



Ontario shines at Canadian Open Championships

Ontario's Tier 7 Junior and Senior athletes competed at the Canadian Open Championships May 2-6 in Victoria, BC. The championships saw Ontario athletes on the podium in figure, solo, duet and team competition.

In Junior figure competition Jennifer Knobbs of Olympium Synchro captured silver, and Durham's Julia Maclean placed 7th. In Tier 6 figure competition Jessica Henry (Durham) placed 3rd, Stephanie Geller (Durham) placed 4th and Ashley Tilley (Variety Village) placed 6th.

Jennifer Knobbs captured another silver medal in the Junior solo competition, and Julia Maclean (Durham) finished in 12th. Olympium's Nikki Neufeld placed 9th in the Senior solo event.

In Junior Duet competition Ontario placed 3 duets in the top 10. Durham's Katie Lepage and Chelsey Matthews placed 6th, Stephanie Saunders and Alyssa Bezeau (Olympium) placed 8th, and Victoria Mintz and Annette Petersen (Olympium) placed 10th. Candace Caskey and Julia Kiss (Olympium) finished in 15th.

Olympium synchro captured bronze in the Junior Team competition, with Durham Synchro following in 7th place, and Variety Village placing 12th.

In the Junior/Senior Combo Team event Olympium Synchro placed 4th.

Congratulations to all athletes and coaches on a successful Canadian Open. Next up is the Canadian Espoir Championships May 23-27 in St. John, NB.



*Congratulations athletes
on your achievements
at the Canadian Open!*

Ontario's Tier 3-5 athletes make a splash at 3rd annual Ontario-Quebec Cup

Tier 3-5 athletes from Ontario ventured to Chicoutimi, Quebec April 28-29 for the 3rd annual Ontario-Quebec Cup. Ontario duets, teams and combo teams had a successful meet with many podium performances.

In Tier 4 figures Kathryn Shiplo (BSSC) placed 3rd and in Tier 5 figures Linda Pham (Waterloo) placed 3rd. In Tier 6 figures Sara Lawrence (Markham) placed 1st, Danielle Ferguson (Brant) and Nicole Ashworth (Markham) tied for 2nd.

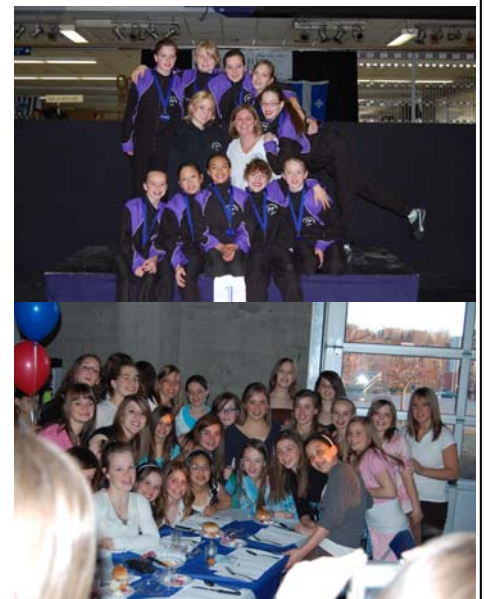
In Tier 4 duet Sabrina Horner and Alina Ko (Waterloo) placed 6th. In Tier 5 duet Daniella Lato and Elizabeth Lovell (Markham) placed 5th, Kayla Brooks

and Delaney Klein (Waterloo) placed 6th along with clubmates Linda Pham & Marina Triebe-Gravel.

In Tier 3 Team Gloucester Synchro won bronze. In Tier 4 team three Ontario teams were on the podium with Gloucester finishing 4th, Burlington 5th and Mississauga 6th. Ontario swept the Tier 5 team competition with Mississauga winning gold, Markham silver, Waterloo bronze and Brant in 4th.

In Tier 4 combo Gloucester won bronze, and in Tier 5 combo Brant & Waterloo tied for first and Guelph followed in 4th.

Congratulations athletes and coaches! See you next year in Ontario!



**Good luck to all athletes and coaches
as you prepare for the
Canadian Esprit Championships
May 23-27 in St. John, NB!**



UPCOMING EVENTS

May 2007-September 2007

Canadian Esprit Championships

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

Ontario Tier Championships

May 31 - June 3, 2007
Nepeans Sportsplex
Nepean, ON
Hosted by: Gloucester Synchro

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

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

Synchro Ontario 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 for more information on these events.

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



3rd Annual Recreational Routine meet a big success!

The 3rd annual Synchro Swim Ontario Trillium Recreational Routine Competition was held on Saturday, April 28th at the Alder St. Pool in Orangeville. The recreational meet was the largest rec competition to date with over 230 participants entered. Swimmers competed in Masters, Level 1, Level 2, Level 3 and Level 4 categories, bringing home ribbons for their performances. Congratulations to all participants! Many thanks also to the Orangeville Aquatic Staff at Alder St. for their support and assistance in making our rec competition such a great success! Complete results are available at www.SynchroOntario.com.

Recreational Competitions are being planned for the 07-08 season on the following dates . . .

**4th Annual Figure Competition - Orangeville
Saturday, November 24, 2007**

**4th Annual Figure Competition - Port Hope
late Feb / early March 2008**

**4th Annual Routine Competition - Orangeville
Saturday, May 3, 2008**

Level 1 Judging Course June 9 -10, 2007

Schedule: approx 9:00 am – 5:00pm each day
(schedule will be distributed once confirmed)

Modules Offered:

Module A: Evaluating Figures (Stars 1-4)

Module B: Evaluating Figures (Stars 5-8)

Module C: Evaluating Routines

Module D: Refereeing & Ethics

Course Location:

Waterloo Regional Synchronized Swim Club
500 Weber Street North, Unit B (back building)
Waterloo, Ontario N2L 4E9

Course Conductors: Chris Gauthier & Leanne McDonnell

Course will include classroom and pool sessions. No swimming gear will be necessary for the pool sessions.

Visit www.SynchroOntario.com for registration form

Gloucester Synchro set to host largest synchro competition in Canada!

Gloucester Synchro is preparing to host the 2007 Ontario Tier Championships May 31 to June 3 at the Nepean Sportsplex. The Tier Championships is the largest competition in the country with 700-800 athletes from Tiers 1-9 competing in figure, solo, duet, team and combo competitions.

The competition kicks off on Thursday, May 31st with clubs from across the province gathering for practice and the annual athlete banquet where the Synchro Ontario Awards will be presented, along with a fun-filled night of celebrating fun, friends and synchro!

Competition then kicks into full gear with figures on Friday, June 1st and then routine events taking place on Saturday and Sunday.

Best of luck to all competitors, and thank you to our officials and Gloucester Synchro who are sure to host an outstanding competition.



**2007 Ontario Tier
Championships**

**May 31-June 3, 2007
Nepean Sportsplex**

**Hosted by:
Gloucester Synchro**

**Tentative Schedule
at a glance . . .**

Thursday, May 31

Spacing
Athlete Banquet

Friday, June 1

Tier 1-6, 8, 9 Figures

Saturday, June 2

Tier 3-6 Duet
Tier 2 Team Prelims
Tier 6,8,9 Solo
Tier 3-5 Combo

Sunday, June 3

Tier 1-6 Team Finals

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 for
updated information!**

**Athletes, Parents & Coaches find up to date summer camp information posted on:
www.SynchroOntario.com**

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