



2006 Eastern/Atlantic Divisionals

The 2006 Eastern/Atlantic Divisional Challenge was held March 22-26 in Quebec City where over 300 elite synchronized swimming athletes from Ontario, Quebec, and the Atlantic Provinces vied for divisional titles in figures, solo, duet and team competition. Athletes were also qualifying to advance to the 2006 Canadian Open Synchronized Swimming Championship May 11-14 in Winnipeg or the 2006 Canadian Espoir Synchronized Swimming Championships June 7-10 in Toronto.

In Tier 6 15 and Under competition Julia Maclean of Durham Synchro brought home bronze in the figure competition, with Olympium's Candace Caskey following in 5th and Samantha Wymes in 10th. In solo Julia Maclean won a second bronze, and Candace Caskey placed 8th. In duet Durham's Maclean and Carrie Mouck won silver, with Olympium's Wymes and Victoria Mintz placing 7th and Rachel Kowalski and Rebecca Maule placing 9th.

In 15 & Under Team competition Olympium Synchro won silver, Variety Village placed 6th, Olympium (EW) placed 8th, London Synchro took 10th, with Gloucester following in 11th, Olympium (TA) in 12th and Variety Village (GI) in 13th. All routines will move onto the 2006 Canadian Espoir Synchronized Swimming Championships June 7-10 in Toronto.

In Tier 6 16 and over figures Burlington Synchro's Alicia Worlidge won silver, Gloucester's Christina Lamontagne followed in 4th, with York's Kara Barclay in 6th, Katie Hildebrant in 8th and Ali Davies in 10th. In solo Burlington's Melisa Mitic placed 7th, and in duet Kawartha-Trent's Megan Feige and Carole McLaren placed 8th. In 16 and over Team competition Ontario swept the podium with York Synchro winning gold, Mississauga silver, and Burlington bronze. Gloucester Synchro followed in 6th, Mississauga (DS) in 7th and

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Canada Golden at 2006 Commonwealth Games

Canada's dominance of synchronized swimming at the Commonwealth Games continued as Marie-Pier Boudreau-Gagnon and Isabelle Rampling won gold in duet and Marie-Pier won gold in solo at the 2006 Commonwealth Games in Melbourne, Australia. Congratulations Marie-Pier and Isabelle!



2006 Ontario Winter Games Champions

Congratulations to all participating teams and to the medal winners!

Tier 4 Team

1st ~ Waterloo

2nd ~ Mississauga

3rd ~ Nepean

Tier 4 Duet

1st ~ Hodgson/Sine, Waterloo

2nd ~ Caldwell/Gucciardi, York

3rd ~ Callaghan/Gagne, Waterloo

Tier 5 Team

1st ~ London

2nd ~ Ottawa

3rd ~ York

Tier 5 Duet

1st ~ Ashworth/Wyrzykowska, Markham

2nd ~ Cividino/Wandziak, Sudbury

3rd ~ Beliveau/Jeanes, Gloucester

Combo

1st ~ York

2nd ~ Waterloo

3rd ~ Kawartha-Trent

2006 Regional Championships

Central/North Regional Championships
April 8-9, 2006 ~ Rosedale Heights, Toronto
Hosted by: Variety Village Synchro

East Regional Championships
April 22-23, 2006 ~ Carleton U., Ottawa
Hosted by: Ottawa Synchro

West Regional Championships
April 22-23, 2006 ~ WLU, Waterloo
Hosted by: Waterloo Synchro

2006 Synchro Swim Ontario Awards

Synchro Swim Ontario is once again pleased to be presenting the following awards for the 2005-2006 Season:

Athlete of the Year Award
Coach of the Year Award
Volunteer of the Year Award

Awards will be presented at the 2006 Tier Championships Athlete Banquet Saturday, May 27th (Breakfast Banquet) at the Canada Building at the Western Fair Grounds in London, ON.

All Nominations are due to Synchro Ontario by Noon on Friday, May 12th

Award eligibility, selection criteria, and nomination guidelines for each award are available on the Synchro Ontario website: www.SynchroOntario.com

For any questions regarding the Synchro Swim Ontario Awards please contact Kara Heald via e-mail kheald@osrc.com or call 416-426-7407



Synchro Swim Ontario Trillium Recreational Routine Competition

Saturday, May 6, 2006

Alder St. Rec Centre - Orangeville, ON

Level 1-4 Routine Competition

For all ages, Masters, AWD athletes

Meet Entries & T-shirt pre-orders due April 19th

Try FUN, Try FRIENDS, Try SYNCHRO!

