC
6. T.Gavin, OPTI
7. S.Kowalski, WRSC
8. T.Krueger, KWSC
9. B.MacLellan, DHSC
10. A.Bezeau, WRSC

T6 Open Figures

1. K.Lepage, DHSC
2. J.MacLean, DHSC
3. S.Wymes, OSSC
4. V.Mintz, OSSC
5. C.Mouck, DHSC
6. T.Gavin, OPTI
7. L.Barna, BSSC
8. N.Wilson, GSSC
9. S.Kowalski, WRSC
10. T.Krueger, KWSC

T6 15&Under/Open Solo

1. J.MacLean, DHSC
2. S.Wymes, OSSC
3. K.Lepage, DHSC
4. C.Mouck, DHSC
5. V.Mintz, OSSC
6. B.MacLellan, DHSC
7. T.Krueger, KWSC
8. T.Gavin, OPTI
9. S.Kowalski, WRSC
10. C.Caskey, OSSC

T6 15&Under Duet

1. MacLean/Mouck, DHSC
2. Lepage/MacLellan, DHSC
3. Mintz/Wymes, OSSC
4. Gavin/Grubb, OPTI
5. Papineau/Todd, OSSC
6. Bezeau/Kowalski, WRSC
7. Saunders/Worlidge, BSSC
8. Graham/Kokolakis, OSSC
9. Barclay/Petersen, MKSC
10. Durand/Henry, OPTI

T6 Open Duet

1. MacLean/Mouck, DHSC
2. Lepage/MacLellan, DHSC
3. Mintz/Wymes, OSSC
4. Gavin/Grubb, OPTI
5. Papineau/Todd, OSSC
6. Bezeau/Kowalski, WRSC
7. Saunders/Worlidge, BSSC
8. Niemandt/Wilson, GSSC
9. Graham/Kokolakis, OSSC
10. Barclay/Petersen, MKSC

Tier 6 15&Under Team

1. Durham
2. Olympium (KH)
3. Synchro Optima
4. Waterloo Region
5. Gloucester
6. London
7. Variety Village
8. Guelph
9. Olympium (TA)

Tier 6 Open Team

1. Durham
2. Olympium (KH)
3. Synchro Optima
4. Waterloo Region
5. Waterloo Region (open)
6. Mississauga (open)
7. Variety Village (open)
8. Gloucester
9. London
10. Markham (open)
11. Variety Village
12. Guelph
13. Olympium (TA)

Select Team

1. Burlington
2. Gloucester
3. Guelph

Tier 6-7 Combo Team

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

T7 Junior Figures

1. E.Willson, OPTI
2. J.Knobbs, OSSC
3. K.Cornish, DHSC
4. A.Levine, OSSC
5. C.Brown, OSSC
6. C.Matthews, DHSC
7. T.Durand, OPTI
8. K.Warner, OSSC
9. L.Killey, OPTI
10. S.Mawhinney, OPTI

T7 Junior Solo

1. J.Knobbs, OSSC
2. E.Willson, OPTI
3. K.Cornish, DHSC
4. C.Brown, OSSC
5. T.Durand, OPTI
6. M.Mason, OSSC
7. R.Scott, OSSC
8. A.Sadler, OPTI
9. L.Walker-Byron, GLRS

T7 Junior Duet

1. Knobbs/Levine, OSSC
2. Durand/Mawhinney, OPTI
3. Brown/Mason, OSSC
4. Sadler/Willson, OPTI
5. Killey/Linton, OPTI
6. B-Dougan/Matthews, DHSC
7. Petrie/Warner, OSSC
8. Cornish/Maclean, DHSC
9. Hammond/Hull, OSSC
10. Beanlands/W-Byron, GLRS
11. Morrow/Potter, GLRS

T7 Junior Team

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

T7 Senior Team

1. Olympium
2. Gloucester

T7 Senior Duet

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

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



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EVENT PHOTOGRAPHY

The advertisement features a collage of photos showing two female swimmers in red and black swimsuits celebrating in a pool. Below this are four smaller inset photos of other swimmers in various poses.

Visit www.brooksdidthis.net to order event photos from the Provincial Championships!