

2008-2009 season begins with a packed fall synchro schedule

The 2008-2009 is underway with clubs beginning their training schedules and Synchro Ontario organizing events, and education opportunities throughout the Fall.

Club Presidents, Registrars and Coaches met on September 6th for the annual Fall meeting. Thank you to all who attended. All essential meeting materials will be posted on the Synchro Ontario website.

We encourage all club members, coaches and officials to stay up to date with all Synchro Ontario news and information by visiting the website regularly: www.SynchroOntario.com. Also feel free to contact the office if you have any questions about events, education opportunities, registration, or any other inquiries.

Have a great season!

Synchro Ontario Elite Camp

September 19-21, 2008 @ Etobicoke Olympium

- *Top athletes in province selected to attend*
- *Guests include Chris Carver with guest athletes, Susan Kemper and Sherry Robertson, plus more!*
- *Coaches can register (Re-cert opp.)*
- *All forms online or email kheald@synchroontario.com*

2008 Technical Courses (all dates tentative)

Judging Courses (JTAC 1 and 2)
September 20-21 @ Don Mills Collegiate

Competition Introduction & NCCP 2
September 27-28 @ Don Mills Collegiate

NCCP 3
September 27-28 @ Broadlands, Toronto

JTAC 2 Course
September 27-28 in Ottawa

*Registration forms & flyers posted on [website](http://www.synchroontario.com).
Email jherman@synchroontario.com about courses.*

Burning Bright for Breast Cancer 2008

October 1-31, 2008

- *2008 Program Packages posted on [website](http://www.synchroontario.com)*
- *Pledges due by Friday, November 14, 2008*
- *Cheque presentation will be at Lisa A Meet.*
- *Email kheald@synchroontario.com for info.*

Synchro U 2008

October 25-26, 2008
Etobicoke Olympium, Toronto

- *All info emailed out & posted on [website](http://www.synchroontario.com)*
- *Email kheald@synchroontario.com for info*
- *Featuring Guest Coach Susan Kemper!*

Recreational Figure Meet

November 22, 2008 @ Alder St. Pool, Orangeville
**Meet package will be distributed soon!*

Lisa Alexander Meet

December 6-7, 2008 @ McMaster University
**Including LTAD/CS4L events!
Meet package will be posted by October 6th

Team Canada moves up the ranks with a 4th place finish in Beijing

Congratulations Team Canada!

Marie-Pier Boudreau-Gagnon, Jessika Dubuc, Marie-Pierre Gagne, Dominika Kopcik, Eve Lamoureux, Tracy Little, Elise Marcotte, Alison McKenny, Isabelle Rampling, Jennifer Song

The Canadian Olympic Synchro Team proved that it is climbing its way back up to the podium after a successful Olympics in Beijing, China. Their well-executed team technical program set them up for an impressive free routine. The team blew past their American and Japanese rivals to land in fourth spot behind Russia, Spain and China.

The duet of Marie-Pier Boudreau-Gagnon and Isabelle Rampling placed 6th in the duet competition.

National Team Trials take place September 22-24 in Montreal. The next major international competitions for the National A Team are the Synchro World Trophy in Madrid, Spain (Dec 5-7, 2008) and the 2009 FINA World Championships in Rome, Italy (July 18-Aug 2, 2009).



2008-2009 Tentative Event Schedule

Here is the line-up of 2008-09 competitions in Ontario (all dates tentative).
Find it online at: <http://www.synchroontario.com/Event%20Schedule.htm>

Lisa Alexander Meet: Dec 6-7, 2008 at McMaster University
hosted by Burlington Synchro

Provincial Trials: January 23-25, 2009 at Etobicoke Olympium
Hosted by Olympium Synchro

Provincial Championships: TBA

Central/North Regionals: February 20-22, 2009 at U of T Mississauga
Hosted by Mississauga Synchro

East Regionals: March 6-8, 2009 at Nepean Sportsplex
Hosted by Nepean Synchro

West Regionals: March 6-8, 2009 at London Canada Games Pool
Hosted by London Synchro

Provincial Team Trials: April 19, 2009 at Alder St. Pool, Orangeville

Canadian Open: May 7-11, 2009 at PEPS Universite Laval, Quebec City

Tier Championships: May 21-24, 2009 at Nepean Sportsplex
Hosted by Gloucester Synchro

Espoir Championships: June 3-9, 2009 at London Canada Games Pool
Hosted by London Synchro

12&U Championships: June 13-14, 2009 at Magna Centre
Hosted by York Synchro

UPCOMING EVENTS

Fall 2008

Synchro Ontario Elite Camp

September 19-21, 2008
Etobicoke Olympium Pool
Toronto, ON

*Coaches can register to attend:
visit www.synchroontario.com
for registration forms*

2008 Technical Courses (tent)

Judging Courses
September 20-21, 2008
Don Mills Collegiate
Toronto, ON

Coaching Courses
September 27-28, 2008
Don Mills Collegiate
Toronto, ON

*For registrations forms visit:
www.SynchroOntario.com*

Synchro U 2008

October 25-26, 2008
Etobicoke Olympium Pool
Toronto, ON

*All forms available on website:
www.synchroontario.com*

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

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



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, March 7, 2009

Jack Burger Sports Complex, Port Hope

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

**Congratulations to Ontario's
13-15 National Team members**

**Chloe Brown and
Emily Verbiski**

**who were part of Canada's gold
medal winning team at
the UANA Age Group
Championships in Calgary
August 27-31!**



Chloe Brown
(Olympium Synchro)



Emily Verbiski
(Waterloo Synchro)

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SYNCHRO U 2008

Athlete & Coach Development Workshop

OCTOBER 25 & 26, 2008 - ETOBICOKE OLYMPIUM

Synchro Swim Ontario is pleased to present . . .

SYNCHRO U 2008

Athlete and Coach Development Workshop

The workshop is designed to give athletes and coaches the knowledge, skills and inspiration to reach for higher levels of achievement. We are currently planning another exciting line-up with guest coaches including featured guest coach **SUSAN KEMPER**, and invited experts from different fields that will educate and inspire athletes and coaches.

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

SYNCHRO U "FRESHMEN"

TIER 1-2

SATURDAY, OCTOBER 25, 2008
8:00 A.M. - 5:00 P.M.
ETOBICOKE OLYMPIUM

SYNCHRO U "SOPHOMORES"

TIER 3 & UP

SUNDAY, OCTOBER 26, 2008
8:00 A.M. - 5:00 P.M.
ETOBICOKE OLYMPIUM

REGISTRATION INFORMATION

Registration Fees are: \$85 per athlete / \$35 per coach

Registration fee includes a Synchro U 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 Wednesday, October 1, 2008

Refund policy: Upon request by a participant, Synchro Swim Ontario will refund 50% of course fees paid up to 14 days prior to the day of the course, after that all fees are non-refundable.





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