



2005 Ontario Regional Championships

Athletes across the province competed at their respective Regional Championships on their road to qualify for the 2005 Tier Championships May 26-29 in Waterloo. Tier 3-5 duets, teams and combos were also vying for spots to compete at the Ontario-Quebec Cup, April 23-24 in Gatineau, Quebec. See the article below!

Thank you to competition meet managers Claire Burns, Marcia Scrimgeour, Dori McKenzie, and Julie Boyd, and to all of the parent volunteers and officials who made the meets a success!

Results for Regionals may be found on pages 7-8.




2005 Synchronized Swimming Tier Championships

May 26-29, 2005
Waterloo Swimplex

Hosted by:



Waterloo Regional Synchronized Swim Club

*Athlete Banquet
Thursday, May 26th!*

Ontario-Quebec Cup a success!

The first annual Ontario-Quebec Cup took place April 23-24 in Gatineau, QC and was hosted by les Fees d'eau de Gatineau.

Tier 3-5 duets and teams, and Tier 4-5 Combos qualified at their Regional Championships only 1-2 weeks before the competition, and were whisked off to Quebec for an exciting inter-provincial competition!

Highlights of results include a 6th place finish for Ottawa's Blakley/Gardiner in Tier 4 duet, a 6th place finish for Newmarket Synchro in Tier 3 team, a 4th place finish for Kawartha-Trent's Tier 4 team, and a 2nd-6th place sweep in Tier 5 team competition for Ontario's Ottawa Synchro, Mississauga Synchro, Newmarket Synchro, Burlington Synchro and London Synchro. In Tier 4 Combo Team Waterloo captured 2nd, Newmarket took 3rd, and Ottawa placed 5th. In Tier 5 combo Nepean placed 3rd and London placed 5th.

Complete results from the 2005 Ontario-Quebec Cup are posted on the Synchro Ontario website: www.synchroontario.com

Trillium Recreational Routine Meet

On Saturday, April 30th 145 recreational swimmers from 13 clubs competed in the 1st Annual Trillium Recreational Routine Competition in Orangeville. Congratulations to all participants on your great performances! Thank you to all of the Town of Orangeville volunteers and the Synchro Ontario officials who made the meet a success. Results from the competition are posted on the Synchro Ontario website.





Good Luck to all Ontario athletes competing at the 2005 Canadian Open Synchronized Swimming Championships May 12-15!

UPCOMING EVENTS May-August 2005

2005 Canadian Open

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

2005 Tier Championships

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

Canadian Espoir Synchronized Swimming Championships

June 2-6, 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



Synchro Swim Ontario Awards

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

Synchro Ontario is excited to be presenting the ...

Athlete of the Year Award
Coach of the Year Award
Volunteer of the Year Award

Please find eligibility & criteria for each award, along with the nomination criteria and nomination forms for each award posted on the Synchro Ontario website www.SynchroOntario.com

Please note:

- **Nominations are due by Noon on Monday, May 16th, 2005**
- **Please only submit nominations via e-mail to kheald@osrc.com in a MS Word file (for ease of review by the awards committee)**

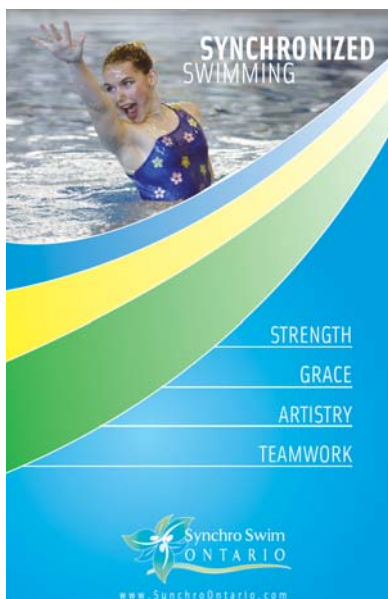
If you have any questions please contact Sport Development Coordinator Kara Heald at kheald@osrc.com or 416-426-7407.

