



Report from the 2004 Eastern Divisional Challenge

Tier 6 and 7 athletes from Ontario competed at the Eastern Divisional Challenge at the Centre Claude Robillard in Montreal from March 25-28.

Ontario athletes were vying for finishes in the top 10 of the Tier 6 and 7 solo and duet competition so they may advance to the National Championships in May. Ontario will be advancing four Tier 6 15 & Under Solos (one preswimmer), three Tier 7 Junior Solos, three Tier 6 15 & Under Duets and three Tier 7 Junior Duets (one preswimmer). Congratulations to all solos and duets that competed at Divisionals and to all of the routines that qualified for Nationals.

Three Ontario teams medalled at Divisionals. Congratulations to Synchro Optima's Tier 7 Junior Team (Bronze), Kawartha-Trent's Varied Team (Silver), and Gloucester's Varied Team (Bronze). All teams that competed at Divisionals qualify to advance to Nationals. Ontario will be sending twelve 15 & Under/Open Teams, five Tier 7 Junior Teams, six Combo Teams, and four Varied Teams.

Congratulations to all athletes on your performances at Divisionals and good luck as you prepare for the National Championships being held May 3-8 at the Etobicoke Olympium in Toronto.

For results from the event finals please see page 5 of the newsletter. Full results may be found on the Synchro Ontario website: www.synchroontario.com

Announcement from the Synchro Ontario ~ Board of Directors ~

The Synchro Swim Ontario Board of Directors is pleased to announce that Amy Caskey has recently been appointed to the position of Athlete Representative on the Board of Directors. The Board and staff are pleased to have Amy on board and look forward to working with her as she represents Ontario athletes in this capacity. Welcome Amy!

2004 Ontario Winter Games

Over 100 synchro athletes from across the province competed at the 2004 Ontario Winter Games hosted by the city of London from March 11-13.

Synchro athletes competed in Tier 4 and Tier 5 Duet and Team competition and in the Combination Team event.

The Ontario Winter Games competition was a great success with

8 synchro clubs bringing home medals from the competition.

Congratulations to all athletes on your performances at the Winter Games, and, thank you to all volunteers and officials who helped to make the synchro competition at the 2004 Ontario Winter Games a success.

Full results from the games can be found on page 5.



Sudbury ~ T5 Duet



London (TP) ~ T4 Team



K-W ~ Combo Team



Mississauga ~ T5 Team

EVENT	GOLD	SILVER	BRONZE
Tier 4 Duet	Bourrie/Towsley Newmarket	Davies/McGurn Newmarket	Gibson/Locklin Kawartha-Trent
Tier 5 Duet	Wandziak/Westphal Sudbury	Graham/Niezen K-W	Matte/Missio Waterloo
Tier 4 Team	London (TP)	Kawartha-Trent	Newmarket
Tier 5 Team	Mississauga	K-W	Waterloo
Combo	K-W	Kawartha-Trent	Markham

BSSC Recreational Extravaganza!

Trillium Testing, Recreational Routines and Competitive Demonstrations

Date: Saturday, April 24th 2004

Time: 9:00 a.m. - 5:00 p.m.

**Location: Centennial Pool ~ 5151 New St.
Burlington, ON**

***Entries due: Monday April 5, 2004**

BSSC Solo/Duet Invitational

Date: Sunday, April 25th 2004

Time: 8:00 a.m. - 4:00 p.m.

**Location: Centennial Pool ~ 5151 New St.
Burlington, ON**

***Entries due: Monday, April 5, 2004**

****For details about the recreational Extravaganza or the solo/duet invitational please visit www.synchroontario.com or e-mail: bssc@worldchat.com or kworlidge@cogeco.ca**



2004 Trillium 12 & Under Provincial Championships



Saturday, June 19, 2004 ~ Waterloo Swimplex

*** 2004 10 & Under pre-set solo ~ CD & Video Package - \$10 *
Contact Synchro Ontario to order your copy**

Synchro Ontario is proud to acknowledge our sponsors:



UPCOMING EVENTS 2004

Ontario - West Regional Trials

April 2-4, 2004

Victor Davis Pool - Guelph, ON

Hosted by: Guelph Synchro

CISAA Synchro Swim Championships

April 15, 2004

Oakville, ON

Synchronized Swimming Olympic Qualifying Tournament

April 15-18, 2004

Athens, Greece

Ontario - East Regional Trials

April 17-18, 2004

Nepean Sportsplex - Nepean, ON

Hosted by: Nepean Synchro

Ontario - Central & North Regional Trials

April 24-25, 2004

Hosted by: Markham Synchro

BSSC Recreational Extravaganza

Saturday, April 24, 2004

Centennial Pool - Burlington, ON

Hosted by: Burlington Synchro

BSSC Solo/Duet Invitational

Sunday, April 25, 2004

Centennial Pool - Burlington, ON

Hosted by: Burlington Synchro

2004 Synchro Nationals

May 3-8, 2004

Etobicoke Olympium Pool

Hosted by: Synchro Ontario

Ontario Tier Championships

May 27-30, 2004 - Nepean Sportsplex

Hosted by: Gloucester Synchro

Synchro Ontario AGM

June 5, 2004

Sport Alliance Building

1185 Eglinton Ave. E., Toronto, ON

Trillium 12 & Under Provincial Championship

June 19, 2004 - Waterloo Swimplex

Hosted by: K-W Synchro

2004 Olympic Games

Synchro Events

August 23-27, 2004

Synchro Ontario celebrates the 25th anniversary of the Pansy Forbes Incentive Award Program with an updated program!

