

## Double Gold for Ontario at Espoir Nationals

It was a thrilling Espoir Nationals for as Ontario teams won gold in Tier 6 15 & Under and Tier 6 Open Competition. Congratulations to Nationals Champions Olympium Synchro coached by Kelly Hogan who won Tier 6 15&U Team, and to York Synchro coached by Mary Jane Ling who captured the Tier 6 Open Team title.

In 15&U figures Rachel Kowalski (OSSC) won silver, and Rebecca Maule (OSSC) followed with bronze. In 16 & Over figures Jillian Boa (WRSC) won silver and Evelina Wolejszo (BSSC) placed 4th.

In 15&U Solo competition Rachel Kowalski (OSSC) swam to silver and Rebecca Maule (OSSC) placed 6th, and in 16&O Solo competition Evelina Wolejszo (BSSC) had a podium finish in 6th and Erin Noll (WRSC) placed 9th.

In 15&U Duet Finals Olympium's Kowalski & Maule won silver, and teammates Elizabeth Todd & Natalie

Mintz placed 7th, and Sarah Graham & Lara Tutton finished in 8th. In 16&O Duet Finals Emily Doran and Vanessa Smith (LDSC) won silver, Jillian Boa and Emily Verbiski finished 4th, Robin Lynch and Evelina Wolejszo placed 7th and Amy Goard and Sabrina Lucier (LDSC) placed 8th.

In 15&U Team finals Olympium (EP) placed 9th and Gloucester Synchro placed 10th, and in 16&O Team Finals London won silver, Burlington placed 5th and Mississauga followed in 7th, Gloucester in 9th and Kawartha-Trent in 10th.

In Select Team finals Waterloo captured silver and Gloucester won bronze, and in Combo team competition York placed 5th and Waterloo finished in 6th.

There was further excitement at Nationals with the selection of the National 13-15 Team. The top 16 13-15 athletes in the country were selected based on figure results in 15 & Under competition, and then a top 25 second round competition. Congratulations (in alphabetical order) to

Chloe Brown, Sarah Graham, Rachel Kowalski, Rebecca Maule, and Elizabeth Todd. These athletes have been invited to a National Team camp this summer in Quebec City.

"Congratulations to all competitors who competed at Espoir, but a special congratulations goes out to those who medalled in their events!", said Executive Director Leslie Makins. "It is exciting to see Ontario on the podium at Nationals - and bringing home 2 gold medals is outstanding! Podium results at Nationals was one of the goals established 41/2 years ago with the inception of our high performance program. The athletes and coaches have done an extraordinary job bringing these teams to this level. Thanks to the families as well for supporting their daughters as they commit to excellence in our sport."

Congratulations to all athletes and coaches on your achievements! It was an outstanding Espoir Nationals for which we are all extremely proud of Ontario!



## Ontario's 13-15 and Junior Teams off to International Events in July!

Synchro Ontario's Provincial Teams are off to represent Ontario and Canada at international events this summer in Europe and South America. This is the third year in a row that Synchro Ontario has sent Ontario athletes abroad to international competition.

The 13-15 Provincial Team will compete and the V Sincro Peru - Aquatic Cup in Lima, Peru from July 5-8, and the Junior Team will compete at Espana Sincro July 6-8 in Barcelona, Spain.

### 2007 13-15 Provincial Team

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

*Coaches: Kelly Hogan, Debbie Laanep, Lindsay Duncan*

### 2007 Junior Provincial Team

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

*Coaches: Mary Jane Ling, Katie Hammond, Vanessa Hider*

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



## **UPCOMING EVENTS June 2007-September 2007**

### Trillium 12&U Championships

June 16, 2007  
Canada Games Aquatic Centre  
London, ON  
Hosted by: London Synchro

### Synchro ON President's Forum, AGM and Coach Workshop

Saturday, June 23, 2007  
Sport Alliance Building, Toronto

### V Sincro Peru - Aquatica Cup

July 5-8, 2007  
Lima, Peru  
(Provincial 13-15 Team)

### Espana Sincro

July 6-8, 2007  
Barcelona, Spain  
(Provincial Junior Team)

### 2007 Pan Am Games

July 13-29, 2007  
Rio de Janeiro, Brazil

### Trillium Instructor 1 & 2 Course

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

# 2007 Ontario Tier Champions crowned in Ottawa

Over 550 athletes from across the province gathered in Ottawa for the 2007 Ontario Tier Championships hosted by Gloucester Synchro at the Nepean Sportsplex from May 31 to June 3.

Champions were crowned in Tier 1-6, 8 and 9 figure events, Tier 1-6 Team events, Tier 4 and 5 combo, Tier 3-6 and 8 duet, and Tier 6, 8 and 9 solo.

In Team competition host club Gloucester Synchro had an outstanding meet winning the Tier 2, 3 and 4 team events. In Tier 1 competition Sudbury took home gold, Tier 5 saw Mississauga swim to a Championship and York won Tier 6 Team.

In Combo competition Gloucester brought home another gold in Tier 4 and Brant won Tier 5 combo.

In duet competition Kostron & McKinnon (Nepean) won gold in Tier 3, Hoffman & Truong-Nguyen (Waterloo) won Tier 4, Lato & Lovell (Markham) captured Tier 5, Halyk & Nickerson (Durham) won Tier 6 and Fletcher & Van Veen (Gloucester) had a win in Tier 8 duet.

Finally in Solo competition Rachel



Nickerson (Durham) won Tier 6, Nicole Flynn (Variety Village) swam to gold in Tier 8 and Kristen Hayes (Markham) won the Tier 9 solo event.

Club Aggregate winners were also awarded. Congratulations to Tier 1-7 Club Aggregate champions Waterloo Synchro and Tier 8-9 Club Aggregate Champions Variety Village Synchro.

