



# News Splash!

Volume 2 No. 1

September 2004

www.synchroontario.com

## Synchro Swim Ontario Launches New Website!

Synchro Swim Ontario launched its newly designed website on August 19th after months of work on the new layout.

The new website has a fresh new look inspired by the new Synchro Swim Ontario logo, which was launched at the end of April.

The new easy-to-navigate site has new features including an interactive 2004-05 calendar, Competitive Quick Links, a completely new Recreational section, and a Resources area with pages exclusively for Athletes "Athletes Zone", Coaches "Coaches Corner" Club Administrators "Club Connection", and Officials "Officials Room".

Check out the new site and have fun on the new www.synchroontario.com!

**Synchro Swim ONTARIO** *Friendships for life. Achievements for life. Success for life. In Synch for life.*

About Us | News | Competitive | Recreational | Education | Resources | Links

Welcome to the new www.synchroontario.com! Fall Meeting for Club Presidents, Registrars and

**Synchro Swim Ontario launches new website!**  
Synchro Swim Ontario is proud to introduce the new look of synchroontario.com! The new site, inspired by the new Synchro Swim Ontario logo launched in April, has a fresh new look and great new features. We invite you to explore the new easy-to-navigate website, which is full of great resources and the news and information you need quickly!

**2004 Fall Technical Courses**  
Synchro Swim Ontario will be offering Trillium Instructor 1 & 2, Coaching (CBET/NCCP 1-3) and Judging (Official 1 & 2) Courses in September and October. [Click here to download the Technical Courses flyer and registration form.](#)

**Synchro Ontario Fall Meeting for Club Presidents, Registrars and Coaches**  
Synchro Ontario's Annual Fall Meeting will be held on Saturday, September 11th at the Sport Alliance Building in Toronto. The meeting will include a morning update session for all attendees, and then a coach workshop and President/Registrar training in the afternoon. Find all information on the [Club Connection](#) page!

**Synchro Spirit 2004 Athlete & Coach Development Workshops**

**Upcoming Events**  
Click above for 2004-05 calendar

Synchro Ontario Fall Meeting President/Registrar/Coach Saturday, September 11 Sport Alliance Building

Synchro Spirit 2004 Tier 4-7 Saturday, September 25 Etobicoke Olympium

Synchro Spirit 2004 Tier 1-4 Sunday, September 26 Etobicoke Olympium

East Region Synchro Spirit Saturday, October 2 Carleton University

Lisa Alexander Meet December 4-5, 2004 Victor Davis Pool, Guelph

## SYNCHRO SWIM ONTARIO FALL TECHNICAL COURSE LINE-UP

### INSTRUCTOR COURSES

**Trillium Instructor 1**  
Saturday, September 25, 2004  
Don Mills Collegiate Pool

**Trillium Instructor 2**  
Sunday, September 26, 2004  
Don Mills Collegiate Pool

### COACHING COURSES

**CBET/NCCP Technical 1**  
October 16-17, 2004  
Don Mills Collegiate Pool

**CBET/NCCP Technical 2**  
October 16-17, 2004  
Don Mills Collegiate Pool

**CBET/NCCP Technical 3**  
October 15-17, 2004  
Don Mills Collegiate Pool

### JUDGING COURSES

**Official 1 (JTACS 1)**  
October 23-24, 2004  
Don Mills Collegiate Pool

**Official 2 (JTACS 2)**  
October 23-24, 2004  
Don Mills Collegiate Pool

- \* Course Registration form is available to download off the Synchro Swim Ontario website: [www.synchroontario.com](http://www.synchroontario.com)
- \* For more information or questions please contact Project Assistant, Vicki Bradley at 416-426-7111 or [vbradley@osrc.com](mailto:vbradley@osrc.com)
- \* Please register early as space is limited, and if minimum numbers are not met the course may be cancelled.

SYNCHRO SWIM ONTARIO  
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Phone: (416) 426-7110 Fax: (416) 426-7376

Synchro Swim Ontario gratefully acknowledges the continued support of the Ontario Ministry of Tourism and Recreation.



