



# News Splash!

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## 2010-11 Synchro Season Kicks-Off!

The 2010-11 synchro season is upon us and Synchro Ontario is thrilled to welcome all new and returning members and their families to another tremendously exciting season! Over the coming weeks, swimmers will be rekindling friendships made in seasons past and embracing new members into your club family. Every time I meet a swimmer, coach or a parent I can't get over the sheer exhilaration they have upon returning to the pool for those first swims and new beginnings. What an exciting time of year!

As an organization, with a tremendously dedicated Board of Directors and Staff, we are planning to make this year's season a most successful one. Synchro Ontario will be run like a business and we will do everything in our power to ensure our sustainability and financial stability well into the future. It will be a very ambitious year ahead, and I would like to take some time to share the new developments with you. Our season officially kicked off on September 12<sup>th</sup> with a Presidents/Registrars/Coaches Meeting which brought forth almost record level attendance and a group of incredibly keen, dedicated volunteers, staff and members who are ready to share and make this season one that will no doubt make Ontario proud. Early reports indicate that athlete numbers remain strong and clubs and coaches are working diligently on team assignments, coach development, music and routines. We are also undertaking the defini-

tion of new projects that will address greater use of technology and creating a pipeline of new opportunities for corporate partnerships and/or sponsorship.

The various working Committees are in place and readying themselves for the challenge of building and delivering the best set of novice and competitive programs and results possible, as we launch Ontario toward being the best in Canada. This season, in addition to the Committees that to date have delivered amazing progress in areas of High Performance, Officials, Technical, and Competition, we proudly introduce two new committees in order to promote and recognize two new strategic directions that we undertake to excel in over the coming years.

The Novice Committee will focus, on expanding in a major way, the Novice and Recreational side of our sport at the community level across our province. This group will diligently pursue implementation of training, new programs and membership at the grass roots level with a key mandate of growing sport awareness across all regions of our province and building capacity and participation in our sport while encouraging healthy living practices in youth across as many communities as possible across Ontario.

The Volunteer Management Committee has been established to give focus and formal direction to a most valuable sector of our sport, our volunteers. This group

will focus on their mandate of building the strongest sport volunteer organization within Synchro Canada and the best in Ontario. They will provide support resources that will be transferable and shareable across our Clubs and will tackle projects this season such as: setting standards to ensure profitable and successful Meet Management, creating task forces to work on defining provincial marketing and fundraising opportunities and becoming a highly visible group of Synchro ambassadors.

As you can see, we are off to a great start and over the coming season we will capitalize even more on this momentum. We are committed to get our athletes, coaches, officials and volunteers positioned to be the leaders of our sport in Canada. We will strive for continuous improvement through the implementation and application of new ideas, new techniques, technology and creativity to drive change and grow our sport. We encourage and appreciate your input and participation and we thank you for your support.

We look forward to sharing a great year ahead with you. Thank You!

Yours in Synch!

Mary Dwyer,

Executive Director

Synchro Swim Ontario



Synchro Swim Ontario gratefully acknowledges the continued support of the Ministry of Health Promotion and Sport

# Burning Bright for Breast Cancer 2010



Sudbury Synchro

Synchro Swim Ontario is thrilled to be kicking off the 7th annual Burning Bright for Breast Cancer Campaign during October which is breast cancer awareness month.

Burning Bright for Breast Cancer has been an overwhelming success over the past six years, with our clubs participating to raise over **\$212,000** for the Canadian Breast Cancer Foundation - Ontario Chapter and Synchro Ontario continuing to be a Gold Ribbon Partner & Supporter of

the CBCF-Ontario, and being nominated in Spring 2010 for the prestigious Friends of the Foundation Award. We are very excited and proud to continue this amazing program for our 7th year and have a campaign goal to reach a 7-year total of \$250,000.

Synchro Ontario was recently thrilled to be informed that the 2009 top fundraising club Sudbury Synchro was selected to be photographed in the CBCF-Ontario Annual Report to the Community, and that

the photo was selected to be the cover shot! We are so excited that our efforts were highlighted and that our sport was recognized. Thank you to Sudbury Synchro on a great photo!

All information and forms regarding the 2010 Burning Bright for Breast Cancer campaign can be found on the Synchro Ontario website: [www.synchroontario.com](http://www.synchroontario.com).

Good luck to all clubs and athletes!

*For the first time in its history, Canada earned four medals at a major international synchronized swimming competition*

## World Cup bronze medals for Ontario's Erin Willson and Team Canada in China!



Ontario's Erin Willson was part of Canada's bronze medal winning team and combo at the FINA World Cup in Changshu, China September 15-19.

