

## What is BOSSC?



BOSSC Members Aerin England, Rachel Enns, Candice Larochelle, Cosette Leblanc, Emily Newton, Jacqueline Rossini, Sarah Sarofim, with coaches Jennifer Scott and Elena Podolsky

BOSSC is the Burlington Olympium Synchronized Swimming Club. In Summer 2013 when it appeared OSSC and BSSC would not have enough junior swimmers to form teams the clubs made the bold decision to join together to form a new club with the express purpose of providing a team environment for these swimmers.

### **How has the experience for the swimmers been so far this year?**

To quote BSSC Head Coach Jennifer Scott 'The B.O.S.S. Club has provided BSSC junior level athletes with an experience they wouldn't have been able to have in their home club. At a time when BSSC didn't have enough athletes to form a Junior Team, BOSSC has given some talented athletes the opportunity to develop to their potential while staying at their home school and not causing major change in their personal lives so near the end of high school. .'



And it's not just the coaches who are excited about this team. As Candice Larochelle (swimmer) shares "BOSSC has provided me with the opportunity to swim alongside athletes whom I've competed against for over 10 years. Together we share different approaches to training, we've enhanced friendships that had already developed on the pool deck

while at competitions, and we've created a larger network of resources as we advance in our beloved sport. The privilege to train under the leadership of two exceptional coaches was a brilliant opportunity at my stage in the sport. I am proud to be part of a pioneering experience and hope it will continue to grow."

For the parents too this has also been a successful collaboration. "My daughter has thoroughly enjoyed swimming on the BOSSC team. Making new friends and the experience of swimming a team routine nationally has been very exciting. It has been a great collaboration between two synchronized swimming clubs and has given the athletes an opportunity that did not exist before" says Irma LeBlanc (parent).

(See more swimmer/parent quotes below)

### **How has it been working with another club?**

Both coaches have seen tremendous benefits to working together and sharing best practices. 'It has been a great development opportunity for me as a coach to work with such an experienced and successful coach as Elena Podolsky, while also pushing me as a coach to meet the new challenges that bringing together these two clubs has provided. It has been a successful pairing and we look forward to a strong future together' says Jennifer. As an extension to this partnership BSSCs 13-15FINA team will join BOSSC/OSSC on their week long training camp in Florida in March 2014 prior to National Qualifiers.



### **So logistically how does this unique collaboration work?**

The team has two joint practices a week. On Thursday mornings from 6.30-10.30am in Etobicoke and Sundays from 8am-2pm in Hamilton. The remainder of their practices for extra routines, workouts and figures are at the swimmers home club. Schedules as follows.

#### BSSC

Monday 6-8pm  
Tuesday 4.30-7.30pm  
Friday 4.30-7.30pm

#### OSSC

Monday-Thursday 6-11am  
Saturdays (every 2<sup>nd</sup> one) 8-2pm

OSSC where possible provides an amended schedule to permit swimmers to attend their home high school with the support of that school.



### **Is it possible to be successful with this unusual training arrangement?**

Absolutely. As demonstrated at the recent National Qualifiers where team placed 8<sup>th</sup>, duet placed 6<sup>th</sup>, solo placed 14<sup>th</sup> and a BOSSC swimmer was in top ten for figures. In addition, two BOSSC athletes Aerin England and Cosette LeBlanc have been selected for the 2013-2014 Quest for Gold.

### **What do you see in the future for BOSSC?**

To continue to build on the great start to the 2013-2014 season including a week long training camp in Florida, National Qualifiers in Montreal and Canadian Open Championships in Saskatoon. And to look forward to continuing this exciting collaboration into 2014-2015 and beyond.



As Elena Podolsky, OSSC Head Coach shares 'BOSSC is the only club from Toronto to Hamilton which provides an opportunity for junior athletes to swim team. We are fortunate this year to have great swimmers from both clubs and look forward to welcoming new swimmers to this experience in 2014-2015. There are amazing learning opportunities here for athletes and coaches. What a great challenge for all!'

**For more information on BOSSC please contact Monique Dubord at [mdubord1@rogers.com](mailto:mdubord1@rogers.com).**

### **Additional feedback from swimmers and parents on this exciting program**

"The opportunity to swim at BOSSC has been an amazing chance to challenge myself and to see what my potential is as an athlete. I am able to train with many talented teammates and coaches, and I am excited to see what success we can achieve together." - Emily Newton (swimmer)

"It's always hard to move to a different country and in my case a whole different continent but BOSSC made it so much easier. I'm happy to be part of this team and it gave me great opportunities in my training and development as an athlete." Sarah Sarofim (swimmer)

"BOSSC has provided me with the opportunity to swim alongside athletes whom I've competed against for over 10 years. Together we share different approaches to training, we've enhanced friendships that had already developed on the pool deck while at competitions, and we've created a larger network of resources as we advance in our beloved sport. The privilege to train under the leadership of two exceptional coaches was a brilliant opportunity at my stage in the sport. I am proud to be part of a pioneering experience and hope it will continue to grow." Candice Larochelle (Swimmer)

"Synchro swimming has been a beautiful activity for our family to support our daughter in. BOSSC provided an avenue for our daughter to continue to swim at a National level when options had run out. We are proud of our daughter's accomplishments, the skills and the aptitudes she developed over the years thanks to this remarkable sport. Even more impressive is the commitment of a group of coaches and former athletes who had a dream of expansion for athletes with reduced options. They developed a program that provided new opportunities, experiences, and most importantly the development of new friendships for the girls and we parents." Chantal Larochelle (parent)

My daughter has thoroughly enjoyed swimming on the BOSSC team. Making new friends and the experience of swimming a team routine nationally has been very exciting. It has been a great collaboration between two synchronized swimming clubs and has given the athletes an opportunity that did not exist before. Irma LeBlanc (parent)

"BOSSC offered a great opportunity for my daughter to train at a national level. We highly appreciate that the coaches were flexible and supportive to accommodate her training schedule allowing her to attend the high school of her choice" Magda Sabea (parent)

"The creation of the BOSSC team has provided a unique and exciting National Level opportunity for my daughter. Without BOSSC this wouldn't have been possible. It has been great to see the swimmers and coaches work as one and also learn from each other." - Nancy Newton (parent)