

Seasons Greetings from Synchro Ontario

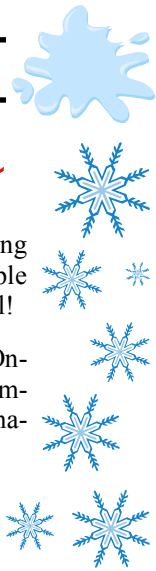


Athletes and coaches preparing for the upcoming competitive season are somewhat like families in December! With lists and gifts; shopping and baking; visiting and planning; families sometimes lose focus on the pleasures of the season and the pinnacle moments that create lifelong memories. Similarly, synchro swimmers and coaches work diligently to prepare for upcoming competitions, evident by observing focused practices, extra training, and drills, drills, drills. This hard work and all that surrounds it leads

to the achievement of personal bests, creation of lifelong friendships and the satisfaction earned when group of people work together to reach its goal... pinnacle moments as well!

On behalf of Marilyn, Vicki and Kara at the Synchro Ontario office, I send my warmest wishes to you and your family during this wonderful holiday season. Enjoy your pinnacle moments!

Sincerely,
 Leslie Makins, Executive Director



Provincial Star Testing Day

On Saturday, November 8th, athletes from across the province gathered at the Wilfrid Laurier University pool in Waterloo, ON for the 2003 Lisa Alexander Star Testing Event hosted by Synchro Ontario.

Many thanks to all of the judges, scorer John Mouck, and our referees Carol Sharer and Diane Greenwood. A sincere thanks also to the many volunteers who assisted in recording the marks.



Synchro Ontario makes a Splash at the PRO Aquatic Conference

Synchro Ontario Executive Director, Leslie Makins and Sport Development Coordinator, Kara Heald showcased Synchro Ontario programs at the Parks & Recreation Ontario Aquatic Conference at Fern Resort in Orillia from November 5-6.

Synchro Ontario took part in the Exhibitors' Showcase and the Organizational Update highlighting Synchro Ontario's Trillium Awards Program for recreational synchro, and Synchro Canada's AquaSquirts program which is provided in partnership with the Red Cross.

It was a pleasure meeting with many of the current Trillium Program Partners from across the province and discussing exciting synchronized swimming program options with many other aquatic programmers.

THE PRESIDENT'S CORNER

A Message from Synchro Ontario President Lynn Hammond

Another year is fast closing and with that comes the opportunity to look back through the year and see our past successes and opportunities to improve. As important as taking the time to review 2003 is, we must continue to plan for 2004 ensuring that we see success in the plans we are developing and implementing now.

2003 brought new experiences of growth and creativity. Growth often brings change and with change comes the opportunity to be creative. One such opportunity was the mandated change of the Tier system and although that change began in the latter months of 2002, it saw its completion in 2003. Moving forward into the second year of this new system will allow for a more encompassing review in 2004.

We have many new challenges and initiatives in 2004 at all levels – Nationals 2004; a review of the high performance structure in Ontario; continued development of the sport; meet preparation; Ontario Winter Games, to name only a few. The Board, its committees, and staff of Synchro Ontario plan to work collaboratively with clubs as we develop and implement changes into existing, and new programs ensuring the continued success of this wonderful sport.

We are grateful to the many who have made a difference; and who have inspired us through their love of the sport and their continued commitment. Enjoy the Holiday Season – treasure the time with loved ones. Be happy and safe.

Lynn Hammond
President, Synchro Ontario

ATTENTION COMPETITIVE CLUBS:

ONTARIO WINTER GAMES TRIALS & PROVINCIAL TRIALS MEET PACKAGES WILL BE MAILED OUT THE FIRST WEEK OF DECEMBER

Entries are due back to Synchro Ontario by the following dates:

East OWG Trials	January 2, 2004
West OWG Trials	January 5, 2004
Central OWG Trials	January 12, 2004
Provincial Trials	January 5, 2004

2004 Competitive Masters Synchro Events

In 2004 the following competitive opportunities are open to competitive Masters athletes:

Regional Trials: See dates on the Upcoming Events Panel

Tier Championships: May 27-30, 2004 - Ottawa, ON

The Masters events at the listed competitions will be:

Duet, Trio, Team and Combo - *Free Routines only*

Questions? Please contact Marilyn Holmes: (416) 426-7112



**Next Synchro Ontario
Board of Directors Meeting:
Monday, January 19, 2004**

UPCOMING EVENTS 2003-2004

East OWG Trials

January 17, 2004 - Peterborough, ON
Hosted by: Kawartha Trent Synchro

Provincial Trials & West OWG Trials

January 30-February 1, 2004
McMaster University - Hamilton, ON
Hosted by: Burlington Synchro

Central OWG Trials

February 7, 2004 - Markham, ON
Hosted by: Markham Synchro

Provincial Championships

February 20-22, 2004
Etobicoke Olympium Pool
Hosted by: Olympium Synchro

Ontario Winter Games

Canada Games Aquatic Centre
March 11-14, 2004 - London, ON

Eastern Divisionals

March 25-28, 2004
Centre Claude Robillard - Montreal, QC
Hosted by: Synchro Quebec

