



Athlete and Coach Workshop set for October 19th!

Synchro Ontario is making its final preparations for the Synchro Spirit 2003 Athlete and Coach Development Workshop set to take place on Sunday, October 19th, at the Wilfrid Laurier University Athletic Complex in Waterloo, Ontario.

Over 250 athletes, coaches, officials, and volunteers from across the province will be meeting to take part in an interactive development day to share knowledge, develop skills and learn new techniques to reach for higher levels of achievement.

Synchro Spirit 2003 is pleased to be presenting Olympic, World, Pan Am Games and Commonwealth Games medallist Claire Carver-Dias as part of the Esteem Team. Claire will be speaking to athletes and sharing her ideas on goal setting, motivation and having a positive attitude.

The workshop will also be highlighted by coach Biz Price who has coached Canadian teams at Worlds, the Pan Am Games, the Common-



Sunday, October 19th
Wilfrid University Athletic Complex
Waterloo, ON

8:00 a.m.-5:00 p.m.

Registration begins at 8:00 a.m.

First session of the day begins at 8:30 a.m.

Conference:
Sponsor



wealth Games, and the 2000 Olympics. Biz will be working with coaches and athletes in developing ideas for choreography and artistic development.

Former national team athlete, U.S. collegiate champion and coach Carrie (DeGuerre) Wilson will also be at Synchro Spirit leading sessions for the athletes. As Synchro Ontario's V.P. Coaches Carrie has been assisting in planning and organizing sessions for Synchro Spirit, and will be a great resource at the workshop.

Thanks to Synchro Spirit sponsor the Investors Group, we will have the opportunity to honour an individual with the Investors Group-Community Sport Administrator Award. Don't forget to nominate someone from your club, it is a great opportunity to recognize one of your committed volunteers.

We look forward to seeing all participating athletes, coaches and officials on October 19th!



STAR PINS

Synchro Ontario is pleased to announce that Synchro Canada Star Pins will be available to order through the Synchro Ontario office.

Additional Synchro Canada merchandise may be stocked, and ordering information will be posted on the Synchro Ontario website.

If you have inquiries about merchandise please contact the Synchro Ontario office at (416) 426-7111.

New Competitive Club in Ontario!

Synchro Ontario is pleased to announce that the Halton Hills Association of Synchronized Swimmers will be a competitive club for the first time this season.

We hope that the entire synchro community will help us in welcoming them this year as they begin competing.

Congratulations Halton Hills, and we look forward to seeing you at competitions this season!

Club Presidents and Registrars Meet to Discuss 2003-04 Season

Synchro Ontario hosted a Welcome Back Information Day for Club Presidents and Registrars on Saturday, September 20th at the Sport Alliance Building in Toronto.

The meeting included a review of the upcoming season, registration information, Synchro Canada and Synchro Ontario information updates, and the opportunity for Club Presidents and Registrars to meet other club members and the Synchro Ontario staff.

Synchro Ontario President Lynn Hammond updated members on Synchro Ontario and Synchro Canada rule changes for the upcoming season, and planning for the upcoming National Championships.

Executive Director Leslie Makins, led valuable sessions on club sharing, and delivered an overview of Synchro Ontario policies and procedures.

New fundraising ideas were presented,

including a presentation by Rworld a printer cartridge recycling program.

Sport Development Coordinator, Kara Heald discussed resources for club development, fundraising ideas, and communication tools for clubs including the use of the Synchro Ontario website to post news and information.

Synchro Ontario V.P. Competitions, Leanne McDonnell reviewed the 2003-04 competition schedule, and Technical Coordinator, Marilyn Holmes lead sessions on How to Register for a Competition, and Registering Clubs and Athletes with Synchro Ontario scorer, John Mouck.

Thank you to all club members who could attend the Information Day. Your participation and valuable input was greatly appreciated.

If you are interested in any information presented at the Information Day please contact Kara Heald at kheald@osrc.com.



**Next Synchro Ontario
Board of Directors Meeting:**

Monday, October 20, 2003

UPCOMING EVENTS 2003-2004

Synchro Spirit 2003

Sunday, October 19, 2003
Wilfrid Laurier University - Waterloo, ON

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

Guelph Synchro Stars with the Food Network's Surreal Gourmet!



Guelph Synchro's Natalie, Katie, Brooke and Tanya pose in the Toastermobile with the Surreal Gourmet, Bob Blumer.

On August 14, 2003 four members of the Guelph Synchronized Swimming Club's Pre-elite Tier 6 Team were invited to Aurora, Ontario to participate in a taping of the Food Network's "The Surreal Gourmet" with host Bob Blumer.

Guelph Synchro was contacted about the appearance by a talent agent who came across their club information on the Synchro Ontario website. What was planned to be a ten second spot turned into an afternoon and evening of delight for Guelph Synchro's Brooke Lyons, Natalie Wilson, Tanya Wilson, and Katie Hammond.

