

## **Synchro Swim Ontario celebrates the 25th anniversary of the Pansy Forbes Routine Incentive Awards with the launch of updated Pansy Forbes & Solo Pin Awards!**

Synchro Swim Ontario is pleased to announce that the Pansy Forbes Routine Incentive Awards and Solo Pin Award have been updated for 2004 to align with the Synchro Ontario Trillium Awards Program.

The ideals and goals of the Pansy Forbes Incentive Awards, which were first developed in 1979, have been maintained while incorporating the skills learned in the Trillium Awards Program to build creative and fun routines.

The Pansy Forbes Incentive Awards and the Solo Pin Award were developed to accommodate the growing number of swimmers interested in experiencing synchronized swimming, and designed to fill the needs of recreational swimmers of all ages, male and female, as well as special populations. The award stresses the accomplishments of the participants and is designed to combine strokes, skills, sculls and creativity.

The Pansy Forbes Incentive Awards are an added dimension to enrich existing programs for the many who participate in recreational synchro programs.



The Pansy Forbes 1 Routine Incentive Award now incorporates skills learned in Trilliums 1 and 2, the Pansy Forbes 2 Routine Incentive Award includes skills learned in Trilliums 3 and 4, and the Solo Pin Award includes skills learned in Trilliums 5 and 6.

Now swimmers participating in the Trillium Awards program or in the Star Program can use the skills they have learned to earn additional awards for creating routines.

The Pansy Forbes Incentive Award and Solo Pin Award may be used by any registered Synchro Ontario Trillium Program, competitive or recreational club, or varsity or scholastic program.

Synchro Ontario has created new instructor sheets and test sheets detailing the award requirements which are available from the Synchro Ontario office, as well as additional award program support such as pattern ideas. Pansy Forbes 1 and 2 Incentive Award badges, as well as the Solo Pin Award are available to order from the Synchro Ontario office for \$5.00 each.

Any Trillium Instructor, Synchro Instructor, CBET/NCCP Level 1 Coach or higher, or official JTACS 1 or higher may examine Pansy Forbes 1 and 2 and the Solo Pin Award.

For more information or questions about the new Pansy Forbes and Solo pin programs, please contact Sport Development Coordinator Kara Heald at Synchro Ontario at 416-426-7407 or e-mail: kheald@osrc.com.

### **New Recommended Progression:**



# *The History of the Pansy Forbes Routine Incentive Awards*

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## *Aquatic Sport Innovator and Synchro Swim Pioneer Pansy Forbes*

The Pansy Forbes Incentive Award Program was named in honour of Pansy Forbes of Peterborough, ON. Pansy was a pioneer of the sport of synchronized swimming in Ontario and in Canada.

Pansy was born in West Bronwich, England and learned to swim at the age of nine. Before moving to Canada, Pansy's father was a dancing master, and Pansy attributed her love of music, body mechanics and choreography to this background.

Known throughout national and international circles, her involvement in synchronized swimming encompassed a span of more than thirty years. Pansy began her career as a swimming participant in a stunt class in Peterborough. These stunts were later incorporated into the figures and patterns of ornamental swimming; the beginning of synchronized swimming in Canada.

In 1944, as a swimming instructor for a YMCA, Pansy included basic figures and patterns in her instruction, and concluded the camp with a display of synchronized swimming. The girls then formed a club in Peterborough and Pansy became the coach.

Pansy Forbes continued her coaching career into the 1970's and during her thirty years of involvement she had many accomplishments including winning Canadian and international titles, exhibiting synchronized swimming at the 1954 British Empire Games and representing Canada at the 1955 Pan Am Games in Mexico City.

All the work that Pansy accomplished did not go unnoticed. She was recognized through the years and received numerous distinguished awards over her career, including being named to the Aquatic Hall of Fame in Winnipeg in 1974.

## *Introduction of the Pansy Forbes Routine Incentive Awards ~ 1979*

In 1979 Synchro Swim Ontario recognized the many years of dedication and service which Pansy Forbes gave to the sport by creating a very special program in her name to introduce swimmers to synchronized swimming; just as Pansy did in the past. The Pansy Forbes Incentive Award Program is a salute to one of the founders and innovators of synchronized swimming.

The Pansy Forbes Incentive Award was developed to accommodate the growing number of swimmers across the province interested in experiencing synchronized swimming, but not necessarily interested in highly standardized testing. The award was designed to fill the needs of recreational swimmers of all ages, male and female, as well as special populations.

