

Synchro Ontario's Team Spirit spreads across the province!



Synchro Swim Ontario ran its annual Provincial Athlete and Coach Development workshops Oct 22 and 23 in Toronto and October 29 in Ottawa. This year's theme was "Team Spirit" focusing on the knowledge and skills targeting team development skills. Over 245 athletes and coaches attended over the 3 days of Team Spirit 2005.

In Toronto athletes and coaches participated in sessions led by coach Biz Price,

former National Team athlete and coach Amy Caskey, Team Ontario 2005 Assistant Coach Jennifer Shaver, Coach Kerri Morgan, Coach Jennifer Lloyd Saunders, Rhythmic Gymnastics coach Olena Ternova, Trainer Ryan Lesperance, and our Ontario National and Provincial team athletes Courtney Brown, Katie Hammond, Jennifer Knobbs, Katie Lepage, Sam Mawhinney, Meagan Petrie and Erin Willson. In Ottawa, pool stations were led by Biz Price, Amy Caskey and Genna McBain, along with athletes that attended the 2005 Tier 6-7 HP Camp in September, Erika Bryson, Julia Roberts and Liza Walker-Byron.

Congratulations to the outstanding Team Spirit 2005 Investors Group Volunteer Sport Administrator Award winners Leanne McDonnell from the Waterloo Regional Synchro Club and Susan Connolly from Gloucester Synchro.



Burning Bright for Breast Cancer 2005

Attention Clubs:

Tally Forms and pledges raised due back to Synchro Swim Ontario Tuesday, November 15, 2005

Cheque Presentation to CBCF is tentatively scheduled to take place Sunday, December 4th at the Lisa Alexander Figure Meet at Wilfrid Laurier Univ. in Waterloo.

Lisa Alexander Figure Meet and Superstar 3-7 Testing

December 3-4, 2005
Wilfrid Laurier University
Hosted by:
Synchro Swim Ontario

Entries due November 7th

Tentatively Planned Schedule:

Saturday, December 3
SuperStar 3-7 Testing &
Tier 6-7 Figure Competition

Sunday, December 4
Tier 1-5 Figure Competition

Synchro Swim Ontario Trillium Recreational Figure Competition

Alder St. Rec Centre
Orangeville, ON

Saturday, November 26th
2:30 p.m.-6:00 p.m.

Meet package available to download on
www.synchroontario.com

Entries due Friday, November 11th

2005-2006 Competition Schedule

2005 Lisa Alexander Figure Meet & Superstar 3-7 Testing

December 3-4, 2005 ~ Hosted by Synchro Ontario at Wilfrid Laurier University

2006 Provincial Trials & OWG East Regional Trials

January 20-22, 2006 ~ Hosted by Gloucester Synchro at the Nepean Sportsplex

2006 Central/West OWG Trials

Saturday, February 11, 2006 ~ Hosted by Brant Synchro at the Gretzky Centre

2006 Provincial Championships

February 17-19, 2006 ~ Hosted by Olympium Synchro at the Etobicoke Olympium

2006 Ontario Winter Games

March 9-11, 2006 ~ Hosted by Newmarket Synchro at Buell Aquatic Centre (Borden)

2006 Eastern Divisional Challenge

March 21-26, 2006 ~ Hosted by Synchro Quebec at Lucien Flamand Pool, Quebec City

2006 Regional Championships

Central/North: April 8-9, 2006 ~Hosted by Variety Village at Variety Village Pool

East: April 22-23, 2006 ~Hosted by Ottawa Synchro at Carleton University

West: April 22-23, 2006 ~Hosted by Waterloo Synchro at Wilfrid Laurier

2006 Ontario-Quebec Cup

April 29-30, 2006 ~ Hosted by Burlington Synchro at Centennial Pool

2006 Canadian Open Championships

May 11-14, 2006 ~ Hosted by Synchro Manitoba at the Pan Am Pool, Winnipeg

2006 Tier Championships

May 25-28, 2006 ~ Hosted by London Synchro at the Canada Games Aquatic Centre

2006 Canadian Espoir Championships

June 7-10, 2005 ~ Hosted by Synchro Swim Ontario at the Etobicoke Olympium

2006 Trillium 12 & Under Provincial Championship

June 17, 2005 ~ Hosted by Guelph Synchro at Victor Davis Pool

UPCOMING EVENTS

2005-2006

Provincial Forum

November 5, 2005

Sport Alliance Building, Toronto

Synchro Canada AGM

November 16-20, 2005

Ottawa, ON

Lisa Alexander Figure Meet & SS3-7 Testing

December 3-4, 2005

Wilfrid Laurier University Pool

Hosted by: Synchro Ontario

Club Presidents Retreat

January 7-8, 2006

Kempfenfelt Centre, Barrie

2006 Provincial Trials & East OWG Trials

January 20-22, 2006

Nepean Sportsplex

Hosted by: Gloucester Synchro

2006 Central/West OWG Trials

February 11, 2006

Wayne Gretzky Centre, Brantford

Hosted by: Brant Synchro

2006 Provincial Championships

February 17-19, 2006

Etobicoke Olympium

Hosted by: Olympium Synchro

2006 Ontario Winter Games

March 9-11, 2006

Buell Aquatic Centre (Borden)

Hosted by: Newmarket Synchro

2006 Eastern Divisionals

March 21-26, 2006

Lucien Flamand Pool, Quebec City

Hosted by: Synchro Quebec

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



BROOKS DID THIS
CREATIVE SERVICES



CHIP Hospitality renews as official hospitality sponsor of Synchro Swim Ontario

Synchro Swim Ontario is pleased to announce a renewed sponsorship agreement with CHIP Hospitality. CHIP Hospitality will be the official hospitality sponsor of Synchro Swim Ontario for the 2005-2006 season.

