



Ontario athletes make waves internationally in July

July got off to a very exciting start with Ontario athletes competing at the Swiss Open, FINA Junior World Championships, Aquatica Cup and US Open.

Granite Synchro Club's Jennifer Knobbs and Erin Willson brought home 4 medals from the Swiss Open (July 2-6) as part of the National B Team. Jenn won silver in solo, Jenn & Erin partnered for bronze in duet narrowly missing silver (they were 2nd in free routine), and the team wrapped up the competition with a bronze in team and a silver in combo!

The following week (July 9-13) Durham Synchro's Julia Maclean was part of Canada's Junior National Team who placed 5th at the FINA Junior World Championships in St. Petersburg, Russia. Julia placed 58th in figures (out of a field of 188) and 4th on the Canadian team. Congratulations to Julia and the entire Canadian Team led by Head Coach Elena Po-

dolsky of Olympium Synchro. As Head Coach Elena helped guide Canada's return to the international podium with soloist Chole Isaac capturing silver in Solo and the duet of Issac and Jo-Annie Fortin winning bronze.

Ontario's 13-15 Provincial A Team dominated the podium at the Aquatica Cup in Lima, Peru July 10-13. The team defended their title as team champions swimming to a gold medal in the team competition. Soloist Samantha Nealon captured gold in solo, and teammate Jessica Henry won silver. In duet Henry partnered with Stephanie Geller for gold, and Natalie Mintz and Xaina Reinfels won silver. Congratulations to the team and coaches Kelly Hogan and Debbie Laanep.

Team Ontario made a big splash at the US Open (July 13-19) in Cleveland, Ohio. Ontario began the competition by capturing 6 of the top 8 spots in figures with

Annette Petersen placing 2nd, Candace Caskey 3rd, Rebecca Maule 4th, Carrie Mouck 6th, Rachel Kowalski 7th and Sam Kowalski 8th. Ontario followed on day 2 by capturing the duet championship with Rachel Kowalski and Rebecca Maule (alternate Alyssa Bezeau) swimming to gold! The duet of Victoria Mintz and Annette Petersen (alternate Brianna MacLellan) following with an outstanding 4th place finish. Team Ontario then completed a sweep with a gold medal performance in the team competition, finished the competition with a silver medal performance in the combo team competition. Congratulations to all team members and coaches Amy Caskey and Lindsay Duncan.

The provincial team programs finish up in July with the 13-15B and 12&U A teams headed to a California training camp and the 12&U B team headed to Keuka, NY for a training camp.



Provincial Junior Team
US Open Champions



Canadian National Junior Team
Julia Maclean
5th Team, 58th figures



National B Team
Jennifer Knobbs &
Erin Willson
Swiss Open medalists



13-15 Provincial Team
Aquatica Cup Champions

Synchro Swim Ontario ~ New Contact Information

We've moved to our new location in Hamilton!

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UPCOMING EVENTS

August-September 2008

2008 Olympic Summer Games

August 8-24, 2008
Beijing, China

High Performance Camp

August 9-10, 2008
Victor Davis Pool, Guelph

UANA Pan American Age Group Championships

August 27-31, 2008
Calgary, Alberta
13-15 National Team
Chloe Brown & Emily Verbiski

Learning Facilitator Course

August 22-24, 2008
Sport Alliance Building, Rm 3A
Toronto, ON

Synchro Ontario Fall Meeting

Saturday, September 6, 2008
Sport Alliance Building
Toronto, ON

Synchro Ontario Fall Meeting

Saturday, September 6, 2008
Sport Alliance Building
Toronto, ON

2008 Technical Courses (tent)

Coaching Courses
September 20-21, 2008
Don Mills Collegiate/Broadlands
Toronto, ON

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

Registrations forms and confirmed dates will be posted soon.

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



PRESIDENT and REGISTRAR MEETING

September 6, 2008

9:00am-4:00pm (approx.)

Sport Alliance Building - 1A/1B

Please note that the September President/Registrar Day will be on **Saturday September 6** and will run from approximately 9-4. Lunch is included. Morning sessions are for Club President and Registrar (or delegates). One coach per club is also welcome. Afternoon session is suitable for President and Registrar. A separate coaches lunch and meeting may occur in the afternoon (contact Janet at jherman@synchroontario.com for more information).

RSVP by SEPTEMBER 1st to: lmakins@synchroontario.com

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Registration is open now!

2008 Summer High Performance Camps



On the road to 2020!!!

Synchro Swim Ontario is offering a new vision for High Performance Camps for Summer 2008. This year summer camp registration is open to ALL athletes (no qualifying required) who have the *drive, ambition* and *passion* to be high performance athletes.

We want YOU to be on the road to 2020!

Synchro Swim Ontario 2008 Summer High Performance Camps will align with the Long-Term Athlete Development Model (LTAD) and will be AGE-BASED.

All Camps will now take place August 9-10, 2008

Swimmers aged 10 & Under (as of December 31, 2008)

**Open to Competitive 10&U athletes and Recreational (pre-competitive) swimmers intending to swim competitive in 2008-09 season (prerequisite of Star 1). Athletes will be grouped accordingly.*

Swimmers aged 11-12 (as of December 31, 2008)

Swimmers aged 13-15* (as of December 31, 2008)

**Swimmers 16+ who are keen to participate may register for this camp weekend*

Camp programming for 2008 will focus on key LTAD growth and development areas appropriate for each age group (skills, strength, speed, suppleness, stamina). Camps will include guest coaches, an Olympic speaker, new training techniques, self awareness and mental preparation, team building, fun and more!

Registration is open NOW for the summer camp. Registration will be limited and will be filled on a first-come, first-served basis. Camp location will be the Victor Davis Pool at the Victoria Road Recreation Centre in Guelph.

Early Bird Registration fee (Ontario only) for each weekend is \$199.00 (extended)

Registration Fee for out-of-province swimmers is \$219.00.

Contact Kara Heald, Sport Development Coordinator at: kheald@synchroontario.com



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