



**SILVER! SILVER! SILVER!**

## Silver sweep for Team Ontario at Canada Games

Team Ontario has brought home three silver medals for the province, finishing 2nd in Solo, Duet and Team events at the 2007 Canada Winter Games in Whitehorse, Yukon.

The silver sweep began on Thursday, March 1st with Katie Lepage and Chelsey Matthews winning silver in the Flight A Finals of the duet competition. Ontario's second duet of Alyssa Bezeau and Stephanie Saunders placed second in the Duet Flight B Finals. Team Ontario then continued their silver streak that day with a sparkling silver medal finish in Team Finals.

Team Ontario wrapped up their Winter Games medal haul on Friday, March 2nd with Solo Finals. Samantha Mawhinney captured Silver in the Flight A Finals, and Julia Maclean earned a 2nd place finish in Flight B Finals.

Earlier in the week in the figure competition Ontario had two top-ten finishes with Julia Maclean placing

5th, and Samantha Mawhinney following in 6th place.

“On behalf of the province, I am thrilled to congratulate the athlete and coaching team on their huge contribution to synchronized swimming in Ontario. Led by a dedicated and dynamic group of coaches, these athletes have put Ontario back on the podium in shining silver! We are so proud of them all.”, said Synchro Swim Ontario Executive Director, Leslie Makins.

On February 2nd it was announced that the 2011 Canada Winter Games will be hosted in Halifax, Nova Scotia, where we once again will see Ontario's best!

Congratulations to coaches Eleana Podolsky, Amy Caskey, and Jennifer Shaver, and to our athletes, Alyssa Bezeau, Samantha Kowalski, Katie LePage, Julia Maclean, Chelsey Matthews, Samantha Mawhinney, Victoria Mintz, Annette Petersen, and Stephanie Saunders.





**Don't miss the 3rd Annual Trillium  
Recreational Routine Competition !**

**Saturday, April 28 - Alder St. Pool, Orangeville**

**Meet package posted at [www.SynchroOntario.com](http://www.SynchroOntario.com)**

**ENTRIES DUE: FRIDAY, APRIL 13th!**

**Contact: [recsynchromeets@osrc.com](mailto:recsynchromeets@osrc.com)**

***3rd annual Port Hope Recreational Figure  
competition once again a success!***

The 3rd annual Synchro Ontario Recreational Figure Competition Saturday, February 24th in Port Hope was a great success. The competition saw over 130 participants in attendance ranging in age from 6 to over 80!

Recreational Synchro Swimmers from Durham, Granite Club, Halton Hills, Jimmie Simpson, Kawartha-Trent, Kingston, Lindsay, Markham, Orangeville, Port Hope, St. Albans and Toronto, all participated this year.

The next recreational synchro competition is the annual routine competition Saturday, April 28 in Orangeville. Don't miss it!

Synchro Ontario Recreational competitions are being planned again for next season (November Figures in Orangeville, late February or early March Figures in Port Hope, and late April or early May Routine in Orangeville).

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



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**UPCOMING EVENTS**

**February-April 2007**

**2007 Central/North  
Regional Championships**

March 24-25, 2005  
Aurora Rec Complex  
Hosted by: York Synchro

**2007 Eastern/Atlantic Divisionals**

March 28-April 1, 2007  
Etobicoke Olympium, Toronto  
Hosted by: Olympium Synchro

**2007 East Regional  
Championships**

April 14-15, 2007  
Nepean Sportsplex  
Hosted by: Nepean Synchro

**2007 West Regional  
Championships**

April 21-22, 2007  
Wayne Gretzy Centre, Brantford  
Hosted by: Brant Synchro

**2007 Ontario-Quebec Cup**

April 27-29, 2007  
Chicoutimi, Quebec

**Synchro Ontario Trillium  
Recreational Routine Competition**

Saturday, April 28, 2007  
Alder St. Pool, Orangeville

**Canadian Open Championships**

May 2-6, 2007  
Saanich Commonwealth Pool  
Victoria, BC

**Canadian Espoir Championships**

May 23-27, 2007  
Canada Games Aquatic Centre  
Saint John, NB

## **Good Luck Canada at the 2007 FINA World Championships!**

Canada's National Team is off to compete at the 2007 FINA World Championships March 17-April 1 in Melbourne, Australia.

