



Nationals Returns to Ontario!

Synchro Swim Ontario is pleased to announce that Ontario will be the host of the 2004 Canadian National Synchronized Swimming Championships.

Synchro athletes from across Canada will compete for National titles May 3-8, 2004 in Toronto, Ontario at the Etobicoke Olympicium.

The 2004 Canadian Olympic Synchronized Swimming Team will also be showcasing their Olympic routines at the National Championships as they prepare to compete at the 2004 Summer Olympic Games in Athens, Greece.

"I'm very excited about the opportunity to host Nationals in Ontario next year" remarked Synchro Swim Ontario President and the 2004 Nationals Meet Manager Lynn Hammond. It's a great honour to host such a high caliber meet involving exceptional Canadian athletes as we continue to prepare for the Olympics in 2004. We are well on our way in the planning of the National Meet, as we have a great group of dedicated volunteers already working behind the scenes. We plan to ensure that this is an event that Ontario will be proud of, and one that will inspire participants as well as our young



Synchro Ontario Executive Director Leslie Makins also states, "Ontario is very pleased to be hosting the National Championships next May. Elite synchronized swimmers from throughout Canada will be competing just prior to the Olympics, which will create a unique environment for this National event. In addition, we are eager to further promote our sport and increase our presence within the sporting community."

For more information about Nationals please visit: www.synchroontario.com, or e-mail nationals2004@osrc.com.

Athlete and Coach Workshop Scheduled for October 19, 2003.

Synchro Ontario will be hosting Synchro Spirit 2003, an innovative athlete and coach development workshop, October 19, 2003 at the Wilfrid Laurier University Athletic Complex in Waterloo, ON.

The interactive workshop is designed to give athletes and coaches the knowledge and skills to reach for higher levels of achievement. This year's workshop will offer combined and separate sessions for athletes and coaches in order to focus on specific issues related to each group.

Canadian National Team Coach Biz Price will be part of the workshop leading an artistic development session with coaches and athletes, and Olympic medalist Claire Carver-Dias will be speaking to athletes as part of the Esteem Team about goal setting and motivation.

Other sessions will include, "What the Judges Want", an interactive session with coaches and judges for figures and routines, "Figures Fix" and "Skills and Drills" for athletes, cross-training on land and in the water for athletes and coaches, and "It's a Manner of Presentation", and "How to Prepare for Figure Competitions" for the athletes.

For more information about **Synchro Spirit 2003** please visit www.synchroontario.com

Conference Sponsor : 

FALL 2003 TECHNICAL COURSES

Location: The Yorkland School, 255 Yorkland Blvd., Toronto, ON

Trillium Instructor 1	Sept. 20, 2003
Trillium Instructor 2	Sept. 21, 2003
Trillium Crossover Course	Sept. 27, 2003
CBET/NCCP 1	Sept. 20-21, 2003, *Plus re-cert
CBET/NCCP 2	Sept. 20-21, 2003, *Plus re-cert
CBET/NCCP 3	Sept. 19-21, 2003, *Plus re-cert
JTACS Level 1	Sept. 27-28, 2003
JTACS Level 2	Sept. 27-28, 2003

THE PRESIDENT'S CORNER

A Message from Synchro Ontario President Lynn Hammond

Welcome back to the 2003-04 Synchronized Swimming season. This season promises to be a great one! Your Board members and the Synchro Swim Ontario Staff have been working on a number of areas over the summer, and making plans for the upcoming year to ensure all competitors and swimmers will see achievement, and most importantly - have fun!

Given the changes that took place last year in moving into a skill based system, (and more changes expected for this coming year), we will all need to work together to implement and ensure everyone is informed. We are all waiting for some decisions from Synchro Canada, and if you visit the website you will notice that we have posted the information we have received so far. Ontario did have a voice in responding to those decisions that were "approved in principle", and we are waiting, as are all of the other provinces, for confirmation of the changes. Once we have received confirmation, we will forward it far and wide and post it on the website! I know most of us are anxious for these decisions and the pressure is on everywhere.

We have a lot to look forward to this year. It's a year when the Ontario Winter Games takes place! When selecting teams, plan wisely - remember only 8 team members and a coach can go to the Games - there is no provision for alternates! Most of this year's competitions are spoken for and planning is underway for all of them! And, as you know, Ontario is hosting the 2004 Nationals. That committed group has been working hard this summer and lots has been accomplished - some of which will be shared at the September 20th Presidents and Registrars meeting in Toronto.

