



## Synchro heads to the 2004 Ontario Winter Games in London!

Over 100 synchro athletes from across the province will head to London, Ontario from March 11-14 to participate in the 2004 Ontario Winter Games.

Regional qualifiers from the North, Central, East and West regions, will compete in Tier 4 and 5 team and duet competition, and the Combo Team event.

The synchronized swimming competition will take place March 12th and 13th at

the Canada Games Aquatic Centre. The duet competition will take place on Friday, March 12th from 5:15-7:15 p.m., and the Tier 4 and 5 Team, and Combo

Team competition will take place on Saturday, March 13th from 12-2 p.m.

For more information regarding schedules, ticket information and results please visit the 2004 Ontario Winter Games website at:

[www.2004ontariowintergames.london.ca](http://www.2004ontariowintergames.london.ca)



### Tier 4 Teams:

Guelph, London TP, London LD, Kawartha-Trent, Newmarket, and Sudbury.

### Tier 5 Teams:

Kitchener-Waterloo, Mississauga, Ottawa, and Waterloo Regional.

### Combo Teams:

Gloucester, Kawartha-Trent, Kitchener-Waterloo, and Markham.

Fanny Letourneau & Courtenay Stewart



K-W Synchro - Combo Team



Durham Synchro Club



Lynn Johnson & Amy Caskey

## 2004 PROVINCIAL CHAMPIONSHIPS

Over 200 athletes from across the province competed at the 2004 Ontario Synchronized Swimming Championships held February 20-22 at the Etobicoke Olympium in Toronto.

Provincial titles were awarded in Tier 6 and 7 figures, solo, duet and team competition. Results from provincials can be found on page 7, and full results are posted on the Synchro Ontario website.

Former National Team members Amy Caskey and Lynn Johnson were in attendance on Sunday to present trophies in their names for the Tier 6 and 7 Team Champions. Thank you to Amy and Lynn for participating and presenting awards.

Provincials was also highlighted by exhibition swims by the Olympic duet of Fanny Letourneau and Courtenay Stewart on Saturday, and the Olympic team on Sunday. After their performances the Olympic team was presented a banner of messages from Ontario athletes that was made at the Ontario athlete workshop in the Fall.

Many thanks to Provincials Meet Manager Kathy Linton and her team of hardworking volunteers from the Olympium Synchro Club for organizing a very successful competition.

Thank you also to our dedicated officials for volunteering their time and to provincial scorer John Mouck.

# BSSC Recreational Extravaganza!

- \*Trillium Testing\***
- \*Recreational Routines\***
- \*Competitive Demos\***

**Saturday, April 24th 2004**  
**9:00 a.m. - 5:00 p.m.**

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

*\* Open to all swimmers who participate in recreational synchro programs in Ontario (Aqua Fun, Advanced Recreational, Trillium Programs)*

*\* For more information please contact Janet Herman at [bssc@worldchat.com](mailto:bssc@worldchat.com) or Karen Worlidge at [www.kworlidge@cogeco.ca](http://www.kworlidge@cogeco.ca)*



## **2004 Trillium 12 & Under Provincial Championships**

**Saturday, June 19, 2004**  
**Waterloo Swimplex**

### Trillium Events:

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

*\*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 Winter Games

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

### Eastern Divisionals

March 24-28, 2004  
Centre Claude Robillard - Montreal, QC  
Hosted by: Synchro Quebec

### Ontario - North Regional Trials

Date - TBA  
Hosted by: Sudbury Synchro

### 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

### Recreational Extravaganza

April 24, 2004  
Centennial Pool - Burlington, ON  
Hosted by: Burlington 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

### Synchro Ontario AGM

June 5, 2004 - Sport Alliance Building  
1185 Eglinton Ave. E., Toronto, ON

### Ontario 12 & Under Provincial Championship

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

### 2004 Olympic Games

Synchro Events  
August 23-27, 2004

# Message from Synchro Ontario President Lynn Hammond

The Board continues to work on a number of initiatives identified as priority for this coming year and what better way to report to the community than in this newsletter!

## Nationals 2004

The Organizing Committee is continuing to work hard in pulling together all the details in hosting Nationals this year. Information packages have been distributed and registration information is due April 1<sup>st</sup> – don't be late. Anyone interested in the tours that have been organized needs to connect immediately – registration to date is low and the tours will be cancelled if there is not enough interest.

