

Over 600 athletes compete at 2004 Tier Championships

The 2004 Ontario Tier Championships were held at the Nepean Sportsplex in Nepean, ON from May 27-30. The competition hosted by the Gloucester Synchro Club, saw over 600 athletes from 25 clubs compete in Tier 1-7 events, Masters competition and AWD Tier 8 and 9 events.

This year's Tier Championships saw a total of 86 teams, 45 duets and 15 solos entered in the competition.

Over the weekend Provincial champions were crowned in Tier 1-6, Combo, AWD, and Masters team events. Champion teams included: Newmarket (Tier 1), London (Tier 2), Kawartha-Trent (Tier 3), London (Tier 4), Kitchener-Waterloo (Tier 5), Gloucester (Tier 6), London (Tier 4-5 Combo), Markham (Tier 6-7 Combo), Variety Village (AWD), and the Toronto Tsunamis (Masters).

In the Duet Competition Provincial Championships were won by Davies/McGurn, Newmarket (Tier 4), Barclay/Petersen, Markham (Tier 5), Maclean/Mouck, Durham (Tier 6), Cornish/Lepage, Durham (Tier 7 Jr.), Peer/Petrie, Olympium (Tier 7 Sr.), and Marcoux/McKnight (Masters).

In the Solo competition champions included: S.Baetz-Dougan, Durham (Tier 6), K.Hammond, Guelph (Tier 7), and K.Hayes, Markham (AWD).

Congratulations to all athletes on your outstanding performances, and many thanks to Meet Manager, Susan Connolly and the volunteers and officials who made the 2004 Tier Championships a success!

Selected results may be found on page 5 of the newsletter. Complete results are posted on www.synchroontario.com



New Provincial medals were awarded with the new Synchro Ontario logo



Waterloo Regional Synchro Club

Kawartha-Trent Synchro's Jennifer Black-Ruth receives Coaching Excellence Award from the Coaches Association of Ontario



Jennifer Black-Ruth, Head Coach of the Kawartha-Trent Synchro Club was recognized by the Coaches Association of Ontario on Monday, May 29th, with an Ontario Coaching Excellence Award. Jennifer was selected as a 2004 award recipient in the Developmental Athletes category. The coaches at this level are responsible for athletes who are developing competitive skills as well as preparing athletes for competition at higher levels.

Jennifer has been coaching synchro since 1986 and was nominated for

the CAO award by athletes from the Kawartha-Trent Synchro Club.

Selection for the award was based on contribution to the sport, professional development, coaching effectiveness and leadership.

On behalf of the Synchro Swim Ontario Staff and Board of Directors we congratulate Jennifer on her CAO Excellence Award!

For more information please visit the Coaches Association of Ontario website at: www.coachesontario.ca

Synchro Nationals 2004 a great success for Synchro Ontario!



The 2004 Canadian National Synchronized Swimming Championships hosted by Synchro Swim Ontario were a success! Over 500 athletes, coaches,

officials and volunteers took part in Synchro Nationals 2004 from May 3-8 at the Etobicoke Olympium in Toronto.

There were many event highlights including a very memorable Opening Ceremonies & Athlete Banquet at Medieval Times, a Gala Watershow featuring the 2004 Canadian Olympic Team, and outstanding performances by many athletes.

Ontario athletes had great performances including a gold medal performance from Gloucester Synchro's Varied Team, followed on the podium by bronze medal winners Kawartha-Trent Synchro. Durham Synchro's Tier 6 15 & Under HL Team earned a bronze medal, and in the Tier 7 Junior team event Olympium Synchro won bronze also. Congratulations to all athletes and coaches! Results from event finals are posted on page 5 of the newsletter, and full results may be found on the Synchro Ontario and Synchro Canada websites.

Many thanks to all of the officials and volunteers who made this year's Synchro Nationals a success. A huge thank-you also goes out to the 2004 Nationals

Committee who worked for over a year to organize the National Championships. On behalf the entire Synchro Ontario community we thank you! Congratulations to all of the committee members for organizing such a successful National Championships!