CHIP Hospitality is one of Canada's leading hotel and resort management companies and has over 30 properties located across Canada. Three CHIP hotels in Ontario will be official host hotels of Synchro Swim Ontario's major competitive events. The Delta Kitchener is the official hotel of the 2005 Lisa Alexander Meet, and the 2006 West Regional Championships, the Crowne Plaza Ottawa is the official hotel of the 2006 East Regional Championships, and Sandalwood Suites Hotel is the official hotel of the 2005 Provincial Championships and the 2006 Canadian Espoir Synchronized Swimming Championships.

"Synchro Swim Ontario is very pleased to have the opportunity to work closely with CHIP Hospitality for another season", said Leslie Makins, Executive Director of Synchro Swim Ontario. "It is a pleasure working with such a professional and exceptional company!"

Synchro Swim Ontario members will also be able to access preferred hotel rates through CHIP Hospitality's website www.greatcanadianhotels.com. A jump page linking the Synchro Swim Ontario website www.synchroontario.com to www.greatcanadianhotels.com is available off the main page of the Synchro Ontario website. Preferred rates may be accessed through a member code, provided to member clubs and officials. Many thanks again to the staff at CHIP Hospitality for their continued support of synchronized swimming in Ontario.



Preferred hotel rates at over 30 destinations in Canada


As members of the Synchro Swim Ontario family, we are offering you preferred hotel rates across Canada and in Seattle. No need to shop around, just go to:

www.GreatCanadianHotels.com/sso

or give us a call at 1.888.4Canada (1.888.422.6232) and quote the "SSO" rate.

GreatCanadianHotels.com
Call us at 1.888.4.CANADA (1.888.422.6232)

Preferred hotel rates apply only to properties managed by CHIP Hospitality. Rates valid on low season only and subject to availability - view travel dates for applicable restrictions. ©2005. All rights reserved.




Order your new FINA Synchronized Swimming Manual of Judges, Coaches and Referees from Synchro Ontario

FINA Synchronized Swimming Manual for Judges, Coaches and Referees (larger book)

\$35.00 (tax incl.) + \$6 shipping

Order ASAP from Synchro Ontario.
E-mail: vbradley@osrc.com

A bulk order will be placed by Synchro Ontario as soon as the new manuals are available from FINA.



**Provincial Forum ~ November 5, 2005
Sport Alliance Building, Toronto**

There have been many concerns raised regarding the challenges surrounding our current competitive structure, such as size of competitions, official's burnout, small clubs unable to host, ability to secure pool rentals, etc. Consequently, Synchro Ontario is creating an opportunity for it's membership to share their thoughts on the strengths and weaknesses of the current competition structure, brainstorm for possible designs that would improve the system and work toward resolution or determine that the current system has the least challenges as it is! Please note that this has nothing to do with the TIER DESIGN OR STRUCTURE, but rather how Synchro Ontario structures her competitions. To attend e-mail Executive Director Leslie Makins at lmakins@osrc.com before Friday, November 4th.



13-15 National Team Trials Preparation Program

Registration due by Tuesday, November 22

Registration & Program information is available on the Synchro Ontario website: www.SynchroOntario.com

Registration is limited to only **15** athletes.

Program begins Tuesday, December 6, 2005.



This program is supported by the Ministry of Health Promotion's Active 2010 Sport Priority Funding Program.



2005 HOLIDAY SYNCHRO ORNAMENT



Once again Synchro Swim Ontario is producing an exclusive custom designed Holiday Synchro Ornament for only **\$16.00** (tax included).

Hanging bevelled crystal glass star (3.5" x 3.5") with deep etch engraving. Hang on a tree or in a window as a sun catcher. Ribbon and gift box included. A perfect gift for swimmers, coaches, officials, volunteers, stocking stuffers or secret Santa gifts!

Limited quantity available! Orders will be taken until we are sold out! Orders may be picked up at the Lisa Alexander Meet December 3-4, picked-up at the Synchro Ontario office or shipped to you (extra cost).



Example of finished etched ornament (ribbon not shown)



Ornament comes in a black gift box

Please note we require payment to secure your pre-order (cheque or credit card)

Name: _____ Club (if applicable): _____ E-mail: _____

Address: _____ Phone: _____

No. of Ornaments _____ X \$16.00 = \$ _____

Payment Information: No Refunds.

Cheque enclosed or Credit Card: Visa MasterCard

Name on Card: _____

Card Number: _____ Expiry: _____

Signature: _____

Delivery Information:

- Will pick-up ornament(s) at Lisa Alexander Meet
- Will pick-up ornament(s) at Synchro Ontario Office
- Please ship to me (shipping charges are extra and will be added to bill)

Fax, Mail or E-mail your Order Form to:

Synchro Swim Ontario 1185 Eglinton Ave. E., #303, Toronto, ON M3C 3C6

Fax: 416-426-7376 E-mail: kheald@osrc.com