



## You did it! Clubs raised over \$100,000 for CBCF in 3 years!!!

For the third consecutive year, Synchro Swim Ontario's member clubs have taken part in the Burning Bright for Breast Cancer campaign, raising funds for the Canadian Breast Cancer Foundation-Ontario chapter. In 2006, pledges have totaled over \$40,000. Club members have surpassed last year's donations by more than 30%!

"The overwhelming support of the synchro community is evident in the levels of participation across our province and in the achieved results, which once again exceeded our expectations", said Synchro Ontario President Lynn Hammond. "It's fantastic to see how our swimmers rose to the challenge to do something for the community at large. Synchro Ontario is comprised of such hard-working and dedicated members, and this is a testament to their character and commitment", added Synchro Swim Ontario Executive Director Leslie Makins.

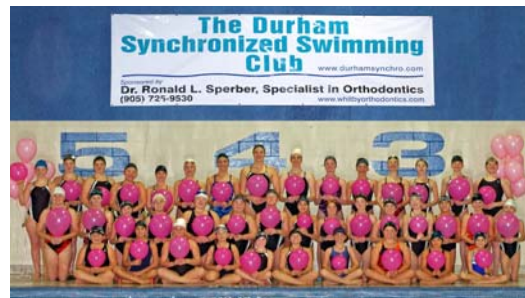
The Olympium Synchronized Swimming Club was the top fundraising club, submitting over \$10,400! This year, Elizabeth Sweeney of Sudbury Synchro was the top individual fundraiser bringing in an astonishing \$1330! Way to go!

Synchro Swim Ontario made the official cheque presentation to the Canadian Breast Cancer Foundation-Ontario Chapter, Executive Director Sharon Wood on Sunday, December 3rd at the Lisa Alexander Figure Competition at the Etobicoke Olympium pool.



(Above Left to Right) Lynn Hammond, Sharon Wood, Leslie Makins  
Cheque Presentation to Sharon Wood, Executive Director, CBCF-Ontario Chapter

(Below) Durham Synchro Club at Burning Bright day



Kathleen accepts the OSSC Club top fundraiser certificate



London Synchro demonstrates their ribbon



Mississauga Synchro enjoys a clown at 'Hope Floats'



Top Fundraiser -Elizabeth Sweeney



Olympium Synchro creates a ribbon

## **2006-2007 Trillium Recreational Competitions**

***Attention Competitive & Recreational Clubs!  
Don't forget to build these Synchro Ontario Rec Meets  
into your programming for 2006-2007!  
Entry Fee per swimmer for each competition is \$16.00***



***Trillium Recreational Figures Meet  
Saturday, November 25, 2006  
Results on next page***



***Trillium Recreational Figure Meet  
Saturday, February 24, 2006  
Jack Burger Complex, Port Hope***



***Trillium Recreational Routine Meet  
Saturday, April 28, 2006  
Alder St. Pool, Orangeville***

***Meet packages will be emailed to clubs & are posted online at  
[www.SynchroOntario.com](http://www.SynchroOntario.com)  
on the Recreational Events webpage***

***Questions? Contact the Sport Development Coordinator at:  
416-426-7407***

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



## **UPCOMING EVENTS**

**2006-2007**

### **Provincial Trials**

January 12-13, 2007  
University of Guelph  
Host: York

### **Provincial Championships**

February 3-4, 2007  
Etobicoke Olympium

### **Computer Scorer Course**

February 17, 2007  
Sport Alliance building, Toronto

### **Computer Scorer Re-fresher Course**

February 24, 2007  
Sport Alliance building, Toronto

### **2007 Canada Games**

February 23-March 3, 2007  
Whitehorse, Yukon

### **Central/North Regionals**

March 24-25, 2007  
Location T.B.D.

