



2008 Tier Championships a record-setting event!

The 2008 Ontario Tier Championships took place May 29 to June 1st at the Etobicoke Olympium in Toronto.

The largest synchronized swimming competition in Canada saw 560 athletes compete in Tier 1-9 events over 4 days.

In addition to the competitive events host club Olympium Synchro organized an attempt to break the Guinness world record for the largest synchronized swim (set last year in Britain at 100). On May 31st nearly **200** participants attempted to break the World Record! The attempt is being sent into Guinness for approval and we will keep you posted on the developments!

Congratulations to all of the athletes that competed at Tiers, and to

Those teams that captured a Provincial Tier Championship . . .

Tier 1 Team - Granite Club
Tier 2 Team - Waterloo
Tier 3 Team - Mississauga
Tier 4 Team - Waterloo
Tier 5 Team - Ottawa

Complete results are posted on the Synchro Swim Ontario website: www.SynchroOntario.com.

A big thank you to host club Olympium Synchro and meet manager Catrine Klein and her team of volunteers. Thank you as well to our outstanding officials dedicate so much time and energy to our sport.

The competitive season wraps up June 14-15 with the Trillium 12&U Provincial Championships at Centennial Pool in Burlington.



*World Record Attempt
May 31, 2008*



*Tier 1 Team Champions
Granite Club*

Synchro Ontario office move & staffing notice

The Synchro Ontario office is moving to a new location in Hamilton!

As of June 30th our new address will be:

208 Hillyard St. Unit 227, Hamilton, ON L8L 6B6

(Phone and Fax numbers to be announced)

Synchro Ontario Staff have new email addresses effective June 1st:

Leslie Makins, Executive Director - lmakins@synchroontario.com

Kara Heald, Sport Development - kheald@synchroontario.com

Vicki Bradley, Projects Coordinator - vbradley@synchroontario.com (to June 21)

Janet Herman, Projects Coordinator - jherman@synchroontario.com

Nancy Parton, Bookkeeper - nparton@synchroontario.com

Please note that Vicki Bradley will leaving Synchro Ontario on June 21. Vicki has been a valued staff member at the provincial office for five years. She will be missed and our best wishes go to her as she prepares for some exciting upcoming adventures. We would like to announce that Janet Herman has re-joined the staff as Projects Coordinator. Welcome Janet!

Ontario athletes set to make a splash this summer on National Teams

Congratulations to Durham Synchro's Julia Maclean who qualified for the National Junior Team headed to the FINA Junior World Championships in Russia July 9-13. This is Julia's second consecutive year on the National Junior Team.

Congratulations to Jennifer Knobbs and Erin Willson of the Granite Club who qualified for the National B Team headed to the Swiss Open July 2-9. Jenn and Erin will also represent Canada in the duet competition. Jenn was a National Junior Team member from 2005-2007, and this is Erin's second year on the National B team, as well as being a Junior Team member in 2006.

The 13-15 National Team welcomes Ontario's Chloe Brown (Olympium) and Emily Verbiski (Waterloo) who were selected to the team at Espoir Nationals. The 13-15 team will compete at the UANA Age Group Championships August 27 -31 in Calgary.

2008 Synchro Swim Ontario Awards presented at Tier Championships



Athlete of the Year

Brianna MacLellan, Durham Synchro

Brianna is a Tier 7 Junior athlete and member of the Ontario Provincial Junior Team. Brianna has achieved greatness in and out of the pool.



Volunteer of the Year

Kathy Lynch, Burlington Synchro

Kathy is the President of the Burlington Synchro Club. Her outstanding dedication and commitment has helped grow and strengthen the club.



Coach of the Year

Lindsay Duncan, London Synchro

Lindsay is the Head Coach of London Synchro and a Phd student at UWO. Lindsay is dedicated to the club and is a Provincial Team Coach.

