



## Ontario Synchro Clubs “Burning Bright for Breast Cancer” in October

Synchro Ontario member clubs will be participating in a province-wide charity initiative throughout the month of October for the Canadian Breast Cancer Foundation - Ontario Chapter called “Burning Bright for Breast Cancer”.

During October, Breast Cancer Awareness Month, Ontario synchro athletes will be participating in an event at their club where they will incorporate a common theme of keeping a candle burning within the pool for a minimum of one hour, in which swimmers will hand off the torch in a relay format. The candle symbolizes keeping the flame alive for finding a cure for breast cancer.

“With the number of women and men who are affected by breast cancer each year, Synchro Swim Ontario, our clubs and athletes are so pleased to be involved with the Canadian Breast Cancer Foundation - Ontario Chapter”, said Synchro Swim Ontario Executive Director, Leslie Makins. “It is our hope that the financial contributions made through our community projects will make a difference in the lives of those affected by breast cancer”.

Athletes who raise pledges of \$50 or more for the Canadian Breast Cancer Foundation - Ontario Chapter will be eligible to receive a pink ribbon swim cap being produced exclu-



sively for “Burning Bright for Breast Cancer”. Pledges from member clubs will be tallied for the Canadian Breast Cancer Foundation - Ontario Chapter by Synchro Swim Ontario and presented at the first competition of the season in December.



## Synchro Swim Ontario kicks-off the season with three successful athlete and coach development workshops in Toronto and Ottawa

The Synchro Spirit 2004 Athlete and Coach Development workshops in Toronto and Ottawa were a great success!

Over 380 athletes and coaches from clubs across the province were treated to guest coaches and athletes including: Sheilagh Croxon (1996 & 2000 Olympic Team Coach), Jojo Carrier-Thivierge (Head Coach Synchro Elite), Jessica Chase (2000 & 2004 Olympian), Amy Caskey (Former National Team Member), Julia Warren (2003 Jr. National Team Coach/OSSC), and Jadine Cleary (2003 Jr. National Team Coach/OSSC) in Toronto, and Jessica Chase, Jaimie Earley (Synchro Canada), and Kim Hovey (OSSC) in Ottawa.

Athletes and coaches participated in pool and land sessions during the workshops. Sessions included figure and routine development sessions in the pool, and sessions such as flexibility, pilates, and dance on land. For photos see page 4!

As part of Synchro Spirit 2004 Investors Group Community Sport Administrators Awards were handed out to two outstanding volunteers in the synchro community. Mary Jane Ling of Newmarket Synchro was the award winner in Toronto, and Krissy Cote of Gloucester Synchro was the award winner in Ottawa. Our Congratulations to both Mary Jane and Krissy on your Community Sport Administrator Awards!

Many thanks goes out to the Synchro Spirit 2004 Committee for their work: Christine Fink (Sudbury Synchro), Janet Herman (Burlington Synchro), Debbie Sands (Toronto Synchro), and Lianna Sottile (Gloucester Synchro).

Thank you also to the Coaching Association of Canada (CAC), through the sponsorship of Investors Group Inc., as the official sponsor of Synchro Spirit 2004 as a Community Coaching Conference.





## **Trillium Recreational Figures Competition**

**Sunday, November 28, 2004**



**Alder St. Recreational Sports Centre**



**Orangeville, ON**

**Hosted by: Town of Orangeville**

**Meet Package available on [www.synchroontario.com](http://www.synchroontario.com)**

**Entries due: Monday, November 8, 2004**  
*(Entry fees are non-refundable after November 8th)*

**Entry fee per swimmer is \$16.00**

### **Event will include four figure competitions:**

**Level 1: Head First Sculling, Tub Turn, Back Tuck Somersault**

**Level 2: Sailboat Alternate, Foot First Sculling, Back Pike Somersault**

**Level 3: Flamingo Position, Propellor, Front Pike Somersault**

**Level 4: Side Eggbeater, Kipnus, Ballet Leg Single**

**Each Level will have 5 award categories:**

**8 yrs & under, 9-10 yrs, 11-12 yrs, 13-14 yrs and 15 yrs & over**

**For more information visit: [www.synchroontario.com](http://www.synchroontario.com)**

**Synchro Ontario gratefully acknowledges the support of our sponsors**



## **UPCOMING EVENTS 2004-2005**

### **National A Team Trials**

October 14 & 15, 2004  
Calgary, Alberta

### **CBET/NCCP 1-3 Tech Courses**

October 15-17, 2004  
Don Mills Collegiate Pool

### **Official 1 & 2 Courses**

October 23-24, 2004  
Don Mills Collegiate Pool

### **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

### **Lisa Alexander Figure Meet and SuperStar 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

## Synchro Swim Ontario announces CHIP Hospitality as official hospitality sponsor

Toronto, ON - September 28, 2004 - Synchro Swim Ontario is pleased to announce a new sponsorship agreement with CHIP Hospitality. CHIP Hospitality will be the official hospitality sponsor of Synchro Swim Ontario for the 2004-2005 season.