As I said ... we've been busy! Plans for Technical Conferences, the Athlete and Coach Development Workshop, and the Lisa Alexander Star Testing have kept everyone busy. For me personally, I've got big shoes to fill and a lot to learn - but I'm up to the task! I'm looking forward to this year as we prepare for this new season with all its exciting challenges and opportunities.

Lynn Hammond
President
Synchro Swim Ontario

UPCOMING EVENTS 2003-2004

Welcome Back Day
Club Presidents & Registrars
Saturday, September 20, 2003
9 a.m.-3 p.m. @ Sport Alliance Building
Toronto, ON

Fall 2003 Technical Courses
CBET/NCCP, Judging (JTACS)
Trillium Instructor
September 19-21 & 27-28, 2003
The Yorklands School, Toronto, ON

National Team Trials
October 2-5
Montreal, Quebec

Synchro Spirit 2003
Athlete and Coach
Development Workshop
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, 2003
McMaster University
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, Quebec
Hosted by: Synchro Quebec

Canadian Synchronized
Swimming Championships
May 3-8, 2004
Etobicoke Olympium Pool
Hosted by: Synchro Ontario

Ontario Tier Championships
May 27-30, 2004
Nepean Sportsplex, Nepean, ON
Hosted by: Gloucester Synchro

SYNCHRO ONTARIO BOARD OF DIRECTORS 2003-2004

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Lynn Hammond

V.P. FINANCE
Anslie Johnson

V.P. OFFICIALS
Jennifer Black-Ruth

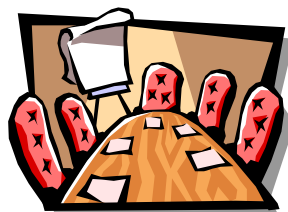
V.P. COMPETITIONS
Leanne McDonnell

**ATHLETE
REPRESENTATIVE**
Leslie Wickens

**V.P. ADMINISTRATION &
SPORT DEVELOPMENT**
Chris Gauthier

**EXECUTIVE DIRECTOR
(Non-Voting)**
Leslie Makins

V.P. COACHES
Carrie Wilson



Next Board of Director's Meeting:

Monday, September 15, 2003

INVESTORS GROUP SPONSORS SYNCHRO SPIRIT 2003 AS A COMMUNITY COACHING CONFERENCE

Synchro Ontario is proud to have the Investors Group Inc., as a conference sponsor for Synchro Spirit 2003, taking place October 19th at Wilfrid Laurier University in Waterloo, ON.

The Coaching Association of Canada, through the sponsorship of Investors Group Inc., is pleased to provide financial assistance to communities and organizations interested in hosting a Community Coaching Conference.

The purpose of the Community Coaching Conferences program is to both promote and supplement the 3M National Coaching Certification Program. The conferences offer an ideal opportunity for coach education, coach networking, and community involvement.

As part of the conference sponsorship program the Investors

Group will present a Community Sport Administrator Award October 19th at Synchro Spirit 2003 to a dedicated volunteer who has contributed greatly to the sport of synchronized swimming. Details about eligibility for the Investors Group Community Sport Administrator Award are outlined below, along with submission instructions.

Information and nomination forms have been sent out to all club contacts, and will be posted on www.synchroontario.com.

Please submit nominations to the Synchro Ontario office by September 30, 2003.



Coaching Association of Canada



The Investors Group Community Sport Administrator Award is an integral part of each Community Coaching Conference sponsored by Investors Group.

Objectives

The award recognizes the contribution to community sport programs made by a dedicated volunteer who has given countless hours of time so that coaches and athletes can enjoy the benefits of well-organized sport.

Eligibility

The nominee demonstrates outstanding commitment and service in an administrative capacity for a club, organization, or event, resulting in a strong impact on the community for coaches and athletes. The coaching conference organizing committee selects the award recipient.

Nominations

Nominators must provide the following information:

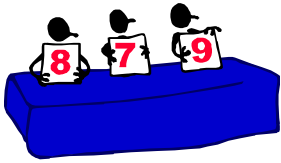
- Name, address, and phone number of the nominee
- Name, address, and phone number of the nominator
- The history of service to community sport programs reflecting the commitment and service of the nominee
- List of other awards or recognition received
- Description of any outstanding qualities & contributions the nominator feels would be of interest to the selection committee.