### **Eastern/Atlantic Divisionals**

March 24-April 1, 2007  
Etobicoke, Olympium

### **East Regionals**

April 14-15, 2007  
Nepean Sportplex

**SYNCHRO SWIM ONTARIO TRILLIUM RECREATIONAL FIGURES COMPETITION  
NOVEMBER 25, 2006—ORANGEVILLE, ON**

<b>Level 1 (Ages 5-9) Figure Competition</b>			
1	Taylor Thurlow	5	WRSC
1	Brooklyn Woodehouse	6	YORK
2	Kaitlyn Thomson	6	BRANT
1	Kendra McConkey	7	BRANT
2	Rena Berke	7	GUELPH
3	Alia Masood	7	Orangeville
4	Carli Jurevicius	7	Orangeville
5	Julia Jacome	7	Halton Hills
6	Evaline Harmsen	7	Halton Hills
7	Ailish Graham	7	BRANT
8	Giulia Giannaris	7	St.Alban's Club
9	Victoria Bridges	7	YORK
10	Victoria Walsh	7	BRANT
1	Cassandra Critchley	8	Orangeville
2	Brooke Heitshu	8	GUELPH
2	Nicole Rauser	8	GUELPH
3	Lucy Burns	8	St.Alban's Club
4	Sarah Cumberland	8	Port Hope
5	Bailee Hargrove	8	BRANT
1	Olivia Church	9	St.Alban's Club
2	Chloe Simpson	9	BSSC
2	Meaghan Bedal-Grunberg	9	YORK
3	Moira Ijzerman	9	Halton Hills
4	Hayley Birss	9	WRSC
5	Emma Smith	9	BRANT
6	Madelaine Thom	9	GUELPH
7	Brianne Gragtmans	9	Orangeville
8	Justine Bowman	9	WRSC
9	Sophie Jacome	9	Halton Hills
10	Jocelyn Begin	9	GUELPH
11	Hannah Frimeth	9	YORK
12	Julianna Danis	9	WRSC
13	Eva Carter	9	GUELPH
14	Jennifer Sellers	9	WRSC
15	Annelissa Lassen	9	YORK
16	Sophia Weinrib	9	Memorial
17	Nicole Williams	9	Memorial

<b>Level 1 (Ages 10+) Figure Competition</b>			
1	Sophia Masood	10	Orangeville
2	Emily McKenzie	10	WRSC
3	Hannah Brezden	10	WRSC
4	Savannah Gravel	10	Halton Hills
5	Nicole Sherratt	10	Halton Hills
6	Sarah Gallagher	10	Halton Hills
7	Rebecca Marks	10	Halton Hills
8	Myra Kohler	10	Halton Hills
8	Zoe Street	10	BSSC
9	Jacqueline Rossini	10	BSSC
9	Sarah Domanski	10	St.Alban's Club
10	Maya Burns	10	St.Alban's Club
11	Ginger Elliot	10	Memorial
12	Casey Losch	10	Halton Hills
1	Calder Campbell	11	St.Alban's Club
2	Victoria Poulton	11	Orangeville
3	Lauren Manley	11	Halton Hills
4	Amanda Reed	11	WRSC
5	Emily Wilson	11	YORK
6	Samantha Helm	11	WRSC
7	Jane Gallagher	11	Halton Hills
8	Kelly Nastos	11	Halton Hills
8	Mary Medema	11	Orangeville
9	Jacqueline Gillmoure	11	Halton Hills
9	Virginia Chambers	11	Orangeville
10	Rosanna Lane-Smith	11	Orangeville
11	Kaitlin McKay	11	Halton Hills
12	Rebecca Morrison	11	GUELPH
13	Kaitlyn Mowat	11	Memorial
14	Rachel Rauser	11	GUELPH
15	Isabel Burdett	11	Memorial
16	Susan Delenyi	11	St.Alban's Club
17	Irena Evangelista	11	Memorial
1	Jocelyn Grubb	12	WRSC
1	Jennifer Korus	12	St.Alban's Club
2	Hether Tunks	12	WRSC
3	Brittany Choban	12	GUELPH
4	Katherine Garcia	12	Memorial
5	Larissa Filice	12	Memorial
6	Ashleigh Reeds	12	Kawartha Lakes
1	Rebecca Grayhurst	13	Memorial



