



## **Synchro Swim Ontario rings in the 07-08 season with a High Performance Weekend September 21-23**

Synchro Swim Ontario has an exciting high performance weekend planned for September 21-23. In addition to the Tier 6-7 High Performance Camp planned for September 22-23, a club outreach day has been added for Friday, September 21.

Thanks to the Ministry of Health Promotion's Active 2010 Sport Priority Funding Program, Synchro Swim Ontario is able to offer a special Club Outreach Day and provide an enhanced training session with an elite coach for Tier 6 and Tier 7 teams at Ontario clubs. The guest coach will be Chris Carver, of the Santa Clara Aquamaids and 1996, 2000 and 2004 US Olympic Team Coach. Carver will spend 1 hour with those club teams that register on a first-come, first-served basis. Clubs may register one Tier 6 team and one Tier 7 team. Complete registration information has been sent to clubs and is posted on: [www.SynchroOntario.com](http://www.SynchroOntario.com)

The weekend will continue with the Tier 6-7 High Performance Camp. Guests are scheduled to include Chris Carver, with demonstrator Kenyon Smith of the Santa Clara Aquamaids and US Junior National Team member, Amelie Lupien, who played Aurora in "O", and currently performs in Le Rêve at Wynn Las Vegas, a Bodysense presentation, and National level Officials Nancy Fisher, Carolyn MacGregor and Jeff Poss.

Coaches are invited and strongly encouraged to observe Ontario's Tier 6 15 & under and Junior athletes as they are led through the high performance weekend. Coaches will have the opportunity to observe, as well as and engage in conversation with session leaders. It is a great development and learning opportunity, so don't miss it! Registration information is also available on the Synchro Ontario website.

**High Performance  
Weekend at a glance ...**

**Friday, September 21  
CLUB OUTREACH WITH  
CHRIS CARVER**

**September 21-22  
Tier 6-7 HIGH PERFORMANCE  
CAMP with COACH OBSERVER  
OPPORTUNITY**

**REGISTRATION FORMS  
AVAILABLE ONLINE:  
[www.SynchroOntario.com](http://www.SynchroOntario.com)**

### **Ontario's Jennifer Knobbs qualifies for Olympic Team training pool**



The first phase of Canada's Olympic team selection for the 2008 Olympic Summer Games in Beijing took place in Montreal August 23-27. A pool of 14 athletes including Jennifer Knobbs (Oakville, ON) qualified to train at the Montreal Training Centre until the second phase of selection which will take place before Christmas.

Synchro Canada also announced Susan Kemper at the Olympic Team Head Coach, along with Full-time Assistant Coach Denise Sauve and Part-time Assistant Coach Nathalie Lagrange.

## Happy Anniversary

### News Splash!



Synchro Swim Ontario's News Splash is celebrating its 5th year of publication starting this September! News Splash's first issue started September 2003 and has been going strong ever since! News Splash prides itself on archiving synchro events and achievements in Ontario and celebrating our athletes, officials and volunteers. Every issue of News Splash is archived for viewing on the Synchro Swim Ontario website in the News section.

# 2007-08 Recreational Competitions!

*Synchro Swim Ontario is EXCITED to be hosting our recreational competitions for the 4th season!*

*Don't miss these great introductory meets designed especially for the recreational participant.*

**4th annual Recreational Figure Meet**  
**Alder St. Pool, Orangeville**  
**Saturday, November 24, 2007**

**4th annual Recreational Figure Meet**  
**Jack Burger Sports Centre, Port Hope**  
**Saturday, February 23, 2008 (tentative)**

**4th annual Recreational Routine Meet**  
**Alder St. Pool, Orangeville**  
**Saturday, May 3, 2008**

**November figure meet packages will be posted soon!**  
**For more information contact: [kheald@osrc.com](mailto:kheald@osrc.com)**

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



## **UPCOMING EVENTS** **September-December 2007**

### **Tier 6-7 High Performance Camp**

September 22-23, 2007  
Etobicoke Olympium

### **Fall Meeting for Club Presidents and Club Registrars**

Saturday, September 22, 2007  
Sport Alliance Building, Toronto

### **Fall Technical Courses**

September 28-30, 2007  
Don Mills Collegiate, Toronto  
*Coaching & Judging Courses*

### **Burning Bright for Breast Cancer 2007**

October 1-31, 2007  
Clubs across the province!!!

### **Synchro Spirit 2007**

October 20-21, 2007  
Etobicoke Olympium

### **Leadership Conference**

November 17-18, 2007  
Kempfenfelt Centre, Barrie

### **Recreational Figure Meet**

November 24, 2007  
Alder St. Pool, Orangeville

### **Lisa Alexander Meet**

December 9, 2007  
Canada Games Aquatic Centre  
London, ON

# **Synchro Spirit 2007**

## **Athlete & Coach Development Workshop**

### **... This year with a twist!**

Synchro Swim Ontario is pleased to present the **5th annual Synchro Spirit 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. In celebration of our 5th annual Spirit weekend we will be giving the workshop a twist incorporating the opportunity for athletes to earn prizes and awards during **EACH** of their sessions!