2004 Synchro Nationals Organizing Committee

Lynn Hammond
Meet Manager

Karen Seymour
Volunteer Coordinator

Janice Mason
Hospitality & Finance

Leanne McDonnell
Merchandise Coordinator

Chris Knobbs
Technical Coordinator

Cora Millar
Awards & Program Coordinator

Many thanks to all of the committee members for your hard work and dedication.

Synchro Ontario gratefully acknowledges the support of our sponsors



Marie Rouchier
Designer of Champions



UPCOMING EVENTS 2004-2005

Synchro Ontario AGM

Saturday, June 5, 2004
Sport Alliance Building, Toronto

Trillium 12 & Under Provincial Championship

Saturday, June 19, 2004
Waterloo Swimplex
Hosted by: K-W Synchro

Tier 3-4 Synchro Ontario Athlete Development Camp

July 10-11, 2004
Victor Davis Pool - Guelph

United Airlines Open

July 18-24, 2004 ~ New Orleans
National B Team

Junior World Championships

July 21-25, 2004 ~ Moscow, Russia
Junior National Team

Tier 5-6 Synchro Ontario Athlete Development Camp

July 24-25, 2004
Victor Davis Pool - Guelph

Tier 1-2 Synchro Ontario Athlete Development Camp

August 7-8, 2004
Victor Davis Pool - Guelph

2004 Olympic Games Synchro Events

August 23-27, 2004

Tier 7 Synchro Ontario High Performance Camp

August 28-29, 2004
Victor Davis Pool - Guelph

Synchro Spirit 2004

September 25 & 26, 2004
Etobicoke Olympium

A Message from your Synchro Ontario Athlete Representative ~ Amy Caskey



Hello everyone! I just wanted to take this opportunity to introduce myself. My name is Amy Caskey and I am your Ontario Athletes Representative.

I retired from synchro in January of 2004, after 6 years on the Canadian National Team. I began synchro in Peterborough, Ontario with the Kawartha Trent Synchro Club in 1983. Ten years ago, I moved to the Olympium Synchro Swim Club and I have been a member of the Centre of Excellence for the past 3 years. My greatest accomplishments in synchro include winning Junior Worlds in 1995 as a member of the Junior National Team, winning Senior Team at Canadian Nationals in 1998, and winning a Bronze medal at the 2001 World Aquatic Championships.

I am really excited to be involved with Synchro Swim Ontario as the Athlete's Representative. I want to help promote the involvement of young women in this sport and to raise the awareness and the quality of synchro in the province. I am also involved in the planning of the Synchro Spirit camps coming in the fall.

I am here to be a voice for Ontario athletes. I am here for you! If you have any questions, comments, or concerns, please do not hesitate to contact me.

I can be reached at:
ontarioathleterep@osrc.com

*Have a safe and happy summer!!
Stay fit!*

Amy Caskey

ATTENTION COACHES

Volunteer at Synchro Ontario's Development Camps this summer!

Work with the province's top coaches and help to develop Ontario's athletes.

Volunteer time counts as a re-cert for NCCP/CBET Level 1-3 Coaches!

We are looking for coaches (minimum NCCP/CBET Level I Certification) to assist for a morning (9:00-Noon) or an afternoon (1:00-4:00) session on the Saturday or Sunday of the Tier 1-6 Camps:

Tier 1 & 2 Camp: August 7-8, 2004

Tier 3 & 4 Camp: July 10-11, 2004

Tier 5 & 6 Camp: July 24-25, 2004

If you are interested in volunteering please contact Kara Heald at Synchro Ontario: 416-426-7407 or kheald@osrc.com ASAP.

**Please indicate which camp dates you wish to volunteer at, and morning or afternoon session availability. Thank you!*



Athlete Development/HP Camps

CAMP DATES

TIER 1 & 2

August 7-8, 2004

TIER 3 & 4

July 10-11, 2004

TIER 5 & 6

July 24-25, 2004

TIER 7

August 28-29, 2004
Fall 2004-Dates TBA

All camps will take place at the Victor Davis Pool in Guelph, ON

Victor Davis Memorial Pool
151 Victoria Road North
Guelph, ON N1E 5H4
(519) 837-5621

Synchro Ontario is offering Athlete Development/High Performance Camps this summer for the top 25 athletes in Tiers 1-7.