The ladies instructed host Bob Blumer on how to get in "synch" and taught the Surreal Gourmet, part of their routine which was then taped for the Retro Pool Party episode, which will air on Food Network in Canada and the United States.

In each episode of "The Surreal Gourmet" host Bob Blumer travels to a venue in his gleaming Toastermobile. There he shows his chosen hosts how to prepare a complete dinner party that will transform them into culinary heroes.

The episode is tentatively scheduled to air on December 25, 2003. The confirmed air date will be posted on www.synchroontario.com. For more information visit www.surrealgourmet.com or www.foodtv.ca.



Guelph Synchronized Swimming Club members:
Katie Hammond
Natalie Wilson
Brook Lyons
Tanya Wilson



Carol Sharer (Left) and Marilyn Holmes (Right)

Marilyn Holmes' Retirement Celebrated

On Thursday, September 25th members of the synchronized swimming community gathered at the Granite Club in Toronto to thank Marilyn Holmes for her years of volunteering as a Synchro Canada official.

Many friends and fellow officials from Ontario and Quebec came to share their appreciation for Marilyn's dedication, hard work, and excellence in officiating.

Along with Marilyn, fellow referee Carol Sharer, who has also retired from officiating at the national level, were presented awards by Diane van der Pol on behalf of Synchro Canada for achieving upon retirement over 10 years of service as a level four official. Carol, however, has not retired from officiating in Ontario and will be continuing to referee at events in the province.

Executive Director of Synchro Ontario, Leslie Makins, also presented Marilyn a plaque on behalf of Synchro Ontario, which will be placed on the back of an official's chair recognizing Marilyn's 30 years of dedication and commitment to synchronized swimming in Ontario.

Marilyn has retired from officiating, but continues to work in synchronized swimming as the Technical Coordinator for Synchro Ontario.

Many thanks to all who came to celebrate, and to Diane van der Pol, with the help of Joan Russell, and others, for organizing such a wonderful evening.

Fall Technical Courses a Great Success!

For two consecutive weekends in September, coaches, instructors and officials met at the Yorklands School in Toronto to gain credentials for instructing, coaching and judging synchronized swimming.

On the weekend of September 20-21, 46 coaches and instructors participated in the following courses: 17 in CBET/NCCP Level 1 Technical, 13 in CBET/NCCP Level 2 Technical, 11 in CBET/NCCP Level 3 Technical, and 5 in the Trillium 1 Instructor Course. The following weekend from September 27-28, 12 JTACS Level 1 candidates, and 7 JTACS Level 2 candidates participated in the judging courses.

Congratulations to all candidates who completed their courses and best of luck in achieving your accreditation. Thank you also to all course conductors for teaching, sharing your knowledge, and inspiring new instructors, coaches and officials!

CBET/NCCP LEVEL 1 TECHNICAL COURSE

November 15-16, 2003 - OTTAWA

*Sawmill Creek Community Centre and Pool
3380 D'Aoust Ave. Ottawa, ON*

November 15 & 16, 9 a.m. to 4:30 p.m.

***\$150 early bird price until October 31, 2003
\$170 registration fee after October 31st***

Text Fee: \$30

Re-Certification only: \$75

~ Register Early as Space is Limited! ~

GET CONNECTED!

Resources for Coaches, Athletes & Officials

Sport Sport Canada

www.amateur-sport.gc.ca/progs/sc/index_e.cfm

Canadian Olympic Committee

www.olympic.ca

2004 Olympic Summer Games - Official Site

www.athens2004.com

The Esteem Team

www.esteemteam.com

Mindtools—Sport Psychology

www.mindtools.com

Peak Performance Sports

www.peaksports.com

Bodysense

www.bodysense.ca

Water Sports Library

www.worldwideaquatics.com

Omega Timing

International Synchro events results archive

www.omegatiming.com



Computer Scorer Course

November 22, 2003

Are you interested in scoring at synchro competitions in Ontario?

Learn how to enter and process scores at competitions through the Synchro Ontario scoring program.

Date & Time: Saturday, November 22nd, 9 a.m. - 4 p.m.

Course Location: Sport Alliance Building
1185 Eglinton Ave. E., Toronto

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

Congratulations!

Our sincere congratulations to Janet Herman, Head Coach of the Burlington Synchronized Swimming Club for receiving her diploma in High Performance Coaching from the National Coaching Institute on September 15, 2003.



Announcements, Congratulations & News

If you have any announcements, achievements or news that you would like to share in News Splash! concerning your club, a coach, or an official, please forward the information to Kara Heald, at kheald@osrc.com.

*** 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 commision on their Club Orders (le: 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!



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www.marierouthier.com

