



Athletes and Coaches show their Synchro Spirit!

Over 250 athletes, coaches, officials and volunteers gathered at the Wilfrid Laurier University Athletic Complex in Waterloo on October 19th for Synchro Ontario's Athlete and Coach Development Workshop.

The day-long workshop was highlighted by presentations from Olympians Claire Carver-Dias and Catherine Garceau, and an artistic development session in the pool lead by coach Biz Price.

Athletes and coaches also participated in sessions lead by Synchro Ontario officials outlining what the judges look for in figures and rou-

tines. Thank you to the participation of officials Carolyn MacGregor, Chris Gauthier, Lynn Hammond and Jennifer Black-Ruth.

Athletes also took part in sessions in the pool working on tier specific figure skills lead by coaches; Kelly Hogan, Mary Jane Ling, Jennifer Lloyd-Saunders, Kerri Morgan, and Carrie Wilson. Theresa Gonyer of the Granite Club also lead a great session on cross-training in the water by introducing athletes and coaches to a water-running workout.

Many thanks to all volunteers, athletes, coaches and officials who shared a wonderful day of Synchro Spirit!



Olympian Claire Carver-Dias shares her medals with K-W's Tier 1 Team



Athletes learning to create artistic moves with balloons in Coach Biz Prices' session.



Coach Biz Prices describing her session to the athletes

Kawartha-Trent's Colleen Hoggarth Awarded Community Sport Administrator Award



Gerry Kraemer of Investors Group with award recipient Colleen Hoggarth.

Colleen Hoggarth of the Kawartha Trent Synchro Club was selected as the recipient of the Investors Group Community Sport Administrator Award which was presented at Synchro Spirit 2003.

For the past seven years, Colleen has volunteered at the Kawartha Trent Synchro Club in many different positions including President, Treasurer, Board Member and Coach Liaison Rep. Colleen has also taken a strong leadership role for many fundraising projects and committees at the club, and encourages other member to actively participate as

well. Colleen's winning attitude and ability to tackle challenges as they arise make her an excellent recipient for this award.

Colleen is now automatically eligible for the Investors Group National Sport Administrator Award, which will be presented at the annual Sport Leadership Awards Dinner.



Synchro Athletes Participate at Fitness Challenge

Over 1,000 athletes from over 25 different sports participated at the Sporting Life Fitness Challenge organized by Alpine Ontario on Sunday, October 26th at the Skydome in Toronto, including synchro athletes from Synchro Optima and the Olympium Synchro Club.

The Fitness Challenge gives amateur athletes from all sports a chance to come together to participate in fitness testing. This event is intended to promote youth and sport, and encourage an active lifestyle and physical fitness.

Synchro athletes participated with other athletes in the same age group in fitness

testing by physical fitness professionals using industry standard tests that measure an athletes overall fitness ability. After testing was complete awards were presented to Ontario's Fittest Sport, Alpine Skiing, and the province's fittest athletes in each age category.

Guest speakers included swimmer Vicki Keith, Olympic Rowing Champion Mar-nie McBean, CEO of the COC Chris Rudge, and Canadian Tennis star Helen Kelesi.

Congratulations to all of the athletes who participated and completed the fitness challenge!

UPCOMING EVENTS

2003-2004

Lisa Alexander Star Testing

November 7-9, 2003

Wilfrid Laurier University - Waterloo, ON

Hosted by: Synchro Ontario

Provincial Trials

January 30-February 1, 2004

McMaster University - Hamilton, ON

Hosted by: Burlington 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

Ontario Winter Games - Regional Trials

North Regional Trials

Date & Location TBA

Central Regional Trials

February 7, 2004

Hosted by: Markham Synchro



West Regional Trials

January 20-February 1, 2004

McMaster University, Hamilton, ON

Hosted by: Burlington Synchro

East Regional Trials

January 17, 2003

Peterborough, ON

Hosted by: Kawartha-Trent Synchro

SYNCHRO SWIM



Next Synchro Ontario Board of Directors Meeting:

Saturday, November 18, 2003

www.synchroontario.com

Your online resource for synchronized swimming in Ontario

News Updates & Photos

Synchro Merchandise

Course Listings

Resource Materials

Schedule of Events

Monthly Newsletter

Synchro to be part of Grand Opening of New Orangeville Recreation Centre



The Town of Orangeville's synchronized swimming program run through the town's department of Parks and Recreation will take part in the Grand Opening festivities for the new Orangeville Recreation Centre on November 23rd from Noon to 4 p.m.

Members of the Newmarket Synchro Club will also attending the Grand Opening festivities to demonstrate synchronized swimming.

The new Orangeville Recreation Centre will serve the current population

boom in Orangeville, which is one of the fastest growing communities in Canada.

The new centre is approximately 140,000 square feet in size and will feature an aquatics centre with lap pool, leisure pool and waterslide, two ice pads, a gymnastics facility, meeting and party rooms and parking for 385 cars.