We hope to receive MANY nominations so please don't hesitate! Send in a nomination for your amazing athletes, coaches and volunteers, and lets celebrate these outstanding achievements and contributions!!!

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



Synchro Swim Ontario unveils new marketing campaign



Synchro Swim Ontario is pleased to introduce a new promotional campaign with a fresh and exciting new look for spring 2005! New competitive and recreational posters have been designed by Synchro Ontario sponsor Brooks Did This. The new posters feature a bright eye-catching look aimed at targeting new competitive and recreational participants. In addition, the posters have been re-created into large 8 ft. high stand-up banners (shown below) for use at trade shows, special events, and competitions.

Competitive Clubs will be receiving their competitive program posters customized with club logos and club information as requested at the Synchro Ontario AGM on June 25th. The new recreational poster will be sent to all Trillium Program Partners, Recreational and Competitive Clubs.

The posters will also be available to purchase at the 2005 Tier Championships, you may order through the Synchro Ontario Office.



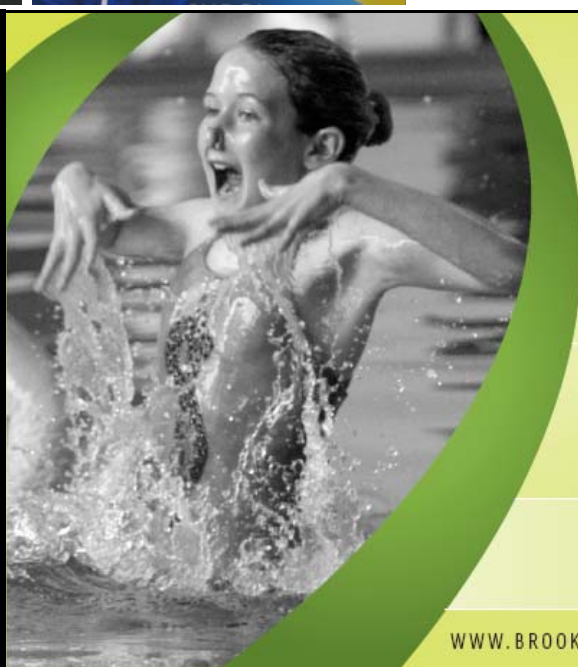
Who's that girl?

So who are those lucky athletes on the new competitive and recreational posters? The photos shot by the official photographer of Synchro Swim Ontario, Brooks Did This, feature two current Ontario synchro athletes. The competitive poster and banner feature Tier 6 athlete Kathryn Uhlman from Variety Village Synchro as she performs her solo at last year's Trillium 12 & Under Provincial Championships. The new recreational poster features Tier 3 Markham Synchro athlete Katija Aladin accompanied by teammates Madeline Hill and Kendra Pierce in the background also captured at last years Trillium Championships. Thank you to both athletes and their parents for permission to use the photos on these great new posters! Keep smiling when you swim, you may be on the next Synchro Ontario poster!

Brooks Did This is pleased to join you at the 2005 Tier Championships Athlete Banquet!

Team Photos!

A year in pictures slide show!



BROOKS DID THIS
CREATIVE SERVICES

TIER CHAMPIONSHIPS
Check out all of the action shots at www.brooksdidthis.net after the meet. We'll also be at the Tier Championship banquet with 'a year in pictures' slide show and will also be set up to take group pictures...

See you at these upcoming events...
May 26 - 29 Tier Championships
June 11 Trillium Championships
Want us at your event... Email us at info@brooksdidthis.net

THANK YOU
To all of our clients.
Your athleticism and commitment was inspiring.

WWW.BROOKSDIDTHIS.NET :: E INFO@BROOKSDIDTHIS.NET



2005 Summer High Performance Camps

- 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 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.
- Camp registration for Tier 1-5 Athletes will be available on location at Tier Championships!