For complete results from the 2007 Tier Championships please visit the Synchro Swim Ontario website at [www.SynchroOntario.com](http://www.SynchroOntario.com).

Many thanks to all of the dedicated Synchro Ontario officials who volunteered their time over a very busy and

jam-packed weekend of competition! Also, a very grateful thank you to all of the outstanding parents and coaches at the Gloucester Synchro Club who ran another outstanding competition. Your continued support and energy is appreciated province-wide.

The competitive season will wrap up June 16-17 with the Trillium 12 & Under Provincial Championships hosted by London Synchro at the Canada Games Aquatic Centre in London.

Congratulations to all athletes who participated at the 2007 Tier Championships, we look forward to seeing you next season . . . and good luck to all of the 12 & under athletes attending Trilliums!

A reminder that Synchro Swim Ontario is once again hosting Provincial Summer High Performance Camps. Athletes qualified through their respective figure events at Tier Championships. Please, refer to page 5 of this issue of News Splash for camp dates and locations. Qualifying athletes will receive registration packages following Tier Championships.

## **2007 Synchro Ontario Awards presented at Tier Championships**

The 2007 Synchro Swim Ontario Awards were presented at the Tier Championships Athlete Banquet in Ottawa. This is the third consecutive year that these provincial awards have been presented at Tier Championships for Athlete, Coach and Volunteer of the year. Nominations are received from across the province before the selection committee narrows the field and selects one outstanding candidate from each category.

This year saw another three outstanding recipients of the awards. Congratulations to the 2007 award winners . . .

**Athlete of the Year ~ C. Faith Cameletti (Guelph)**

**Coach of the Year ~ Jennifer Scott (Burlington)**

**Volunteer of the Year ~ Valerie Lukezic (Olympium)**

## **Carol Sharer retires as Ontario Referee**

The 2007 Tier banquet included a special tribute to official Carol Sharer, who is retiring after 25 years of volunteer service as Chief Referee. Carol has been a fixture in the sport for many years and will be missed (we do hope you will come visit us sometimes Carol!).

Carol retired from National Referee service in 2003, but continued to referee in Ontario up to the end of this season. In addition to competitive events, Carol was a key success factor in the development and success of the Recreational Figure and Routine competitions that began in Fall 2004.

Carol, we wish you all the best and will miss you greatly on deck. Thank you so much for your dedication and amazing friendship with so many of us!



# 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](mailto: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**

The Burlington Synchro Club is pleased to announce that Jennifer Scott has been hired as the Head Coach of BSSC. Congratulations Jenn!

BSSC will be hosting its annual Watershow on Sunday, June 10th at 2:30 p.m. at McMaster University Pool. In Celebration of the club's 40th anniversary there will be an alumni reunion from 2:00-2:30 in the Athletic Complex outside the pool gallery - all alumni (coaches and athletes!) are invited to join us!

## **GRANITE CLUB**

On May 29th the Granite Club announced that former Olympic coach Sheilagh Croxon will be the new head coach for the Granite Club Synchronized Swimming program.

"We're so proud to add Sheilagh to our roster of outstanding coaches and look forward to her contributions to our members," said Granite Club athletic director Gary Caron. "With a coach of her caliber on board, we are looking forward to extending our legacy of excellence in sport to our synchro program."

Under Croxon's leadership, Granite Synchro will offer its first-ever national and international development stream program, starting in the 2007/2008 season. Granite Synchro will continue to offer a provincial stream for athletes wishing to compete in Tiers 1-5.

"Granite Synchro is ready to move to the next level," said Croxon. "I know that in the years to come, the Granite Club Synchro Program will become a force on the national and international stages. I am really excited about the opportunity to develop a program based on the principles and philosophies of long-term athlete development and look forward to sharing my passion and expertise with the Granite Club swimmers."

## **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 swimmers.

For more information & camp registration contact: Dawn Field, [afield@cogeco.ca](mailto:afield@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 Wednesday evenings starting May 30 & throughout the month of June @ 6:30 pm 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](mailto:jim.carpenter@sympatico.ca)



## Provincial Summer Camp Programs

### Tier 1 & Tier 2 All Ages Camp

Top 30 Tier 1 Athletes  
Top 30 Tier 2 Athletes

**JULY 14-15, 2007**

Location: Newmarket  
Aquacentre

### Tier 3 & Tier 4 All Ages Camp

Top 30 Tier 3 Athletes  
Top 30 Tier 4 Athletes

**JULY 21-22, 2007**

Location: Newmarket  
Aquacentre

### Tier 5 & Tier 6 All Ages Camp

Top 30 Tier 5 Athletes  
Top 30 Tier 6 Athletes

**July 28-29, 2007**

Location: Newmarket  
Aquacentre

**NEW**

### 12 & UNDER TALENT I.D. HIGH PERFORMANCE CAMP

Top 40 Tier 2 figure swimmers from Tier Championships, must be 12 & under, any tier

To those that qualify and attend the camp, additional specialty programming may follow pending funding

**JULY 21-22**

Location: Victor Davis Pool

### Tier 6-7 High Performance Camp

Top 12 Tier 6 - 15 & Under Athletes\*  
(staying 15&U in 07-08)

Top 12 Tier 6 - 15 & Under Athletes\*  
(moving up to Junior in 07-08)

Top 12 Tier 7 Junior Athletes\*  
(staying Junior in 07-08)

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

**September 15-16, 2007**

Location: Etobicoke Olympium Pool

*Qualifying athletes will receive registration packages following Tiers  
For more information, contact Mary Jane at [allagescamps@osrc.com](mailto:allagescamps@osrc.com)*