*Welcome back to all coaches, athletes, parents & officials as the 2004-2005 synchro season begins!*

*A message from Synchro Swim Ontario Executive Director, Leslie Makins*

**"Being a man or a woman is a matter of birth. Being a man or a woman who makes a difference is a matter of choice."** --Byron Garrett, staff member of Arizona's Governor

And so we move into another season in the world of synchronized swimming. For all of the men, women, families, youth and children... for volunteers of all ages, Ontario thanks you for choosing to make a difference by your involvement in this sport. How do your contributions make a difference? Your involvement creates opportunities for athletes to reap the benefits of participating in synchronized swimming – and the benefits are impressive: improve fitness, strength, flexibility and coordination; establish healthy behaviors; develop skills like communication, cooperation and leadership; create friendships; learn about discipline, commitment, organization and how to deal with pressures; increase music awareness; improve time management skills; and of course, have FUN!! Not only does the athlete benefit, but their families and communities are healthier too!

Thanks to the hundreds of volunteers who did their part in contributing to the success of last season by giving of their time and talents. As we begin another exciting year, we welcome each of our returning families, officials and coaches and send out a special welcome to those who are new to our sport. The Synchro Swim Ontario office staff are always ready to lend a hand, so feel free to call or email at any time.

*Leslie Makins, Executive Director*

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



## **UPCOMING EVENTS 2004-2005**

### **Club Presidents, Registrars and Coaches - Info & Training Day**

Saturday, September 11, 2004  
Sport Alliance Building

### **Tier 4-7 Synchro Spirit 2004**

Saturday, September 25, 2004  
Etobicoke Olympium

### **Tier 1-4 Synchro Spirit 2004**

Sunday, September 26, 2004  
Etobicoke Olympium

### **Trillium Instructor 1 Course**

Saturday, September 25, 2004  
Don Mills Collegiate Pool

### **Trillium Instructor 2 Course**

Sunday, September 26, 2004  
Don Mills Collegiate Pool

### **Tier 1-7 Synchro Spirit 2004**

Saturday, October 2, 2004  
Carleton University

### **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

### **Lisa Alexander Figure Meet and SuperStar Testing**

December 4-5, 2004  
Victor Davis Pool - Guelph



## ***A Message from Synchro Swim Ontario President Lynn Hammond***

Welcome back to another exciting season of synchro! A lot has been going on this summer, both in the pool and in the boardroom. This synchro season promises to be one of the best, especially as Ontario tackles greater opportunities for development at all levels for our athletes, coaches and officials. There are also a number of initiatives underway that are a direct response to the issues and ideas that the member clubs raised through their Club Presidents at various provincial meetings - "Burning Bright for Breast Cancer" being just one of them. Synchro Swim Ontario Board members have continued to meet through the summer to review and deal with changes being implemented at the national level, and committees have been diligent in their work to implement those imposed changes, and changes that were recommended in response to feedback from member clubs.

Synchro Swim Ontario will continue to build new and exciting partnerships and collaborate within our own community and outside of it. Your Board of Directors is committed to ensuring success and strength at all levels in Ontario.

***Lynn Hammond***  
***President, Synchro Swim Ontario***

## **Team Canada swims to a 5th place finish at the Olympic Games**

The Canadian Olympic Synchronized Swimming Team finished 5th in the team event at the 2004 Olympic Games, and the duet of Fanny Letourneau and Courtenay Stewart swam to a 6th place finish. Congratulations to all members of the Olympic team on your hard work, dedication, and your Olympic performances.

### Olympic Synchronized Swimming Results:

#### Duet Final:

1. Davydova/Ermakova, Russia
2. Tachibana/Takeda, Japan
3. Bartosik/Kozlova, USA
4. Mengual/Tirados, Spain
5. Dedieu/Thibaud, France
6. Letourneau/Stewart, Canada

#### Team Final:

- |           |           |
|-----------|-----------|
| 1. Russia | 5. Canada |
| 2. Japan  | 6. China  |
| 3. USA    | 7. Italy  |
| 4. Spain  | 8. Greece |



