

Synchro BC Announces Canada Winter Games Extra Routines

Synchro BC Executive Director, Kate Rader, is pleased to announce the naming of the five athletes to compete in the extra routine events at the Canada Winter Games in Halifax, Nova Scotia. Athletes were selected this past weekend, during the Masters Regional Competition in Coquitlam, BC.

Representing BC in the Solo Category:

Kimberly Paterson, Vancouver Pacific Wave
Vanessa Baxter, BC Aquasonics

Representing BC in the Duet Category:

Vanessa Baxter and Olivia Zawadiuk, BC Aquasonics
Jane McCulloch and Danielle Ten Vaanholt, Vancouver Pacific Wave

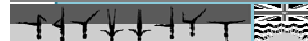
Joining these athletes at the games will be teammates

Madelyn Paterson, Vancouver Pacific Wave
Meghan Dougan, Nanaimo Diamonds
Erin Williams, BC Aquasonics
Kessia Dirks, Pacificsport Synchro Victoria
Kelli Gustafsson, Vancouver Pacific Wave

Team Coaches for the 2011 Canada Winter Games

Susan Kemper, Head Coach
Tanya Matson, Assistant Coach

The team will compete during week two of the interprovincial games, February 20-27, 2011. We wish all the athletes and coaches the best of luck. Go BC!



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Synchro 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

Hello everyone,

It's official – the competitive season has started! This past weekend, Masters' regionals and the Canada Winter Games extra routine selection occurred in Coquitlam, BC. And, if this weekend was any indication, it promises to be an exciting season for our BC athletes. Congratulations to all the competitors!

A few reminders to share with your coaches, athletes and parents:

- **Event Warm-up:** Please remember to be courteous and aware while warming up routines. With so many athletes in one space, everyone will need to work together to ensure a positive experience. Safety is our primary concern during this time, and teams exhibiting aggressive behavior may be asked to leave the pool by the chief referee.
- **Athlete Conduct:** Coaches, please ensure you and your athletes are aware of the conduct rule in place for this season. Cheering and screeching will no longer be allowed during a competition. For more information, please see the technical package, page 8: http://synchro.bc.ca/assets/manuals/2010-2011_TechPack-Part2.pdf
- **Age Groups:** A reminder to coaches with national swimmers: As per CASSA, at the national level, athletes swimming out of their age group **will be required** to swim the figures of that age group to contribute to the team's final score. (E.g., a 13-15 athlete who swims 13-15 solo and Jr. Team will be required to swim 13-15 figures for solo combined score and Junior figures for the junior team combined score). More information can be found in the technical package, page 4: http://synchro.bc.ca/assets/manuals/2010-2011_TechPack-Part5.pdf
- **Feedback Competition:** During the provincial feedback competition, clubs can choose to wear either black suits or routine suits.

As always, please feel free to email me with any questions or concerns.

Brenda

td@synchro.bc.ca

Louise Kennedy at the 2011 FINA World Aquatic Championships

Synchro Canada is pleased to announce that Louise Kennedy will be participating at the 2011 FINA World Aquatic Championships in Shanghai as a synchronized swimming judge. Louise was selected by the FINA Technical Synchronized Swimming Committee (T.S.S.C.) and FINA Bureau. Congratulations Louise from everybody in BC.



Competition Introduction Course – Feb 19-20, 2011 at SFU

Synchro BC is pleased to announce that we are running a Competition Introduction course at SFU from February 19-20, 2011.

Deadline:

The registration deadline is **Wednesday, February 9, 2011**. We need a minimum of 6 participants to run this course. This course has room to accommodate up to ten participants, on a first come basis. We will be running another course in early spring, and anyone unable to take the February course will be given priority for the next course. Just a reminder that **all** competitive coaches need to be CI certified for next season.

Cost:

The total cost for this course is \$415.00 (\$325.00 for course fee & \$90.00 for course material).

Time:

Saturday	9.00am to 3.30pm	Classroom
	3.30pm to 6.30pm	Pool Session
Sunday	9.00am to 3.30pm	Classroom

Please find all details about the course on our website under:

[http://www.synchro.bc.ca/Coaches/NCCP and Education/](http://www.synchro.bc.ca/Coaches/NCCP_and_Education/)

If you have any questions feel free to give us a call during office hours or email at any time (info@synchro.bc.ca).

Annie Vorpe
Office & Meet Coordinator
Synchro BC
604-333-3640

Congratulation to the 5 new Level 1 Officials

Synchro BC would like to congratulate our newest judges that completed modules A, B and D in January 2011.

- Gerd Maisey
- Ann Stirrat
- Filiz Ozdemir
- Huriye Sefayi
- Orah Chaye



We are looking forward working with you all on the pool deck.



Vancouver Masters Synchro in the news!

Vancouver Masters has been covered in the Courier on January 26, 2011.

