



Team Spirit is developing throughout the province!

The Team Spirit 2006 workshops in Toronto and the Ottawa region were great successes! In total, over 250 athletes and 20 coaches were treated to guest coaches and speakers.

In Toronto, Mary DiCaro led a session titled, 'Team Colors', Fanny Letourneau, former National Team member instructed Pilates, Erin Chan, former National Team member was instrumental in assisting with choreography inspiration, former Provincial Team member Katie Hammond led the highlights session, Jessica Chase, another former National team member and Mary Jane Ling coach of Nationally ranked teams were so helpful in bringing the athletes, coaches and judges together for an invaluable session titled "Let's Figure It Out".

The development of Team Spirit took place in Gloucester on Saturday, October 14th. Swimmers and coaches from the area enjoyed sessions that included Pilates with Fanny Letourneau, Goal Setting with Fanny and Erin Chan, Choreography with Fanny, Sculling and Body Alignment with Erin and Ballet Legs and Transitions with Alison Press.

As part of Team Spirit 2006 **Investors Group** Community Sports Administrators Awards were handed out to two outstanding volunteers in the synchro community, Deirdre Follett of the Gloucester Synchro Club and Janice MacLellan of the Durham Synchro Club.



Gerry Doyle presents Investors Group Award to Deirdre Follett



Janice MacLellan is the recipient of the Investors Group Award



Team Spirit East in Gloucester



Fanny Letourneau leads Pilates in Toronto

THANK YOU TO THE COACHING ASSOCIATION OF CANADA AND INVESTORS GROUP FOR THEIR CONTINUED SPONSORSHIP OF TEAM SPIRIT

A SPECIAL THANK YOU TO OUR LEADERS

Mary DiCaro

Sought after by Olympic committees as an expert in: team dynamics, change management, leadership
-Level 2 Trainer in True Colors

Jessica Chase

-National team member from 1998-2004
-Olympic team member - Sydney and Athens
-2 PanAmerican Games, 3 World Cups
-Team captain of the 2004 Olympic team

Erin Chan

-2000 Olympic team member - Sydney
-2004 Olympic team member - Athens
-traveled to over 12 countries with synchro
-Toronto to Regina to Calgary to Toronto!

Mary Jane Ling

-NCCP Master Course Conductor
-6 times athletes onto National teams
-2006 Gold medal team at Easterns and Silver medal at Nationals

Fanny Letourneau

-2000 Olympic team member—Sydney
-2004 Olympic team member—Athens
-2004 Olympic duet with Courtenay Stewart
-2000 Olympic duet with Claire Carver-Dias

Kelly Hogan

-Level 4 coach
-last 3 years team in top 3 at Nationals
-3 athletes on 13-15 National team
-11 years coaching

Katie Hammond

-Level 3 coach
-Provincial team coach in 20006
-member of Senior Team Ontario in 2005
-silver medalist in Spain
-HP camp coach

2006-2007 Trillium Recreational Competitions

***Attention Competitive & Recreational Clubs!
Don't forget to build these Synchro Ontario Rec Meets
into your programming for 2006-2007!
Entry Fee per swimmer for each competition is \$16.00***



***Trillium Recreational Figure Meet
Saturday, November 25, 2006
Alder St. Pool, Orangeville***



***Trillium Recreational Figure Meet
Saturday, February 24, 2006
Jack Burger Complex, Port Hope***



***Trillium Recreational Routine Meet
Saturday, April 28, 2006
Alder St. Pool, Orangeville***

***Meet packages will be emailed to clubs & are posted online at
www.SynchroOntario.com
on the Recreational Events webpage***