Opening Ceremonies are at present restricted for ticket purchases to Athletes and their families, Coaches, and Officials. Effective April 10<sup>th</sup> we will open to all Ontario the opportunity to attend Opening Ceremonies at Medieval Times. We have the entire facility to ourselves on Tuesday, May 4<sup>th</sup> so we anticipate that there will be lots of availability for all athletes and their families across Ontario to attend. The cost is \$30.00 per person and includes Opening Ceremonies, Dinner and a Knight to Remember in a Week of Memories. Call the office April 10<sup>th</sup> to reserve your tickets!

Nationals Volunteers – most clubs will have received volunteer requests from Volunteer Chair, Karen Seymour. In preparing these requests, we have attempted to be fair and equitable. Since it is still early in the planning and schedules as we all know change ... please allow some flexibility.

Nationals clothing is available to pre-purchase ... check out the website and look for our sponsor's, Me On A T, order form. Order early to avoid disappointment.

We're all working hard to ensure that Ontario hosts the best National Championships and we thank the clubs and parents for their continued support.

## High Performance Initiative

As you know, the Board of Synchro Ontario recruited membership for creation of a Committee to work solely on developing those athletes competing in the High Performance area. Committee members include Coaches Kelly Hogan and Carrie Wilson, Judge Leslie Taylor, Board representatives Leanne McDonnell and Lynn Hammond and Executive Director, Leslie Makins. We've been meeting and planning and developed the following opportunities for athletes in ALL tiers. I've identified the opportunities and some of the plans below.

### Tiers 1-5

The top 25 from each of these tiers (selected from Figure scores at Tier Championships) will be invited to attend a camp designed to encourage and develop stronger skills. Each tier will have a weekend camp. Camps will be combined in the following manner and held on the dates identified below. All camps will be held in Guelph.

### Tier 6

The top 25 from Tier 6 (15 and Under) as well as those Open athletes who placed in the top 25 will be invited to attend a Weekend Camp. Selection for participation will be based on Figure scores from each of Provincial Championships, Divisionals and Nationals at a 40/30/30 split respectively. Tier 6 athletes will be combined with athletes identified in Tier 5.

### Tier 7

As in Tier 6, the top 25 athletes in Tier 7 will be invited. Selection for participation will be based on Figure scores from each of Provincial Championships, Divisionals and Nationals at a 40/30/30 split respectively. Tier 7 athletes will participate over 3 weekends spread throughout late summer and early winter. Of the top 25, the top 10 will be selected to a team, which will travel internationally and compete in summer 2005.

All camps will see our best coaches involved and instructing. Programs are being developed to ensure the athletes are provided an opportunity to enhance their current skill sets. Criteria for participation beyond placement in figures includes a commitment that the athlete will be swimming in 2004-05. For Tier 7 only, all athletes must be eligible to swim in the Junior category in 2004-05.

Camp Schedule		
Tier	Cost	Dates
1 & 2	\$175.00	August 7-8
3 & 4	\$175.00	July 10-11
5 & 6	\$175.00	July 24-25
7	\$500.00 (2 weekends)	August 28- 29 November TBA

Coaches are invited to observe the Tier 7 camp free of charge in August, however space may be limited. Preference will be given to Tier 6 and 7 coaches. If you wish to attend please e-mail your name and club affiliation to Kara Heald: kheald@osrc.com to be placed on the list.

As more information becomes available, it will be shared through Newsplash, via email and at various meets.

## Ontario Winter Games

I would like to thank all those Club Presidents who were at the President's Retreat who together ensured that these games would be the most successful and allow for a strong representation of our sport. Communication, collaboration and the ability to think outside of our geographical areas, club and most importantly "the box" will see success at the Games. Congratulations!

## **Marg McBurney Awards presented at 2004 Provincial Championships**

Congratulations to Synchro Ontario officials Lynn Hammond and Leanne McDonnell for each receiving the Marg McBurney Award this year. This award allows officials the opportunity to attend a Divisional or National Championship in order to upgrade their skills and prepare for their next level.



*Congratulations  
Lynn & Leanne*

**Many thanks from everyone at Synchro Ontario to the McBurney family for their continued support**



## **2004 Synchro Camps with Shellagh Croxon**

Please visit:  
[www.exclamed.ca/synchro](http://www.exclamed.ca/synchro)  
to download your application and sign-up form.