**REMEMBER TO REGISTER FOR THE  
FIGURES MEET IN FEBRUARY!**

**SYNCHRO SWIM ONTARIO TRILLIUM RECREATIONAL FIGURES COMPETITION  
NOVEMBER 25, 2006—ORANGEVILLE, ON**

Level 2 Figure Competition			
1	Casey Gibbs	9	BRANT
2	Kaitlyn Morris	9	Orangeville
3	Emily Gazzola	9	KWSC
1	Zoe Handa	10	WRSC
2	Billie-Rose Kliaman	10	Orangeville
3	Olivia Scagnetto	10	KWSC
4	Sarah Bainwohl	10	KWSC
5	Meghan Sommers	10	KWSC
1	Rachel Scarpone	11	WRSC
2	Brittany Sutherland	11	Port Hope
3	Aleta Ahbas	11	BRANT
4	Caroline Donegan	11	St.Alban's Club
5	Caitlin Mercer	11	Halton Hills
6	Jordanna Kwasnik	11	Orangeville
7	Alicia Boatman	11	KWSC
8	Mikayla Young	11	Orangeville
9	Maria Voroloeva	11	YORK
10	Lauren Brisett	11	KWSC
11	Felicia Ruggiero	11	YORK
1	Carolyna Zarin	12	WRSC
2	Alex Stinson	12	YORK
3	Vanessa Miller	12	Orangeville
4	Nicole Belanger	12	Halton Hills
5	Katerina Melnykova	12	Memorial
6	Teaghan Ellis	12	YORK
7	Natalie Hrazdilek	12	KWSC
1	Allison Hague	13	WRSC
2	Kassie Dobie	13	Port Hope
3	Rebecca Verbeem	13	Port Hope
4	Charlotte Crompton	13	YORK
5	Chelsea Charleson	13	YORK
1	Jasmine Salabie	14	Orangeville

Level 3 Figure Competition			
1	Robyn Lamarre	12	Halton Hills
1	Megan Ardron	13	Halton Hills
2	Gillian Webb	13	Halton Hills
3	Meghan Fielding	13	Halton Hills
4	Joanna Ryan	13	Halton Hills
5	Victoria Patterson	13	Halton Hills
6	Tessa Jones	13	Halton Hills
1	Amanda Roberts	14	Halton Hills
1	Mary Frances Nemeth	30-39	Port Hope
Level 4 Figure Competition			
1	Denaka Bodrug	14	Halton Hills
2	Lindsay Gillmoure	14	Halton Hills
4	Brigitte Babin	15	Halton Hills
1	Emily Field	16	Halton Hills
1	Naomi Wheatley	18	Halton Hills
1	Barbara Love	50-59	Kawartha Lakes
1	Michelle Lopers	30-39	unaffiliated



**ORNAMENTS STILL  
AVAILABLE  
ORDER NOW!!!**



# LISA ALEXANDER FIGURE COMPETITION—DECEMBER 3, 2006—ETOBICOKE, ON

## Tier 1 (11 & U)

1	Amanda Freedman	GRTE
2	Georgena Hill	MSSA
3	Petra Regeni	TSSC
4	Ioana Gheta	MSSA
5	Meredith Nelson	GRTE
5	Jordan Shantz	WRSC

## Tier 2 (12 & U)

1	Misa Commodore	LDSC
2	Mattia Fonzo	MSSA
3	Amanda Eyssen	LDSC
4	Emma Lake	GSSC
5	Emily Preston	GSSC
6	Lucia Scaturchio	YORK

## Tier 2 (13 & OVER)

1	Rachel Roberts	TSSC
2	Sophie Cameron	TSSC
3	Madison Nangle	MSSA
4	Brittany Michaud	DHSC
5	Robyn Goldhar	TSSC
6	Kristina Zivanovic	KWSC

## Tier 3 (12 & U)

1	Kiersten Salvatore	BSSC
2	Sara Wollschlaeger	BSSC
3	Amanda Cannon	MSSA
4	Hannah Verbiski	WRSC
5	Emily Feeney	WRSC
6	Alana Szymanski	BROC

## Tier 3 (13 & OVER)

1	Tess Gallagher	WRSC
2	Jennifer Pham	MSSA
3	Alexandra Renzetti	BROC
4	Melissa McCoy	MSSA
5	Jennifer Snowdon	MSSA
6	Paige Salvatore	BSSC

## Tier 4 (13 & U)

1	Hunter Le Truong-Nguyen	WRSC
2	Katharine Hoffman	WRSC
3	Stephanie D'Amato	MSSA
4	Alina Ko	WRSC
5	Nicole Amato	MSSA
6	Caley Savage	GRTE