***Questions? Contact the Sport Development Coordinator at:
416-426-7407***

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



ACTIVE2010



**CHIP
HOSPITALITY**
A Subsidiary of The Palace de CHIFFONNET

bdtcreat!ve
print :: web :: photo



UPCOMING EVENTS

2006-2007

Synchro Swim Ontario Leadership Conference

November 11-12, 2006
Kempfenfelt Centre
Barrie, ON

Trillium Recreational Figure Competition

Saturday, November 25, 2006
Alder St. Pool, Orangeville

NCCP 1 Technical Course

December 2 & 3, 2006
Walter Baker Sports Ctr, Nepean

Lisa Alexander Meet

December 3, 2006
Etobicoke Olympium

Computer Scorer Course

February 17, 2007
Sport Alliance building, Toronto

Computer Scorer Re-fresher Course

February 24, 2007
Sport Alliance building, Toronto

Synchro Swim Ontario's 3rd annual Burning Bright for Breast Cancer aims to break \$100,000 mark for CBCF!



Remember:

*Pledges due to the office by
Wednesday, November 15th.
Individuals raising more than
\$50 will receive a pink bathing
cap!*

“I am very proud of our membership, especially the athletes, who are committed to making a difference in the lives of others in their community”, said Synchro Ontario Executive Director Leslie Makins. “This is a natural fit for these young ladies as some have had cancer touch their lives in some way. Their participation is a testament to their passion and kindness.”

*Keep up the great work and we WILL
achieve our goal of raising a total of
\$100,000.*

In Sync Fundraising



Synchro Swim Ontario has teamed up with In Sync Fundraising.

Through the sale of prints our clubs will raise funds for their own benefit while increasing the notoriety of our sport. A stunning water color painting called "In Sync" has been created by world renowned artist Hanne Lore Koehler that depicts synchronized swimmers practicing a highlight prior to competition. What makes this painting so unique is the ability to see swimmers both above and under the water!

Two prints are available for sale:

A beautiful 16" by 21" limited edition print signed and numbered by the artist. This is perfect for the synchronized swimmers, families, judges, and patrons who have made this incredible sport a part of their daily lives! It is a true collectable and worthy of those individuals who have invested time in the sport of synchronized swimming. Clubs will receive \$25.00 for every print they sell.

A lovely smaller 10" x 13" print that is suitable for Christmas gifts,

sponsor recognition, fundraising activities, and sales at the many competitive events through out the year. Clubs will receive \$10.00 for every print they sell.

In Sync Fundraising has made this program very simple to run.

They have provided posters, brochures, order forms, and fundraising ideas for each club to use. Just visit the website, and register your club and you will have free access to all of these tools.

Prints are available for purchase through clubs until November 25th, 2006.

Prints will arrive in December in time for Christmas. So take advantage of this opportunity today, sell the prints to your members, and use the fundraising ideas to maximize profits for your club.

100% of all profits go back to the sport of synchronized swimming so get involved!

Visit the website at www.insyncfundraising.com to learn about the full program.

2006 HOLIDAY SYNCHRO ORNAMENT



Once again Synchro Swim Ontario is excited to announce the production of an exclusive custom designed 2006 Holiday Synchro Ornament for only **\$14.00** (tax included).

2006 Limited edition brushed chrome hanging snowflake ornament (3.375" w) laser engraved with "Synchro Star" design (left) and accented with a red bead. Individually boxed for easy wrapping. A perfect gift for swimmers, coaches, officials and volunteers! A great idea for stocking stuffers or secret Santa gifts!

Don't delay - Only 250 ornaments available for 2006! Ornaments are available **NOW** and orders will be taken until we are sold out! Orders may be picked up at the Synchro Ontario office or shipped to you (minimum shipping & handling fee is \$6.00).

Please note we require **payment** to secure your order (cheque or credit card)
Shipped orders **MUST** be paid by credit card so that the shipping fee can be added.

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

Address: _____ Phone: _____

No. of Ornaments _____ X \$14.00 = \$ _____

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 Synchro Ontario Office
 Please ship to me (shipping charges are extra and will be added to bill - min \$6 charge)

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 or E-mail: vbradley@osrc.com