



Knobbs and Willson bring home silver from Japan Open

Two of Canada's rising synchro stars picked up a pair of silver medals at the Japan Open in Tokyo this past weekend (May 2-4). Jennifer Knobbs (Oakville, Ont.) and Erin Willson (Toronto, Ont.) wowed the international crowd and judges with strong performances, securing a second place finish. Knobbs was equally impressive in the solo event with another second place finish. Seventeen countries were represented at the competition.

Coming off a second-place finish at the Canadian Eastern Divisional Championships last month, Knobbs and Willson finished with a total score 89.084. They were second to the Japanese Olympic-bound duet of Emiko Suzuki and Saho Harada, who earned a total score of 96.667. The young Canadian duo finished ahead of Kazakhstan's Anna Kulkina & Arna Toktagan (88.471), who also qualified for the Olympic Games at

the Olympic Qualifying event in Beijing last month.

"This competition was a great opportunity for Erin and Jennifer to build on their success at the Eastern Divisional Championships and further their international experience in both the solo and duet events," says Knobbs and Willson's coach, Sheilagh Croxon. "The athletes are really looking forward to competing at the Canadian Nationals later this week."

In the solo event, Knobbs won the silver with 88.500 points, finishing ahead of Korea's Rhee You Jong (84.751). Japan's Harada claimed gold with 96.334 points. Willson and Knobbs train under the leadership of Croxon at the Granite Club Synchro in Toronto, Ontario.

Press Release from Synchro Canada



Jennifer Knobbs (back) and Erin Willson (front) of Granite Club Synchro perform at the Japan Open in Tokyo. Jennifer and Erin will compete at the Canadian Open Championships May 7-11 in Sherbrooke, Quebec. Congratulations Jennifer & Erin and good luck at Nationals!



CANADIAN OPEN
SYNCHRONIZED SWIMMING
CHAMPIONSHIPS
SHERBROOKE 2008

Good luck to all athletes competing at the 2008 Canadian Open Synchronized Swimming Championships May 7-13!



Tier Championships
2008

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UPCOMING EVENTS

June-August 2008

Canadian Open Championships

May 7-11, 2008

University of Sherbrooke, QC

Hosted by:

Les Amethystes de Sherbrooke

National Team Trials

May 12-14

Tier Championships

May 29 - June 1, 2008

Etobicoke Olympium

Hosted by: Olympium Synchro

Espoir Championships

June 4-8, 2008

Kinsmen S.C., Edmonton, AB

Hosted by: Edmonton Auroras

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

2008 Olympic Summer Games

August 8-24, 2008

Beijing, China

UANA Pan American Age Group Championships

August 26-31, 2008

Calgary, Alberta

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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. Three camp weekends are being offered:

July 19-20, 2008 for 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.*

July 26-27, 2008 for swimmers aged 11-12 (as of December 31, 2008)

August 9-10, 2008 for 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 camps. 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 (until May 30).

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

Registration form is available at www.SynchroOntario.com

For questions regarding registration please contact Kara Heald at kheald@osrc.com



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PRE-ORDERS ONLY - THEY WILL BE AVAILABLE FOR PICK UP AT THE REGISTRATION DESK ON MAY 29TH



TIERS BANQUET

SATURDAY MAY 31, 2008

6:00 PM

Etobicoke Olymipum

590 Rathburn Road, Etobicoke

(In the Gymnasium across the hall from the
Changerooms at the Pool)

EVENING INCLUDES:

Guinness World Records Event

(more information to come)

Live Entertainment

Fabulous Dinner Including:

Grilled Chicken Breast

Penne Pasta (2 choices)

Salads (2 choices)

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All welcome, Swimmers, Coaches, Parents, Judges

OF TICKETS _____ x \$25 = _____

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Tickets can be picked up at the Registration Desk on Thursday, May 29th