## Tier 4 (14 & OVER)

1	Laura Snowdon	MSSA
2	Kayley Pezzack	MSSA
2	Cammy Halgren	BSSC
4	Rhianon Klein	WRSC
5	Michelle Cannon	MSSA
6	Alexandra Dimmer	GRTE

## Tier 5 (13 & U)

1	Kayla Brooks	WRSC
2	Cassandra Ferguson	BRAN
3	Marina Triebe-Gravel	WRSC
4	Christie Hugman	BRAN
5	Celia MacKenzie	BRAN
6	Alexandra Dekoning	BRAN

## Tier 5 (14 & OVER)

1	Brianna Chadwick	LDSC
2	Delaney Klein	WRSC
3	Melissa Egan	MSSA
4	Bailey Hutcheson	LDSC
5	Trisha Petrosoniak	MSSA
6	Rebecca Gordon	MSSA

## Tier 6 (15 & U)

1	Rachel Kowalski	OSSC
2	Rebecca Maule	OSSC
3	Lara Tutton	OSSC
4	Sarah Graham	OSSC
5	Jessica Henry	DHSC
6	Elizabeth Todd	OSSC

## Tier 6 (16 & OVER)

1	Lindsay Wandziak	SBSC
2	Robin Lynch	BSSC
3	Reilly Coombs	WRSC
4	Ellyn Klea	WRSC
5	Melissa George	MSSA
6	Sarah Venner	MSSA


## Tier 7 Jr.

1	Jennifer Knobbs	OSSC
2	Julia MacLean	DHSC
3	Annette Petersen	OSSC
4	Samantha Mawhinney	OSSC
5	Brianna MacLellan	DHSC
6	Katie Lepage	DHSC

## Tier 9

1	Emma Feather	GSSC
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### **OUTREACH SESSIONS UPDATE**

Due to Ministry Active 2010 funding,  province-wide Outreach sessions have been taking place across Ontario. The purpose of Outreach is to provide Tier 6 and Tier 7 athletes the opportunity to have coaching from internationally acclaimed coaches.

Each Outreach is designed for between 3 and 5 teams at the Tier 6 and 7 level. In the event that a Club does not have 3-5 Tier 6+ teams, clubs combine within their region to create the full complement.

Karine Dore, National team coach visited the Mississauga/York clubs and Variety Village. Sheilagh Croxon, former National team coach is travelling to Ottawa to visit with the Gloucester and Ottawa clubs and Julie Sauve, former National team coach will be leading sessions for Durham and Kawartha-Trent synchro clubs as well as Burlington, Waterloo and London.



*York Synchro with Karine Dore at their Outreach session, November 18th*



## WHITEHORSE 2007 JEUX DU CANADA GAMES

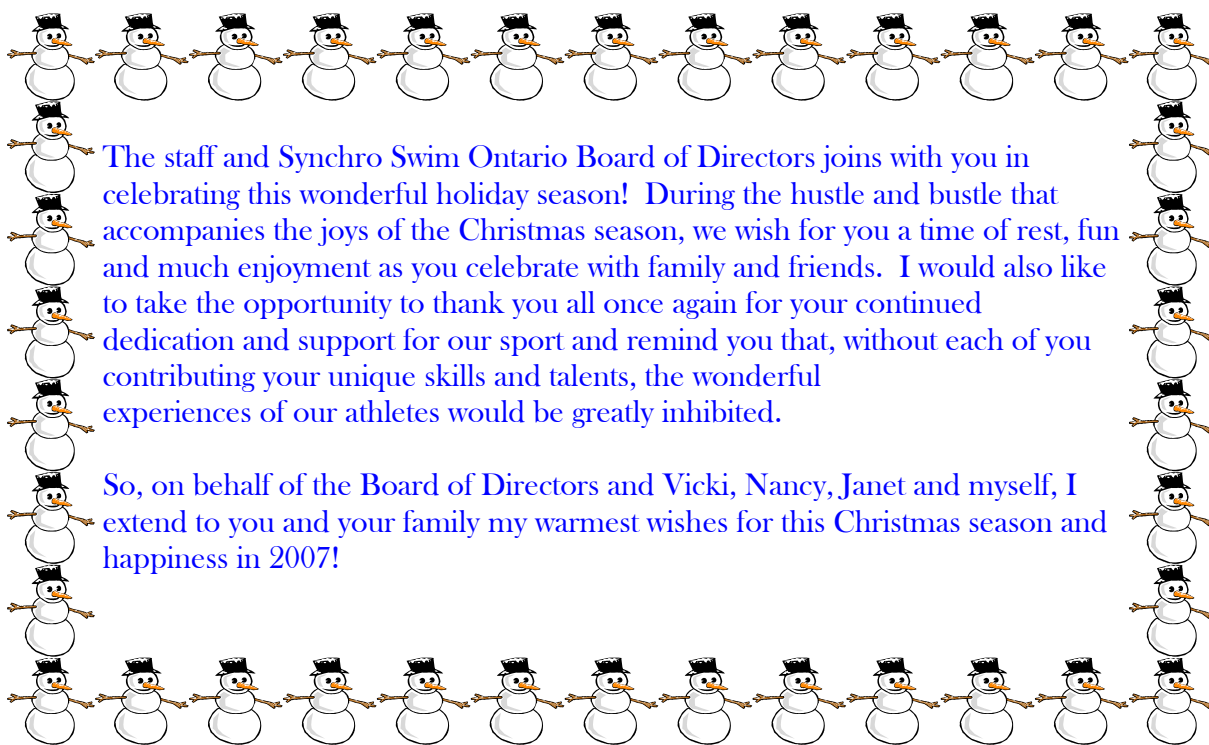
CONGRATULATIONS Team Ontario Members: (alphabetically):