Click on the link below to check out the article in the Courier:

<http://www.vancourier.com/sports/Finding+freedom+synchro/4169997/story.html>

Meghan Henrickson
President
Vancouver Masters Synchro

VPW – Christmas came early

Christmas came early for the Vancouver Pacific Wave Synchronized Swim Club in the form of a sweet little elf named Cassidy Beaver-Nicol, a recently retired Canadian National Synchro Team athlete. She was on her way home to Kamloops, stopping to sub coach and then agreeing to stay on for 2 more weeks to help us out. We were so thrilled she did. Cassidy's passion and skill in synchronized swimming entranced us all. Especially wonderful was that at every swim practice she got in the water with the girls. She showed figure positions and how to add that something extra to routines. Her love of choreography was a bonus for all the routines she worked with. The grand finale for our club was when Cassidy performed her effortless jumps and throws doing three in a row at our Winter Water show. Cassidy is not only a gifted athlete but a wonderful role model. She has returned to her home province and is willing to give back and to share her expertise in a sport that has given her so much.

Thank you Cassidy and good luck with what we hope is an enriching coaching carrier.

Vancouver Masters Synchro – looking for swimmers for 2012 Worlds

Vancouver Masters Synchro is looking for swimmers interested in participating in the 2012 World Masters Games in Riccione, Italy.

If you are thinking of getting back into synchro, or are looking for an excuse for a great vacation, why not join us at the World Championships in August 2012? No previous synchro experience? No problem - we can teach you! You must be at least 20 years old in the year 2012, and be ready to have an amazing time.

Already part of a Masters club, or prefer to swim a duet or solo? That's ok, too. We can still share pool rental and travel costs, plus coaching duties.

If you are interested, please contact president@vanmasterssynchro.ca

Meghan Henrickson
President
Vancouver Masters Synchro

National Championships Information Package now available

The information packages for the 2011 Canadian Open Championships in Calgary, Alberta, and the 2011 Canadian Espoir Championships in Gatineau, Quebec, are now available online:

http://www.synchro.ca/index.php?option=com_content&task=category&id=52&Itemid=38&lang=english



2010-2011 Club Excellence Program

Synchro Canada is pleased to announce that the 2010-2011 Club Excellence Program is now available for clubs to access online. The application deadline for the Club Excellence Program is **February 25th, 2011**. All of the information is available in the Club Excellence Program section of our Website:

http://www.synchro.ca/index.php?option=com_content&task=category&id=37&Itemid=34&lang=english

Job opportunities: 2011 National Junior and 13-15 Team Coaching Staff

Synchro Canada is now looking for applications for its 2011 National Junior and 13-15 Team Coaching Staff, including the positions of Head Coach, Assistant Coaches and Apprentice for both teams. Deadline is Friday, February 11, 2011. More details:

http://www.synchro.ca/index.php?option=com_content&task=section&id=7&Itemid=29&lang=english

Synchro Canada Rule Book – Rule Changes

Please check the latest changes to the Synchro Canada Rule Book which are based on changes to FINA's judging rules. Check it out now:

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

UPDATES: 2011 Divisionals Championships

Check out the updates regarding the 2011 Divisionals Championships information packages. For the Western Divisionals, you'll find the second version of the information package, a registration form and a towel order form. Please note that all registrations for the competition and for the banquet and figures hospitality, music and payment are due by February 21st, 2011. For the Eastern Divisionals, you'll find a French version of the information package. More details:

http://www.synchro.ca/index.php?option=com_content&task=category&id=52&Itemid=38&lang=english

2011 Athlete Council Election

Synchro Canada is now seeking to elect representation to the 2011 Athlete Council. Nominations for the following positions on the council are currently being accepted – Chair (1), Co-Chair (1), Atlantic Representative (1), Eastern Representative (2), Western representative (1). The deadline for nominations is February 2nd, 2011. Each position on the Athlete Council will be filled through a nationwide election held at each of the Provincial Championships. Please note that any 13 year and older athletes that are potentially eligible to compete at the Canadian Open or Espoir Championships are able to vote in the election. The elected individuals will be officially announced at the 2011 Canadian Open. Apply now for the 2011 Athlete Council! More details:

http://www.synchro.ca/index.php?option=com_content&task=section&id=16&Itemid=39&lang=english



Synchro Music Wanted

The Jamaican Synchronized Swimming Association is looking for some resources, including pre-cut music, in order to assist them with developing their programs. If you have any music to share, please send a CD to the office so that we can include the music in our shipment of other resources. Synchro Canada is looking to get all CD's by Friday, February 4th. Check our address in our Contact Us section:

http://www.synchro.ca/index.php?option=com_content&task=category&id=13&Itemid=26&lang=english

The 2011 Census is staffing 35,000 jobs across Canada

If you are over 18 years old and can commit to at least 20 hours per week including evenings, weekends and holidays, apply now.

Rates of pay (\$14.72 to \$18.04 an hour) vary by assignment. The work period is early March to the end of July 2011, depending on assignment.

Please tell friends and family about opportunities to work on the census. Visit the 2011 Census website for more information.

To download and submit an online application, visit the website at <http://www.census2011.gc.ca>
These jobs are ideal for: students, recently retired persons, stay-at-home parents, and those wanting to supplement their income.

We offer:

- Flexible work hours
- Competitive wages
- Work in both rural and urban areas.

Jodi Garwood

Communications Officer | Agente des communications
Census - RCC - Burnaby | Recensement - CRR - Burnaby

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!

