



## 2011 National Junior Team Selections

Synchro BC would like to congratulate the two BC Athletes who made the list of the top 25 athletes advancing to Phase 2 of the selection to Synchro Canada's 2011 National Junior Team.

The two BC Athletes are Vanessa Baxter and Olivia Zawadiuk, both from BC Aquasonics.

Congratulations Ladies!

## Lisa Balcombe will be an alternate Judge for the 13-15 National Team Selections

Synchro BC would like to congratulate Lisa Balcombe for this great opportunity. She has been selected by Synchro Canada to be an alternate judge for the 13-15 National Team Selections.

Good Luck Lisa

## 2011 Western Championships

The 2011 Western Divisional Championships were held in March in Regina, Saskatchewan. All results are on the Synchro Canada website: [http://www.synchro.ca/index.php?option=com\\_content&task=category&id=52&Itemid=38&lang=english](http://www.synchro.ca/index.php?option=com_content&task=category&id=52&Itemid=38&lang=english)

Congratulations to all BC Athletes for your hard work and success at the Competition.

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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:



## 2011 Canadian Open Synchronized Swimming Competition

Synchro BC congratulates all BC Athletes and Coaches that participated at the 2011 Canadian Open Synchronized Swimming Competition.

### 16-18 Figures

9. Megan Dougan (NAN)
18. Carly Helgason (KAM)
31. Kady Lawson (PSSV)
37. Robyn Bartle (NAN)
38. Elodie Clayton (NAN)
39. Shannon Costello (NAN)
53. Lauren Lacey (VPW)
55. Tianna Greenhill (CVO)
60. Kim Kuemper (NAN)
62. Klarissa Tutanés (VPW)
66. Emily Rowlandson (CVO)
69. Naomi Woolverton (KAM)
74. Carly Gunter (CVO)
77. MacKenzy Higgins (BCAQ)
78. Breanna Riou-Green (BCAQ)
80. Emily Miller (PSSV)
81. MacKenzie Hollett (NAN)
83. Katie Hohensee (KAM)
85. Chantice Hamm (CVO)
90. Amy Whitton (BCAQ)
94. Lezah Smith (NAN)
95. Emma McCulloch (VPW)
99. Faith Phillips (BCAQ)
104. Melissa Pirart (NAN)
107. Morgan Brimacombe (NAN)
117. Hannah Happeney (VPW)
120. Janelle Garrett (CVO)
122. Skye Griffiths (KAM)

### 16-18 Solo

5. Carly Helgason (KAM)
6. Kay Lawson (PSSV)

### 16-18 Duets

7. Carly Helgason & Naomi Woolverton (KAM)
10. Tianna Greenhill & Emily Rowlandson (CVO)

### 16-18 Teams

8. Nanaimo Diamonds
9. BC Aquasonics
11. Vancouver Pacific Wave
13. Comox Valley Orcas

### Junior FINA Figures

23. Liza Leusenko (VPW)
31. Olivia Zawadiuk (BCAQ)
36. Vanessa Baxter (BCAQ)
50. Jane McCulloch (VPW)
51. Kelli Gustafsson (VPW)
72. Maya Reddy-Thom (VPW)
81. Lucy Boulton (BCAQ)
83. Kessia Derks (PSSV)
87. Danielle Ten Vaanholt (VPW)
98. Erin Williams (BCAQ)
1000. Farren McDonald (BCAQ)
102. Sonja Nordman (VPW)
106. Sarah McAteer (BCAQ)
113. Valerie Lang (BCAQ)
115. Sony Reger (BCAQ)
123. Kady Lawson (PSSV)
125. Klaudia Karpiuk (BCAQ)

### Junior FINA Solo

16. Vanessa Baxter (BCAQ)
20. Liza Leusenko (VPW)
28. Kelli Gustafsson (VPW)
29. Beti Ozdemir
33. Maya Reddy-Thom
34. Kessia Derks