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

Registration for Tier 1-5 Athletes will be on location at the 2005 Tier Championships!
Once figure results have been distributed parents may register & pay for the camps on-site!
Cheques, Visa & MasterCard accepted.





A GREAT NIGHT AT A GREAT RATE

**Preferred hotel rates are available across Canada 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)

Book now for the
2005 Ontario Tier Championships
Host Hotel: Four Points by Sheraton Kitchener (Delta Kitchener as of June 1st, 2005)
Dates: May 26th - 29th, 2005

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.

Tier Championships Athlete Banquet

Hosted by Synchro Swim Ontario

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

Thursday, May 26th

Marshall Hall at Bingemans, Kitchener

Doors Open at 5 p.m. Dinner at 6 p.m. with entertainment and dance to follow!

Tickets \$28.00

includes buffet dinner and entertainment!

☆ **Banquet Ticket order forms for clubs have been included in the Tier Championship Meet Package** ☆

☆ **Parents or Officials if you would like to attend the banquet please use the order form below** ☆

Tier Championships Banquet Ticket Order Form

Name _____ Club Affiliation _____

Address _____

Phone _____ E-mail _____

Number of Tickets Requested _____ x \$28.00 = _____

*Individual ticket orders are due by Friday, May 6th

*Banquet tickets will be mailed to the contact indicated on order form.

*Tickets must be shown at the door for entry. If ticket is lost, name will be checked on guest list.

*ALL TICKETS ARE NON-REFUNDABLE

*Mail, Fax or e-mail order form to: Synchro Ontario, 1185 Eglinton Ave. E., #303, Toronto, ON M3C 3C6
Fax: 416-426-7376 E-mail: kheald@osrc.com

Please find my cheque enclosed

Please charge my: Visa Mastercard

Name on Card: _____

Number: _____ Expiry: _____

Signature: _____

2005 REGIONAL CHAMPIONSHIPS - RESULTS

Central-North Regionals ~ April 9-10, 2005 @ Variety Village, Toronto

Tier 1 Figures - Central

1. H.Drayton, MKSC
2. N.Johnson, MSSA
3. K.Hueniken, GRTE
4. J.Heaton, GRTE
5. A.Archibald, GRTE
6. R.Holland, MSSA

Tier 1 Figures - North

1. D.Desjardins, SUYS
2. S.Mortimore, SUYS
3. S.Servant, SUYS
4. T.Squires, SBSC
5. S.Gaines, SUYS
6. H.Pitman, SBSC

Tier 2 Figures - Central

1. M.MacNeill, VVSC
2. A.Rivet, VVSC
3. L.Woo, VVSC
4. K.Sibbald, NWMK
5. J.Cait, MSSA
6. S.Good, NWMK
6. D.Burns, VVSC
6. M.Cannon, MSSA