Canada began the World Cup by claiming bronze in the combo event, and then continued its medal haul with a silver in duet competition (Marie-Pier Boudreau Gagnon and Chloe Isaac) a bronze medal in solo (Marie-Pier Boudreau-Gagnon), before capping off the event with a team bronze on the last day of competition. Our congratulations to Erin and the entire Canadian Team.



## Kowalski and Maule part of bronze medal win at 2010 FINA Junior World Championships

**Rachel Kowalski and Rebecca Maule show of their bronze medals**



Ontario's Rachel Kowalski and Rebecca Maule of Granite Synchro were part of the Canadian National Junior Team's bronze medal winning performance at the FINA Junior World Championships August 11-15 in Indianapolis.

Individually, Rebecca Maule finished with a 39th place ranking in figures with a score of 73.007, and Rachel

Kowalski placed 48th with a score of 72.446 out of a total field of 178 athletes from around the world.

Canada also had podium performances at the FINA Junior World Championships in solo with Emilia Kopcik claiming the bronze medal and the duet of Rachel Frechette and Emilia Kopcik also swimming to a bronze.

**In other National Team news, Ontario's Alina Ryssina of Granite Synchro was part of the 13-15 National Team that placed 4th at the Comen Cup in Greece July 21-25. In the 13-15 figures competition Alina placed 70th in a field of 164 athletes from around the world.**

# Successful Summer for Ontario's Provincial Teams

The summer of 2010 was another successful year for Synchro Ontario's Provincial Team programming.

The 13-15 Provincial A Team competed July 9-11 at the Loyola Athletic Club Invitational in San Juan, Puerto Rico. The 13-15 A Team had an outstanding showing in Puerto Rico. In the figures competition Rachel Nickerson placed 1st and Clare McGovern 3rd. In Solo competition Clare McGovern won silver, and Amy Armstrong captured bronze. In duet Alycia Halyk and Rachel Nickerson won gold and Caroline Marshall and Clare McGovern swam to silver. Team Ontario wowed the crowd capturing the gold medal in team

competition. Complete results can be found at: <http://lacsynchro2010.wordpress.com/>.

The 13-15 Provincial B Team competed July 8-11 at the VIII Copa Sincro in Lima, Peru where they captured gold in every event they competed in. Claire Caskey finished 1st in figures, followed in 2nd by Natasha Warren and Emily Mill in 3rd. In the solo competition Ontario saw Dylan Harding win gold, followed by Deanna Burns with silver. In 13-15 duet Sarah Masters and Kionna Whyte swam to gold and Cosette LeBlanc and Lucia Scaturchio finished in 4th. The team completed the weekend with a gold medal swim in team

competition. Complete results can be found at [www.synchroperu.com](http://www.synchroperu.com).

Synchro Ontario also hosted a successful 11-12 A Team Camp July 24-28, with the team then heading to California to participate in the Walnut Creek Aquanuts "Week in the Creek" Camp July 29-August 3.

The 11-12 B Team and the 10&U Squad had a great Ontario camp participating in various activities in and out of the water July 26-30.

Congratulations to all of our Provincial Team athletes!

*Ontario's Provincial Teams have brought home a total of 58 international medals since 2005.*

## Caroline Marshall and Clare McGovern win duet silver at the UANA Age Group Championships

Ontario's Caroline Marshall and Clare McGovern of Granite Synchro (and members of Synchro Ontario's 13-15 Provincial A Team) were selected to represent Canada at the 2010 UANA Age Group Championships September 1st - 5th in Lima, Peru.

Caroline and Clare represented Canada in the 13-15 duet competition and had a podium performance capturing the silver medal. In the 13-

15 figures competition Clare McGovern had a 17th place ranking with a figure score of 69.341 and Caroline Marshall ranked 23rd with a figure score of 68.462 out of a field of 97 athletes. Congratulations to Clare and Caroline on your success in Peru.

For complete results please visit the Synchro Canada website at: [www.Synchro.ca](http://www.Synchro.ca).



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



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## The Synchro Swim Ontario Board of Directors

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Leanne McDonnell, **VP Competitions**

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## Upcoming Events

**Burning Bright for  
Breast Cancer 2010**

October 2010

**Synchro Spirit**

October 23-24, 2010

Etobicoke Olympium

**Lisa Alexander Meet**

December 4-5, 2010

Canada Games Aquatic Centre

London, ON

**2011 Provincial Trials**

January 21-23, 2010

Etobicoke Olympium

**2011 Provincial  
Championships**

February 11-12, 2010

Etobicoke Olympium

**2011 Canada Games**

February 11-27, 2011

Halifax, NS

*(February 22-26 synchro events)*

**2011 Eastern/Atlantic  
Divisionals**

March 15-20, 2011

Etobicoke Olympium