Ontario - North Regional Trials

Date - TBA
Hosted by: Sudbury

Ontario - West Regional Trials

April 2-4, 2004
Victor Davis Pool - Guelph, ON
Hosted by: Guelph Synchro

Ontario - East Regional Trials

April 17-18, 2004
Nepean Sportsplex - Nepean, ON
Hosted by: Nepean Synchro

Ontario - Central Regional Trials

April 24-25, 2004
Hosted by: Markham Synchro

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

Ontario 12 & Under Provincial Championship

Dates & Host: TBA

Leave an Impression with an Honourary Chair Plaque

If you look on the backs of the officials chairs at major Synchro Ontario competitions you will find a selection of messages in recognition, tribute or in thanks to a club or an individual who has served the synchro community.

To date various clubs, families and individuals have purchased plaques honoring outstanding volunteers such as Marg McBurney, Joyce Corner, Diane Van der pol and Marilyn Holmes, and Sheilagh Croxon. In addition the Fisher family also invested in the program with thanks to the synchro community for many great years!

The plaque recognition program investment is \$250.00. A donation receipt of \$200.00 will be issued to the donor and donated monies are earmarked to the "In Sync for Life" project. \$50.00 goes toward the cost of the plaque and engraving.

If you are interested or would like more information, please contact Kara Heald at 416-426-7407.



~ Many thanks to the generous sponsors ~ of Synchro Ontario this holiday season



We gratefully acknowledge the continued support of the Ontario Ministry of Tourism and Recreation.



Programs have benefited from the support of The Trillium Foundation.



Sponsor and official hotel of Synchro Ontario



Official custom synchro swimwear designer



Sponsor and official t-shirt supplier



Synchro Ontario Supporter

Thank you to the following organizations & media for their publicity of synchronized swimming events in Ontario:



Waterloo Chronicle

communitysportnetwork

* Official Costumer of Synchro Ontario (New Sponsor)

Marie Routhier

Designer of Champions

Marie Routhier is the author of "Sewing for Skaters and Gymnasts and Dancers... Oh My!", "The Skating Dress Style Book", and "The Bikini Book". She is a former figure skater with 12 years experience in spandex costuming!

Marie is currently accepting reservations / orders / appointment bookings for the 2003 / 2004 season. When possible, Marie will travel to Ontario / Canadian towns and cities to meet with clubs placing their initial order. Coaches can look through fabric samples, learn how to properly measure their swimmers, and go over design possibilities. We can create suits from your sketches, or design from scratch.



All Clubs are eligible to receive commission on their Club Orders (I.e: appointment arranged for multiple team orders) Easy fundraising!



Marie is the designer of the 2003 Canadian National Team "Northern" Free Program suits.

These Stunning suits were pieced together from over 35 parts each, using 9 different lycras!

We have well over 300 Lycras to choose from, including foils, holograms, velvets, metallic velvets, basics, and much more!



Call (416) 732 8783 or visit us online!

www.marierouthier.com



Synchro Canada's Olympic Team 2004 Highlight Contest!

*Synchro Canada's Olympic Team
is looking for your help*

*Create a new innovative spectacular highlight that our
2004 Olympic Team can use!*

How can you enter?

We would like each club in Canada to create a spectacular highlight and send it in to:

Karen Blakeley, National A Team Manager
C/O Centre of Excellence - Olympium Pool
590 Rathburn Road
Etobicoke, ON M9C 3T3
Phone: 416-622-6333, E-mail: KARENBCOE@aol.com

Questions?

Please call Karen Blakeley at the Centre of Excellence at: 416-622-6333 or Leslie Sproule at 403-547-2104 (e-mail: sproule@telusplanet.net)

Entry Deadline

All entries must be received by midnight on **January 15, 2004**.

What to send:

1. Please send a video tape of your highlight. The tape can be 8mm digital or non-digital, or a VHS tape.
2. State your club, contact person, club phone number and address.
3. Send a list of the athletes who participated in the creation of the highlight.
4. Send a list of the coach who helped create this highlight.
5. Have the athletes make a list of the key points that are important in the highlight success (hand position, placement of team members, timing of lift - counts and any other important information).

What does the winner of this highlight competition receive?

1. The National A Team Coaching Staff will select the winning highlight.
2. The National A Team Staff will announce the highlight contest winner by February 3, 2004.
3. There will be a prize for the best highlight. The winning club or team will have their prize sent out from the National office.
4. There will be a bonus prize if the Highlight is actually used in the Olympic Team program.
5. Bonus prize will be presented at Nationals if the highlight is used in the Olympic Team program.