Synchro Swim Ontario gratefully acknowledges the generous support of our sponsors & suppliers



UPCOMING EVENTS 2005-2006

2006 Regional Championships

April 8-9, 2006 ~ Central/North
Rosedale Heights S.S., Toronto
Hosted by: Variety Village

April 22-23, 2006 ~ East
Carleton University, Ottawa
Hosted by: Ottawa Synchro

April 22-23, 2006 ~ West
Wilfrid Laurier Univ., Waterloo
Hosted by: Waterloo Synchro

2006 Ontario-Quebec Cup

April 29-30, 2006
Centennial Pool, Burlington
Hosted by: Burlington Synchro

Trillium Recreation Routine Competition ~ Orangeville

May 6, 2006
Alder St. Pool, Orangeville
Hosted by: Synchro Swim Ontario

Canadian Open Championships

May 11-14, 2006
Pan Am Pool, Winnipeg
Hosted by: Synchro Manitoba
National Team Trials: May 15-16

2006 Tier Championships

May 25-28, 2006
Canada Games Aquatic Centre
London, ON
Hosted by: London Synchro

Canadian Espoir Championships

June 7-10, 2006
Etobicoke Olympium, Toronto
Hosted by: Synchro Ontario

Trillium 12 & Under Provincial Championships

June 17, 2006
Victor Davis Pool, Guelph
Hosted by: Guelph Synchro

2007 Canada Winter Games - Selection of Canada Games Officials

Congratulations to the Ontario Officials who will be attending the 2007 Canada Games in Whitehorse, Yukon!

The Synchro Canada OMT finalized the selection for the 2007 Canada Games. The OMT trust that these officials will be representing synchronized swimming very well at the Games.

25 positions were available (including referees). The OMT would like to thank the Provinces and the Judges Chairs for all their officials' recommendations. The overall process went extremely well, everyone collaborated and worked together. Thank you for being so prompt and for following all the deadlines.

Newfoundland: Jackie Hiscock
New Brunswick: Heather Coates, Connie Moore
Prince Edward Island: Lisa McKay;
Nova Scotia - Naomie Rafuse
Quebec: Nancy Reed; Francoise Guindon; Ginette Piché-Lapointe
Ontario: Chris Gauthier; Nancy Fisher; Jan McLaughlin
Manitoba: Karen Land; Laura Ealing, Marg Graham
Saskatchewan: Kristen Brough; Margot Weiner; Kathleen Lipinski
Alberta: Ev Keddie; Ev Fehler, Sandy Holmquist
British Columbia: Carol Stewart; Sharon Devana; Linda Krahn

Referees: Chris Hampshire and Pat McCann
Chief Judge and Assistant: Janice McLaughlin and Nancy Reed

Congratulations to all judges selected! Thank you to everyone who showed interest and were recommended by their Provinces.

Kawartha Trent in 8th. All will move onto the Espoir Championships in Toronto in June.

In Tier 7 Junior figure competition Olympium Synchro's Erin Willson won bronze, with teammate Courtney Brown following in 4th, and Samantha Mawhinney in 10th. In solo competition Willson won bronze, Jennifer Knobbs of Olympium followed in 4th and Courtney Brown in 5th. In Junior Duet Brown and Mawhinney won silver with teammates Brittany Mueller and Erin Willson placing 8th, and Durham's Katie LePage and Chelsey Matthews finishing 10th. In Junior Team Olympium won bronze, and Durham Synchro finished in 4th, Variety Village placed 8th and Gloucester Synchro placed 9th. All Juniors will be heading to the 2006 Canadian Open Synchronized Swimming Championship May 11-14 at the Pan Am Pool in Winnipeg.

In Tier 7 Senior competition Olympium Synchro won a bronze medal in team competition, and in solo competition National

Team member and Olympium athlete Nicole Cargill claimed gold, with club-mates Katie Hammond following in 4th, and Nikki Neufeld in 6th. In Senior Duet Katie Hammond and Victoria Lee won bronze with teammates Meghan Uhlman and Kendra Warner following in 4th. The seniors are also advancing to the Canadian Open in Winnipeg.

In Select Team competition Waterloo Synchro won silver and Guelph Synchro won bronze, and in Tier 6 Free Routine Combination competition Variety Village Synchro captured bronze, York Synchro followed in 4th, Kawartha-Trent placed 8th, and Waterloo Synchro finished in 9th place. In Tier 7 Free Routine Combination competition Gloucester Synchro placed 5th, and Variety Village Synchro finished in 6th. The Select and Tier 6 Combos will head to the Espoir Championships and the Tier 7 Combos will be advancing to the Canadian Open.

For complete results please visit:
www.SynchroOntario.com

2006 Marg McBurney Officials Development Award

Synchro Ontario is please to announce that Lesley Ahara is the recipient of the 2006 Marg McBurney Official's Development Award. The award was presented to her by Leslie Taylor at the Ontario Winter Games. She is currently a level 2 judge, but consistently demonstrates potential for advancement and commitment to officiating. She was recommended to, and has since written and passed, her Level 3 judging exam and this award will financially supported her to practice judge at Espoir Nationals this June. Once practice judging is completed, she will be fully certified and able to judge at national events, such as Divisionals and Espoir Nationals.



Ready, Set, Coach!
APRIL 22-29, 2006

The Coaches Association of Ontario is proud to present Ontario Coaches Week April 22-29, 2006!

Visit www.coachesontario.ca for events in your area



Lorie Jenkin, former synchronized swimmer in Ontario represents the #1 nutritional company in North America, **USANA Health Sciences** & sponsors Synchro Swim Ontario.