Tier 3 Figures - Central

1. C.Jackson, MSSA
2. K.Bowman, MSSA
2. A.Kokoszka, MSSA
4. R.Gordon, MSSA
5. T.Petrosoniak, MSSA
6. N.Amato, MSSA

Tier 4 Figures - Central

1. N.Ashworth, MKSC
2. I.Wyrzykowska, MKSC
3. S.Lawrence, MKSC
4. P.Moore, NWMK
5. A.Rubiano, MSSA
6. J.Logothesis, MKSC

Tier 4 Figures - North

1. M.Dutchak, SUYS
2. I.Cividino, SBSC
3. C.Wandziak, SBSC
4. K.Powshik, SUYS
5. D.Valiquette, SUYS
6. I.Porter, SUYS

Tier 5 Figures - Central

1. A.Davies, NWMK
2. C.Krall, MSSA
3. A.Cait, MSSA
3. J.Hatch, MSSA
5. J.Bourrie, NWMK
6. K.Kuszper, MSSA

Tier 6 Figures - Central

1. T.Gavin, OPTI
2. L.Tutton, OPTI
3. A.Petersen, MKSC
4. S.Thomson, TSSC
5. A.Grubb, OPTI
6. S.Bryce, VVSC

Tier 6 Figures - North

1. S.Westphal, SBSC
2. L.Wandziak, SBSC

AWD - P Figures

1. K.Hayes, MKSC
2. L.Daly, OPTI
1. K.Derks, SBSC (North)

AWD - C Figures

1. N.Flynn, VVSC
2. A.Fairbairn, MSSA
3. M.Wong, VVSC
4. S.Shugart, VVSC
5. K.Woo, VVSC
6. A.Armstrong, VVSC

Tier 1 Team - Central

1. Mississauga (ST)
2. Granite (JB)
3. Newmarket
4. Variety Village (SD)
5. Mississauga (SK)
6. Toronto

Tier 2 Team - Central

1. Mississauga (EP)
2. Variety Village
3. Mississauga (DJ)
4. Newmarket (MJL)
5. Newmarket (SS)
6. Synchro Optima

Tier 3 Duet - Central

1. Aladin/Lato, MKSC
2. Carpenter/Foster, OSSC
3. Colby/Tilley, VVSC
4. Kruspe/Kokolakis, OSSC

Tier 4 Duet - Central

1. Ashworth/Wyrzykowska, MKSC
2. Evans/Richardson, GRTE
3. Lovell/Putos, OPTI

Tier 4 Duet - North

1. Cividino/Wandziak, SBSC
2. Keehn/Romani, SBSC

Tier 1 Team - North

1. Sault Ste. Marie
2. Sudbury

Tier 3 Team - Central

1. Newmarket
2. Mississauga
3. Markham
4. Olympium

Tier 4 Team - Central

1. Markham
2. Mississauga
3. Synchro Optima

Tier 3 Team - North

1. Sault Ste. Marie

Tier 5 Duet - Central

1. Bourrie/Davies, NWMK

Tier 6 Solo - Central

1. T.Gavin, OPTI
2. T.Fuchinde, TSSC
3. K.Burns, VVSC
4. J.Henry, OPTI
5. E.Peterson, VVSC
6. K.Uhlman, VVSC

Tier 6 Duet - Central

1. Gavin/Grubb, OPTI
2. Bryce/Burns, VVSC
3. Thomson/Thomson, TSSC
4. Barclay / Petersen, MKSC
5. Henry/Tutton, OPTI
6. Burns/Rothschild, VVSC

Tier 6 Duet - Central

1. Gavin/Grubb, OPTI
2. Bryce/Burns, VVSC
3. Thomson/Thomson, TSSC
4. Barclay / Petersen, MKSC
5. Henry/Tutton, OPTI
6. Burns/Rothschild, VVSC

Tier 4-5 Combo

1. Newmarket

Tier 5 Team - Central

1. Mississauga
2. Newmarket
3. Toronto

Tier 6 Solo - North

1. K.Hayes, MKSC
2. L.Daly, OPTI

Tier 6 Duet - North

1. Wandziak/Westphal, SBSC

Tier 6 Duet - North

1. Wandziak/Westphal, SBSC

Tier 6-7 Combo

1. Variety Village

Tier 5 Team - North

1. Sudbury

AWD - C Solo

1. N.Flynn, VVSC
2. M.Wong, VVSC
3. A.Fairbairn, MSSA
4. S.Shugart, VVSC
5. C.Longley, MSSA

AWD - P Solo - Central

1. K.Hayes, MKSC
2. L.Daly, OPTI

AWD - P Solo - North

1. K.Derks, SBSC

Masters Solo

1. D.Sands, TSSC
2. L.McKnight, TTMS
3. A.Welsh, TSSC
4. I.Marcoux, TTMS
5. B.Bates, TTMS

Masters Duet

1. Sands/Welsh, TSSC
2. Dinsmore/McKnight, TTMS
3. Oleksak/Wiechula, TTMS
4. Edmonds/Marcoux, TTMS

Masters Team

1. Toronto Tsunamis (IM)
2. Olympium
3. Toronto Tsunamis (AL)

AWD - C Duet

1. Armstrong/Thomas, VVSC

AWD - C Team

1. Variety Village

Complete results for all Regional Championships are available on the Synchro Ontario website:
www.synchroontario.com/results

