

Synchro Ontario Summer High Performance Camps a success



Tier 1-2 Camp ~ July 9-10



Tier 3-4 Camp ~ July 23-24



Tier 5-6 Camp ~ August 6-7



Tier 2-3 12&U Camp ~ August 13-14



Tier 4-5 15&U Camp ~ August 20-21

Synchro Ontario's 2005 Summer High Performance Camps were a success, seeing 202 swimmers participate in five High Performance Camps in July and August.

Athletes enjoyed a weekend filled with working on High Performance figure and routine skills, as well as bonding with athletes from other clubs and their High Performance Camp Coaches.

"I am so excited to see the athletes at the High Performance Camps reaching attainable goals and growing within our High Performance Programming" said Executive Director Leslie Makins. "This is the first stepping stone for athletes on their way to further specialty HP training and Provincial and National teams."

A big thank you to Camp Coordinator Mary Jane Ling who organized the Tier 1-6 camps, and who made the High Performance Camp experience so special for all of the athletes.

The final High Performance Camp, the Tier 6-7 camp, will take place September 10-11 from 9-5 each day at the Etobicoke Olympium. The camp is being directed by Sheilagh Croxon, and we have the pleasure of welcoming special guest coach Chris Carver, 1996, 2000 and 2004 USA Olympic Team Coach. Coaches are welcome to register to observe the Tier 6-7 camp Saturday and Sunday at a cost of \$20 for the weekend. Registration forms are available on the Synchro Ontario website: www.synchroontario.com

National Junior Team claims ASUA Championship!

The National Junior team swam to the ASUA Junior Pan American Championship August 18-21 in Orlando, Florida. Ontario's Jennifer Knobbs and Courtney Brown, along with Head Coach Julia Warren were part of the gold medal winning team.

Canada also won silver medals in Solo and Duet competition, and a gold in figures. Congratulations to Jenn, Courtney, Julia and all of the Junior National team athletes and coaches! Way to go Canada!



Jenn Knobbs



Courtney Brown



Julia Warren

**Synchro Swim Ontario
Club Presidents, Registrars, and Coaches
Information/Training Day
Saturday, September 24, 2005
Sport Alliance of Ontario Building
1185 Eglinton Avenue East**

8:45-9:15 Registration

9:15-11:30 Updates/Info (entire group)

11:30-3:30 President/Registrar Training (1A/1B)

11:30-3:30 Coaches Workshop (3D)

2005-2006 Competition Hosts Selected

2005 Lisa Alexander Figure Meet & Superstar 3-7 Testing

Date & Location TBA

2006 Provincial Trials & OWG East Regional Trials

January 20-22, 2006 ~ Hosted by Gloucester Synchro at the Nepean Sportsplex

2006 Central/West/North OWG Trials

Date & Location TBA

2006 Provincial Championships

February 17-19, 2006 ~ Hosted by Olympium Synchro at the Etobicoke Olympium

2006 Ontario Winter Games

March 9-11, 2006 ~ Hosted by Newmarket Synchro at Buell Aquatic Centre (Borden)

2006 Eastern Divisional Challenge

Date & Location TBA ~ Hosted by Synchro Quebec

2006 Regional Championships

Dates & Locations TBA

2006 Ontario-Quebec Cup

April 29-30, 2006 ~ Hosted by Burlington Synchro at Centennial Pool

2006 Canadian Open Championships

Date & Location TBA

2006 Tier Championships

May 25-28, 2006 ~ Hosted by London Synchro at the Canada Games Aquatic Centre

2006 Canadian Espoir Championships

Date & Location TBA

2006 Trillium 12 & Under Provincial Championship

Saturday, June 10 ~ Hosted by Guelph Synchro at Victor Davis Pool

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UPCOMING EVENTS **2005**

Tier 6-7 High Performance Camp

September 10-11, 2005
Etobicoke Olympium, Toronto

Trillium Instructor 1 & 2 Course

September 17 & 18, 2005
Memorial Pool, Toronto

Club Presidents & Registrars and Coach Training Day

September 24, 2005
Sport Alliance Building, Toronto

Trillium Instructor 1 Course

September 24, 2005
Jack Burger S.C. , Port Hope

Trillium Instructor 1 Course

September 25, 2005
Bennetto C.C. , Hamilton

JTAC 1 Course

September 24-25, 2005
Sawmill Creek Pool, Ottawa

Burning Bright for Breast Cancer 2005

October 1-31, 2005
Synchro Clubs across Ontario!

Team Spirit 2005 Athlete & Coach Workshops

Tier 1-3 Team Spirit
Saturday, October 22, 2005
Etobicoke Olympium, Toronto

Tier 4-6 Team Spirit
Sunday, October 23, 2005
Etobicoke Olympium, Toronto

Tier 1-6 Team Spirit
Saturday, October 29, 2005
Carleton University, Ottawa

Upcoming Courses

Trillium Instructor 1 & 2

September 17 & 18

Memorial Pool, Toronto

Take both courses and pay only \$125!

To register e-mail: kheald@osrc.com

Registration Information and forms available on the Synchro Ontario website.

