

Splash

E-Newsletter Synchro BC

April 2011

Happy Easter

Synchro BC wishes everybody happy Easter!



*Chocolate covered raisins, cherries, orange slices and strawberries.
All count as fruit, so eat as many as you want.*

Synchro BC Excellence in Coaching Award

As part of the continued effort to recognize and support excellence in the province of BC, Synchro BC will be awarding the Excellence in Coaching Award. The Excellence in Coaching Award was created to recognize outstanding individuals who demonstrate exemplary leadership in the sport of synchronized swimming at the provincial level.

For more information, or to download the nomination form, please check the website under: <http://www.synchro.bc.ca/Coaches/>

Charlotte Tutte Award Recipient

Congratulations to Liza Leusenko, the 2011 recipient of the Charlotte Tutte Award. Designed to recognize an athlete in their first year of competition at the Junior level, some of the criteria for this award are that the swimmer must show an intention to continue their synchro career to the senior level, steady improvements throughout the year and demonstrated sportsmanship.

Congratulations Liza!

SYNCHRO B.C.

What's going on:

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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:





Congratulations to all BC swimmers who recently competed at the **Western Divisional Championships** in Regina. Our BC swimmers looked great and it was wonderful to see so many accomplishments in the pool. Good luck to everyone in your preparations for Nationals.

A few reminders:

- **CI Courses:** Clubs, please encourage your coaches to sign up for the upcoming CI Courses. A reminder that coaches need to be fully certified next year, or they will be subject to a penalty. Please check the Synchro BC website for further information (synchro.bc.ca/coaches).
- **Feedback:** In preparation for next year, we will be sending out questionnaires to all coaches and club executives for feedback about this year's structure.

This is a chance to provide useful feedback on the past season and the best ways to move forward into the next season. Please take the time to fill this out and ensure you have a voice in the direction our province is heading!

- **Provincial Excellence in Coaching award:** Make sure to submit nominations for any coach who deserves this award. We know how hard all of our coaches work, so let's take this opportunity to recognize an outstanding Coach who is working on the development of our Provincial level swimmers.
- **Coaches Certification at Nationals Championships:** Please note that no fines will be applied to coaches at the 2011 Canadian Espoir and Open Championships for not having their Level 3 certification. Synchro Canada still in the transition with the new Competition Development context and will redefine the requirements for these Championships in the next season.

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

Brenda (td@synchro.bc.ca)

Congratulations to the 2010-2011 Club Excellence Program Recipients

Synchro BC would like to congratulate three of BC's clubs for successfully being selected to the 2010-2011 Club Excellence Program.

The Club Excellence Program, now in its third year, encourages clubs to streamline their operational guidelines in order to help develop better athletes, coaches and club programs with the main objective to keep Synchro Canada among the world's elite in synchronized swimming.

While respecting the specific needs of each club that applies for the program, Synchro Canada reviews various criteria such as daily operations, marketing, and the hosting and planning of competitions.

"On behalf of Synchro Canada, I wish to congratulate all the selected clubs for their unique contribution in elevating the level of excellence of Canadian synchronized swimming," said Khadija Cutcher, Synchro Canada's Interim Domestic Technical Director. "The success of our national team can be credited to the strength, depth and hard work of our clubs and their coaches. The Club Excellence Grant Program was created in 2009 in order to recognize the work of these clubs which contribute to the pride we show to the world in Canadian synchronized swimming."

The 2010-2011 BC recipients are:

- **Gold Club Category**
BC and PacificSport Aquasonics (Vancouver, B.C.) (joint application) – \$2,077.50
- **Silver Club Category**
Vancouver Pacific Wave (Vancouver, B.C.) - \$692.50
- **Bronze Club Category**
Comox Valley Orcas (Comox, B.C.) - \$346.25

Updated Canadian Anti-Doping Rules Now in Effect

An updated version of the Canadian Anti-Doping Program (CADP) came into effect. These rules govern how anti-doping is conducted in Canada and are administered by the Canadian Centre for Ethics in Sport (CCES) on behalf of the Canadian sport community. More details:

<http://www.cces.ca/en/advisories-35-updated-canadian-anti-doping-rules-now-in>

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!

