



Ontario begins 5th annual Burning Bright for Breast Cancer!

For the 5th consecutive year Synchro Swim Ontario member clubs across the province will 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. Over the past four years Synchro Swim Ontario and its member clubs have raised over **\$130,000** for the Canadian Breast Cancer Foundation - Ontario Chapter, the largest donations ever to the

Ontario Chapter by an amateur Provincial Sports Organization. Synchro Swim Ontario is also a Gold Ribbon Sponsor of the Canadian Breast Cancer Foundation - Ontario Chapter.

"Synchro Ontario will once again be striving for excellence. Our highly inspired group of athletes have made amazing accomplishments in and out of the pool", said Synchro Ontario President Suzanne Laroche. "They continue to dedicate themselves participating in this wonderful opportunity, and we look forward to raising funds for CBCF in hopes of surpassing last years outstanding contribution. I am thrilled to be a part of such a special group who look outside of themselves to raise awareness and funds for an important cause."

This year Synchro Swim Ontario and its member clubs hope to bring the five-year donation total to over **\$150,000 or more**.

Donations to Burning Bright for Breast Cancer can be made by contacting your local synchro swim club or Synchro Swim Ontario. Pledges from member clubs will be tallied for the Canadian Breast Cancer Foundation - Ontario Chapter by Synchro Swim Ontario and presented at the Lisa Alexander Figure Competition December 6th at McMaster University Pool.

In celebration of the 5th anniversary of Burning Bright, the top 5 fundraising clubs will be recognized as well as the top 5 fundraising athletes. In addition those athletes who raise \$50 or more will earn a 5th anniversary swim cap, and athletes who raise \$250 or more will earn a special prize pack.

For more information about Burning Bright for Breast Cancer please contact Kara Heald, Sport Development Manager at kheald@synchroontario.com.

High Performance National Stream Awards presented at Elite Camp

Synchro Swim Ontario was honoured to present the 2008 High Performance National Stream Athlete and Coach of the Year awards at the Elite Camp celebration dinner on Saturday, September 20th at the Etobicoke Olympium.

Congratulations to our 2008 Athlete and Coach of the Year Award winners!

2008 Senior Athlete of the Year— Jennifer Knobbs
 2008 Junior Athlete of the Year— Julia Maclean
 2008 13-15 Athlete of the Year— Chloe Brown

2008 Senior Coach of the Year— Sheilagh Croxon
 2008 Junior Coach of the Year— Elena Podolsky
 2008 13-15 Coach of the Year— Kelly Hogan



2008-2009 Recreational Competitions

Synchro Ontario Recreational Figure Meet

Saturday, November 22, 2008

Alder St. Pool, Orangeville

Recreational Youth/AWD/Masters Figure Events

Synchro Ontario Recreational Figure Meet

*Saturday, February 28, 2009 *New Date & Location**

Civic Centre - Centennial Pool, Oshawa

Recreational Youth/AWD/Masters Figure Events

Synchro Ontario Recreational Figure Meet

Saturday, May 2, 2009

Alder St. Pool, Orangeville

Recreational Youth/AWD/Masters Routine Events

Meet Packages will be mailed and emailed out to clubs and rec program, and posted on the Synchro Ontario website:

www.SynchroOntario.com

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



UPCOMING EVENTS

2008-2009

Synchro U 2008

October 25-26, 2008

Etobicoke Olympium Pool

Toronto, ON

All forms available on website:

www.synchroontario.com

Ontario Officials Conference

Saturday, November 15, 2008

Sandalwood Suites Hotel

More information coming soon!

Recreational Figures Meet

November 22, 2008

Alder St. Pool, Orangeville

Hosted by: Synchro Ontario

Lisa Alexander Meet

December 6-7, 2008

McMaster University

Hosted by: Burlington Synchro

Provincial Trials

January 23-25, 2009

Etobicoke Olympium

Hosted by: Olympium Synchro

Provincial Championships

February 13-15, 2009

Etobicoke Olympium

Hosted by: Waterloo Synchro

Central/North Regional Championships

February 20-22, 2009

U of T - Mississauga Pool

Hosted by: Mississauga Synchro

Recreational Figures Meet

February 28, 2009

Oshawa Civic Centre Pool

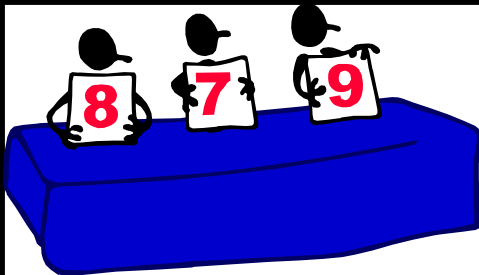
Hosted by: Synchro Ontario

ATTENTION OFFICIALS!

Officials Conference
Saturday, November 15, 2008
Sandalwood Suites Hotel

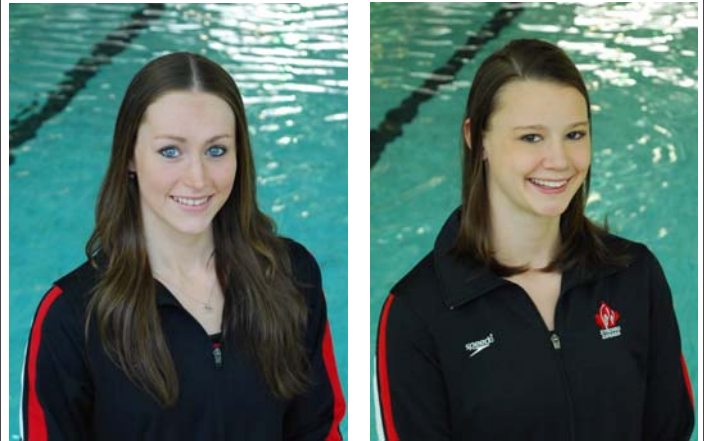
More information coming soon!

Contact Janet Herman for details:
jherman@synchroontario.com



Top 24 Selected for Canadian National Team Training Centre

Synchro Canada is pleased to announce that 24 athletes have been selected to train at the National Team Training Centre in Montreal. Congratulations to Ontario's Jennifer Knobbs and Erin Willson who have been selected.



Jennifer Knobbs (L) and Erin Willson (R) from Granite Club Synchro were the 2008 Canadian Senior Duet Champions, and Jennifer Knobbs was the 2008 Canadian Senior Solo Champion. Good Luck in Montreal Jenn & Erin!

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