Tier 6 and Tier 7 junior athletes have already begun the registration process after having completed their selection process with figure results from Provincials, Divisionals and Nationals.

Tier 1-5 athletes are being selected based on their figure results at the 2004 Tier Championships May 27-30. The top 25 athletes in each Tier are being invited to participate in a Development Camp. The cost of the weekend camp is \$175.00. Letters of invitation along with a registration form will be sent from the Synchro Ontario office no later than **Wednesday, June**

2nd. Registration for the Tier 1-5 Camps will be due back to the Synchro Ontario office by **Friday, June 11th.**

**Please note for all Tiers: If a top 25 athlete declines to attend the camp we will select the next athlete on the list. We will be filling the camps with 25 athletes in each Tier.*

The Camps will take place over 2 full days of training, plan on 2 full days (approx. 9-5). A detailed schedule and agendas for the camps will be confirmed shortly. Lunch and snacks will be provided at the Camp on both days. Athletes will be responsible for their breakfast and dinner.

The province's top coaches, as selected by Synchro Ontario will be coaching at the camps. 1996 and 2000 Olym-

pic Team Coach Sheilagh Croxon will be the head coach for the Tier 7 Camps.

Athletes will be working on an array of skills; figure development, conditioning, flexibility training, routine skill development, etc. Coaches and officials have been working together to identify common areas in which the athletes need further development. The athletes will be working in small groups so they receive individual feedback from the coaches

Accommodations are not included in the registration fee. The following hotels are recommended if you need accommodations during the camp: Days Inn, 785 Gordon Street, 1-800-263-7829 and Holiday Inn, 601 Scottsdale Drive, 519-836-0231.

K-W Synchro President Sandra Hanmer Honoured by the City of Waterloo

On Thursday, April 22nd, Kitchener-Waterloo Synchro Club President Sandra Hanmer was honored by the city of Waterloo at the annual Minor Sports Recognition Dinner. Sandra received the 10 years of service award

Before becoming Club President, Sandra held the role of Director of Human Resources. In 2003 Sandra was the meet manager for the 2003 Ontario Tier Championships, with an attendance of over 500 athletes. Sandra has also been a team manager for the past seven years, as well as coaching the K-W Synchro masters team for the last 2 seasons

Sandra is an invaluable asset to the K-W Synchro Club and has provided guidance to new club and board members, securing and strengthening the future of the club. Congratulations Sandra!

As posted on http://www.kwsynchro.on.ca/kw_welcome.html



Marie Routhier
Synchro

Marie Routhier, Official Costumer of Synchro Swim Ontario, is pleased to announce her new Synchro-Specific Website!

www.synchroswwimwear.com has information about routine suits, figure suits, and our new synchro products, as well as a message board for synchro swimmers! Have fun posting!

Currently accepting bookings for 2004/ 2005!

www.synchroswwimwear.com



New Merchandise!

With the launch of our beautiful new logo Synchro Swim Ontario has introduced some new merchandise items!

NEW! Insulated black water bottle holder with new logo, \$8.00.

NEW! Sleeveless white golf shirt with embroidered logo on front left chest, \$30.00. Sizes S-XL.

NEW FOR OFFICIALS! Navy Golf Shirts & Sleeveless Golf Shirts with embroidered logo on front left chest. Sizes S-XXL.

* To order merchandise please call 416-426-7111, or e-mail vbradley@osrc.com.

* To view merchandise visit the merchandise page on the Synchro Ontario website!