Recreational synchro enriches existing programs and offers a program designed to meet the needs of all participants. Through the Pansy Forbes Awards Synchro Swim Ontario hopes to involve more recreational swimmers in synchronized swimming and heighten their synchro experience. This award stresses the accomplishments of the participants and is designed to combine strokes, skills, sculls, creativity and fun!

The Pansy Forbes Incentive Awards are an added dimension to enrich our existing synchro programs, for the many participants at the grass roots levels.



# The New Pansy Forbes Awards & Solo Pin Award

## Pansy Forbes 1 Routine Incentive Award

- Performance:** Minimum 2 swimmers required for routine. The Pansy Forbes 1 routine may be performed to a piece of music of your choice. Deckwork is optional. Swimmers must complete 1/2 to 3/4 of a length. The routine provided is the standard requirement to pass the award, with all tested synchro skills needing to be performed. If you would like to add more, embellish, or continue the routine feel free to do so!
- Skills:** All skills tested in Pansy Forbes 1 are from Trillium Awards 1 and 2: *Side Flutter to Back Crawl, Extended Back Flutter to Head First Sculling, Tub Turn, Back Tuck Somersault, Front Crawl & Circle Pattern, Cookie Turn, Sailboat Alternate and Float Pattern.*
- Evaluation:** The Pansy Forbes 1 Incentive Award may be evaluated by a Trillium 1 or 2 Instructor, Synchro Canada Synchro Instructor, CBET/NCCP Level 1 Coach or higher, or any certified Level 1 judge or higher. Please use the test sheet provided by Synchro Ontario to evaluate the swimmers.
- Awards:** Pansy Forbes 1 badges may be purchased from the Synchro Ontario office for \$5.00 each.
- Test Sheets:** Please use the test sheets provided by Synchro Ontario and forward a copy of the completed test sheets to the Synchro Ontario office.

## Pansy Forbes 2 Routine Incentive Award

- Performance:** Minimum 2 swimmers required for routine. The Pansy Forbes 2 routine may be performed to a piece of music of your choice. Deckwork is required (10 sec maximum). Swimmers must complete 3/4 to 1 length of the pool. The routine provided is the standard requirement to pass the award, with all tested synchro skills needing to be performed. If you would like to add more, embellish, or continue the routine feel free to do so!
- Skills:** All skills tested in Pansy Forbes 2 are from Trillium Awards 3 and 4: *Eggbeater to Front Flutter, Front Pike Somersault, Flamingo, Ballet Leg, Tip back to Split Position, Circle Pattern, Back Pike Somersault, Circle to Line pattern change.*
- Evaluation:** The Pansy Forbes 2 Incentive Award may be evaluated by a Trillium 1 or 2 Instructor, Synchro Canada Synchro Instructor, CBET/NCCP Level 1 Coach or higher, or any certified Level 1 judge or higher. Please use the test sheet provided by Synchro Ontario to evaluate the swimmers.
- Awards:** Pansy Forbes 2 badges may be purchased from the Synchro Ontario office for \$5.00 each.
- Test Sheets:** Please use the test sheets provided by Synchro Ontario and forward a copy of the completed test sheets to the Synchro Ontario office.

## Solo Pin Award

- Performance:** The Solo Pin Award must be performed to a piece of music of your choice. The solo must include deck work (10 sec maximum). The solo may be a maximum of 2 minutes long and must complete at least one length of the pool. The swimmer must complete the 10 skills in the order listed. The swimmer is to create the movements and transitions to move from skill to skill. Skills learned from Trilliums 1-6 will assist in completing the routine.
- Skills:** All skills tested in the Solo Pin Award are from Trillium Awards 5 and 6: *Eggbeater Boost, Forward Egg beater, Back Layout to Inverted Tuck, Kipnus, Side Eggbeater, Kick-Pull-Kick, Front Pike Somersault to Crane, Join to Vertical from Crane and sink, Head up Breast Stroke, and Ballet Leg Single.*
- Evaluation:** The Solo Pin Award may be evaluated by a Trillium 1 or 2 Instructor, CBET/NCCP Level 1 Coach or higher, or any certified Level 1 judge or higher. Please use the test sheet provided by Synchro Ontario to evaluate the swimmers.
- Awards:** Solo Award Pins may be purchased from the Synchro Ontario office for \$5.00 each.
- Test Sheets:** Please use the test sheets provided by Synchro Ontario and forward a copy of the completed test sheets to the Synchro Ontario office.