



## Ontario kicks off 2nd Annual Burning Bright for Breast Cancer

Synchro Swim Ontario member clubs across the province will once again be participating in a province-wide charity initiative throughout the month of October for the Canadian Breast Cancer Foundation - Ontario Chapter called "Burning Bright for Breast Cancer".

During October, Breast Cancer Awareness Month, Ontario synchronized swimming athletes will be participating in an event at their club where they will incorporate a common theme of keeping a candle burning within the pool for a minimum of one hour, in which swimmers will hand off the torch in a relay format. The candle symbolizes keeping the flame alive for creating a future without breast cancer. Last year Synchro Swim Ontario and its member clubs raised over \$29,000, the largest donation ever to the Ontario Chapter by an amateur Provincial Sports Organization.

"Ontario is very proud to participate in this wonderful opportunity again and we look forward to raising even more than we did in our very successful first year", said Synchro Ontario President Lynn Hammond. "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", added 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."

This year Synchro Swim Ontario and its member clubs hope to surpass \$30,000 in donations for Burning Bright for Breast Cancer. Pledges from member clubs will be tallied for CBCF by Synchro Ontario and presented December 3 or 4 at the Lisa Alexander Figure Competition.



## 2006 Canadian Espoir Championships headed to Ontario

Synchro Swim Ontario has been selected by Synchro Canada to host the 2006 Canadian Espoir Synchronized Swimming Championships June 7-10, 2006 at the Etobicoke Olympium in Toronto. We look forward to welcoming Canada to Ontario in June!

"Ontario is so excited to once again be hosting a National competition and we look forward to building on the successes of the past as we move forward in planning this championship competition", said Synchro Swim Ontario President Lynn Hammond. "We are so proud of all our athletes, and the Espoir Championship provides athletes, their families, coaches, clubs, and the community the opportunity to realize the gains of hard work and celebrate the success of this year's journey." Executive Director Leslie Makins adds "Synchro Swim Ontario is pleased to be hosting the 2006

Espoir Nationals in Toronto next June and will ensure that athletes and their families experience a well-run athletic competition. After successfully organizing the 2004 National Championship, our team of volunteers is motivated and excited about hosting again this year."

Synchro Ontario is also pleased to introduce the 2006 Canadian Espoir Championships organizing committee: Lynn Hammond (Meet Manager), Leanne McDonnell (Assistant Meet Manager), Janice Mason (Finance and Hospitality Coordinator), Chris Knobbs (Technical Coordinator), Karen Seymour (Volunteer Coordinator and Presentation/Awards Coordinator). These outstanding volunteers will be working with the Synchro Ontario staff to organize an outstanding Espoir Championship!

## 2005 Lisa Alexander Figure Meet & SuperStar 3-7 Testing

December 3-4, 2005  
Wilfrid Laurier University

Hosted by:



Entries Due:  
Monday, November 7

## **2005-2006 Competition Hosts Selected**

### **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/North OWG Trials**

Date & Location TBA

### **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**

Date & Location TBA ~ Hosted by Synchro Quebec

### **2006 West Regional Championships**

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**

Date & Location TBA

### **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

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## **UPCOMING EVENTS**

**2005**

### **Burning Bright for Breast Cancer 2005**

October 1-31, 2005  
Synchro Clubs across Ontario!

### **Team Spirit 2005 Athlete & Coach Workshops**

Tier 1-3 Team Spirit  
Saturday, October 22, 2005  
Etobicoke Olympium, Toronto

Tier 4-6 Team Spirit  
Sunday, October 23, 2005  
Etobicoke Olympium, Toronto

Tier 1-6 Team Spirit  
Saturday, October 29, 2005  
Carleton University, Ottawa

### **JTACS 1 & 2 Courses**

October 22-23, 2005  
Sport Alliance Building, Toronto

### **Provincial Forum**

November 5, 2005  
Sport Alliance Building, Toronto

### **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

### **Provincial Trials & East OWG Trials**

January 20-22, 2006  
Nepean Sportsplex  
Hosted by: Gloucester Synchro

# Team Spirit 2005

## Athlete & Coach Development Workshops

Synchro Swim Ontario is pleased to present **TEAM SPIRIT 2005** Athlete and Coach Development Workshops. The workshops are designed to give athletes and coaches the knowledge and skills to reach for higher levels of achievement, and this year specially targeting team development skills. We are planning an exciting line-up of sessions with guest coaches, and invited experts from different fields, including former National team coach and international synchro consultant Biz Price.

### Tier 1-3 Team Spirit

Saturday, October 22  
8:00 a.m. - 3:00 p.m.  
Etobicoke Olympium

### Tier 4-6 Team Spirit

Sunday, October 23  
9:00 a.m. - 4:00 p.m.  
Etobicoke Olympium

### Tier 1-6 Team Spirit

Saturday, October 29  
6:00 a.m. - 2:00 p.m.  
Carleton University

## Coach Registration Information

**Additional Coaches can still register at \$25 per coach**

Registration form available on [www.synchroontario.com](http://www.synchroontario.com)

**Refund policy:** Upon request by a participant, Synchro Swim Ontario will refund 50% of course fees paid up to 10 days prior to the day of the course, after that all fees are non-refundable.

For more information or questions please contact Sport Development Coordinator Kara Heald  
Phone: 416-426-7407 or e-mail [kheald@osrc.com](mailto:kheald@osrc.com)



### Upcoming Courses

#### **JTAC 1**

October 15-16

Laurentian University, Sudbury

Course Fee: \$21/module

*Registration Information and forms available on the Synchro Ontario website.*

#### **JTAC 1 & 2**

October 22-23

Sport Alliance Building, Toronto

Course Fee: \$21/module

*Registration Information and forms available on the Synchro Ontario website.*

### **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 its 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 register reply to : Leslie Makins @ [lmakins@osrc.com](mailto:lmakins@osrc.com) by Friday, October 21st.

*\*The meeting is open to competitive club general members, athletes, coaches and officials. It is requested that clubs limit participation to 1 athlete, 1 coach and 1 club reps, however additional spots will be filled after October 21*

# 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!

Pre-order your ornament today! **Pre-orders due by Friday, October 28th.** Pre-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)

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**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 by Friday, October 28th to:

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

Fax: 416-426-7376 E-mail: [kheald@osrc.com](mailto:kheald@osrc.com)