Trillium 12 & Under Provincial Championships

*Saturday, June 19th, 2004
Waterloo Swimplex
101 Father David Bauer Dr.
Waterloo, ON*

Hosted by: K-W Synchro

2004 Trillium Events:

**10 & Under Solo
12 & Under Figures
12 & Under Solo
12 & Under Duet
12 & Under Team**

2004 Synchro Nationals ~ May 3-8, 2004, Toronto, ON ~ Results

Tier 6 Figures

Ontario Top 10

- S.Mahwinney, Olympium
- K.Lepage, Durham
- C.Matthews, Durham
- T.Gavin, Olympium
- S.B-Dougan, Durham
- J.Maclean, Durham
- B.Linton, Olympium
- V.Mintz, Olympium
- N.Wilson, Guelph
- S.Wymes, Olympium

Tier 7 Figures

Ontario Top 10

- M.Clarke, Optima
- J.Knobbs, Olympium
- F.Halloran, Optima
- A.Levine, Olympium
- C.Brown, Optima
- E.Willson, Optima
- K.Cornish, Durham
- L.Doerr, Durham
- A.Sadler, Optima
- T. Durand, Olympium

Tier 6 Solo Finals

- S.Mahwinney, Olympium

Tier 6 Duet Finals

- Linton/Mahwinney, Olympium
- Baetz-Dougan/Lepage, Durham

Tier 6 Team Finals

- Durham Synchro - HL
- Olympium Synchro - KH

Tier 7 Solo Finals

- M.Clarke, Optima

Tier 7 Duet Finals

- Knobbs/Levine, Olympium
- Brown/Clarke, Optima

Tier 7 Team Finals

- Olympium Synchro
- Synchro Optima

Free Routine Combination

- Gloucester Synchro

Varied Team Finals

- Gloucester Synchro
- Kawartha-Trent Synchro
- Burlington Synchro
- Waterloo Regional

Senior Solo Free

- M.Fraser, Kawartha-Trent

2004 Ontario Tier Championships ~ May 27-30 ~ Nepean Sportsplex Hosted By: Gloucester Synchro

Tier 1 Figures

- C.Fraser, Waterloo
- C.Theriault, Gloucester
- L.Lukezic, Mississauga
- K.Modesti, Brant
- K.Aladin, Markham
- A.Miller, Mississauga
- C.MacKenzie, Brant
- C.Hugman, Brant
- C.Flynn, Kawartha-Trent
- H.Nguyen, Waterloo

Tier 2 Figures

- E.Doran, London
- V. Smith, London
- C.Cowan, London
- E.Hutton, Ottawa
- P. Moore, Markham
- C.Jackson, Mississauga
- K.Bowman, Mississauga
- L.Snowdon, Mississauga
- J.Oczkowski, Waterloo
- C.Horner, Waterloo

Tier 3 Figures

- I.Wyrzykowski, Markham
- H.Bergen, Oakville
- R.Johnston, Kawartha-Trent
- A.Rubiano, Mississauga
- S.Monkman, Kawartha-Trent
- S.Uhrig, Waterloo
- C.Miron, Ottawa
- C.Hutton, Durham
- M.Mitic, Burlington
- A.Hodgson, Waterloo

Tier 4 Figures

- L.Duncan, London
- B.Mountford, Markham
- L.McGurn, Newmarket
- A.Davies, Newmarket
- N.Johnston, Mississauga
- C.Krall, Mississauga
- K.Giles, Kawartha-Trent
- R.Prest, Kingston
- S.Boyce, London
- J.Bourrie, Newmarket

Tier 5 Figures

- J.Hamley, Ottawa
- K.Barclay, Markham
- A.Petersen, Markham
- N.Langford, K-W
- E.Rickert, London
- S.Westphal, Sudbury
- J.Niezen, K-W
- L.Wandziak, Sudbury
- E.Lough, Nepean
- B.Thomson, Mississauga

Tier 6 Figures

- J.MacLean, Durham
- S.Baetz-Dougan, Durham
- D.Hoey, Markham
- N.Wilson, Guelph
- K.Jacobs, Markham
- H.Potter, Gloucester
- K.Sillberg, London
- T.Krueger, K-W
- H.Baines, Burlington
- C.Mouck, Durham

