



2010-2011 Registration

The 2010-2011 Registration deadline is coming up quickly. Please ensure to sign up all athletes, coaches, volunteers, and members. If you have any questions about the registration process, fees, database please visit our website:

http://www.synchro.bc.ca/Member_Services/Registration/

Registration deadline is October 15, 2010.

After completing club registration, please send an email to info@synchro.bc.ca and I will invoice the club directly. Payment is due **October 31, 2010**.

2010 CASSA Rule Book – Now Available

The 2010 CASSA Rule Book is now available. To download, please visit Synchro Canada's website under the Competitions section:

http://www.synchro.ca/index.php?option=com_content&task=category&id=55&Itemid=40

2010 FINA Masters Technical Elements

The 2010 FINA Masters Technical Elements are now FINAL and ready to download. Please check our website to download the document:

http://www.synchro.bc.ca/Member_Services/Technical_Information/

What's going on:

Page 1

- 2010-2011 Registration
- 2010 CASSA Rule Book
- 2010 FINA Masters Tech Elements

Page 2

- Media/Press Kit 101
- Questions on the new Competitive Structure?
- Synchro Canada Hires Two Experts for Athlete Development
- Centre of Excellence Athletes Blog

Page 3

- 2010 Petro-Canada Sport Leadership Conference
- 2010 Synchro Canada High Performance Summit
- Historic Performance for Canada at the 2010 FINA World Cup
- Information for the E-Splash

Synchro BC Hours

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| Monday | 8am – 3.30pm |
| Tuesday | 8am – 3.30pm |
| Wednesday | 8am – 3.30pm |
| Thursday | 8am – 3.30pm |
| Friday | Office Closed |

Annie, our office coordinator, will be happy to answer any questions during this time.

Supported by:



Media/Press Kit 101

Aisha Vance, of PSSV, has developed a media kit specific for synchro clubs. Aisha began her career as a Media Communications programmer at BCIT and majored in Broadcast TV and Radio News (journalism). While at BCIT she worked as a news reporter for 107.9 CFML and for Astral Media Radio. After completing BCIT Aisha was hired at Global TV in Vancouver as a researcher and then started working as a writer for both the morning show and news hour final. Aisha moved to Victoria where she completed her degree in professional/ corporate communications from Royal Roads University and worked part time at A Channel (CTV) and CFX news radio.

Currently she works with a NGO in Victoria as a Communications Specialist.

We hope that you find this guide helpful. Please contact Aisha directly should you have any questions. Thank-you Aisha for sharing your knowledge on the subject!

To download the media kit, please visit our website: <http://www.synchro.bc.ca/News/>

Questions on the new Competition Structure?

Download the Information Guide and Questions and Answers. A guide produced by Synchro Canada to answer your questions regarding the new competition structure. Download it now:
http://www.synchro.ca/index.php?option=com_content&task=category&id=103&Itemid=40&lang=english

Synchro Canada Hires Two Experts for Athlete Development

Synchro Canada has added Khadija Cutcher and Jennifer Langlois to its domestic technical program as experts in athlete development. Under the supervision of domestic technical director Jadine Cleary, Khadija Cutcher and Jennifer Langlois will provide their expertise to help clubs develop its next generation of athletes. More details:
http://www.synchro.ca/index.php?option=com_content&task=view&id=254&Itemid=64&lang=english

Centre of Excellence Athletes Blog

Read the new athletes blog from Synchro Canada's Center of Excellence. This week, Emilia Kopcik wrote about her experience at the 2010 FINA World Junior Championships. Read it now:
http://www.synchro.ca/index.php?option=com_content&task=category&id=84&Itemid=33&lang=english



2010 Petro-Canada Sport Leadership Conference

Whether you are a coach, administrator, sport scientist, researcher, coach educator, or leader in the corporate community, the Petro-Canada Sport Leadership sportif conference is your opportunity to CONNECT, LEARN, NETWORK and CELEBRATE sport in Canada.

Attend Sport Leadership in Ottawa, ON from November 18-21, 2010 to celebrate successes, challenge traditional thinking, and reflect upon and explore current struggles. Hear and interact with innovators, influencers, change agents, thought leaders and icons that inform and inspire in one of four streams: coaching the developing athlete, high performance coaching, coach education and research, and sport management. Register today or check the schedule and speakers:

<http://www.coach.ca/sportleadershipsportif/2010/e/index.cfm>

2010 Synchro Canada High Performance Summit

Synchro Canada is inviting all its high performance coaches to save the dates of November 19-20 for the 2010 Synchro Canada High Performance Summit, which will be held in conjunction with the 2010 Sport Leadership conference in Ottawa, November 18-21.

Synchro Canada is also inviting and encouraging all coaches to take part in the SPIN Summit prior to the High Performance Summit, November 17 and 18 still in Ottawa, with the theme Performance Analysis: Targeting Technology for Podium Performances.

Synchro Canada will provide you with more detailed information soon regarding the suggested hotel. If you have any questions, please contact Synchro Canada Domestic Technical Director, Jadine Cleary, at jadine@synchro.ca.

Historic Performance for Canada at the 2010 FINA World Cup

Historic performance for Canada at the 2010 FINA World Cup

Synchro Canada's National Team won four medals at the 2010 FINA World Cup held in China last week, best performance ever for Canada in synchronized swimming at a FINA competition, World Aquatic Championships or World Cup. Marie-Pier Boudreau-Gagnon got four medals: silver in duet with Chloé Isaac, bronze in solo, team and combo. Congratulations to all the athletes who proudly represented the country. Check out pictures, full results and press releases for the 2010 FINA World Cup in the special section: http://www.synchro.ca/index.php?option=com_content&task=view&id=156&Itemid=80&lang=english.

Information for the E-Splash

You can send us information or an article that you want to put in the E-Splash. This will allow everybody to share their experiences with others. The more information we get, the better it is. Thank you!