All sessions will be held at  
the Etobicoke Olympium  
590 Rathburn Rd.  
Toronto, ON

### **Session 1 - The Total Athlete**

**June 21-24, 2004 (8 a.m. to Noon daily)**

### **Session 2 - Routine Development with Shellagh Croxon and Biz Price**

**August 23-27, 2004 (7 a.m. to Noon daily)**

### **Session 3 - 15 and under Skills & Drills**

**August 23-27, 2004 (6 to 9 p.m. daily)**

**\*Coach observers all welcome to attend any week-long session for \$214.00**

**The Coaches Association of Ontario invites coaches to attend a March Workshop:**

#### **TOPIC #1: "Inspiring Others . . . Call Me Coach"**

SPEAKER: Tom Watt, Player Development, Anaheim Mighty Ducks, NHL, former Univ. of Toronto Hockey Coach  
WHEN: Wednesday March 17, 2004, 00 to 9:00 p.m.  
WHERE: Sport Alliance Building, 1185 Eglinton Ave. E. Toronto  
*"Your influence as a coach on the performance of others, starts with what you tell yourself about coaching".*

TO REGISTER: To reserve your seat for March 17, send an email to Mary at [mkaramitos@cscontario.ca](mailto:mkaramitos@cscontario.ca) or call 416-426-7238.

#### **TOPIC #2: HOW TO BUILD A HEALTHY ATHLETE?**

SPEAKER: Dr. Todd Williamson, former international athlete.  
WHEN: Friday March 12, 2004, 6:00 to 8:00 p.m.  
WHERE: Robert F. Hall High School, 6500 Old Church Road, Caledon, ON

*Dr. Williamson will be discussing the variation in nutritional needs of junior, elite, endurance and master athletes, and how to first make a healthy athlete, before you worry about a high performance athlete*

TO REGISTER: To reserve a FREE seat for March 12, send an email to [info@c3online.ca](mailto:info@c3online.ca) or call C3 at 905-838-2662.

#### **TOPIC #3: NCCP Changes on the Horizon**

WHEN: Thursday March 4, 2004 7:00 to 9:00 p.m.  
WHERE: Huntsville Centennial Centre, Huntsville

RSVP and call for detailed Directions to: Dean Hall at 1-705-789-6421 Ext 24. or E-mail at [dean.hall@huntsville.ca](mailto:dean.hall@huntsville.ca)

## *Upcoming Spring Courses:*

### **Trillium Instructor Routine Development Workshop**

**Saturday, April 10, 2004 - 9:30 a.m. - 1:30 p.m.**

**Jack Burger Sports Complex - Port Hope, ON**

**Learn great new and creative ideas for developing super routines!**

**Workshop also counts as a re-cert for Trillium Instructors!**

To register please contact Sarah Pinney  
Phone: 905-885-2474 x224  
E-mail: [spinney@porthope.ca](mailto:spinney@porthope.ca)

### **Trillium Instructor 1 Course**

**Sunday, May 2, 2004 - 8:00 a.m. - 5:00 p.m.**

**West Park Pool - St. Catharines, ON**

To register please contact Koby Vanyo  
Phone: 905-688-5601 ext. 1958  
E-mail: [kvanyo@stcatharines.ca](mailto:kvanyo@stcatharines.ca)



*Place a congratulatory message in the Nationals Souvenir Program!*

A great opportunity to acknowledge all the hard work of the soloist, duet, team, or coach of your choice is by placing a congratulatory notice in the Synchro Nationals 2004 souvenir program.

Send your message, of a maximum of 50 words, along with \$25.00 CAD by **April 8, 2004** to ensure your message will be included in the souvenir program.

To: Cora Millar c/o Synchro Ontario  
Souvenir Program Coordinator, Synchro Nationals 2004  
1185 Eglinton Ave. E., Suite 303  
Toronto, ON M3C 3C6

**Please Make cheques payable to "Synchro Nationals 2004".**

## TICKET INFORMATION

All Events Pass ~ Includes admission to Gala Watershow:

Adult Pass \$30.00  
Senior Pass \$15.00

Day Pass - Adult \$5.00  
Day Pass - Senior \$2.00

Gala Watershow \$10.00

Admission is free for Children under 5.

To order tickets please visit:  
[www.synchroontario.com/nationals.htm](http://www.synchroontario.com/nationals.htm)  
to download the order form.

Order forms may be sent to:  
Synchro Swim Ontario  
1185 Eglinton Ave. E., #303  
Toronto, ON M3C 3C6

Please make cheques payable to "Synchro Nationals 2004".