The new recreation centre is located at 275 Alder Street in Orangeville.

thesurrealgourmet



TV AIR TIME UPDATE:

See Guelph Synchro athletes on The Surreal Gourmet, airing on Food Network Canada

Thursday, December 25th

Airing at: 8:00 pm; 11:00 pm; 2:00 am

Monday, December 29th

Airing at: 8:30 pm; 11:30 pm

UPCOMING TECHNICAL COURSES

CBET/NCCP 1 Technical Course

Date & Time: November 15-16, 2003
Course Location: Sawmill Creek Community Centre & Pool
 3380 D'Aoust Ave. Ottawa, ON
Registration Fee: \$170.00
Text Fee: \$30.00
Re-Cert only: \$75.00

Synchro Ontario - Computer Scorer Course

Date & Time: Saturday, November 22nd, 9 a.m. - 4 p.m.
Course Location: Sport Alliance Building
 1185 Eglinton Ave. E., Toronto, ON
Course Conductor: John Mouck
Registration Fee: \$25.00

For more information, or to register for the course please contact:
 Vicki Bradley at (416) 426-7111, or e-mail vbradley@osrc.com

Trillium 2 Instructor Course

Date & Time: December 20, 2003
Course Location: City of Brampton - Balmoral Rec Centre
 255 Balmoral Drive, Brampton, ON

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

GET CONNECTED!

Resources for Coaches, Athletes & Officials

Yoga for Swimmers (article)

http://www.yogajournal.com/practice/203_1.cfm

Professional Digital Audio Editor

www.goldwave.com

Canadian Association for the Advancement of Women and Sport and Physical Activity

www.caaws.ca

Girls at Play

www.caaws.ca/girlsatplay/index.htm

Goal Setting, Inspirational Quotes and Motivation

www.topachievement.com

Girls at Play

www.caaws.ca/girlsatplay/index.htm

Marie Routhier - Swimwear Designer

www.marierouthier.com

Introducing Synchro Ontario Sponsor Marie Routhier - Designer of Champions!

Marie Routhier is a proud sponsor of Synchro Ontario this season and the official custom synchro swimwear designer. Marie designs, creates and produces unique routine competition suit designs for synchro teams across the province.

Winnipeg native Marie Routhier began sewing at the age of 4, and started working for herself seven years later, making custom designed figure skating costumes. Marie taught herself to make skating costumes that her family could not afford, immediately attracting the attention of fellow skaters. Skating costumes led to orders for gymnastic costumes, dancewear, and eventually routine suits for synchro.

After moving to Newfoundland in 1998, a car accident took Marie off the ice, with major injuries to her back. Not being able to sew long hours, Marie turned to writing. "Sewing for Skaters and Dancers and Gymnasts ... Oh My!", Marie's first book, was released in July of 2000, and her second book, "The Skating Dress Style Book" in December 2000. Her latest book "The Bikini Book" will be released on November 1, 2003, and a book on swimwear/synchro swimwear is on the way.

In August of 2002, Marie relocated to Mississauga in order to pursue her first love -

sewing with spandex. Within months of her move, Marie picked up contracts from several Ontario synchro swim clubs, and designed the Northern themed free program suits for Canada's National Synchro Team.

Marie approaches design as a science, and makes some of the best-fitting custom orders available. She spends much time researching fabrics and inventing new techniques, and has even been hired by an inventor in Texas. Appliques are Marie's specialty, who uses a technique of her own invention which enables her to put out the flattest, smoothest, stretchiest, and most intricate designs possible! With over 500 lycras available to her clients, Marie strives to provide every team with a complete unique costume that suits the swimmers and the team. As a former athlete, Marie understands the need for fit and motion, as well as visibility.

Marie is currently in the process of establishing herself in ready to wear swimwear, which will be available in stores next spring. Though her first line is exclusively Canadian **F l a g s w i m w e a r** (www.canadianswimwear.com), she intends to release a line of athletic swimwear in the next year, keeping her synchro clients needs in mind!

Marie Routhier
Designer of Champions

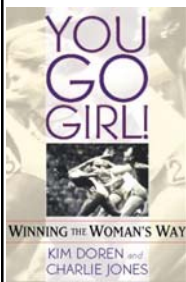


Marie Routhier works on a custom designed routine suit last season.

For more information please visit Marie Routhier at:
www.marierouthier.com

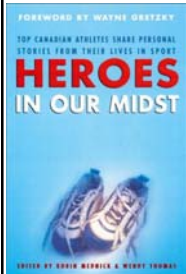
The Book Nook

At Synchro Spirit 2003 Clarie Carver-Dias brought along the following books and quoted excerpts from them in her presentation to the athletes. Thank you Claire for sharing the titles!



You Go Girl! Winning the Woman's Way
By: Kim Doren and Charlie Jones

A collection of first-person insights, thoughts, and stories from successful women in the world of sports, including Mia Hamm; Gabrielle Reece; Marion Jones; Kerri Strug; Chris Evert; Nancy Lopez; Picabo Street and more.



Heroes in Our Midst: Top Canadian Athletes Share Personal Stories from Their Lives in Sport
By: Robin Mednick

Heroes in Our Midst is a collection of 110 personal stories from top Canadian athletes. Every contribution is a story, with something inspiring, heartbreaking, funny, or fascinating to say.

Attention Coaches: Upcoming Seminars

The Coaches Association of Ontario (CAO) invite coaches, and motivated athletes to attend a series of free workshops.

- Topic:** Strength and Conditioning, with strength and conditioning guru Sheldon Persaud
When: Friday November 7th, 6:00 p.m. to 8:00 p.m.
Where: Robert F. Hall High School, Caledon, ON
6500 Old Church Road, 2km east of Airport Rd.
Cost: Event is free, but you must reserve your space in advance by e-mail to barrie@personalbest.ca or call 905-838-2662.
- Topic:** Encouraging athletes to take responsibility for their performance with Coach Mike Spracklen - National Men's Rowing Team Coach and recently named "international coach of the year"
When: December 3, 2003 - 7:00 p.m. to 8:30 p.m.
Where: Etobicoke Olympium
Cost: Free to CAO Members, \$5 to non-members
To register contact: Mary Karamaritos at comm@coachesontario.ca or 416-426-7238