We are planning an exciting line-up with guest coaches, and invited experts from different fields, including a drama session the **Lorraine Kimsa Theatre for Young People** and motivational speaker **Mary DiCaro** who promises to move performance from ordinary to extraordinary! We are also pleased to announce the addition of **Mayuko Fujiki** current Assistant Coach of Spain's National Team and former athlete who was part of Japan's bronze medal winning team at the 1996 Olympics, as well as former Canadian National Team member and current coach and international consultant **Amy Caskey**.

Registration is once again **OPEN** to all athletes and teams this year - yes, we will take **ALL** registrants! Registration fee is per athlete is **\$85** and **\$25** per coach. Athletes will be grouped in their teams for the session rotations.

#### **Tier 1-2 Synchro Spirit**

**Saturday, October 20, 2007**  
**8:30 a.m. - 4:15 p.m.**  
**Etobicoke Olympium**

#### **Tier 3+ Synchro Spirit**

**Sunday, October 21, 2007**  
**8:30 a.m. - 4:15 p.m.**  
**Etobicoke Olympium**

## **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 Monday, October 1, 2007**

**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 the Synchro Ontario office 416-426-7407.



# Tentative Synchro Spirit schedules at a glance ...

**Saturday, October 20, 2007 & Sunday October 21, 2007**

**8:30 a.m. to 4:15 p.m. , Etobicoke Olympium**

8:00-8:30	Athletes arrive with your teams - <u>coaches only</u> check-in for team packages - get ready for 1st session		
MORNING	8:30-10:00	10:00-10:15	10:15-11:45
Group 1	Morning Pool Session (2 x 45 min stations)	Break / Change / Snack	Morning Land Session (1 x 90 min station)
Group 2	Morning Land Session (1 x 90 min station)		Morning Pool Session (2 x 45 min stations)
11:45-1:00	Lunch Break / Change / Get ready for Afternoon Session		
AFTERNOON	1:00-2:30	2:30-2:45	2:45-4:15
Group 1	Afternoon Pool Session (2 x 45 min stations)	Break / Change / Snack	Afternoon Land Session (1 x 90 min station)
Group 2	Afternoon Land Session (1 x 90 min station)		Afternoon Pool Session (2 x 45 min stations)

## **Pool Sessions (45 min stations - 2 morning / 2 afternoon):**

We have the entire Olympic pool booked for maximum space! Athletes will participate in two 45 minute stations in the morning and a second two 45 minute stations in the afternoon. Specific station content is continuing to be planned and will include some technical and routine work along with a fun cross-training station with prizes and awards incorporated into challenges! Coaches will include **Mayuko Fujiki** Spanish National Team coach and bronze medalist at the 1996 Olympics, along with Ontario's **Amy Caskey** who is a former Canadian National Team member, current coach, and international consultant who has worked with athletes from Venezuela, Great Britain, and New Zealand.

## **Land Sessions (2 x 90 min - 1 morning / 1 afternoon):**

### **Session 1: Get into the act!**

For the first time Synchro Spirit is incorporating a drama session into the programme. This session aims to help athletes and coaches enhance their creativity and artistic impression. We have enlisted the talent of the Lorraine Kimsa Theatre for Young People from Toronto, which will lead athletes and coaches in fun and focused play to practice pro-social skills in the context of theatre.

### **Session 2: Mary DiCaro ~ "True Colours with a Twist!"**

Returning for her second Synchro Spirit weekend, Mary DiCaro is an expert in training workshops, keynote addresses & motivational presentations. Mary will once again deliver a "kid-focused" session that is fun, energizing and 'edutaining'. The session will leave athletes and coaches better equipped to make decisions that work for them in training and in life! Teams that experienced her first session last year will move onto a second step in the program, and new teams will be introduced to the True Colours concept. Get ready to have a truly eye-opening session with Mary!



# CLUB NEWS!



**The Club News page is a new monthly feature in News Splash! Email your club announcements (new coaches on staff and special event dates) to [newsplash@osrc.com](mailto:newsplash@osrc.com) for inclusion in the monthly newsletter! Submissions are due by the last day of the month for inclusion in the next month's issue.**

## **OLYMPIUM SYNCHRO**

OSSC is holding competitive team tryouts during the month of September at the Etobicoke Olympium (590 Rathburn Rd, Etobicoke).. Everyone is welcome! Come out and meet OSSC's Head Coach Kerri Morgan, receive a free skills assessment, discover how our unique programs provide the best opportunity for you to achieve your fullest potential, both in and out of the water!! For more information or to make an appointment, call (647) 393-6776 or contact Denise Carpenter at [jim.carpenter@sympatico.ca](mailto:jim.carpenter@sympatico.ca).

*Burning Bright for Breast Cancer 2007*

*Help create a future without breast cancer this October!*

In support of

CANADIAN  
BREAST CANCER  
FOUNDATION™



FONDATION  
CANADIENNE DU  
CANCER DU SEIN\*

Ontario

*Club packages for the 4th annual Burning Bright for Breast Cancer are available to download online at:*

*[www.SynchroOntario.com](http://www.SynchroOntario.com)*