Presentations

The presentation to the award recipient will be made at the Community Coaching Conference. The award recipient will become eligible for the Investors Group National Sport Administrator Award, which is presented at the annual Sport Leadership Awards Dinner.

Submissions (Deadline: September 30, 2003)

Send nomination(s) to: Synchro Swim Ontario, 1185 Eglinton Ave., E. Suite 303, Toronto, ON M3C 3C6



YOU BE THE JUDGE . . .

Get Involved as a Synchro Ontario Official!

One of the most rewarding and valuable ways to get involved in a sport is to volunteer your time as an official. Synchro Ontario provides excellent training from experienced high-level officials, and the support necessary for you to get involved and begin a new and exciting venture into officiating!

Judges, referees, and scorers are all extremely critical to the success of synchro swimming events. Without the support and generous time commitment volunteered by officials competitions, testing and other events would not be able to succeed.

For parents, officiating is a great way to get involved in your child's synchro experience. Some judges are former swimmers or coaches, however, the majority of officials became involved because of their child's participation in the sport.

As an official you will have the opportunity to judge figures and routines, gain credentials and become involved at a level at which you wish to commit. Regional and invitational events are the first step in beginning to judge, and you will

have the option of participating at part or full events, as your schedule and availability permits.

Stepping into "judges" shoes is an easy transition as training is easy to follow, practical and fun. The first step to becoming an official is to register for your Judging (JTAC) Level 1 course which is run by Synchro Ontario and instructed by a national level judge. The course gives you an opportunity to learn by class discussion, video analysis and swimmer demonstration, the fundamentals of figure components, transitions, and judging the difficulty within a figure. In addition, you will learn to evaluate routines by identifying routine components, learning marking guidelines for routines, and distinguishing between technical vs. artistic judging. Other units include ethics, refereeing and judging duties and rules. Upon completion of the course, you will be able to apprentice on deck at competitions (scores are not revealed) and work toward full certification. When you have successfully completed your training, you can judge figures and routines at various levels!

Throughout the training process you will always have a great support system of experienced and knowledgeable officials, and the Synchro Ontario team, so have confidence that *you can do it!* Support and training are there for you!

Synchro Ontario is dedicated to providing quality education and training for current and aspiring officials. It is our goal to support the development and growth of all officials and offer an exciting and rewarding experience.

If you are interested in getting involved as an official please contact Synchro Ontario at:
(416) 426-7110
or visit
www.synchroontario.com

Judge (JTACS) Level 1 course is being offered September 27-28 at The Yorklands School in Toronto as part of Synchro Ontario's Fall Technical Courses

Our sincere thanks to all Synchro Ontario Officials who volunteered their time to make all of the events of the 2002-2003 season a great success!



Congratulations to Official Sandra Roberts of Saskatchewan for being nominated to judge at the 2004 Summer Olympics.

Sandra Roberts has been judging since the late 1960's, and has had the opportunity to work at various events including the Pan American Games, World Championships and many other international events.

In 2002 Sandra was the recipient of the Synchro Canada Bridge Builder Award and was inducted into the Saskatchewan Sports Hall of Fame.

Executive Director's Report

*"The broadest, and maybe the most meaningful definition of volunteering:
Doing more than you have to because you want to, in a cause you consider good."
Ivan Scheier*

This quote truly reflects Ontario's dedicated and hard working synchronized swimming parents, officials, coaches and other volunteers who helped out in the 2002-2003 season. THE CAUSE IS GOOD and you do so much for our sport! Your involvement creates opportunities for athletes to reap the benefits of participating in synchronized swimming – and the benefits are impressive: improve fitness, strength, flexibility and coordination; establish healthy behaviours; develop skills like communication, cooperation and leadership; create friendships; learn about discipline, commitment, organization and how to deal with pressures; increase music awareness; improve time management

skills; and of course, have FUN!! Not only does the athlete benefit, but as a volunteer, you benefit too!

Hat's off to all of those who contributed to the success of last season by volunteering their time and talents. As we prepare to move into another exciting year, we welcome each of our returning families, officials and coaches and send out a special welcome to those who are new to our sport. The Synchro Swim Ontario office staff are always ready to lend a hand, so feel free to call or email at any time.