West Regionals ~ April 16-17, 2005 @ Canada Games Aquatic Centre, London

Tier 1 Figures

1. K.Peck, BSSC
2. M.Howarth, BSSC
3. C.O'grady, BSSC
4. A.Tracey, WRSC
5. B.Jennings, BSSC
5. K.Chowan, WRSC

Tier 2 Figures

1. A.Groulx, BRAN
2. C.Ferguson, BRAN
3. D.Klein, WRSC
4. K.Chuey, OAKS
5. S.Huibers, BSSC
5. H.Truong-Nguyen, WRSC

Tier 3 Figures

1. K.Lawson, BSSC
2. C.Fraser, WRSC
3. J.Oczkowski, WRSC
3. X.Reinfels, GSSC
5. R.Bartlett-Green, KWSC
6. R.Klein, WRSC

Tier 4 Figures

1. M.Burt, WRSC
2. C.Belliveau, BSSC
3. A.Hodgson, WRSC
4. R.Gagne, WRSC
5. K.Buis, BSSC
6. H.Sine, WRSC

Tier 5 Figures

1. J.Boa, WRSC
2. C.Carrigan, BSSC
3. K.Cook, LDSC
4. R.Lynch, BSSC
5. S.Polk, BSSC
6. B.Chadwick, LDSC

Tier 6 Figures

1. T.Krueger, KWSC
2. N.Wilson, GSSC
3. M.Reichert, BSSC
4. E.Rickert, LDSC
5. A.Bezeau, WRSC
6. S.Saunders, BSSC

Tier 7 Figures

1. M.Danielson
2. H.Baines

AWD - P Figures

1. E.Feather, GSSC

Tier 1 Team

1. Waterloo Region
2. Burlington
3. London
4. Brant Synchro
5. Brock Synchro
6. Tillsonburg
7. K-W Synchro

Tier 2 Team

1. Waterloo Region
2. Brant Synchro
3. London
4. K-W Synchro (CB)
5. Oakville
6. Brock Synchro
7. Burlington
8. K-W Synchro (KH-JE)

Tier 3 Team

1. Waterloo Region (KS)
2. Waterloo Region (KC)
3. Burlington
4. Brant Synchro
5. Guelph
6. London

Tier 3 Duet

1. Lawson/Leblanc, BSSC
2. Nealon/Reinfels, GSSC
3. Brideau/Wolejszo, BSSC
4. Horner/T-Gravel, WRSC
5. Goard/Myles, LDSC
6. B-Green/Mill, KWSC

Tier 4 Team

1. Waterloo Region
2. Burlington
3. K-W Synchro
4. Guelph
5. Tillsonburg

Tier 4 Duet

1. Buis/Halgren, BSSC
2. Roselli/Stack, GSSC
3. Barton/Nutter, KWSC

Tier 5 Team

1. Burlington
2. London
3. Brant Synchro

Tier 5 Duet

1. Moslehi/Wilson, KWSC
2. Lynch/Winn, BSSC

Tier 4/5 Combo

1. London
2. Waterloo Region

Tier 6 Solo

1. T.Krueger, KWSC
2. S.Kowalski, WRSC
3. E.Rickert, LDSC
4. M.Reichert, BSSC
5. C.Rinne, KWSC
6. R.Maule, GSSC

Tier 6 Duet

1. Bezeau/Kowalski, WRSC
2. Niemandt/Wilson, GSSC
3. Saunders/Worlidge, BSSC
4. Cowan/Doran, LDSC
5. Niezen/Rinne, KWSC
6. Meyer/Millar, GSSC

