

## 2006-2007 Synchronized Swimming Season Set to Begin!

Clubs across the province along with Synchro Swim Ontario are set to ring in the 2006-2007 competitive season!

Synchro Swim Ontario will be welcoming clubs and coaches back with the annual Presidents & Registrars Day Saturday, September 23 at the Sport Alliance Building in Toronto. Presidents and Registrars or their delegates are to reply on their attendance to Leslie Makins ([lmakins@osrc.com](mailto:lmakins@osrc.com)) no later than Friday, September 15.

The annual September Coach Workshop will also be taking place September 23 (information to the right). Coaches are to follow the coach specific registration information circulated by Vicki ([vbradley@osrc.com](mailto:vbradley@osrc.com)). Information is also posted on the website.

New for 2006 will be the Synchro Ontario Leadership Conference November 11-12, 2006 at the Kempenfelt Centre in Barrie. Formerly known as the President's Retreat, this new design will include Coaches, President's (or delegate) and Officials. This replaces the January President's event. Complete information and registration packages will be prepared and circulated shortly.

Best of luck to all clubs as we start another great season!

### BDT Creative renews sponsorship as official photographer of Synchro Ontario

Synchro Swim Ontario is pleased to announce BDT Creative of Kitchener will continue as the official photographer of Synchro Swim Ontario for the third consecutive season.

BDT Creative will be the official event photographer of the 2007 Provincial Synchronized Swimming Championships, 2007 Eastern/Atlantic Divisionals, the 2007 Ontario Synchronized Swimming Tier Championships, and the 2007 Trillium 12 & Under Provincial Synchronized Swimming Championships.

BDT Creative was established in 2000, and is a specialist in graphic design and brand development, and provides clients with multi-disciplinary design support. Capabilities include designing logos and identity systems, marketing literature, corporate collateral, print advertising, web design, and photography.

**Synchro Swim Ontario Coach Workshop**  
**Saturday, September 23 ~ 1:00 pm - 4:00 pm**  
**Sport Alliance Building, Toronto**  
**Room 3B**

#### Workshop Facilitator:

*Mary Jane Ling*  
*Synchro Canada Master Course Conductor &*  
*Synchro Swim Ontario Technical Committee member*

#### Workshop topics:

- Rules updates of Figures and Technical Elements
- "Show and Tell" – a discussion forum to share coaching techniques, motivating athletes, planning, etc.
- Coaches are encouraged to attend the President & Registrars meeting in the morning

**Workshop Fee is \$7.00 (lunch included)**

*Registration form available online at [www.SynchroOntario.com](http://www.SynchroOntario.com)*

### Synchro Swim Ontario renews CHIP Hospitality as official hospitality sponsor

Synchro Ontario is pleased to announce a renewed sponsorship agreement with CHIP Hospitality. CHIP Hospitality will continue as the official hospitality sponsor of Synchro Ontario for the 2006-07 season.

CHIP Hospitality is one of Canada's leading hotel and resort management companies and has over 30 properties located across Canada. Two CHIP hotels in Ontario will be official host hotels of Synchro Ontario's major competitive events. The Sandalwood Suites Hotel is the official hotel of the 2006 Lisa Alexander Meet, 2007 Provincial Championships and the 2007 Eastern/Atlantic Divisionals. The Crowne Plaza Ottawa will be the official hotel of the 2007 Tier Championships.

Synchro Ontario members will also be able to access preferred hotel rates through CHIP Hospitality's website [www.greatcanadianhotels.com](http://www.greatcanadianhotels.com). A jump page linking the Synchro Swim Ontario to [www.greatcanadianhotels.com](http://www.greatcanadianhotels.com) is available off the main page of the Synchro Ontario website. Preferred rates may be accessed through a member code, for member clubs and officials.

## **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](http://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**



## **UPCOMING EVENTS**

**September-November 2006**

### **2006 High Performance Camps**

**Tier 6-7 Camp**  
September 9-10, 2006  
Etobicoke Olympium, Toronto

### **2006 President/Registrar/Coaches Training Day**

Saturday, September 23, 2006  
Sport Alliance Building  
Toronto, ON

### **Trillium Instructor 1&2 Course**

September 23-24, 2006  
Memorial Pool, Toronto  
*Registration form available at:  
[www.SynchroOntario.com](http://www.SynchroOntario.com)*

### **2006 Fall Technical Courses**

**Synchro Instructor  
NCCP 1,2,3 Technical  
JTAC (Official) 1 & 2**  
October 20-22, 2006  
Don Mills Collegiate, Toronto  
*Registration forms available at:  
[www.SynchroOntario.com](http://www.SynchroOntario.com)*

### **Synchro Canada AGM**

October 14-15, 2006  
Ottawa, ON

### **Team Spirit 2006**

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

Team Spirit Ottawa  
Saturday, October 14, 2006

### **Synchro Swim Ontario Leadership Conference**

November 11-12, 2006  
Kempfenfelt Centre  
Barrie, On

**Attention swimmers, Coaches,  
Parents & Officials:**

## **SYNCHRO SWIM ONTARIO Fall Technical Courses**

**Synchro Instructor  
NCCP 1, 2 & 3  
OFFICIAL 1 & 2**

**October 20-22, 2006**

**Don Mills Collegiate  
Toronto, ON**

**Course information & registrations  
forms available online at:  
[www.SynchroOntario.com](http://www.SynchroOntario.com)**



### **PROCOSA II**

USANA's advanced Procosa II offers a higher amount of glucosamine sulphate for support and maintenance of cartilage. Not only that, but Procosa II contains a revolutionary COX-II inhibitor that comes in the natural form of turmeric. Glucosamine and turmeric are powerful ingredients that work together to provide lasting support for your joints that can't be found in any other joint formula products.

