



## Synchro season to kick off with exciting events

The 2007-08 synchro season will begin this September with a jam-packed fall schedule of camps, meetings, conferences and special events.

Synchro Ontario will be hosting its annual **Fall Meeting and Coach Workshop** on Saturday, September 22 at the Sport Alliance Building in Toronto. Don't forget to register for this important meeting,

The **Tier 6-7 High Performance Camp** September 22-23 will be a highlight this fall, where we will once again gather the province's top athletes for elite training. We are pleased to once again welcome US coaching icon Chris Carver, along with other great session leaders.

The end of September brings the annual **Fall Technical Courses** for coaching and judging. Coaching Levels 1-3 Technical, and Judging Levels 1 & 2 will be run September 28-30 at Don Mills Collegiate in Toronto. Please visit the Synchro Ontario website for registration forms.

As we head into October, Synchro Ontario in partnership with the Canadian Breast Cancer Foundation Ontario Chapter will be running the 4th annual **Burning Bright for Breast Cancer**. All clubs are encouraged to participate in this meaningful event throughout October!

October 20-21 will be **Synchro Spirit** with a twist! This will be Synchro Spirit's fifth year and is looking to be the most exciting and fun yet with a weekend packed with activities for athletes and coaches. See the flyer on pages 3-4!

The last major fall event will be the **Synchro Ontario Leadership Conference** November 17-18 at Kempfelt Centre in Barrie. The conference will bring together club volunteers with coaches and officials to share knowledge and build our clubs throughout the province.

For complete details on all of these events please visit the Synchro Ontario website at [www.SynchroOntario.com](http://www.SynchroOntario.com).

### 2007 FALL EVENTS

#### September

- 22 Fall Meeting & Coach Workshop
- 22-23 Tier 6-7 HP Camp
- 28-30 Fall Technical Courses

#### October

- 1-31 Burning Bright for Breast Cancer 2007
- 20-21 Synchro Spirit Weekend

#### November

- 17-18 Leadership Conference

## 12 & Under Provincial Team travels to New York for training Camp

On August 5th, Synchro Ontario's first "Team Ontario - 12 and Under" traveled to Keuka College in the Finger Lakes Region of New York State.

Team members are: Alycia Halyk & Rachel Nickerson (Durham), Shannon Smith (Nepean), Kathaleen Carpenter & Sachel Robarts (Olympium), Deanna Burns, Danielle LoPresti, Natasha Warren (Variety Village), Maggie DiGravio, Sabrina Horner, Alina Ko, Victoria Krzywicki, Hunter Le Truong-Nguyen (Waterloo), Alina Ryssina & Stephanie Bourrie (York).

Team coaches were Head Coach Mary-Jane Ling (York), Assistant coach Katie Hammond (York), and Apprentice coach Brianna Davidson (Variety Village).

Athletes joined forces for a week of team bonding, training, goal setting and FUN!!! Favourite activities were aerobics, eating (cafeteria food can be great!) and "show and tell" on Friday when the girls presented their 15 member team routine for the parents. I know the friendships made here will last a lifetime.



2007 12 & Under Provincial Team  
Keuka College Camp

## **Ontario's National Team Athletes Update!**

Congratulations to Ontario's Junior National Team members Jennifer Knobbs and Julia Maclean who captured gold for Canada at the US Open in Waipahu, Hawaii in July. In the Junior figure competition Jennifer placed 4th and Julia 27th in a field of 232 athletes. The Junior national team swept all Junior events at the US Open this year. For complete US Open results visit [www.usasynchro.org](http://www.usasynchro.org). Congratulations Jennifer and Julia!!!

Ontario's 13-15 National team athletes gathered in Quebec City for the 13-15 National team training camp from July 22 - August 6. Ontario's Chloe Brown, Sarah Graham, Rachel Kowalski, Rebecca Maule, and Elizabeth Todd participated in this 16 member training camp. For complete details about the camp visit [www.synchro.ca](http://www.synchro.ca).

## **Synchro Swim Ontario Staff Update**

Synchro Ontario's Sport Development Coordinator Kara Heald has returned from her maternity leave as of Monday, August 27th and can be reached at [kheald@osrc.com](mailto:kheald@osrc.com) or 416-426-7407.

Sport Outreach Coordinator Meghan Uhlman will complete her summer contract Thursday, August 30th and we thank her for her great job in this new position created to recruit new Trillium Program Partners. Thank you Meghan!

Your Synchro Ontario staff can be reached as follows . . .

Executive Director, Leslie Makins ~ [lmakins@osrc.com](mailto:lmakins@osrc.com) / 416-426-7113  
Sport Development Coord., Kara Heald ~ [kheald@osrc.com](mailto:kheald@osrc.com) / 416-426-7407  
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Bookkeeper, Nancy Parton ~ [nparton@osrc.com](mailto:nparton@osrc.com) / 416-426-7112

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## **UPCOMING EVENTS**

**Fall 2007**

### **Tier 2 Meeting**

Saturday, August 25, 2007  
Sport Alliance Building, Rm 3B  
Toronto, ON

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

August 25 & 26, 2007  
Alder St. Recreation Facility  
Orangeville, ON

### **Trillium Instructor 1 Course**

August 29, 2007  
Woodbridge, ON

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

September 22-23, 2007  
Etobicoke Olympium

### **Fall Meeting & Coach Workshop**

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

# **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 their sessions!

We are planning an exciting line-up with guest coaches, and invited experts from different fields, including a drama session from a Toronto theatre school and motivational speaker Mary DiCaro who promises to move performance from ordinary to extraordinary!

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.

Saturday and Sunday are planned as follows but may be subject to change dependent on registration:

#### **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 416-426-7110.

# 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<br>(2 x 45 min stations)  | Break / Change / Snack | Morning Land Session<br>(1 x 90 min station)    |
| Group 2    | Morning Land Session<br>(1 x 90 min station)   |                        | Morning Pool Session<br>(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<br>(2 x 45 min stations)  | Break / Change / Snack | Afternoon Land Session<br>(1 x 90 min station)  |
| Group 2    | Afternoon Land Session<br>(1 x 90 min station)   |                        | Afternoon Pool Session<br>(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 stations are currently being booked and will include some technical and routine work along with some fun cross-training activities with prizes and awards incorporated into challenges!

***\*Please note Coaches/Stations for pool session are continuing to be booked during August and will be communicated to clubs in an updated Synchro Spirit flyer as soon as possible!***

## **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 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.**

Thank you to all of the athletes and coaches who participated in the 2007 Synchro Swim Ontario High Performance Camps this summer.

From left to right . . . The Tier 1-2 High Performance Camp (July 14-15), the 3,4,5,6 High Performance Camp (July 21-22) and the 12 & Under Talent ID Camp (July 21-22).



## *Burning Bright for Breast Cancer 2007*

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

*Way to go Ontario!  
Over \$100,000  
raised in 3 years!*



*2007 will be our  
4th annual event!  
WOW!*

*Club package available to download online at: [www.SynchroOntario.com](http://www.SynchroOntario.com)*