



## 2006 High Performance Camps make a splash this summer in Guelph

Synchro Swim Ontario's 2006 High Performance camps have been taking place over the month of July, with over 140 athletes participating in the first three High Performance Camps. Two camps remain for August and September, including the Tier 5-6 Camp August 12-13 in Guelph and the Tier 6-7 Camp September 9-10 in Toronto.

Kudos to the coaching staff for a job well done at all of the camps, including camp coordinator extraordinaire Mary Jane Ling who makes it all happen!

This year's camps have focused on training routine skills, and athletes have enjoyed learning new skills and performing routines for their end of camp demonstration.

Plans are already in the works for 2007 High Performance Camps which promise to be even more fun than 2006!



**Tier 5-6 High Performance Camp**  
August 12-13, 2006

*\*Space still available - register ASAP\**

**Tier 6-7 High Performance Camp**  
September 9-10, 2006

*Coaches - don't forget to register to observe at this elite camp!!!*

### CAAWS/Levitt Family Honours Synchro Athlete Kristin Hayes

Congratulations to Kristin Hayes, who after being recently honoured for her synchro accomplishments at Japan's 15<sup>th</sup> Annual Festival for Synchro Swimmers with a Disability, has now, along with four other Canadian women received the Stacey Levitt Women and Sport Scholarship, that has been awarded by the Levitt family through the Canadian Association for the Advancement of Women in Sport and Physical Activity (CAAWS).

This is the 10<sup>th</sup> year that this scholarship has been awarded in memory of Stacey, "to a young woman, a girls' team or sport organization that exemplifies Stacey's ideals and qualities of participation, sheer joy of camaraderie, competition and teamwork". Synchro Canada and Synchro Ontario are very proud of Kristin's accomplishments and is delighted that her achievements in our sport, along with her extensive work in the community has been recognized with this special honour. To read more about Kristin, and the other scholarship recipients that were selected from a field of 479 applicants, please visit <http://www.caaws.ca/e/awards/article.cfm?ID=1050>



Synchro Swim Ontario's Junior Provincial (Canada Games) Team traveled to sunny California to train with the Santa Clara Aquamaids for a week long training camp at the beginning of July. Athletes and coaches had a wonderful time training with their Californian friends! The team will reconvene in the Fall for Canada Games Team selection and training in preparation for the 2007 Canada Winter Games in Whitehorse.

## **2006-2007 Trillium Recreational Competitions**

***Attention Competitive & Recreational Clubs!  
Don't forget to build these Synchro Ontario Rec Meets  
into your programming for 2006-2007!  
Entry Fee per swimmer for each competition is \$16.00***



***Trillium Recreational Figure Meet  
Saturday, November 25, 2006  
Alder St. Pool, Orangeville***



***Trillium Recreational Figure Meet  
Saturday, February 24, 2006  
Jack Burger Complex, Port Hope***



***Trillium Recreational Routine Meet  
Saturday, April 28, 2006  
Alder St. Pool, Orangeville***

***Meet packages will be emailed to clubs & are posted online at  
[www.SynchroOntario.com](http://www.SynchroOntario.com)  
on the Recreational Events webpage***

***Questions? Contact the Sport Development Coordinator at:  
416-426-7407***

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



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## **UPCOMING EVENTS**

**August-October 2006**

### **2006 High Performance Camps**

**Tier 5-6 Camp**  
August 12-13, 2006  
Victor Davis Pool, Guelph

**Tier 6-7 Camp**  
September 9-10, 2006  
Etobicoke Olympium, Toronto

### **2006 Summer Technical Courses**

**NCCP 2 Technical**  
August 12-13, 2006  
Victor Davis Pool, Guelph  
Registration forms available at:  
[www.SynchroOntario.com](http://www.SynchroOntario.com)

### **2006 President/Registrar/Coaches Training Day**

Saturday, September 23, 2006  
Sport Alliance Building  
Toronto, ON

*New club Presidents & Registrars, and Head Coaches mark this date in your calendar - more information to follow this summer!*

### **2006 Fall Technical Courses**

**NCCP 1,2,3 Technical  
JTAC 1 & 2**  
October 20-22, 2006  
Don Mills Collegiate, Toronto  
Registration forms available at:  
[www.SynchroOntario.com](http://www.SynchroOntario.com)

### **Synchro Canada AGM**

October 14-15, 2006  
Ottawa, ON

### **Team Spirit 2006**

Tier 1-3: Saturday, October 28  
Tier 4-6: Sunday, October 29  
Etobicoke Olympium Pool

Team Spirit Ottawa  
Date & Location TBA

Synchro Swim Ontario sponsor  
BDT Creative's Steve & Carey Brooks  
welcomed their second daughter Makenna  
Allison Brooks 7lbs 13 oz. on July 5, 2006.  
Congratulations Steve, Carey,  
and big sister Jadyn!



### USANA ATHLETE TESTIMONIALS

"As a champion athlete and sports psychologist, I am interested in ways to achieve the best in personal performance. I have seen phenomenal results during the short time that I have been on the USANA nutritional program. My focus, motivation, and energy level have been at an all-time high. I highly recommend USANA supplements to all my clients who want to maintain excellence in sports, health, fitness, and life."