- Powerful new fast-acting formula
- High-potency glucosamine sulphate formula designed to promote optimal joint health and full joint mobility
- Formulated with vitamin C, manganese, and silicon, key nutrients for joint health
- Supports healthy cartilage and collagen, helping to lubricate the joint

***Please refer to [www.unitoday.net/loriejenkin](http://www.unitoday.net/loriejenkin)  
for further valuable information.***

## **Tier 6-7 High Performance Camp September 9-10, 2006 Etobicoke Olympium**

Coaches are invited to observe Ontario's top Tier 6 and 7 athletes being coached by internationally renowned synchronized swimming coaches and featured guest presenters:

### **Sheilagh Croxon, Tier 6-7 Camp Head Coach**

- 1996 & 2000 Canadian Olympic Team Coach

### **Linai Vaz DeNegri, Guest Clinician**

- United States National Team Director, 2001-2005
- Consultant to numerous international federations & presenter at international conferences
- PhD Somatics & Sport Biomechanics
- Masters in dance and movement composition

### **Claire Carver Dias, Guest Clinician**

- Olympic Bronze Medalist (2000)

### **Jadine Cleary, Guest Clinician**

- Former Synchro Canada National Team Coach

### **Jessica Chase, Guest Clinician**

- Olympic Bronze Medalist (2000)
- 2004 Olympic Team member

### **Lisa Alexander, Guest Clinician**

- Olympic Silver Medalist (1996)

### **Kelly Platt, Personal Strength Trainer**

***It is strongly recommended that coaches with athletes attending Camp attend with their athletes.***

### **Registration Information**

- Cost to attend the Tier 6-7 High Performance Camp as a coach observer is **\$50** for the entire weekend.
- Only coaches who register will be admitted to observe the High Performance Camp.
- Synchro Swim Ontario staff will be on site to register coaches who are attending.
- Attendance at the camp may count towards a Technical 1, 2, or 3 re-cert.
- Please fax (416-426-7376) or e-mail ([kheald@osrc.com](mailto:kheald@osrc.com)) the registration form to Sport Development Coordinator Kara Heald at the Synchro Ontario office
- Registration form available on the Synchro Swim Ontario website: [www.SynchroOntario.com](http://www.SynchroOntario.com)

# 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](http://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](http://www.SynchroOntario.com)  
If you have any questions, call Vicki at 416-426-7111 or email [vbradley@osrc.com](mailto: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

# **Team Spirit 2006**

## **Athlete & Coach Development Workshop**

### **BIGGER. BETTER. MORE SPIRIT!**

Synchro Swim Ontario is pleased to present **TEAM SPIRIT 2006** Athlete and Coach Development Workshop. The workshop is designed to give athletes and coaches the knowledge, skills and **SPIRIT** to reach for higher levels of achievement. Once again this year we will be focusing on targeting team development in and out of the water, including sessions focused on routine and figure development in addition to a motivating team-building "edutainment" session!

We are planning an exciting line-up of sessions with guest coaches, and invited experts from different fields, including two-time Olympian, and Olympic bronze and Commonwealth Gold medalist Fanny Letourneau, and motivational speaker Mary DiCaro who promises to move performance from ordinary to extraordinary!

Registration is **OPEN** to all athletes and teams this year - yes, we will take **ALL** registrants!

Registration fee is per athlete for 2006, however athletes will be grouped in their teams for the session rotations. Registration fee is \$85 per athlete, and \$25 per coach.

<b><u>Tier 1-3 Team Spirit</u></b>	<b><u>Tier 4-6 Team Spirit</u></b>	<b><u>Team Spirit Ottawa</u></b>
<b>Saturday, October 28</b> <b>9:00 a.m. - 4:00 p.m.</b> <b>Etobicoke Olympium</b>	<b>Sunday, October 29</b> <b>9:00 a.m. - 4:00 p.m.</b> <b>Etobicoke Olympium</b>	<b>Saturday, October 14</b> <b>9:00 a.m. - 4:00 p.m.</b> <b>Sawmill Creek Pool</b>

## **REGISTRATION INFORMATION**

**\$85 per athlete / \$25 per coach**

\*Registration fee includes a Team Spirit take-away & other workshop materials for athletes and coaches\*

\* Snacks & Lunch are NOT included, please have athletes and coaches bring their own \*

**Registrations are due by October 1, 2006**

**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)