CHIP Hospitality is one of Canada's leading hotel and resort management companies and has over 30 properties located across Canada. Three CHIP hotels in Ontario will be official host hotels of Synchro Swim Ontario's major competitive events. The Sandalwood Suites Hotel is the official hotel of the 2005 Provincial Championships, the Crowne Plaza Ottawa

is the official hotel of the 2005 Eastern/Atlantic Divisional Challenge, and the Four Points by Sheraton Kitchener is the official hotel of the 2005 Tier Championships.

"Synchro Swim Ontario is very pleased to have the opportunity to work closely with CHIP Hospitality for our upcoming season", said Leslie Makins, Executive Director of Synchro Swim Ontario. "It is a pleasure working with such a professional and exceptional company!"

Synchro Swim Ontario members will also be able to access preferred hotel rates

through CHIP Hospitality's website [www.greatcanadianhotels.com](http://www.greatcanadianhotels.com). A jump page linking the Synchro Ontario website [www.synchroontario.com](http://www.synchroontario.com) to [www.greatcanadianhotels.com](http://www.greatcanadianhotels.com) has been launched off the main page of the Synchro Swim Ontario website. Preferred rates may be accessed through a member code,



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### Board of Directors - Fall Elections

Election for the Synchro Swim Ontario Board of Directors positions of Officials Representative, Coaches Representative and Athlete Representative are scheduled to take place at the time of the Lisa Alexander Meet every two years and are elected by their peers. Please read the election and nomination information which is available on the home page of the Synchro Swim Ontario website [www.synchroontario.com](http://www.synchroontario.com). Elections for all three positions will take place December 4-5 at the Lisa Alexander Figures Meet at the Victor Davis Pool in Guelph.

#### Election Timeline:

- Circulation of Job Descriptions & Nomination forms (President's meeting & email) - September 11, 2004
- Post Description & Nomination forms on the website - September 13, 2004
- Nominations Close - November 1, 2004
- All ballots distributed (athlete & coach ballots distributed to club contacts) - November
- Officials Ballots distributed - November

\* Election at Lisa Alexander Meet - original ballots only, photocopies are not eligible (details to follow). For those not attending the competition, original ballots will be accepted by mail and must be in the hands of the Synchro Swim Ontario office no later than December 4, 2004

**For more information please visit:  
[www.synchroontario.com](http://www.synchroontario.com)**

### Synchro Ontario Fall Technical Courses

#### ***CBET/NCCP 1-3 October 15-17, 2004***

*Don Mills Collegiate Institute  
15 The Donway East North York, ON M3C 1X6  
(close to Don Valley Parkway & Lawrence Ave.)*

#### ***CBET/NCCP 1 \*Limited spaces available!***

*Saturday, October 16 - 9:00 a.m.-5:00 p.m.  
Sunday, October 17 - 9:00 a.m.-4:00 p.m.*

#### ***CBET/NCCP 2 \*Spaces available!***

*Saturday, October 16 - 8:30 a.m.-5:30 p.m.  
Sunday, October 17 - 8:30 a.m.-5:30 p.m.*

#### ***CBET/NCCP 3 \*Spaces available!***

*Friday, October 15 - 6:00 p.m.-9:00 p.m.  
Saturday, October 16 - 9:00 a.m.-5:00 p.m.  
Sunday, October 17 - 9:00 a.m.-4:00 p.m.*

#### ***Official 1 & 2 October 23-24, 2004***

*Don Mills Collegiate Institute  
15 The Donway East North York, Ontario  
(close to Don Valley Parkway & Lawrence Ave.)*

#### ***Official 1 \*Spaces available!***

*Saturday, October 23 & Sunday, October 24*

#### ***Official 2 \* Spaces available!***

*Saturday, October 23 & Sunday, October 24*



# SYNCHRO SPIRIT 2024

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