Trillium Instructor 1

Saturday, September 24

Jack Burger Sports Complex, Port Hope

Course Fee: \$60.00

To register e-mail: spinney@porthope.ca

Trillium Instructor 1

Sunday, September 25

Bennetto Community Centre, Hamilton

Course Fee: \$25 (residents), \$35 (non-residents)

To register e-mail: mpaciocc@hamilton.ca

JTAC 1

September 24-25

Sawmill Creek Pool, Ottawa

Course Fee: \$21/module

Registration Information and forms available on the Synchro Ontario website.

JTAC 1

October 15-16

Laurentian University, Sudbury

Course Fee: \$21/module

Registration Information and forms available on the Synchro Ontario website.

Brooks Did This Creative Services renews sponsorship as official photographer of Synchro Swim Ontario

Toronto, ON – September 1, 2005 - Synchro Swim Ontario is pleased to announce Brooks Did This Creative Services of Kitchener will continue as the official photographer of Synchro Swim Ontario for the 2005-2006 season.

Brooks Did This will be the official event photographer of the 2006 Provincial Synchronized Swimming Championships, the 2006 Ontario-Quebec Cup, the 2006 Ontario Synchronized Swimming Tier Championships, and the 2006 Trillium 12 & Under Provincial Synchronized Swimming Championships.

Brooks Did This Creative Services was established in 2000, and is a specialist in graphic design and brand development, and provides clients with multi-disciplinary design support. Capabilities include designing logos and identity systems, marketing literature, corporate collateral, print advertising, web design, and photography.

Brooks Did This Creative Services has been servicing the synchro swim community for five years where they been working with clubs to develop websites, and provide on site photography services at competitions.



Synchro swimmers across the province set to support CBCF again this October!

Synchro Swim Ontario and the Canadian Breast Cancer Foundation (CBCF) – Ontario Chapter are pleased to present the 2nd Annual Burning Bright for Breast Cancer this October! After the overwhelming success of Burning Bright for Breast Cancer 2004, which saw 18 clubs participate to raise over \$29,000 for CBCF (the largest ever donation to CBCF by a Provincial Sport Organization in Ontario!) we are very excited to surpass \$30,000+ in 2005 with the help of all of our member clubs!

The program involves keeping a candle burning within the pool for a minimum of one hour, in which swimmers can hand off the torch to the next swimmer in a relay. The idea is flexible and clubs can develop their own format as long as a “torch” is part of the event. We are asking

for all clubs and athletes to participate in this initiative, however, it is of course voluntary.

Synchro Swim Ontario and CBCF will once again be recognizing the top fundraising club for CBCF, as well as the individual athlete that raises the most for CBCF! In addition, we are continuing with the incentive program, so that if an individual raises \$50 or more for CBCF they will receive an exclusive Burning Bright for Breast Cancer 2005 bathing cap – being created for this year only, and new for 2005 a second level incentive, where if an individual raises \$200 or more for CBCF they will receive a special prize pack!

Please find all the forms needed for Burning Bright for Breast Cancer posted on the Synchro Swim Ontario website.

Many thanks for the support of this special initiative as it is an important and valuable event for Synchro Swim Ontario and the entire synchro community. We have a fantastic opportunity to raise awareness of the sport and make a difference for a very important cause at the same time.



London Synchro - Burning Bright for Breast Cancer 2004

Team Spirit 2005

Athlete & Coach Development Workshops

Synchro Swim Ontario is pleased to present **TEAM SPIRIT 2005** 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, and this year specially targeting team development skills. We are planning an exciting line-up of sessions with guest coaches, and invited experts from different fields, including former National team coach and international synchro consultant Biz Price.

This year registration will be **limited** initially to **one team per club per workshop** for the Toronto workshops and to **3 teams per club** for the Ottawa workshop. In limiting registration we are guaranteeing that every club has the opportunity to attend. Spots declined by clubs will be filled by a random draw from second and third choices indicated on the registration form.

Clubs are to register by team. The team registration fee of \$650 includes up to 10 athlete spots and one coach spot. Additional coaches can be registered at \$25 per coach. *Team Spirit Registration Packages have been mailed to club contacts with their 05-06 Club Registration Packages.

Tier 1-3 Team Spirit

Saturday, October 22
8:00 a.m. - 3:00 p.m.
Etobicoke Olympium

Tier 4-6 Team Spirit

Sunday, October 23
9:00 a.m. - 4:00 p.m.
Etobicoke Olympium

Tier 1-6 Team Spirit

Saturday, October 29
6:00 a.m. - 2:00 p.m.
Carleton University

Registration Information

\$650 per team* & \$25 per additional coach

Fee covers up to 10 athletes and 1 coach & does not change for less than 10 swimmers

Snacks & Lunch are NOT included, please have athletes and coaches bring their own

Team registrations are due by Saturday, September 24, 2005

Clubs will be notified following the deadline if they are drawn for additional spots.

Refund policy: Upon request by a participant, Synchro Swim Ontario will refund 50% of course fees paid up to 10 days prior to the day of the course, after that all fees are non-refundable.

For more information or questions please contact Sport Development Coordinator Kara Heald
Phone: 416-426-7407 or e-mail kheald@osrc.com

Don't forget to submit your nomination for the Investors Group Volunteer Sport Administrator Award!
Nomination forms available on www.synchroontario.com. Nominations due September 24th.