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



UPCOMING EVENTS

June-August 2008

Trillium 12&U Championships

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

Synchro Ontario AGM

June 21, 2008
Sport Alliance Building
Toronto, ON

Swiss Open (National B Team)

June 2-9, 2008 - Switzerland
Jennifer Knobbs & Erin Willson

FINA Jr. World Championships

July 9-13, 2008 - Russia
Julia Maclean (Athlete)
Elena Podolsky (Head Coach)

Aquatica Cup - Lima, Peru

July 10-13, 2008
Provincial 13-15 A Team

US Open - Cleveland, Ohio

June 13-19, 2008
Provincial Junior Team

2008 Olympic Summer Games

August 8-24, 2008
Beijing, China

High Performance Camp

August 9-10, 2008
Victor Davis Pool, Guelph

UANA Pan American Age Group Championships

August 27-31, 2008
Calgary, Alberta
13-15 National Team
Chloe Brown & Emily Verbiski

Synchro Swim Ontario announces 2008 Provincial Teams

May 22, 2008 – Synchro Swim Ontario is proud to announce the 58 members of 2008 Provincial Teams and their competition and training camp assignments.

2008 Provincial Junior Team

Alyssa Bezeau, Candace Caskey, Sarah Graham, Rachel Kowalski, Samantha Kowalski, Brianna MacLellan, Rebecca Maule, Victoria Mintz, Carrie Mouck, Annette Petersen, Eryn Peterson, Lara Tutton.

Head Coach: Amy Caskey

Assistant Coach: Lindsay Duncan

Synchro Ontario is excited to announce that the Provincial Junior Team was selected by Synchro Canada to represent Ontario and Canada at the 2008 US Open in Cleveland, Ohio July 13-19.

2008 Provincial 13-15 A Team

Charlie Cholette, Stephanie Geller, Jessica Henry, Christine Horner, Tess Kruspe, Natalie Mintz, Rebecca Martinho, Samantha Nealon, Xenia Reinfels.

Head Coach: Kelly Hogan

Assistant Coach: Debbie Laanep.

The 13-15 A Team will be returning to defend their titles at the Aquatica Cup in Lima, Peru July 10-13.

2008 Provincial 13-15 B Team

Kayla Brooks, Madeleine Carey, Kathaleen Carpenter, Zoe Frost, Alycia Halyk, Carlin Jessop, Alina Ko-Ruller, Daniella Lato, Rachel Nickerson, Avery Patrick, Lisa Sanders, Hunter Le Truong-Guyen.

Head Coach: Katie Hammond

Mentor Coach: Mary Jane Ling

The 13-15 B Team will be travelling to watch part of the US Open and support the Provincial Junior Team. The team will then travel to Santa Clara, California to participate in the Santa Clara Aquamaids Summer Camp July 22-27.

2008 Provincial 12 & Under A Team

Amy Armstrong, Suzie Blainey, Michelle Cuthbert, Emma Decorte, Allyssa Gos-

ling, Dylan Harding, Caroline Marshall, Sarah Masters, Alexandra McGhee, Clare McGovern, Sachel Robarts, Lucia Scaturchio, Joanna Stuart, Kionna Whyte, Brianna Wodehouse.

Head Coach: Jennifer Scott

Mentor Coach: Mary Jane Ling

The 12&U A Team will travel with the 13-15 B Team to Santa Clara, California to participate in the Santa Clara Aquamaids Summer Camp July 22-27.

2008 Provincial 12 & Under B Team

Claire Caskey, Aerin England, Jasmine Ford, Cosette Leblanc, Ellen McPhadden, Claire Moura, Kyra Moura, Dayna Patterson, Alyssa Smith, Emily Williams.

Head Coach: Vanessa Hider

Mentor Coach: Mary Jane Ling

The 12&U B Team will participate in Keuka College Synchro's All-Star team camp (July 20-25) which will bring together Ontario 12 & Under "All-Stars" with US Zone 11-12 year-old "All-Stars".

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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.

All Camps will now take place August 9-10, 2008

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.*

Swimmers aged 11-12 (as of December 31, 2008)

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 camp. 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 (extended until June 30th!!!).

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

Contact Kara Heald, Sport Development Coordinator at: kheald@synchroontario.com

A photograph of two young girls in a swimming pool. The girl in the foreground is smiling broadly and has a gold medal pinned to her nose. The girl behind her is also smiling and has a gold medal on her nose. They are both wearing pink swimsuits. The water is splashing around them.

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