

Provincial teams medal at international events

Synchro Ontario is proud to announce both Provincial Teams had podium performances at their international competitions!

The Provincial Junior team competed at Espana Sincro July 6-8 in Barcelona, Spain against teams from as far away as Russia. Both the combination team and the free team finished second only behind Spain's National team. Soloist Sam Mawhinney finished 5th behind swimmers from Spain, Russia and the Netherlands. Duet partners Stephanie Saunders and Alyssa Bezeau finished an amazing 2nd behind Spain's National swimmers and the duet of Katie LePage and Sam Mawhinney finished 4th.

At the V Synchro Peru – Aquatica Cup July 5-8 in Lima, Peru, Ontario's 13-15 provincial team had amazing results as they competed with teams from around the globe. Their gold medal performance in the team event astounded the crowds as they reached a championship score of 80.400. The duet of Rebecca Maule and Rachel Kowalski also brought home gold in the duet finals and the duet of Lara Tutton and Sarah Graham followed close behind bringing home a bronze medal. In the solo event, Rebecca

Maule won another gold, closely followed by fellow team member Rachel Kowalski who claimed silver. Rebecca Maule, Rachel Kowalski and Lara Tutton claimed Gold, Silver, and Bronze respectively in the Figures event. This is Ontario's first provincial team program for athletes in the 13-15 age group.

Synchro Swim Ontario will continue its successful Provincial Team Program this summer by adding a 12 & Under Provincial Team to the roster. They will travel to a training camp in New York State in August.

"It is very exciting to see the hard work of the past four years paying off for our Province. The success of the athletes and programs is attributed to a vision supported by our community, and a desire to regain national and international podium success", said Lynn Hammond, Chair of the Synchro Ontario High Performance Committee.

Synchro Swim Ontario congratulates all athletes and coaches and thanks them, along with their families and the officials who assisted in the program, for their hard work and commitment to this provincial program.

2007 13-15 Provincial Team

Krissy Einboden
Sarah Graham
Jessica Henry
Rachel Kowalski
Rebecca Maule
Elizabeth Todd
Lara Tutton
Kathryn Uhlman
Emily Verbiski
Rachel Demmers

Coaches:

*Kelly Hogan
Debbie Laanep
Lindsay Duncan*

2007 Junior Provincial Team

Alyssa Bezeau
Candace Caskey
Samantha Kowalski
Katie Lepage
Brianna Maclellan
Samantha Mawhinney
Victoria Mintz
Annette Petersen
Eryn Petersen
Stephanie Saunders
Jillian Boa
Erika Bryson

Coaches:

*Mary Jane Ling
Katie Hammond
Vanessa Hider*



2007 Provincial Junior Team



2007 Provincial 13-15 Team

New members elected to Synchrono Ontario Board of Directors

Synchro Swim Ontario wishes to thank outgoing President Lynn Hammond and outgoing VP Administration/Sport Development Chris Gauthier for the last 4 years of service to the Board of Directors. Thank you Lynn and Chris!

At the 2007 AGM on Saturday, June 23, two new members were elected to the Board: Leanne McDonnell and Karen Seymour. The Board met following the AGM and roles were filled as follows:

President: Suzanne Laroche
VP Finance: Ted Smith
VP Competitions: Leanne McDonnell
VP Administration and Sport Development: Karen Seymour

Officials Rep: Leslie Taylor
Coach Rep: Mary Jane Ling
Athlete rep: Amy Caskey

These positions are effective immediately. Should you have any questions, please don't hesitate to ask by contacting Executive Director Leslie Makins.

UPCOMING EVENTS **June 2007-September 2007**

High Performance Camps

Tier 1-2 Camp
July 14-15, 2007
Victor Davis Pool, Guelph

Tier 3-4 Camp
July 21-22, 2007
Victor Davis Pool, Guelph

Tier 5-6 Camp
July 21-22, 2007
Victor Davis Pool, Guelph

12&U Talent ID Camp
July 21-22, 2007
University of Guelph

Trillium Instructor 1 & 2 Course

August 25 & 26, 2007
Alder St. Recreation Facility
Orangeville, ON

Trillium Instructor 1 Course

August 29, 2007
Woodbridge, ON

Fall Meeting & Coach Workshop

Saturday, September 22, 2007
Sport Alliance Building, Toronto

Fall Technical Courses

September 28-30, 2007
Don Mills Collegiate, Toronto
Coaching & Judging Courses

Burning Bright for Breast Cancer 2007

October 1-31, 2007
Clubs across the province!!!

See you in September . . .