Tier 7 Figures

- L.Lepage, Durham
- K.Cornish, Durham
- S.Hobbes, Burlington
- K.Hammond, Guelph
- K.Hanmer, K-W
- G.Ivany, Variety Village
- B.Davidson, Variety Village
- K.Gandy, Burlington
- A.Love, Toronto
- M.Corbett, Toronto

AWD-C Figures (Tier 8)

- S.Shugart, Variety Village
- C.Thomas, Variety Village
- A.Armstrong, Variety Village
- K.Woo, Variety Village
- K.Orpin, Variety Village

AWD-P Figures (Tier 9)

- K.Hayes, Markham
- L.Daly, Synchro Optima

AWD Solo (Tier 9)

- K.Hayes, Markham
- L.Daly, Synchro Optima

AWD Team (Tier 8-9)

- Variety Village

Masters Duet

- Marcoux/McKnight, TTMS

Masters Team

- Toronto Tsunamis

Tier 6 Solo

- S.Baetz-Dougan, Durham
- B.MacLellan, Durham
- T.Krueger, K-W
- S.Kowalski, Waterloo
- A.Dresser, Brant
- M.Danielson, Burlington

Tier 7 Solo

- K.Hammond, Guelph
- K.Hanmer, K-W

Tier 4 Duet

- Davies/McGurn, Newmarket
- Bourrie/Towsley, Newmarket
- Mountford/Smith, Markham
- O'Connor/Wollny, K-T
- Blakley/Gardiner, Ottawa
- Murphy/Wood, Granite

Tier 5 Duet

- Barclay/Petersen, Markham
- Wandziak/Westphal, Sudbury
- Langford/Reaume, K-W
- Grimshaw/Lough, Nepean
- Hamley/McKenzie, Ottawa
- Graham/Niezen, K-W

Tier 6 Duet

- MacLean/Mouck, Durham
- Hoey/Jacobs, Markham
- Barna/Reichert, Burlington
- Morrow/Potter, Gloucester
- Ferguson/Sillberg, London
- Niemandt/Wilson, Guelph

Tier 7 Jr. Duet

- Cornish/Lepage, Durham
- Davidson/Ivany, V.Village
- Gandy/Hobbes, Burlington
- Corbett/Love, Toronto

Tier 7 Sr. Duet

- Peer/Petrie, Olympium

Tier 4-5 Combo Team

- London
- Markham
- Ottawa
- Gloucester
- Toronto

Tier 1 Team

- Newmarket (JD)
- Gloucester (HC)
- Mississauga (AG)
- Brant Synchro
- London
- K-W Synchro (SB/AR)
- Mississauga (JD)
- Synchro Optima
- Waterloo Region (EK)
- Nepean

Tier 2 Team

- London (BK)
- Kawartha Trent
- Mississauga
- Brant Synchro
- London (LB)
- Waterloo Region (HM)
- Burlington
- Waterloo Region (KS)
- Nepean
- Ottawa

Tier 3 Team

- Kawartha Trent
- Waterloo Region
- Burlington
- London
- Gloucester
- Nepean
- Guelph
- Mississauga
- Markham
- Ottawa
- Kingston
- Durham
- Oakville
- K-W Synchro

Tier 4 Team

- London (TP)
- Newmarket
- Markham
- Mississauga
- Kawartha Trent
- London (LD)
- Guelph
- Sudbury
- Gloucester
- Durham
- Sault St. Marie
- Olympium

Tier 5 Team

- K-W Synchro
- Mississauga
- Waterloo Region
- Ottawa
- Nepean
- Burlington
- Gloucester
- Toronto

Tier 6 Team

- Gloucester
- Waterloo Region
- Durham

Tier 6-7 Combo Team

- Markham
- Waterloo Region
- Gloucester

Club Aggregate

- Markham
- London
- Durham
- Gloucester
- Mississauga
- Waterloo

**2004 Ontario Tier Championships ~ May 27-30 ~ Nepean Sportsplex
Hosted By: Gloucester Synchro**