## Check out the new Nationals 2004 Merchandise!!

Visit [www.synchroontario.com](http://www.synchroontario.com) to preview ALL available styles and designs.



Create your own *custom* Nationals 2004 outfit!

Pre-Order now and avoid the rush in Toronto!

TO ORDER CALL 1-800-343-2089 OR FAX 905-634-5136  
OR ON THE WEB - [www.synchroontario.com](http://www.synchroontario.com)  
CUSTOM ORDERS ARE NOT EXCHANGEABLE

*Synchro Nationals 2004 Opening Ceremonies and Celebration at Medieval Times!*

*Tuesday, May 4, 2004  
6:15 p.m. - 9:30 p.m.*

Your Nationals 2004 Organizing Committee is pleased to announce that the 2004 Banquet will be **open to EVERYONE** attending Nationals. That means Athletes, Officials, Parents, Volunteers - EVERYONE! First come, first served basis!

\* After April 10, 2004 any remaining spots will be opened up for purchase for any Ontario synchro clubs/programs wishing to join in the fun! Notification of the availability of seats, and an order form will be sent via e-mail.

Tickets: \$30.00 per person (includes Show, Meal, dessert, drink)

Unique designs! Unique designs! Unique designs! Unique designs! Unique designs!  
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PROVINCIAL SYNCHRO SWIM CHAMPIONSHIPS  
  
 FEB 2004

# 2004 Provincial Championships ~ February 20-22, 2004

## *Etobicoke Olympium Hosted by: Olympium Synchro*

### Tier 6 (15 & Under) - Figures

1. Samantha Mawhinney, OSSC
2. Katie Lepage, DHSC
3. Chelsey Matthews, DHSC
4. Julia MacLean, DHSC
5. Victoria Mintz, OSSC
6. Sophie Baetz-Dougan, DHSC
7. Brittany Linton, OSSC
8. Tristin Gavin, OSSC
9. Samantha Wymes, OSSC
10. Natalie Wilson, GSSC
11. Jordan Anderson, DHSC
12. Hilary Baines, BSSC
13. Amanda Grubb, OPTI
14. Brianna MacLellan, DHSC
15. Sheelagh Daly, OPTI
16. Taylor Krueger, KWSC
17. Stephanie Saunders, BSSC
18. Carrie Mouck, DHSC
19. Nicole Larocque, DHSC
20. Samantha Kowalski, WRSC
21. Kiera Bloom, GLRS
22. Alison Hull, OSSC
23. Renee Papineau, OSSC
24. Danielle Henry, OPTI
25. Julia Roberts, GLRS

### Tier 6 Open - Figures

1. Samantha Mawhinney, OSSC
2. Katie Lepage, DHSC
3. Chelsey Matthews, DHSC
4. Julia MacLean, DHSC
5. Victoria Mintz, OSSC
6. Sophie Baetz-Dougan, DHSC
7. Brittany Linton, OSSC
8. Tristin Gavin, OSSC
9. Samantha Wymes, OSSC
10. Natalie Wilson, GSSC
11. Kendra Jacobs, MKSC
12. Jordan Anderson, DHSC
13. Meghan Danielson, BSSC
14. Meghan Hartwell, MSSA
15. Danielle Hoey, MKSC
16. Hilary Baines, BSSC
17. Amanda Grubb, OPTI
18. Brianna MacLellan, DHSC
19. Sheelagh Daly, OPTI
20. Kate Sillberg, LDSC
21. Amy Dresser, BRAN
22. Taylor Krueger, KWSC
23. Stephanie Saunders, BSSC
24. Carrie Mouck, DHSC
25. Amy Morrow, GLRS

### Tier 7 Junior - Figures

1. Morgan Clarke, OPTI
2. Amy Levine, OSSC
3. Jennifer Knobbs, OSSC
4. Katharine Cornish, DHSC
5. Frances Halloran, OPTI
6. Courtney Brown, OPTI
7. Erin Willson, OPTI
8. Alissa Sadler, OPTI
9. Lauren Lepage, DHSC
10. Taylor Durand, OSSC
11. Lisa Doerr, DHSC
12. Lindsay MacLean, DHSC
13. Lianne Doerr, DHSC
14. Laura Killey, OPTI
15. Meredith Mason, OSSC
16. Alison Rogin, DHSC
17. Meghan Uhlman, OSSC
18. Nundini Krishnan, OSSC
19. Katie Hammond, GSSC
20. Gillian Ivany, VVSC
21. Brianna Davidson, VVSC
22. Tanya Wilson, GSSC
23. Meagan Petrie, OSSC
24. Kirsten Femson, OPTI
25. Brooke Lyons, GSSC

