



Ontario fares well at 2008 Divisional Championships

Ontario athletes headed to Quebec March 12-16 to compete at the 2008 Eastern Divisional Championships at the Claude Robillard Pool Montreal.

In Tier 6 15 & Under competition Ontario had 3 athletes in the top 6 in figures with Jordan Field (OSSC) placing 4th, Tess Kruspe (OSSC) in 5th and Stephanie Gellar (Durham) in 6th. In Tier 6 16 & over figures Hannah Bayoumi (BSSC) placed 4th and Emily Doran (London) placed 5th.

In Tier 6 15 & Under solo Samantha Nealon (OSSC) placed 6th and in Tier 6 16 & Over solo Jennifer Heaton (Granite) placed 4th and Aurelie Seguin (Gloucester) placed 5th.

In Tier 6 15 & Under duet Geller/Henry (Durham) had a 4th place finish, and Field/Kruspe (OSSC) finished in 10th. In

Tier 6 16 and over duet Yoxon/Smallwood (Gloucester) placed 4th, Drake/Lucier (London) placed 5th.

In the Tier 6 15 & Under team event there were podium finishes for Olympium Synchro who placed 4th, and Waterloo Synchro who finished 6th.

In Tier 6 16 & Over team competition Ontario had 4 top 6 finishes with London Synchro claiming gold, Gloucester Synchro silver, Mississauga in 4th, and Granite Club in 5th. In Select Team competition Burlington Synchro placed 1st.

In the Tier 6/7 Combo event Variety Village placed 4th, Gloucester 6th, and Burlington 9th.

In Junior competition Julia Maclean (Durham) placed 5th in figures, and 7th

in solo. In Junior duet Maclean/Mouck (Durham) placed 7th, and Bezeau/Kowalski (OSSC) placed 9th.

Junior Team competition saw Olympium (EP) finish in 4th, Durham in 5th, Waterloo in 8th and Olympium (DL) in 9th.

In Senior competition Jennifer Knobbs (Granite) placed 1st in the Technical, Free and overall solo events, and followed with a 1st in Senior tech duet, and a 2nd in duet free and overall with partner Erin Willson. In Senior Team York Synchro won bronze.

Congratulations to all athletes on your achievements and best of luck as you prepare for the Canadian Open (May 7-11 in Sherbrooke, QC) and the Canadian Espoir Championships (June 4-8 in Edmonton, AB). Complete results are available on the Synchro Ontario website.



Good Luck to all teams from Quebec and Ontario who will be competing at the 4th annual Ontario-Quebec Cup

April 19-20, 2008

Canada Games Aquatic Centre, London

Hosted by: London Synchro

2008 Provincial Team Trials Saturday, April 26th

*Alder St. Recreation Centre
275 Alder St., Orangeville, ON*

Selection for the Provincial:

**Junior Team
13-15 A Team
13-15 B Team
12 & Under A Team
12 & Under B Team**

*Good Luck to all athletes!
Spectators welcome!*

CLUB NEWS!

The Club News page is a new monthly feature in News Splash! Email your club announcements (new coaches on staff and special event dates) to newsplash@osrc.com for inclusion in the monthly newsletter! Submissions are due by the last day of the month for inclusion in the next month's issue.

CLUB POSTINGS

Coaching Positions

Clubs with postings for 2008-09 season:

Burlington Synchro

Guelph Synchro

K-W Synchro

Mississauga Synchro

York Synchro

Visit the Classifieds webpage on the Synchro Ontario website for complete details on the postings.

Summer Camps

Synchro Swim Ontario High Performance Camps - see flyer on page 5!

Granite Club, Olympium Synchro and Waterloo Synchro

Visit the classifieds webpage for club summer camp flyers.



UPCOMING EVENTS 2008

Masters Provincial Championships

April 6, 2008

Oshawa Civic Pool

Hosted by: Durham Synchro

Ontario-Quebec Cup

April 19-20, 2008

Canada Games Aquatic Centre

London, ON

Hosted by: London Synchro

Provincial Team Trials

April 26, 2008

Alder St. Pool, Orangeville

Hosted by: Synchro Ontario

Rec Routine Competition

May 3, 2008

Alder St. Pool, Orangeville

Hosted by: Synchro Ontario

Canadian Open Championships

May 7-11, 2008

University of Sherbrooke, QC

Hosted by:

Les Amethystes de Sherbrooke

Tier Championships

May 29 - June 1, 2008

Etobicoke Olympium

Hosted by: Olympium Synchro

Espoir Championships

June 4-8, 2008

Kinsmen S.C., Edmonton, AB

Hosted by: Edmonton Auroras

Trillium 12&U Championships

June 14-15, 2008

Centennial Pool, Burlington

Hosted by: Burlington Synchro

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



Synchro Ontario announces 2008 Provincial Team Coaching Staff

On March 14th Synchro Swim Ontario announced the 2008 Provincial Team Coaching staff who will lead five provincial teams in summer competitions and training camps.

Mary Jane Ling returns this year as the Mentor Coach for the Provincial 12 & Under A and B teams and the Provincial 13-15 B Team. Mary Jane will provide guidance and support to the Head Coaches of these teams during the development and implementation of their training programs. Mary Jane has over 30 years experience in synchro as an athlete, coach, and official, and is currently the Head Coach of the York Synchro Club.