## **2004-2005 Synchro Swim Ontario Tentative Competitive Schedule - UPDATE**

### **Lisa Alexander Figures Meet & Superstar 3-7 Testing**

December 4-5, 2004

Hosted by: Guelph Synchro @ Victor Davis Pool

### **2005 Provincial Trials**

January 22-23, 2005

Hosted by: KW Synchro @ Wilfrid Laurier University

### **2005 Provincial Championships**

February 18-20, 2005

Hosted by: Olympium Synchro @ Etobicoke Olympium

### **2005 Eastern/Atlantic Divisionals**

March 30-April 3, 2005

Hosted by: Gloucester Synchro @ Nepean Sportsplex

### **2005 Central Regional Championships**

April 9-10, 2005

Hosted by: Variety Village Synchro @ Variety Village

### **2005 North Regional Championships**

April 9-10, 2005

Hosted by: Sudbury Synchro

### **2005 West Regional Championships**

April 16-17, 2005

Hosted by: London Synchro @ Canada Games Aquatic Centre

### **2005 East Regional Championships**

Hosted by: Ottawa Synchro ~ Date & Location TBA

### **2005 Canadian Open Championships**

Calgary, AB ~ May 12-17, 2005

### **2005 Ontario Tier Championships**

May 26-29, 2005

Hosted by: Waterloo Regional Synchro @ Waterloo Swimplex

### **2005 Canadian Espoir Championships**

Saskatoon, SK ~ June 2-6, 2005

### **2005 Trillium 12 & Under Provincial Championships**

Host, Date & Location TBA



## Athlete & Coach Development Workshops

Saturday, September 25: Tier 4-7 Etobicoke Olympium

Sunday, September 26: Tier 1-4 Etobicoke Olympium

Saturday October 2nd: Tier 1-7 Carleton University

\$75\* per Athlete

\$25\* per Coach

\*Snacks included\*  
No Lunch

**\*REGISTRATION IS BEING LIMITED TO 120 ATHLETES FOR THE TORONTO WORKSHOPS AND 100 ATHLETES FOR OTTAWA WORKSHOP**

Synchro Swim Ontario is pleased to present the 2004 Synchro Spirit Athlete and Coach Development Workshops. The workshops are designed to give athletes and coaches the knowledge and skills to reach for higher levels of achievement.

We have an exciting line-up of sessions with invited experts from different fields, guest coaches, and national team athletes, including 1996 & 2000 Olympic Team Coach Sheilagh Croxon, Synchro Elite Head Coach Jojo Carriere Thivierge, 2004 Olympic team member Jessica Chase, and former National team athlete Amy Caskey.

This year registration will be **limited to 120 athletes** for the Toronto workshops and to **100 athletes** for the Ottawa workshop. In limiting registration we are guaranteeing smaller working groups and the opportunity for athletes and coaches to work more intimately with the session leaders.

Complete workshop information and registration packages will be sent to all competitive clubs the week of August 2nd, as well as e-mailed to all club contacts and head coaches. Complete information and registration forms for the workshop will also be posted on the Synchro Ontario website: [www.synchroontario.com](http://www.synchroontario.com).

For any questions regarding the workshop please contact Sport Development Coordinator Kara Heald at [kheald@osrc.com](mailto:kheald@osrc.com) or 416-426-7407.



Synchro Ontario is pleased to announce that The Coaching Association of Canada (CAC), through the sponsorship of Investors Group Inc., is the official sponsor of Synchro Spirit 2004 as a Community Coaching Conference.

## Community Sport Administrator Award



The Investors Group Community Sport Administrator Award is an integral part of Synchro Spirit 2004 sponsored by Investors Group. This year two awards will be presented, one for clubs attending the Toronto workshops, and one for clubs attending the Ottawa workshop. All nominations are to be submitted to Vicki Bradley at [vbradley@osrc.com](mailto:vbradley@osrc.com) or fax to 416-426-7376. Please forward any questions regarding nominations to Vicki.

### Objectives

The award recognizes the contribution to community sport programs made by a dedicated volunteer who has given countless hours of time so that coaches and athletes can enjoy the benefits of well-organized sport.