### **Synchronized Swimming events will take place from March 17-March 24:**

March 17: Duet Tech Prelims & Combo Prelims  
March 18: Solo Free Prelims & Combo Final  
March 19: Solo & Team Tech Prelims, Solo Tech Finals  
March 20: Team Free Prelims & Duet Tech Final  
March 21: Duet Free Prelims & Team Tech Finals  
March 22: Solo Free Finals  
March 23: Duet Free Finals  
March 24: Team Free Finals

Visit [www.synchro.ca](http://www.synchro.ca) for updates and results on Team Canada as well as the official 2007 FINA Worlds website at: [www.melbourne2007.com.au](http://www.melbourne2007.com.au)



### **Important Meeting Dates:**

#### **President's Forum, AGM and Coach Workshop**

Saturday, June 23, 2007  
Sport Alliance of Ontario, Toronto ON  
*More information to follow*

#### **Fall Meeting & Coach Workshop**

Saturday, September 22, 2007  
Sport Alliance of Ontario, Toronto ON  
*More information to follow*

*Stay tuned to [www.SynchroOntario.com](http://www.SynchroOntario.com) for  
more information on these events.*

### **Don't miss the 2007 Eastern/Atlantic Divisionals March 28-April 1st!**



### **Schedule at a glance . . .**

#### **Wednesday, March 28th**

Spacing, T6 & 7 Duet Prelims, Senior Team Tech, and Combo Team Prelims

#### **Thursday, March 29th**

T6 15&U Solo & Team Prelims, Sr Solo & Duet Tech, Combo Finals, T7 Jr Figures

#### **Friday, March 30th**

T6 16&O and T7 Jr Solo Prelims, Select Team Finals, T6 16&O and T7 Jr. Team Prelims, T6 Figures

#### **Saturday, March 31st**

Sr Solo & Team Free, T6 & 7 Jr. Duet Finals, T6 Solo Finals, T7 Jr Team Finals.

#### **Sunday, April 1st**

T7 Jr Solo Finals, Sr Duet Free, T6 Team Finals, NTT Simulation

# 2007 SUMMER HIGH PERFORMANCE CAMPS!

- Selection to all camps will be based on results from 2007 Tier Championships Figures results, except Tier 6-7
- 12 & Under Talent I.D Camp: Please see note regarding Tier 2 figures at Tier Championships
- Tier 6 and 7 selection will be determined by 40% Provincials + 30% Divisionals + 30% Nationals figure scores
  - \*If an athlete competes in only 2 events they will be weighted 50% + 50%, if athlete competes in only one event it will be weighted 100%, athletes must compete in at least one meet to be eligible
- Athletes must be planning to compete in 2007-08 if they wish to attend the Tier 6-7 High Performance Camp
- In the event that an athlete is unable to attend a camp, additional athletes may be invited
- Exclusive Camp T-Shirts available to pre-order for camp registrants
- Please note Tier camps grouped together will be occurring the same weekend at one facility, but athletes will be working within their own Tier group focusing on skills to prepare them for the next Tier level

## **12 & UNDER TALENT I.D. CAMP High Performance Camp**

### **Top 40 Tier 2 figure swimmers from Tier Championships**

(register as an exhibition swimmer at Tier Championships if you are a 12 & Under NOT currently in Tier 2)

**Date: T.B.A.**

**Location: T.B.A.**

## **Tier 1 & Tier 2 All Ages Camp**

### **Top 30 Tier 1 Athletes Top 30 Tier 2 Athletes**

**July 14-15, 2007 (tentative)**

**Location T.B.A. (in GTA)**

## **Tier 3 & Tier 4 All Ages Camp**

### **Top 30 Tier 3 Athletes Top 30 Tier 4 Athletes**

**July 21-22, 2007 (tentative)**

**Location T.B.A. (in GTA)**

## **Tier 5 & Tier 6 All Ages Camp**

### **Top 30 Tier 5 Athletes Top 30 Tier 6 Athletes**

**July 28-29, 2007 (tentative)**

**Location T.B.A. (in GTA)**

## **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**

**Etobicoke Olympium Pool**

**The 2007 Camps will have a new format!**

**Keep watching  
[www.synchroontario.com](http://www.synchroontario.com) for updated information!**

**Attention Coaches: Call for Coach Applications for Summer Camp positions will be posted soon!**

**Athletes, Parents & Coaches find up to date summer camp information posted on: [www.SynchroOntario.com](http://www.SynchroOntario.com)**

***Don't miss an amazing High Performance weekend at Synchro Ontario's 2007 HP Camps!***