Alyssa Bezeau, Samantha Kowalski, Katie LePage, Julie Maclean, Chelsey Matthews, Samantha Mawhinney, Victoria Mintz, Annette Petersen, Stephanie Saunders.

Head Coach: Julia Warren, Manager: Jennifer Shaver, \*Apprentice Coach: Amy Caskey.

Best wishes for a wonderful Canada Games

*\* Amy Caskey is the recipient of the Women In Coaching Apprentice Program*



The staff and Synchro Swim Ontario Board of Directors joins with you in celebrating this wonderful holiday season! During the hustle and bustle that accompanies the joys of the Christmas season, we wish for you a time of rest, fun and much enjoyment as you celebrate with family and friends. I would also like to take the opportunity to thank you all once again for your continued dedication and support for our sport and remind you that, without each of you contributing your unique skills and talents, the wonderful experiences of our athletes would be greatly inhibited.

So, on behalf of the Board of Directors and Vicki, Nancy, Janet and myself, I extend to you and your family my warmest wishes for this Christmas season and happiness in 2007!

# 2006 HOLIDAY SYNCHRO ORNAMENT



Once again Synchro Swim Ontario is excited to announce the production of an exclusive custom designed 2006 Holiday Synchro Ornament for only **\$14.00** (tax included).

**2006 Limited edition** brushed chrome hanging snowflake ornament (3.375" w) laser engraved with "Synchro Star" design (left) and accented with a red bead. Individually boxed for easy wrapping. A perfect gift for swimmers, coaches, officials and volunteers! A great idea for stocking stuffers or secret Santa gifts!

**Don't delay - Only 250 ornaments available for 2006!** Ornaments are available **NOW** and orders will be taken until we are sold out! Orders may be picked up at the Synchro Ontario office or shipped to you (minimum shipping & handling fee is \$6.00).

Please note we require **payment** to secure your order (cheque or credit card)  
Shipped orders **MUST** be paid by credit card so that the shipping fee can be added.

Name: \_\_\_\_\_ Club (if applicable): \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

No. of Ornaments \_\_\_\_\_ X \$14.00 = \$ \_\_\_\_\_

## Payment Information: No Refunds.

Cheque enclosed or  Credit Card:  Visa  MasterCard

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry: \_\_\_\_\_

Signature: \_\_\_\_\_

## Delivery Information:

- Will pick-up ornament(s) at Synchro Ontario Office  
 Please ship to me (shipping charges are extra and will be added to bill - min \$6 charge)

## Fax, Mail or E-mail your Order Form to:

Synchro Swim Ontario 1185 Eglinton Ave. E., #303, Toronto, ON M3C 3C6

Fax: 416-426-7376 or E-mail: vbradley@osrc.com