UPCOMING TECHNICAL COURSES

Trillium Instructor 1 & 2 Development Workshop/Re-cert

Date & Time: December 6, 2003
9:00 a.m. - 1:00 p.m.
Location: City of Orangeville
New Recreation Centre
275 Alder St.
Cost: \$40.00

To register please call Deb Halls at
905-793-8222 or e-mail:
deb.halls@town.orangeville.on.ca

Trillium Instructor 2 Course

Date & Time: December 20, 2003
9:00 a.m. - 4:00 p.m.
Location: City of Brampton
Balmoral Rec Centre
255 Balmoral Drive

To register please call Holly Gray at
905-793-8222 or e-mail:
holly.gray@city.brampton.on.ca

*For more information on courses,
re-certification information or to host a
course please call the Synchro Ontario
office at 416-426-7110.*

GET CONNECTED!

Resources for Coaches, Athletes & Officials

Synchro Ontario's Nationals webpage

www.synchroontario.com/nationals_main.htm

Me on a "T" - Synchro Ontario Sponsor

www.meonat.com

Funding Matters: The Impact of Canada's New Funding Regime on Nonprofit and Voluntary Organizations (Report)

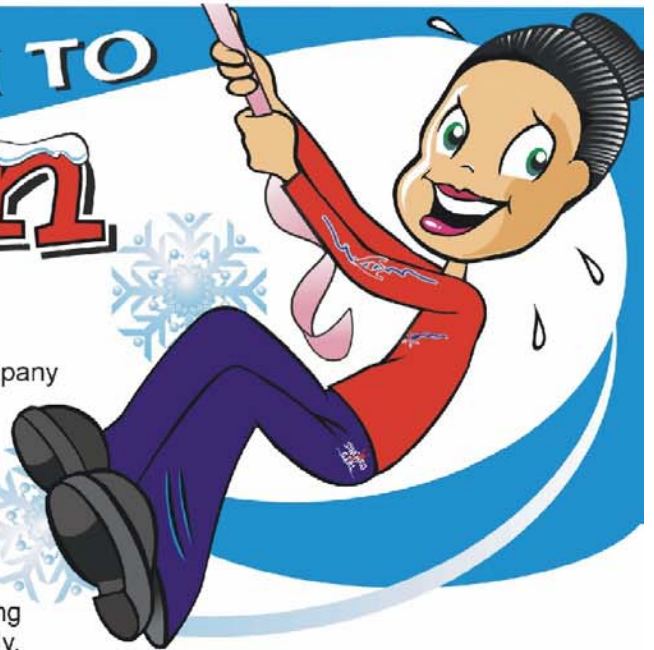
<http://www.ccsd.ca/pubs/2003/fm/>

Canadian Sport Tourism Alliance

www.canadiansporttourism.com

'TIS THE SEASON TO

Toon in



Synchro Ontario Sponsor T Designs Inc. is a Canadian company based in Burlington, Ontario which distributes two lines: Me on a "T" in Canada and A Rare "T" in the U.S. The company was founded in 1998 to start a revolution in t-shirts!!

Christianne Allard is the inspiration behind T Designs Inc. and incredibly focused on their aims. "My passion is to create", says Christianne. "I thrive on looking and developing new ideas, and fortunately they seem to come quite naturally. Designing 'spiritwear' for the girls in many sport related activities such as synchronized swimming seems to be where my strengths lie. I love it and get great pleasure from the whole design process. It's amazing how even after 5 years I still get excited over every slogan, cartoon and design!"

Christianne was introduced to synchro in 1999 by Karen Seymour of KawarthaTrent Synchro. Christianne Designed the club logo and a synchro cartoon for the club. Then, while working at a craft show Christianne met a Guelph synchro parent who loved her designs, and introduced her to club parent Lynn Hammond. Christianne then went on to design the Guelph Synchro logo. In 2001 Christianne was approached by Synchro Ontario to become an official sponsor and the rest is history!

The team behind T Designs Inc. are skilled and artistic and they're overwhelmed by the response they've had to their products and designs. They can be seen at synchro meets across the province this season, including the 2004 Synchro Nationals in Toronto. As well as that, anyone can log on to their website at www.meonat.com and create their own personal design - a great Christmas idea! Christianne adds "Many customers check our display at every competition to see what is new. We design our merchandise with them in mind. Also, anytime someone gives us an idea and we use it, we give them a free tshirt for their creative idea!"

For more information about Me on a "T" please visit www.meonat.com or call 1-800-343-2089

Hey, do you have a "new" idea for a really cool t-shirt design?

Creative Minds WANTED!

YOU
COULD WIN one of 2



Prize
packs!

Deadline: January 20, 2004. No Purchase Necessary.

Prize packs include: a t-shirt, a canvas bag, and a pair of shorts.

Just send us an email or letter with your "creative" slogan or drawing to: info@meonat.com or A Creative Mind, c/o Me on a "T", Suite 424 - 2289 Fairview St., Burlington, ON L7R 2E3

Our select panel of judges will choose the winning entries for all contests on the basis of their originality, content and quality. The decision of the judges is final. Entries become the property of T Designs Inc. Prizes must be accepted as awarded. For all draws, the chances of being selected depend on the number of entries received. Each entrant agrees to waive all rights with respect to print and broadcast publicity. You may enter as often as you wish but each entry must be mailed separately. One prize per household.