This year the Provincial Junior Team will be led by Amy Caskey. Amy is a former National Team athlete (1995, 1998-2003) who has turned her talents to coaching. Amy was the Apprentice Coach for the 2007 Canada Games team, and currently coaches with the Granite Club. Amy will be joined by Lindsay Duncan as the Assistant Coach. Lindsay is the Head Coach of the London Synchro Club and is currently pursuing her Phd at the University of Western Ontario in Kinesiology, specializing in Sport and Exercise Psychology. In 2007 Lindsay was the Apprentice Coach with the 13-15 Team.

Coach of the 2007 13-15 Canadian Champions Kelly Hogan will once again lead the 13-15 Provincial A Team. Kelly has over 20 years of experience in synchronized swimming, is a Level 4

Coach, and currently coaches with the Olympium Synchro Club. Kelly will be joined by Debbie Laanep as Assistant Coach. Debbie was the Assistant Coach of the 13-15 Provincial Team in 2007 and currently coaches at Olympium Synchro.

Jennifer Scott is new to the Provincial Team Program this season and has been hired as the 12 & Under A Team Head Coach. Jennifer is the Head Coach of Burlington Synchro and is currently pursuing her Level 4 Coaching Certification.

Head Coach of the 13-15 B Team will be Katie Hammond. Katie is on the York Synchro coaching staff, and is leading their 13-15 team this season. Last year Katie was the Assistant Coach of the Provincial Junior team and the 12 & Under team, and in 2006 was the Junior team Apprentice Coach.

The 12 & Under B Team welcomes Vanessa Hider as Head Coach. Vanessa is the Head Coach of the Brant Synchro Club and was the Apprentice Coach with the 2007 Junior Provincial Team.

Provincial Team Trials will take place Saturday, April 26th at the Alder Street Pool in Orangeville where athletes will be selected to the five provincial teams. Spectators are welcome to come and observe the trials. Viewing available in pool gallery.

ATTENTION COACHES

Synchro Ontario is now accepting coach applications for the 2008 High Performance Camps. All camps will be taking place at the Victor Davis Pool in Guelph.

10 & Under Camp – July 19-20, 2008

11-12 Camp – July 26-27, 2008

13-15 Camp – August 9-10, 2008

Please use the application form posted on the Synchro Ontario website: www.SynchroOntario.com. If applying please return the application form and a resume by **Friday, April 18th** to kheald@osrc.com or fax to: 416-426-7376

If you have any questions please contact Sport Development Coordinator Kara Heald at: kheald@osrc.com or 416-426-7407.

We look forward to receiving your applications for these great summer camps!

Welcome new Synchro Ontario Sponsors!



TRAVEL PROFESSIONALS INTERNATIONAL™

Mary Scaturchio of Travel Professionals International is Synchro Ontario's preferred travel agency and agent for our Provincial Team travel. Contact Mary for your travel needs: mscaturchio@tpi.ca



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Interested in becoming a sponsor? Contact: kheald@osrc.com

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Registration is open now!

2008 Summer High Performance Camps



On the road to 2020!!!

Synchro Swim Ontario is offering a new vision for High Performance Camps for Summer 2008. This year summer camp registration is open to ALL athletes (no qualifying required) who have the ***drive, ambition and passion*** to be high performance athletes.

We want YOU to be on the road to 2020!

Synchro Swim Ontario 2008 Summer High Performance Camps will align with the Long-Term Athlete Development Model (LTAD) and will be AGE-BASED. Three camp weekends are being offered:

July 19-20, 2008 for swimmers aged 10 & Under (as of December 31, 2008)

**Open to Competitive 10&U athletes and Recreational (pre-competitive) swimmers intending to swim competitive in 2008-09 season (prerequisite of Star 1). Athletes will be grouped accordingly.*

July 26-27, 2008 for swimmers aged 11-12 (as of December 31, 2008)

August 9-10, 2008 for swimmers aged 13-15* (as of December 31, 2008)

**Swimmers 16+ who are keen to participate may register for this camp weekend*

Camp programming for 2008 will focus on key LTAD growth and development areas appropriate for each age group (skills, strength, speed, suppleness, stamina). Camps will include guest coaches, an Olympic speaker, new training techniques, self awareness and mental preparation, team building, fun and more!

Registration is open NOW for the summer camps. Registration will be limited and will be filled on a first-come, first-served basis. Camp location will be the Victor Davis Pool at the Victoria Road Recreation Centre in Guelph.

Early Bird Registration fee (Ontario only) for each weekend is \$199.00 (until May 30).

Registration Fee after May 30th and for out-of-province swimmers is \$219.00.

Registration form is available at www.SynchroOntario.com

For questions regarding registration please contact Kara Heald at kheald@osrc.com



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Catrine Klein/Meet Manager
36 Welwood Ave
Wellesley, Ontario N0B 2T0

PRE-ORDERS ONLY - THEY WILL BE AVAILABLE FOR PICK UP AT THE REGISTRATION DESK ON MAY 29TH



TIERS BANQUET

SATURDAY MAY 31, 2008

6:00 PM

Etobicoke Olymipum

590 Rathburn Road, Etobicoke

(In the Gymnasium across the hall from the
Changerooms at the Pool)

EVENING INCLUDES:

Guinness World Records Event

(more information to come)

Live Entertainment

Fabulous Dinner Including:

Grilled Chicken Breast

Penne Pasta (2 choices)

Salads (2 choices)

Dessert and drinks

TICKETS \$25.00 EA

All welcome, Swimmers, Coaches, Parents, Judges

OF TICKETS _____ x \$25 = _____

CLUB _____

Contact email _____

Makes Cheques Payable to OSSC and send to
c/o Catrine Klein/Meet Manager 36 Welwood Avenue, Wellesley, Ontario N0B 2T0

Tickets can be picked up at the Registration Desk on Thursday, May 29th