### Eligibility

The nominee demonstrates outstanding commitment and service in an administrative capacity for a club, organization, or event, resulting in a strong impact on the community for coaches and athletes. The coaching conference or organizing committee selects the award recipient.

### Nominations

Nominators must provide the following information:

- name, address, and phone number of the nominee
- name, address, and phone number of the nominator
- the history of service to community sport programs reflecting the commitment and service of the nominee
- list of other awards or recognition received
- description of any outstanding qualities or contributions that the nominator feels would be of interest to the selection committee.

**All nominations are due to Vicki Bradley by: Saturday, September 11th.**

Nomination forms have been mailed and e-mailed to Club Contacts and Head Coaches with the Synchro Spirit Registration Information. Nomination forms are also available to download from [www.synchroontario.com](http://www.synchroontario.com).

## Synchro Swim Ontario introduces new Trillium Awards Program Logo



Synchro Swim Ontario is pleased to introduce the new logo for the Trillium Awards Program for recreational synchronized swimming programs. The logo, which was designed by T Designs Inc. of Burlington, ON captures the fun philosophy of the recreational Trillium Awards Program by characterizing a trillium performing synchro!

The new Trillium Awards Program logo now appears on all Trillium Awards Program information and resources, including newly updated Trillium Awards Program Test Sheets. To request new awards sheets for your club or program please contact Sport Development Coordinator Kara Heald at 416-426-7407 or e-mail [kheald@osrc.com](mailto:kheald@osrc.com).

### **Name the new Trillium Program Character Contest!**

**Attention swimmers! We want your ideas for a name for the new Trillium character on the Trillium Awards program logo, so Synchro Swim Ontario is holding a contest to name the Trillium! Enter your name ideas by e-mailing [kheald@osrc.com](mailto:kheald@osrc.com). Entries will be taken until **Wednesday, December 15, 2004**. The winning name will win a prize from Synchro Swim Ontario!**



**To be eligible to enter you must be a registered swimmer from a member club or Trillium Program Partner program. When entering please provide your name entries, your name & e-mail address, and club/program affiliation. \*Please note the information gathered falls under the Synchro Ontario Privacy Act (PIPEDA – Personal Information Protection and Electronic Documents Act). The Privacy Act can be viewed on the Synchro Ontario website at [www.synchroontario.com](http://www.synchroontario.com).**

**ACTIVATE! 2004**  
YOUTH CONFERENCE  
www.esteemteam.com

**YOUR LIFE. YOUR SPORT.  
MAKE IT WHAT YOU  
WANT IT TO BE.**

**ACTIVATE 2004** is a youth conference happening in conjunction with the Petro-Canada Sport Leadership 2004. Activate 2004 will be bringing together up to 40 young Canadians (aged 16-25) from across the country. It's an opportunity to share thoughts and ideas about the relationship between sport, community, and effecting change. Not only that, but delegates will take action on their ideas to ACTIVATE their communities when they go home.

We need your help in spreading the word about ACTIVATE 2004! DOWNLOAD and PRINT an ACTIVATE! poster (from the link below) and put it up where young people will see it. SPREAD THE WORD. Find out more about ACTIVATE or apply to attend the conference at:

<http://www.esteemteam.com/index.php/>

**COMMUNITY  
WORKSHOPS**

Coaches Association of Ontario

#### **Steve Hill "Coaching to prevent injuries"**

**When:** Thursday, September 23, 2004, 7:00 - 9:00 p.m.

**Where:** Kings Cross Physiotherapy Clinic, Brampton  
(456 Vodden St. E. Unit 2 (Hwy 410 & Hwy 7))

**Cost:** \$5 CAO Members & NCI students  
\$10 non-members

#### **Phillip Sullivan "Communication for Coaches"**

**When:** Wednesday, September 29, 2004, 7:00 - 9:00 p.m.

**Where:** Chedoke Arena, Hamilton  
(91 Chedmac St.)

**Cost:** \$5 CAO Members & NCI students  
\$10 for non-members

**For registration information regarding the above workshops, or to register to become a member of the Coaches Association of Ontario please visit their website at: [www.coachesontario.ca](http://www.coachesontario.ca)**