**JoAnn Dahlkoetter, Ph.D.**, best-selling author, *Your Performing Edge*, Winner of the **San Francisco Marathon**, 2nd in the **Hawaii Ironman Triathlon**, **Stanford University Medical Center**, medical staff member

"After doing research and conducting several interviews—including one with Lorne Rubinoff former co-owner of Capers, I became so convinced that USANA was the best nutritional product for Gymnastics British Columbia members that I began using USANA's Essentials myself. My recovery time after competitive sports improved right away, and my energy level has increased dramatically."

**Scott Braley**, Executive Director and CEO  
Gymnastics BC

Please refer to [www.unitoday.net/loriejenkin](http://www.unitoday.net/loriejenkin) for further valuable information.

## Tier 6-7 High Performance Camp September 9-10, 2006 Etobicoke Olympium

Coaches are invited to observe Ontario's top Tier 6 and 7 athletes being coached by internationally renowned synchronized swimming coaches and featured guest presenters:

### **Sheilagh Croxon, Tier 6-7 Camp Head Coach**

- 1996 & 2000 Canadian Olympic Team Coach

### **Linai Vaz DeNegri, Guest Coach**

- Former United States National Team Director, 2001-2005 (Athens 2004, two bronze medals)
- National Team coach for the US National Team, several appointments
- (member of US NT pool of coaches 1995-present).
- Presenter at several congresses and international seminars. Only presenter to present two
- sessions at the FINA Pre-Olympic Conference 2004.
- International consultant with several contracts with national teams, including England, US, China, Brazil, Chile, Dominican Republic and others.
- FINA and IOC main clinician to over 40 clinics worldwide.
- Has designed successful new approaches to training, technique and choreography in synchronized swimming.
- Ph.D. (doctorate degree) in Somatics and Sports Biomechanics.
- Masters in Dance and Movement Composition.
- Coach to several national team members and Olympians in the U.S. and from several other countries.

*Plus more excellent sessions being planned for the athletes!*

**It is strongly recommended that coaches with athletes attending Camp attend with their athletes.**

### Registration Information

- Cost to attend the Tier 6-7 High Performance Camp as a coach observer is **\$50** for the entire weekend.
- Only coaches who register will be admitted to observe the High Performance Camp.
- Synchro Swim Ontario staff will be on site to register coaches who are attending.
- Attendance at the camp may count towards a Technical 1, 2, or 3 re-cert.
- Please fax (416-426-7376) or e-mail ([kheald@osrc.com](mailto:kheald@osrc.com)) the registration form to Sport Development Coordinator Kara Heald at the Synchro Ontario office
- Registration form available on the Synchro Swim Ontario website: [www.SynchroOntario.com](http://www.SynchroOntario.com)

# **Team Spirit 2006**

## **Athlete & Coach Development Workshop**

### **BIGGER. BETTER. MORE SPIRIT!**

Synchro Swim Ontario is pleased to present **TEAM SPIRIT 2006** Athlete and Coach Development Workshop. The workshop is designed to give athletes and coaches the knowledge, skills and **SPIRIT** to reach for higher levels of achievement. Once again this year we will be focusing on targeting team development in and out of the water, including sessions focused on routine and figure development in addition to a motivating team-building “edutainment” session!

We are planning an exciting line-up of sessions with guest coaches, and invited experts from different fields, including two-time Olympian, and Olympic bronze and Commonwealth Gold medalist Fanny Letourneau, and motivational speaker Mary DiCaro who promises to move performance from ordinary to extraordinary!

Registration is **OPEN** to all athletes and teams this year - yes, we will take **ALL** registrants!

Registration fee is per athlete for 2006, however athletes will be grouped in their teams for the session rotations. Registration fee is \$85 per athlete, and \$25 per coach.

<b><u>Tier 1-3 Team Spirit</u></b>	<b><u>Tier 4-6 Team Spirit</u></b>	<b><u>Team Spirit Ottawa</u></b>
<b>Saturday, October 28</b>	<b>Saturday, October 28</b>	<b>Date TBA</b>
<b>9:00 a.m. - 4:00 p.m.</b>	<b>9:00 a.m. - 4:00 p.m.</b>	<b>Time TBA</b>
<b>Etobicoke Olympium</b>	<b>Etobicoke Olympium</b>	<b>Location TBA</b>

## **REGISTRATION INFORMATION**

**\$85 per athlete / \$25 per coach**

\*Registration fee includes a Team Spirit take-away & other workshop materials for athletes and coaches\*

\* Snacks & Lunch are NOT included, please have athletes and coaches bring their own \*

**Registrations are due by October 1, 2006**

**Refund policy:** Upon request by a participant, Synchro Swim Ontario will refund 50% of course fees paid up to 10 days prior to the day of the course, after that all fees are non-refundable.

For more information or questions please contact Sport Development Coordinator Kara Heald  
Phone: 416-426-7407 or e-mail [kheald@osrc.com](mailto:kheald@osrc.com)

