

# Splash

E-Newsletter Synchrono BC

July 2011

SYNCHRO B.C.



## Summer Holidays

The Synchrono BC Office will be closed from July 8<sup>th</sup> to 31<sup>st</sup>, 2011. Annie will be back in the office on Monday, August 1, 2011.

If you have any urgent matter during this time please contact Brenda, our Technical Director ([td@synchrono.bc.ca](mailto:td@synchrono.bc.ca)), for any technical questions or Kate, our Executive Director ([ed@synchrono.bc.ca](mailto:ed@synchrono.bc.ca)), for any other inquiries.

## Fall Conference

The Synchrono BC 2011 Fall Conference will be taking place at the Vancouver Aquatic Centre (VAC) from October 14-16, 2011 in conjunction with Training Meet #1.

Please mark this date in your calendars.

## 2011 Canadian Espoir Championships

The best 13-15 age group level synchronized swimmers in Canada have returned from competing at Synchrono Canada's 2011 Canadian Espoir Championships held June 1-5, 2011 at the Gatineau Sports Centre.

Synchrono BC would like to congratulate all BC athletes that participated:

### Age Group 13-15 – FIGURES

- 129. Nevada Ulmer (VPW)
- 132. Victoria McArthur (VPW)
- 172. Seray Sefayi (VPW)
- 194. Jenna Bajus (VPW)
- 197. Mikalyn Trinca (VPW)
- 200. Lucia Leon (VPW)
- 205. Nicola Loretto (VPW)
- 220 Tasha Nehru (VPW)

### Age Group 13-15 – SOLO

- 29. Nevada Ulmer
- 35. Jenna Bajus

*(Solo results are for both Routine & Championship Score)*

### Age Group 13-15 – TEAM

- 22. Vancouver Pacific Wave  
*(Routine Score)*
- 23. Vancouver Pacific Wave  
*(Championship Score)*

Check out the 2011 Canadian Espoir Championships section now:  
[http://www.synchrono.ca/index.php?option=com\\_content&task=view&id=156&Itemid=80&lang=english](http://www.synchrono.ca/index.php?option=com_content&task=view&id=156&Itemid=80&lang=english)

## What's going on:

### Page 1

- Summer Holidays
- Fall Conference
- 2011 Canadian Espoir Championships

### Page 2

- Technical Director's Corner

### Page 3

- 2011-2012 Competitive Meet Schedule

### Page 4

- 2011-2012 Technical Package
- CABC – BC Coaches Week
- Sound System Wanted

## Synchrono BC Hours

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:



## Technical Director's Corner



To all Synchro BC athletes, coaches, officials and families:

I want to take this opportunity to once again congratulate everyone on a great season. What a wonderful feeling to come to the end of another successful season and look back at all the accomplishments of our athletes.

I would especially like to thank all the coaches who took part in our Synchro BC annual Coaches Meeting. I am excited about the direction our province has taken. I believe that our new competition structure is going to positively impact our BC clubs' and athletes' successes. . This structure will address the needs of both our athletes and coaches across the province.

I have enjoyed my first year as the Technical Director for Synchro BC and have learned a lot. I plan to continue in this role to help support our province to reach its goal of excellence.

Please find the following information posted on our website:  
([http://www.synchro.bc.ca/Member\\_Services/Technical\\_Information/](http://www.synchro.bc.ca/Member_Services/Technical_Information/))

- **2011-2012 Technical Package**
  - Technical Package
- **2012 BC Summer Games**
  - BCSG Package
  - Athletes Trials Entry Form
  - Coaches Application Form
- **2011 BC High School Championships**
  - BCHS Package
  - School Registration Forms
- Synchro BC Star Testing Sheets
  - Star 1 to Superstar 3

Please check out all the information and become familiar with the new structure. If you have any questions please email me (td@synchro.bc.ca).

Also Mark October 14-16, 2011 on your calendars. We have combined the Fall Conference with Training Meet #1 (for NS & PS). More details for this amazing event will be available closer to the date.

And lastly, you will be updated over the summer per email on any upcoming changes. Please check your emails and the Synchro BC website regularly.

I hope you all have a safe and happy summer!

As always, please feel free to email me with any questions or concerns. Keep up the great work!

