



Bob & Carol Sharer complete Synchro Ontario trophy refurbishing project



Bob & Carol Sharer with display boards of past Ontario synchro champions and newly refurbished trophies.

Bob and Carol Sharer have spent months volunteering their time undertaking the very large task of archiving Ontario's synchro history and refurbishing historic trophies for use in the Tier system.

Many of Ontario's trophies have now been refurbished for use in the Tier system so that Ontario champions will now be awarded trophies at in all events at Provincial Championships and Tier Championships.

Plaques were removed from older trophies and placed on display boards to preserve the history of Ontario's champions.

Many thanks on behalf of the entire Synchro Swim Ontario community to Bob Sharer for his craftsmanship and care in preserving our synchro history and creating amazing trophies that we know all athletes will admire. Thank you also to Carol Sharer for her knowledge, expertise and care in completing this great project!

Thank you also once again to all of the synchro clubs who have donated trophies during the past year making it possible to now award trophies in all events at the Provincial Championships and Tier Championships.

Ontario Synchro Clubs participate in Burning Bright for Breast Cancer to support the Canadian Breast Cancer Foundation - Ontario Chapter

Ontario Synchro Clubs were Burning Bright for Breast Cancer in October! Many thanks to all of the clubs, parents, coaches and athletes for participating and collecting pledges for the Canadian Breast Cancer Foundation - Ontario Chapter.

CBCF pledges are due to the Synchro Swim Ontario office by November 15, 2004. A presentation to CBCF is planned during the Lisa Alexander Figures Competition December 4-5, 2004.



Trillium Recreational Figure Competition

Sunday, November 28, 2004

**Alder St. Recreational Sports Centre
Orangeville, ON**

**Entry Fee per swimmer only \$16!
(includes participation award)**

ENTRIES DUE: MONDAY, NOVEMBER 8th

**Swimmers may enter: Level 1 (Trillium 1/Star 1), Level 2
(Trillium 2-3/ Star 1-4), Level 3 (Trillium 3-4/Star 2-5) or
Level 4 competition (Trillium 5+/Star 3-5)**

**Swimmers will be awarded by age group (8 yrs & under,
9-10 yrs, 11-12 yrs, 13-14 yrs, and 15 yrs & over)
within the level that they compete**

**Meet package available to download from:
www.synchroontario.com**

UPCOMING EVENTS 2004-2005

Synchro Canada AGM

November 12-14, 2004
Ottawa, ON

Synchro Swim Ontario Trillium Recreational Figures Competition

November 28, 2004
Alder St. Recreational Sports Centre
Orangeville, ON

Tier 7 Junior High Performance Camp #2

December 18-19, 2004
Etobicoke Olympium

Lisa Alexander Figure Meet and SuperStar 3-7 Testing

December 4-5, 2004
Victor Davis Pool - Guelph
Hosted by: Guelph Synchro

Club Presidents Retreat

January 15-16, 2005
Kempfenfelt 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

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



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Designer of Champions



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Reminders for Club Presidents!

President's Retreat

Registrations for the President's Retreat are due November 15. If you have any dietary needs, please indicate so on the registration sheet. We are looking forward to another GREAT retreat this year!

Recruitment Incentive Program

There have been a lot of great applications for the RIP! Don't forget to send your post-event Report, which is attached to the general information for the program. It can be found in your Policy Manual you received at the September 11 meeting or on the web at <http://www.synchroontario.com/Policies.htm>. Post event forms are due within one month of your activity to complete your application. Only those who are not registered with any program of your club and participated in an in-water instructional-type program are eligible. Details listed within the report package.

Sanctions

Thank-you to all who are effectively completing sanctions for your club. The whole province benefits from your diligence!! A new form was distributed at the President's meeting and was posted on the web at that time. See www.synchroontario.com/Policies.htm. There are still quite a few clubs with whom there has been little communication. Don't forget, a sample of the types of events that require sanctioning are listed right on the form.



Synchro Canada names 2005 National A Team

Synchro Canada announced the National A Team selection on October 15, 2004 after National A Team Trials in Calgary. The selected athletes will go on to represent Canada at the 2005 FINA World Aquatic Championships in Montreal July 17-31, 2005.