Tier 7 Duet

1. Baines/Danielson, BSSC

AWD - P Solo

1. E.Feather, GSSC

Tier 6 Team

1. London

Masters Duet

1. Davis/Peer, BSSC

East Regionals ~ April 16-17, 2005 @ Carleton University, Ottawa

Tier 1 Figures

1. S.Smith, NPNS
2. S.McKinnon, NPNS
3. T.Flynn, NPNS
4. S.Murphy, NPNS
4. M.Kirk, KTSC
4. E.Cooke, NPNS

Tier 2 Figures

1. C.Sfeir, OTSC
2. K.Longpre, OTSC
2. C.Cholette, GLRS
4. A.Young, DHSC
5. K.Lemenchick, NPNS
6. S.Anderson, NPNS

Tier 3 Figures

1. K.Boychuk, OTSC
2. L.Dunn, NPNS
3. S.Geller, DHSC
4. S.Diaz, OTSC
5. C.Creelman, KTSC
6. M.Farrier, NPNS

Tier 4 Figures

1. E.Gardiner, OTSC
2. K.Wollny, KTSC
3. J.Blakley, OTSC
4. C.Miron, OTSC
5. L.Henderson, KTSC
6. B.Grant, KING

Tier 5 Figures

1. A.Grimshaw, NPNS
2. K.Giles, KTSC
3. D.Borowiecki, NPNS
4. F.John, OTSC
5. K.Stuart, NPNS
6. P.Gherson, OTSC

Tier 6 Figures

1. J.Hamley, OTSC
2. E.Bryson, GLRS
3. V.Graham, GLRS
4. C.Lamontagne, GLRS
5. K.Eldridge, GLRS
6. K.Dunn, OTSC

Tier 7 Figures

1. L.Walker-Byron, GLRS
2. H.Potter, GLRS
3. A.Beanlands, GLRS
4. A.Morrow, GLRS
5. K.Bloom, GLRS
6. L.Clark, GLRS

Tier 1 Team

1. Nepean
2. Kawartha Trent
3. Durham
4. Gloucester
5. Kingston

Tier 2 Team

1. Nepean (ks)
2. Nepean (kf)
3. Ottawa
4. Gloucester
5. Kawartha Trent

Tier 3 Team

1. Ottawa
2. Gloucester
3. Durham

Tier 3 Duet

1. Runn/Farrier, NPNS
2. Rozon/Rozon, GLRS
3. Geller/Opydo, DHSC

Tier 4 Team

1. Kawartha Trent (ar)
2. Kawartha Trent (rb)
3. Nepean
4. Gloucester
5. Kingston

Tier 4 Duet

1. Blakley/Gardiner, OTSC
2. Bell/Hutton, DHSC
3. Walker-Byron/Young, GLRS
4. Copland/Grant, KING
5. Simms/Yoxon, GLRS
6. Fitzpatrick/Lanthier, KING

Tier 5 Duet

1. Grimshaw/Lough, NPNS
2. Borowiecki/Stuart, NPNS
3. John/Gherson, OTSC
4. Beliveau/Jeanes, GLRS

Tier 7 Solo

1. L.Walker-Byron, GLRS

Tier 7 Duet

1. Beanlands/W-Byron, GLRS
2. Morrow/Potter, GLRS

Masters Solo

1. J.Simon, DHSC

Masters Duet

1. Mitchell/Mitchell, KTSC

Tier 6 Team

1. Gloucester

Select Team

1. Gloucester

Masters Team

1. Durham

Masters Combo

1. Gloucester

Tier 5 Team

1. Ottawa
2. Gloucester

Tier 4-5 Combo

1. Nepean
2. Ottawa

Tier 6 Duet

1. Eldridge/Graham, GLRS
2. Dunn/Hamley, OTSC
3. Schroeder/Smallwood, GLRS