Aquatic Sport Innovator and Synchro Pioneer Pansy Forbes

The Pansy Forbes Incentive Award Program was named in honour of Pansy Forbes of Peterborough, ON. Pansy was a pioneer of the sport of synchronized swimming in Ontario and in Canada.

Pansy was born in West Bronwich, England and learned to swim at the age of nine. Before moving to Canada, Pansy's father was a dancing master, and Pansy attributed her love of music, body mechanics and choreography to this background.

Known throughout national and international circles, her involvement in synchronized swimming encompassed a span of more than thirty years. Pansy began her career as a swimming participant in a stunt class in Peterborough. These stunts were later incorporated into the figures and patterns of ornamental swimming; the beginning of synchronized swimming in Canada.

In 1944, as a swimming instructor for a YMCA, Pansy included basic figures and patterns in her instruction, and concluded the camp with a display of synchronized swimming. The girls then formed a club in Peterborough and Pansy became the coach.

Pansy Forbes continued her coaching career into the 1970's and during her thirty years of involvement she had many accomplishments including winning Canadian and international titles, exhibiting synchronized swimming at the 1954 British Empire Games and representing Canada at the 1955 Pan Am Games in Mexico City.

All the work that Pansy accomplished did not go unnoticed. She was recognized through the years and received numerous distinguished awards over her career, including being named to the Aquatic Hall of Fame in Winnipeg in 1974.

Introduction of the Pansy Forbes Incentive Awards ~ 1979

In 1979 Synchro Ontario recognized the years of dedication and service which Pansy Forbes gave to our sport by creating a very special program in her name to introduce swimmers to synchronized swimming; just as Pansy did in the past. The Pansy Forbes Incentive Award Program is a salute to one of the founders, and great ladies of Synchro.

The Pansy Forbes Incentive Award was developed to accommodate the growing number of swimmers interested in experiencing synchronized swimming, but not necessarily interested in highly standardized testing. The award was designed to fill the needs of recreational swimmers of all ages, male and female, as well as special populations.

Recreational synchro enriches our existing programs and offers programs designed to meet the needs of all. It is a known fact that "the broader the base, the higher you can go!" Thus, through the Pansy Forbes Awards we hope to widen our base by involving more recreational swimmers in synchro programs. This award stresses the accomplishments of the participants and is designed to combine strokes, skills, sculls and creativity.

The Pansy Forbes Incentive Awards are an added dimension to enrich our existing programs for the many at the grass roots levels.



Excerpts from "The Synchronicle", Volume 4 Number 1 January/February 1980.

The New Pansy Forbes and Solo Pin Awards for 2004!

Synchro Ontario has now re-designed the Pansy Forbes Incentive Awards as well as the Solo Pin Award to align with the Trillium Awards Program. The ideals and goals of the Pansy Forbes Awards have been maintained while incorporating the skills learned in the Trillium Awards Program to build creative and fun routines.

The Pansy Forbes 1 Incentive Award includes skills learned in Trilliums 1 and 2, the Pansy Forbes 2 Incentive Award includes skills learned in Trilliums 3 and 4, and the Solo Pin Award included skills learned in Trillium 5 and 6. Now swimmers participating in the Trillium Awards program or in the Star Program can use the skills they have learned to earn additional awards for creating routines.

The Pansy Forbes Incentive Award and Solo Pin Award may be used by any registered Synchro Ontario Trillium Program Partner, competitive, recreational, varsity or scholastic synchro club.

Synchro Ontario has created new instructor sheets and test sheets detailing the award requirements which are available to download off the Synchro Ontario website on the Recreational Program page. Pansy Forbes 1 and 2 Incentive Award badges, as well as the Solo Pin Award are available to order from the Synchro Ontario office.

Any Trillium Instructor, Synchro Instructor, CBET/NCCP Level 1 Coach or higher, or official JTACS 1 or higher may examine Pansy Forbes 1 and 2 and the Solo Pin Award.

For more information or questions about the new Pansy Forbes and Solo pin programs, please contact Kara Heald at Synchro Ontario at 416-426-7407 or e-mail: kheald@osrc.com.



Synchro Swim Ontario is pleased to welcome the Conference of Independent Schools of Ontario Synchronized Swimming League as Synchro Ontario's newest members!

Ever considered being closer to the action?

Become a Synchronized Swimming Judge!

Judging Level 1 Course (JTACS 1) this May!

May 15-16, 2004

Waterloo Regional Synchro Club Pool

If you are interested in registering for the course please contact Synchro Ontario at 416-426-7111

The following teams will be competing for the CISAA Synchronized Swimming Championship
Thursday, April 15, 2004 in Oakville:



Branksome Hall
Toronto, ON



Havergal College
Toronto, ON



Saint Mildred's
Lightbourn
Oakville, ON



Trafalgar Castle
Whitby, ON

Good Luck to all team competing at the CISAA Synchro Championship!

Contact:
Mitch Blum
416-784-0935

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A favourite fundraiser of Synchro Swim Ontario

Upcoming Spring Courses

Routine Development Workshop for Trillium Instructors

Saturday, April 10, 2004 ~ 9:30 a.m. to 1:30 p.m.
Jack Burger Sports Complex ~ Port Hope, ON

Please contact Sarah Pinney to register:
Phone: 905-885-2474 x224
E-mail: spinney@porthope.ca

Trillium Instructor 1 Course

Sunday, May 2, 2004 ~ 8:00 a.m. to 5:00 p.m.
West Park Pool ~ St. Catharines, ON

Please contact Koby Vanyo to register:
Phone: 905-688-5601 x1958
E-mail: kvanyo@stcatharines.ca

***Interested in hosting a course? Please contact Kara Heald at Synchro Swim Ontario for more information.
Phone: 416-426-7407 or e-mail: kheald@osrc.com***