TEAM MEMBERS: (Name, Hometown, Last Team)

Nicole Cargill, Regina (SK) – Olympic Team Member
Courtenay Stewart, Unionville (ON) – Olympic Team Member
Marie-Pier Boudreau-Gagnon, Riviere-du-Loup (QC) – National 'B' Team
Anouk Renière-Lafrenière, Montreal (QC) – Olympic Team member
Marie-Pierre Gagné, Montreal (QC) – Olympic Team member
Jessika Dubuc, Montreal (QC) – Olympic Team member
Tanya Matson, Coquitlam (BC) – National 'B' Team
Megan Poss, Waterloo (ON) – National 'B' Team
Jennifer Song, Calgary (AB) – National 'B' Team
Isabelle Rampling, Burlington (ON) – National 'B' Team
Dominika Kopcik, Surrey (BC) – National Junior Team
Anastasia Polons'ka, Montreal (QC) – National Junior Team

Ontario Officials movin' on up!

Congratulations to Synchro Ontario Officials Lynn Hammond, Suzanne Laroche, Michele Lopers, Leanne McDonnell, and Karen Seymour who have been selected by the Synchro Canada OMT (Official Management Team) to write the Level III Exam. These officials will write the exam and practice judge at the 2005 Eastern/Atlantic Divisionals in Ottawa.

Congratulations also goes out to Carolyn McGregor and Jeff Poss who have been selected to write the Level IV exam, and to Jan McLaughlin who is now a Level V trainee (international).

More good news comes as official Diane van der Pol has been promoted by FINA and named to the FINA B List.

Many thanks to Leslie Taylor, Officials Rep for Synchro Ontario who has worked extremely hard on training and development for all of the officials in Ontario! Thank you Leslie - your enthusiasm, effort and passion is incredible!

Judging Levels Progression:

Level 1 Official

Certified to judge within the province. Administered by provincial offices.

Level 2 Official

Certified to judge within the province. Administered by provincial offices.

Level 3 Official

Certified to judge within the province, Divisionals and Canada Games. Administered through Synchro Canada.

Level 4 Official

Certified to judge within the province, at Divisionals, Nationals and Canada Games. Administered through Synchro Canada.

Level 5 Official

Certified to Judge at International Competitions. Administered through Synchro Canada

FINA G (General List)

Maximum of 5 per country. Recommended by Synchro Canada to FINA G List. Judge at Invitational International Events.

FINA B

Maximum of 5 per country. Promoted from General List by FINA TSSC (Technical Synchronized Swimming Committee), with each certification subject to ratification by the FINA Bureau. Judge at Olympic Qualifying Events, World Cup, Junior World Championships and International Invitational Events.

FINA A

Maximum of 5 per country. Promoted from B List by FINA TSSC with each certification subject to ratification by the FINA Bureau. Judge at Junior Worlds, World Cup, World Championships, Olympic Qualifying Events, Olympic Games and International Invitational Events.

Canadian University Synchronized Swimming League set to kick-off 2004-2005 Competitive Season

Canadian University Synchro Swim League/Ligue Universitaire de Nage Synchronisée (CUSSL/LUCNS) will kick-off its competitive season this month with its first competition Saturday, November 13th at McGill University in Montreal.

During the 2003-04 season a total of 102 swimmers on 8 teams competed in the CUSSL. The 2004-05 season looks to grow the CUSSL, with participation increasing and possible teams at Memorial, UBC, UVIC and UOIT.

The CUSSL season consists of 3 competitions, highlighted by the annual CUSSL Championships which will be held this year on February 5, 2005 at Queen's University in Kingston, ON.

Many thanks goes out to CUSSL Coordinator Anne Smeeton for her hard work and dedication to University Synchro.

Interested in starting a team at your university? Visit the CUSSL/LUCNS website at www.universitiesynchro.ca for resources or e-mail CUSSL coordinator Anne Smeeton at univ_synchro@yahoo.ca.