### Tier 6 - 15 & Under Solo

1. Samantha Mawhinney, OSSC
2. Katie Lepage, DHSC
3. Brittany Linton, OSSC
4. Chelsey Matthews, DHSC
5. Julia MacLean, DHSC
6. Sophie Baetz-Dougan, DHSC

### Tier 6 - Open Solo

1. Samantha Mawhinney, OSSC
2. Katie Lepage, DHSC
3. Brittany Linton, OSSC
4. Chelsey Matthews, DHSC
5. Julia MacLean, DHSC
6. Sophie Baetz-Dougan, DHSC

### Tier 6 - 15 & Under Duet

1. Linton/Mawhinney/Gavin, OSSC
2. Baetz-Dougan / Lepage, DHSC
3. Mintz / Wymes, OSSC
4. MacLean / Mouck, DHSC
5. Baines / Worlidge, BSSC
6. Wilson / Niemandt, GSSC

### Tier 6 - Open Duet

1. Linton/Mawhinney/Gavin, OSSC
2. Baetz-Dougan / Lepage, DHSC
3. Mintz / Wymes, OSSC
4. MacLean / Mouck, DHSC
5. Hoey / Jacobs, MKSC
6. Baines / Worlidge, BSSC

### Tier 6 - 15 & Under Team

1. Durham (HL)
2. Olympium (KH)
3. Gloucester (LJS)
4. Synchro Optima
5. Waterloo Region
6. Durham (HL/RF)
7. Olympium (TA)
8. Variety Village
9. Guelph
10. Toronto

### Tier 6 - Open Team

1. Durham (HL)
2. Olympium (KH)
3. Gloucester (GL)
4. Mississauga
5. Gloucester (LJS)
6. Synchro Optima
7. Waterloo Region
8. Durham (HL/RF)
9. Olympium (TA)
10. Variety Village
11. Guelph
12. Toronto

### Tier 7 Junior Solo

1. Jennifer Knobbs, OSSC
2. Morgan Clarke, OPTI
3. Courtney Brown, OPTI
4. Erin Willson, OPTI
5. Taylor Durand, OSSC
6. Meredith Mason, OSSC

### Tier 7 Junior Duet

1. Knobbs/Durand/Levine, OSSC
2. Brown / Clarke, OPTI
3. Halloran/Sadler/Killey, OPTI
4. Cornish / Lepage, DHSC
5. Krishnan / Mason, OSSC
6. Davidson / Ivany, VVSC
7. Gandy / Hobbes, BSSC

### Tier 7 Junior Team

1. Synchro Optima
2. Olympium
3. Durham
4. Guelph
5. Variety Village

### Tier 7 Senior Solo

1. Michelle Fraser, KTSC

### Tier 7 Senior Duet

1. Petrie / Peer, OSSC

### Varied Team

1. Gloucester
2. Burlington
3. Kawartha Trent
4. Waterloo Region

### Combo Team

1. K-W Synchro
2. Gloucester
3. Kawartha Trent
4. Gloucester
5. Variety Village
6. Waterloo Region

### Tier 6 All-Round

1. Samantha Mawhinney, Olympium
2. Brittany Linton, Olympium
3. Katie Lepage, Durham
4. Sophie Baetz-Dougan, Durham
5. Julia MacLean, Durham
6. Victoria Mintz, Olympium

### Tier 6 Aggregate

1. Samantha Mawhinney, Olympium
2. Katie Lepage, Durham
3. Julia MacLean, Durham
4. Brittany Linton, Olympium
5. Sophie Baetz-Dougan, Durham
6. Victoria Mintz, Olympium

### Tier 7 Junior All-Round

1. Jennifer Knobbs, Olympium
2. Morgan Clarke, Optima
3. Courtney Brown, Optima
4. Taylor Durand, Olympium
5. Katharine Cornish, Durham
6. Frances Halloran, Optima

### Tier 6 Aggregate

1. Morgan Clarke, Optima
2. Jennifer Knobbs, Olympium
3. Courtney Brown, Optima
4. Taylor Durand, Olympium
5. Meredith Mason, Olympium