*Leslie Makins, Executive Director
Synchro Swim Ontario*

Synchro Swim Ontario Staff Contacts:

Leslie Makins, Executive Director	lmakins@osrc.com	416-426-7113
Kara Heald, Sport Development Coordinator	kheald@osrc.com	416-426-7407
Marilyn Holmes, Project Coordinator	mholmes@osrc.com	416-426-7112
Vicki Bradley, Project Assistant	vbradley@osrc.com	416-426-7111

COUNTDOWN TO THE 2004 ONTARIO WINTER GAMES

March 8-10, Barrie, Ontario & March 11-14, London, Ontario

Next year the city of London with the support of Barrie will host the 2004 Ontario Winter Games.

Barrie will play host to the games Nordic events March 8-11, and London will host the remainder of the events March 11-14.

The Synchronized Swimming competition will take place March 11-14 in London at the Canada Games Aquatic Centre. Synchro events will include Tier 4 Team and Duet, Tier 5 Team and Duet, and for the first time at the Winter Games, Team Combination.

To qualify routines for the 2004 Ontario Winter Games, clubs will need to enter teams in their respective Re-

gional Ontario Winter Games (OWG) Trials. Regional OWG Trials will be taking place late January and February 2004.

West Region OWG Trials are already scheduled for January 30th to February 1st within the Provincial Trials competition at McMaster University in Hamilton. North, Central and East Regional OWG Trials dates and locations will be announced by Synchro Ontario as soon as they are confirmed.

For more information about synchro at the Ontario Winter Games visit: www.synchroontario.com

For the official Games site visit: www.2004ontariowintergames.london.ca.



NATIONAL TEAM TRIALS 2003

The 2003 National Team trials will take place Thursday, October 2nd to Sunday, October 5th in Montreal at the Olympic Pool.

Athletes from across Canada will be competing for spots on Canada's Junior World Team 2004 and the National B Team. The selection process will include a figure competition and evaluation of routine component performance.

The announcement of the Junior World Team 2004 and the top 10 seniors is scheduled to be made the evening of Saturday, October 4th.

Athletes participating at the National Team Trials must submit entry forms to Chief Referee, Pat McCann by Wednesday, September 10th, 2003.

For more information regarding National Team Trials 2003 please contact Synchro Canada or visit www.synchro.ca.



GET CONNECTED!

Resources for Coaches, Athletes & Officials

Sport Alliance of Ontario
www.sportalliance.com

Connected Coach
www.connectedcoach.ca

Coaching Association of Canada
www.coach.ca

Ontario's Community Sport Network
www.communitysportnetwork.com

Canadian Sport Centre Ontario
www.csontario.ca

Women in Coaching
www.coach.ca/women

Sport Information Resource Centre
www.sirc.ca

Canada's Sport Information Resource Centre
www.canadiansport.com

Esynchro Resource Centre (USA)
www.esynchro.com



Congratulations to Canada's National Team Athletes on their Outstanding Performances this Summer!



2003 National A Team - Centre of Excellence

Amy Caskey
Lindsay Cargill
Erin Chan
Jessica Chase
Jessika Dubuc

Marie Pierre Gagne
Lynn Johnson
Fanny Létourneau
Shayna Nackoney
Courtenay Stewart

10th FINA World Championships - Barcelona, Spain



Team Combination - 4th Place
Solo, Jessica Chase - 6th Place
Duet, Letourneau / Stewart - 5th Place
Team - 5th Place

2003 Pan Am Games - Santo Domingo, Dominican Republic



Duet, Letourneau / Stewart - Silver
Team - Silver



2003 National B Team

Laurel Alexander
Kerry Atkins
Tara Brawley
Tanya Matson
Jessica Outhwaite

Sara Petrov
Jennifer Song
Marie Pier Boudreau-Gagnon
Nicole Cargill
Anouk Renière-Lafrenière

28th Swiss Open Championship - Basel, Switzerland



Solo, Marie Pier Boudreau-Gagnon - Bronze
Duet, Matson / Outhwaite - Silver
Team - Silver
Team Combination - Silver



2003 National Junior Team

Samatha Bongiovanni-Duclos
Magali Diotte
Eve Lamoureux
Annie-Claude Lemay
Tracy Little

Laura McClemon
Anastasia Polonska
Megan Poss
Isabelle Rampling
Dana Schott

2003 United Airlines Open - Federal Way, Washington



Solo, Megan Poss - Silver
Duet, Poss / Rampling - Silver
Team - Gold
Team Combination - Silver