USANA sponsors more than 150 professional athletes and Olympians. These products have been shown to increase endurance, strength and recovery time in many athletes. If these are your goals – a healthy, safe and improved performance – contact Lorie at the numbers and addresses below. My support team, a registered nurse and nutritional consultant, are here to help you achieve your optimal health and athletic goals.

Lorie Jenkin
USANA Distributor #2000862
Phone: 905.510.5053
E-mail: ldjenkin@cogeco.ca
Website: www.unitoday.net/loriejnkin

2006 Synchro Swim Ontario High Performance Camps

- Tier 1-5 selection will be determined by 2006 Tier Championship Figure Results
- Tier 6 and 7 selection will be determined by 40% Provincials + 30% Divisionals + 30% Nationals figure scores
**If athlete competes in only 2 events they will be weighted 50% + 50%, if athlete competes in only one event it will be weighted 100%, athletes must compete in at least one meet to be eligible.*
- Athletes must be planning to compete in 2006-07 if they wish to attend a High Performance Camp.
- Top 30 or Top 40 camps will invite athletes until camp registration is full.
- Top 12 and 18 camps will invite athletes up to the top 25 in the figure rankings.
- Camp registration for Tier 1-5 Athletes will be available on location at Tier Championships
- Tier 6 and 7 registration will be mailed to athletes after Nationals.
- Exclusive HP Camp T-Shirts available to pre-order for camp registrants
- Please note Tier camps grouped together will be occurring the same weekend at one facility, but athletes will be working within their own Tier group focusing on skills to prepare them for the next Tier level.

Tier 1 - 11&U & Tier 2 All Ages High Performance Camp

Top 40 Tier 1 - 11&U Athletes
Top 40 Tier 2 Athletes*
**omitting top 18 Tier 2 - 12 & Under athletes*

July 15-16, 2006
Victor Davis Pool - Guelph

Tier 2 - 12&U + Tier 3 - 13&U + Tier 4 - 14&U High Performance Camp

Top 18 Tier 2 - 12&U Athletes
Top 18 Tier 3 - 13&U Athletes
Top 18 Tier 4 - 14&U Athletes

July 22-23, 2006
Victor Davis Pool - Guelph

Tier 3 & Tier 4 All Ages High Performance Camp

Top 30 Tier 3 Athletes*
**omitting top 18 Tier 3 - 13 & under athletes*
Top 30 Tier 4 Athletes*
**omitting top 18 Tier 4 - 14 & under athletes*

July 29-30, 2006
Victor Davis Pool - Guelph

Tier 5 & Tier 6 All Ages High Performance Camp

Top 30 Tier 5 Athletes
Top 30 Tier 6 Athletes*
**omitting top 12 Tier 6 - 15 & under athletes
and top 12 Tier 6 - 14 & under athletes*

August 12-13, 2006
Victor Davis Pool - Guelph

Tier 6-7 High Performance Camp

Top 12 Tier 6 - 15 & Under Athletes*
(staying 15&U in 06-07)
Top 12 Tier 6 - 15 & Under Athletes*
(moving up to Junior in 06-07)
Top 12 Tier 7 Junior Athletes*
(staying Junior in 06-07)

**40% Provincial Figures + 30% Divisionals
Figures + 30% Nationals Figures*

September 9-10, 2006
Etobicoke Olympium - Toronto

Tier 7 Senior High Performance Camp

Top 12 Tier 7 Juniors moving up to
Senior in 06-07*
Top 12 Tier 7 Senior Athletes**

**40% Provincial Figures + 30% Divisionals
Figures + 30% Nationals Figures*

***Eligible if competed in a Senior event at
2006 National Championships*

September 9-10, 2006
Etobicoke Olympium - Toronto

ATTENTION COACHES: Call for Coach Applications is now posted! Application + Resume are due to Synchro Swim Ontario by Wednesday, April 12, 2006. Don't delay - submit your application to coach at the 2006 HP Camps now!!!

**2ND ANNUAL TIER CHAMPIONSHIPS
ATHLETE BANQUET**

Hosted by  Synchro Swim
ONTARIO

**ATHLETES, COACHES, PARENTS, AND OFFICIALS
COME AND CELEBRATE!**

**BREAKFAST BANQUET! - HOT BREAKFAST BUFFET
SATURDAY, MAY 27TH**

CANADA BUILDING, WESTERN FAIR GROUNDS, LONDON

**DOORS OPEN AT 8:00 A.M., BREAKFAST AT 9:00 A.M.
WITH ENTERTAINMENT AND GAMES THROUGHOUT!**

TICKETS 20 DOLLARS

Please find club and individual ticket order forms at www.SynchroOntario.com

**Club Registrars: Please use the club ticket order form to
order tickets for all teams attending Tier Championships.**

**Please send one cheque for all tickets payable to
“Synchro Ontario”, or pay by Visa or MasterCard.**

**Club Ticket Order Form due with Tier Championship entries:
Monday, April 24th**

**Individual order forms can be passed along to club parents,
families or officials who would like to attend the banquet. All are
welcome to attend! All order forms are due by: Friday, May 5th**

Please note all tickets are non-refundable.

If you have any questions please contact Kara Heald at kheald@osrc.com