Synchro Ontario Fall Meeting & Coach Workshop

Saturday, September 22, 2007

See www.SynchroOntario.com for details.

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



2007-08 Tentative Event Schedule

2007 Lisa Alexander Competition

Sunday, December 9, 2007 @ Canada Games Pool, London
Hosted by: London Synchro

2008 Provincial Trials

January 26-27, 2008 @ Etobicoke Olympium
Hosted by: Olympium Synchro

OWG Trials East

TBA

2008 C/N Regional Championships + OWG Trials C/N/W

February 8-10, 2008 @ Newmarket Pool
Hosted by: York Synchro

2008 Provincial Championships

February 16-17, 2008 ~ Host & Location TBA

2008 East Regional Championships

February 22-24, 2008 @ University of Ottawa
Hosted by: Gloucester Synchro

2008 Ontario Winter Games

March 6-9, 2008 @ Base Borden
Hosted by: York Synchro

2008 Eastern/Atlantic Divisionals

March 12-16, 2008 @ Claude Robillard Pool, Montreal

2008 West Regional Championships

March 28-30, 2008 @ Victor Davis Pool, Guelph
Hosted by: Guelph Synchro

2008 Ontario Quebec Cup

April 19-20, 2008 @ Canada Games Aquatic Centre, London
Hosted by: London Synchro

2008 Masters Provincial Championships

Saturday, April 26, 2008 ~ Host & Location TBA

2008 Canadian Open Championships

May 7-13, 2008
Sherbrooke, Quebec

2008 Ontario Tier Championships

May 29 - June 1, 2008 @ Etobicoke Olympium
Hosted by: Olympium Synchro

2008 Espoir Canadian Championships

June 4-8, 2008 @ Kinsmen Sports Centre, Edmonton

2008 Trillium 12&U Provincial Championships

June 14-15, 2008 @ Centennial Pool, Burlington
Hosted by: Burlington Synchro

2008 Canadian Masters Championships

TBA

Knobbs and Maclean head to US Open with National Junior Team

Ontario's Junior National Team members Jennifer Knobbs (Olympium Synchro) and Julia Maclean (Durham Synchro), will travel to Waipahu, Hawaii to compete at the 2007 U.S. Open Synchronized Swimming Championships, July 15-21.

The elite international competition will attract more than 200 of the North America's top synchronized swimmers. Athletes will vie for titles in the solo, duet, trio and team events in the Junior and Senior Divisions.

Follow Team Canada's performances by checking results at www.synchro.ca or www.usasynchro.org.

Good luck Jennifer and Julia!



GOOD LUCK TEAM CANADA

Canada's National A Team will be vying for a 2008 Olympic Games berth when they compete July 13-29 at the 2007 Pan American Games in Rio de Janeiro, Brazil.



Team members are:

Marie-Pier Boudreau-Gagnon, Jessika Dubuc, Marie-Pierre Gagne, Dominika Kopcik, Eve Lamoureux, Tracy Little, Tanya Matson, Elise Marcotte, Isabelle Rampling and Jennifer Song.

Visit Synchro Canada's website at www.synchro.ca for complete event and result details from the Pan Am Games.



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.

BURLINGTON SYNCHRO

Mark your calendars . . . BSSC will be hosting its annual Recreational Extravaganza on April 5, 2008 at Centennial Pool. Meet package to follow during the season.

OLYMPIUM SYNCHRO

Summer Synchro Camp - July 23-27, 2007 (Monday to Friday from 8 am to 4 pm) at the Etobicoke Olympium Pool. This camp is open to all levels of athletes from Learn to Synchro to Tier 6-7 swimmers. For more information & camp registration contact: Dawn Field, afield1@cogeco.ca or call 647-393-6776.

OSSC tryouts have begun for competitive and pre-competitive teams for the 2007-08 season. Everyone is welcome, no experience necessary! Learn more about the sport of synchronized swimming, meet OSSC's Head Coach Kerri Morgan, receive a free skills assessment, obtain advice about flexibility, stroke improvement & skills development, discover how our unique programs provide the best opportunity for you to achieve your fullest potential, both in and out of the water!! Tryouts are being held at the Etobicoke Olympium (590 Rathburn Rd, Etobicoke) For more information or to make an appointment, call 647-393-6776 or contact Denise Carpenter at jim.carpenter@sympatico.ca.

Burning Bright for Breast Cancer 2007

Help create a future without breast cancer this October!

*Way to go Ontario!
Over \$100,000
raised in 3 years!*



*2007 will be our
4th annual event!
WOW!*

Club package available to download online at: www.SynchroOntario.com