2004-05 Competition Schedule

November 13, 2004

McGill University, Montreal

January 16, 2005

Brock University, St. Catharines

February 5, 2005

CUSSL Championship

Queens University, Kingston

www.universitiesynchro.ca

CUSSL Synchro Teams:

Brock Synchro

University of Guelph Synchro

McGill Synchro

McMaster Synchro

University of Ottawa Synchro

Queen's Synchro

University of Toronto Synchro

Waterloo/Laurier Synchro

University of Western Ontario Synchro

Future Teams: Memorial, UBC, UVIC, UOIT

HISTORY OF CANADIAN UNIVERSITY SYNCHRONIZED SWIMMING

Source: www.universitiesynchro.ca/history.html

What follows here is a very short summary of some of the early days of university synchronized swimming in Canada. We are pleased that Geraldine Dubrule who has been actively involved with synchronized swimming at McGill for many years has agreed to expand on our summary and we look forward to this in the future.

The history of synchronized swimming at the university level in Canada dates back to the post World War II years. The WIAU (Women's Intercollegiate Athletic Union) which was composed of Ontario and Quebec universities held a swimming meet at the University of Toronto in 1946. The swimming championship was divided into three parts: speed races, diving and the third part was the forerunner of synchronized swimming competitions today. Included was "ornamental" solo routine and style swimming with or without music. Amazingly the four competitors at the meet: McGill University, Queen's University, University of Toronto and the University of Western Ontario are still competing - in the CUSSL/LUCNS League, 58 years later!

Several excerpts taken from the History of Synchronized Swimming in Canada - "A

rule book was published in 1950, edited by Winifred Baxter of the University of Toronto, Joan Christie of McMaster University, Jean Ramsay of University of Western Ontario, Marion Ross of Queen's University and McGill's Gladys Bean." The rules covered evaluation of the routines and the requirement that all entrants had to enter both the figures events and the routine events which were solo, duet or trio routines. The universities had a great influence on the early years of the sport because it was before there were the many synchro clubs that exist today and often a swimmer would be introduced to synchronized swimming at the university level. "Many girls became interested in the sport at university, some entered competition at the provincial level, some at the local level. Many swam in Water Shows, organized shows and competitions, learned to judge and coach. When the first Canada Games were held in 1967, several provinces relied on Physical Education graduates in their province to produce a team, although synchronized swimming was only a neophyte sport at the time."

From the OUA 2000 directory the university league champions are listed from 1971 and on. The championship teams

were from McMaster, Queen's, York, McGill and Western. Other participating universities over the years have been the University of Ottawa, Trent and Guelph.

One of the most difficult moments in University Synchro was May 2001 when the OUA took away competitive status from synchronized swimming because the number of competitive teams had dropped to five. The minimum required was 6 teams. Many university synchro swimmers were not willing to give up the sport and so a new League - Canadian University Synchro Swim League/Ligue Universitaire de Nage Synchronisée (CUSSL/LUCNS) was incorporated under the Federal Laws of Canada. It is not easy to keep the sport vital at the university level but we must all make the effort and remember the joy we see in swimmers participating in the sport they love.

Bibliography: History of Synchronized Swimming In Canada - Edited by Gladys Bean, Historians : Joyce Coffin, D. Earle Coffin and Geraldine Dubrule

www.universitiesynchro.ca/history.html

2005 Club Invitationals for Competitive Athletes

2005 Waterloo Invitational

Hosted by Waterloo Regional Synchro

February 5, 2005 @ Wilfrid Laurier University

Events: Tier 1-5 Duet & Team

www.waterloosynchro.on.ca

Markham Synchro's Annual Invitational Figures Meet

Hosted by: Markham Synchro Club

March 19-20, 2005 @ Markham Centennial Pool

Events: Tier 1-7 Figures

www.markhamsynchro.com

NOTICE BOARD:

Risk Management Committee: As announced to the membership at the September 11 meeting, Synchro Swim Ontario is working with the Canadian Centre for Sport and Law on a Risk Management Policy for the province. After completing an audit and prioritizing those items of concern, the CCSL and the Risk Management Committee will move forward, assimilating existing documents and addressing areas of weakness. Information that will assist clubs will further be shared with the membership at upcoming Club President's meetings. Your committee, who had their first meeting October 25, is comprised of Jeff Poss, Barb Tooth, Carol Sharer, Linda Todd, Lynn Hammond and Leslie Makins.

High Performance Initiative: National Team Trials Training Program - Watch the Synchro Swim Ontario website for more information on development opportunities specifically for those interested in attending National Team Trials. A letter will be forwarded to each club, and information posted on the web as soon as it becomes available.

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