



Synchro swimmers aim to break \$100,000 for CBCF

For the past two years, Synchro Swim Ontario clubs and athletes have diligently participated in a fundraising program with the Canadian Breast Cancer Foundation-Ontario. We are extremely proud of our athletes, who have raised total of \$65,399.45 for the CBCF-Ontario.

In this, our third year, the goal is to have our cumulative total exceed \$100,000, which makes our provincial goal for 2006 an excess of \$34,600.55. Each year we have continued to increase our total dollars raised, and this year should prove to be our best yet!

Clubs design programs that involve keeping a candle burning within the pool for a minimum of one hour and are very creative in their unique approach to accomplishing this. "It is inspiring to see these talented and committed athletes use their creativity and dedication as they support a cause that touches the lives of so many people. The swimmers and clubs throughout Ontario are to be commended for such fine work", said Leslie Makins, Executive Director of Synchro Swim Ontario.

Swimmers who raise \$50 or more for the Canadian Breast Cancer Foundation-Ontario receive a Burning Bright for Breast Cancer 2006 bathing cap or an exclusive CBCF prize pack. The Burning Bright for Breast Cancer campaign begins October 1, 2006.

Remember that all money and tally sheets need to be sent into Synchro Swim Ontario by November 15th, 2006, if they wish to be eligible to receive prizes. Please forward photos to Synchro Swim Ontario for inclusion on the website.



2005 events were held at many Ontario clubs. York, Kawartha-Trent and Toronto Synchro Clubs are pictured above.

Registration notes:

- Leadership Conference Coach spots still available
- NTT 13-15 registration deadline October 22, 2006
- Christmas ornaments still available and will sell out—so order soon
- Visit www.synchroontario.com or call 416-426-7110

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**



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UPCOMING EVENTS

2006-2007

2006 Fall Technical Courses

**Synchro Instructor
NCCP 1, 2, 3 Technical
JTAC (Official) 1 & 2
October 20-22, 2006
Don Mills Collegiate, Toronto**

Team Spirit 2006

**Tiers 1-3: Saturday, October 28
Tiers 4-6: Sunday, October 29
Etobicoke Olympium Pool**

Synchro Swim Ontario Leadership Conference

**November 11-12, 2006
Kempfenfelt Centre
Barrie, Ontario**

Trillium Recreational Figures Meet

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

Lisa Alexander Figure Meet and Burning Bright presentations

**December 3, 2006
Etobicoke Olympium Pool**

Provincial Trials

**January 12-13, 2007
University of Guelph**

Synchro Swim Ontario Leadership Conference

Kempfenfelt Centre, Barrie ~ November 11-12, 2006



ACTIVE2010

Synchro Swim Ontario applied for, and received, funding from the Ministry of Health Promotion's Active 2010 Program to host our first-ever Leadership Conference! Thanks to the Ministry for their continued support in provincial sport initiatives. For the first time ever, President/Executive members, Coaches and Officials will unite for leadership development. The conference begins with lunch at noon on Saturday November 11 and ends on Sunday November 12 after lunch. Each group of leaders will have sessions specially formatted for their development needs and joint sessions will also occur providing an opportunity for interaction, large group development and the ability to share resources where appropriate.

The Leadership Conference will be held at Kempfenfelt Centre in Barrie. All meals, meetings and accommodation will take place at that location. Directions and site location information can be found at www.kempfenfelt.com.

The program intends to provide an opportunity for all leaders in the synchro community to experience personal and sport growth and development as they share in topics and issues common to each as well as studying areas specific to their leadership group. Further, additional resources will be made available to the executive, official, and coach leaders in synchronized swimming, enabling them to better understand and put into action (in their own club), the new Long Term Athlete Development Model. We will address how to best manage the change that will accompany such a shift in thinking, planning and developing the athlete.

Coaches

Coach sessions will be targeted to NCCP level 3 certified coaches, however some spots are available for level 2 coaches. Each club is to send at least one coach. Sessions include:

- *Understanding Combos*
- *Club Implementation of the Long Term Athlete Development Model*
- *Managing Change in a Sport Environment*
- *Joint Coach & Official Session*
- *Junior World's Synchronized Swimming Championship Analysis*
- *Synchro Canada Summit Report*
- *Social*

Officials

Official's sessions will target level 2-3 and will be flexible pending registration. Sessions include:

- *Understanding Combos*
- *Managing Change in a Sport Environment*
- *Technical Elements*
- *Joint Coach & Official Session*
- *Additional sessions to follow*
- *Social*

Presidents/Executives

This program will replace the President's Retreat typically held in January. Each club is to send at least one representative. Sessions include:

- *Club Implementation of the Long Term Athlete Development Model*
- *Managing Change in a Sport Environment*
- *Attracting Media*
- *Clubs as Employers*
- *Provincial Update*
- *Interclub, Interaction*
- *Social*

**Registration form & further conference details available at: www.SynchroOntario.com
If you have any questions, call Vicki at 416-426-7111 or email vbradley@osrc.com.**

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