Brenda ([td@synchro.bc.ca](mailto:td@synchro.bc.ca))



## 2011-2012 Synchro BC Meet Schedule

#	Date	Event (NS=National Stream, PS=Provincial Stream)	Location	Pool Name	Pool Time Booked	Host Club	Entries Due	Figure Draw Out
1	October 14 - 16, 2011	● Fall Conference	Vancouver	VAC (Vancouver Aquatic Centre)				
2	October 14 - 16, 2011	● Training Meet #1 (NS & PS - LM, ISL, INT)	Vancouver	VAC (Vancouver Aquatic Centre)			20-Sep-11	
3	November 18, 2011	● BC High School Meet	Richmond	Watermania	8am to 1pm	Synchro BC	31-Oct-11	
4	November 26, 2011	● AAP ● NS - Tr Meet #2 ● PS - Island Tr Meet #2 ● BC Summer Games Trials (zone 6)	Comox	Comox (or Victoria)	8am to 6pm	CVO, RS & CR (PSSV)	31-Oct-11	
5	December 3, 2011	● PS - LM Training Meet #2 ● BC Summer Games Trials (zone 3-5, 7, 8)	Surrey	SSLC (Surrey Sports and Leisure Complex)	10am to 8pm	CHI	31-Oct-11	
6	December 11, 2011	● PS - Int Training Meet #2 ● BC Summer Games Trials (zone 1-2)	Vernon	VERN (Vernon Recreation Center)	9am to 4pm	VERN	31-Oct-11	
7	January 28, 2012	● NS - Meet ● Masters Regional Meet	Surrey	SSLC (Surrey Sports and Leisure Complex)	10am to 8pm	VPW	6-Dec-11	19-Jan-12
8	Feb 25 & 26, 2012	● NS - Provincial Meet ● PS - Routine Training Meet	Coquitlam	CCAC (City Centre Aquatic Complex)	8am to 6pm	BCAQ	15-Dec-11	16-Feb-12
● Western Divisional Championships								
9	April 15, 2012	● PS - Isl. Regional Meet & Rec ● Rec - Isl. Recreational Meet	Victoria	SCP (Soanich Commonwealth Place)	8am to 6pm	PSSV	27-Feb-12	29-Mar-12
10	April 21 - 22, 2012	● PS - LM. Regional Meet ● Rec - LM Recreational Meet ● Masters Provincial Meet	Walnut Grove	WGAC (Walnut Grove Aquatic Centre)	8am to 6pm	BURN/WCS	29-Feb-12	5-Apr-12
11	April 28, 2012	● PS - Int. Regional Meet ● Rec - Int. Recreational Meet	Kamloops	CGAQ (Canada Games Aquatic Centre)	8am to 6pm	KAM/KEL	5-Mar-12	12-Apr-12
● National Masters Championships								
● Canadian Open Championships								
● Canadian Espoir Championships								
12	June 1 - 3, 2012	● Jean Peters	Kamloops	CGAQ (Canada Games Aquatic Centre)	8am to 6pm	KAM/KEL	2-Apr-12	24-May-12
● FINA World Masters Championships								
13	July 19-22, 2012	● BC Summer Games	Surrey	SSLC (Surrey Sports and Leisure Complex)		Synchro BC	31-May-12	
● Olympic Games								



## 2011-2012 Technical Package

Please make sure that you are using the most up to date technical package. You can find the package on our website under: [http://www.synchro.bc.ca/Member\\_Services/Technical\\_Information/](http://www.synchro.bc.ca/Member_Services/Technical_Information/)

We have updated the routine time limits (as of June 29<sup>th</sup>, 2011).

### Provincial Stream

	Solo	Duet	Trio	Combo	Team
Level 1	2:15	2:30	2:30	-	3:00
Level 2 & 3	2:30	3:00	3:00	-	3:30
Level 4 & 5	3:00	3:30	3:30	4:00	4:00
Level 6	3:00	3:30	3:30	4:30	4:00

If you have any technical questions please contact our technical director directly ([td@synchro.bc.ca](mailto:td@synchro.bc.ca)).

## CABC – BC Coaches Week – September 17-24, 2011

Mark this week on your calendar! British Columbia Coaches Week, an initiative of Coaches Association of BC, focuses on the **recruitment, development and celebration** of sport coaches with events around the province. Events include training opportunities, workshops and celebrations of the work of volunteer and community coaches.

Check out the CABC website for all the information & registration:  
<http://www.coachesbc.ca/coaches-week>



## Sound System wanted!

Kelowna Dolphins is a small Interior BC club in urgent need of a working underwater sound system. If you or anyone you know might be able to sell our club a used sound system, please contact [kelownadolphins@hotmail.com](mailto:kelownadolphins@hotmail.com). Thank you for your assistance!

Mina  
Kelowna Dolphins

## 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!