### Junior FINA Duet

8. Vanessa Baxter & Olivia Zawadiuk (BCAQ)
16. Jane McCulloch & Danielle Ten Vaanholt (VPW)
21. Lucy Boulton & Erin Williams (BCAQ)
24. Kessia Derks & Kady Lawson (PSSV)

### Senior FINA Solo

6. Kimberly Paterson (VPW)
9. Meghan Dougan (NAN)
10. Elise Fagnan (VPW)

### Senior FINA Free Team

1. Vancouver Pacific Wave

### Combo

6. BC Aquasonics





Congratulations to all BC swimmers who competed at the Canadian Open Synchronized Swimming Championships this past week. What a fantastic performance by all our BC Athletes!

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](http://synchro.bc.ca/coaches)).
- **Feedback:** As the end of the season approaches, we ask coaches and a club executive representative to take part in an end of year survey. The survey should take no more than five minutes, and includes a review of the past season and suggestions for the upcoming 2011-2012 season. All surveys are submitted anonymously. The information collected will be discussed at the coaches meeting at Jean Peters.

Please click on the link below to complete the survey:

<http://www.surveymonkey.com/s/SHZYBMG>.

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!

- **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](mailto:td@synchro.bc.ca))

## CI Coaching Course – Island & Lower Mainland

Synchro BC is pleased to announce that we are running a Competition Introduction course in Nanaimo June 4-5, 2011 and in Surrey June 11-12, 2011

The **registration deadline** for the IS Course is May 11, 2011 and for the LM Course it is May 22, 2011. We need a minimum of 7 participants on the island and 6 participants on the Lower Mainland to run the courses. The courses have room to accommodate up to ten participants, on a first come basis. Just a reminder that all coaches need to be CI certified for next season.

### Registration:

Please check out our website ([http://www.synchro.bc.ca/Coaches/NCCP\\_and\\_Education/](http://www.synchro.bc.ca/Coaches/NCCP_and_Education/)) to download the Registration form. Please fill out the form and send it back to the office per email ([info@synchro.bc.ca](mailto:info@synchro.bc.ca)), fax (604-333-3450 attn: Synchro BC) or by mail.

### Cost:

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

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/)

## 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>

## Stacey Levitt Women And Sport Memorial Scholarship

Awarded by the Canadian Association for the Advancement of Women and Sport and Physical Activity, this scholarship is open to a young woman, a girls' team, or a sport organization that demonstrates a keen interest in sports and a healthy lifestyle, takes the initiative to make positive things happen, is highly motivated and enthusiastic, and strives to be the best and doesn't give up trying. Check out the following website for more information. Note: Application Deadline is May 31, 2011.

<http://www.caaws.ca/e/grants/levitt/index.cfm>



## Synchrosound by San Global Sales

FINALLY! The first professional sound system created especially for Synchronized Swimming Teams and their coaches.

NO MORE Broken cables, bad connections, extra adapters, speaker cables, heavy speakers, complicated controls with countless knobs, bulky systems and nowhere to store them, lack of power, extra tables for coaching materials, wasted time setting up and tearing down equipment, extra systems for competitions and meets, etc...

We listened to the coaches and decided to put an end to all these problems by creating Synchrosound.

Designed and built in Canada using only CSA and UL approved components, Synchrosound solves all the annoying problems that are inherent to the current systems being used and provides a professional solution that is easy to use, reliable, versatile and loaded with features:

- Easy to use controls
- Water proof finish
- Clearly labeled top mounted connectors for all your sound sources with 1/4" and 1/8" connectors
- Top mounted Power Surge protected bar with 6 outlets for all your power requirements
- Large tray top with 2" lip and handles to cradle your coaching material and sound sources, like clipboards, Ipods, iPhones, CD players, etc.
- Clearly labeled front mounted controls for all your inputs
- Clearly labeled front mounted controls for the built-in air speaker and underwater speaker
- Powerful professional grade 2000 watt amplifier
- Professional quality Microphone and cable included
- Built-in Isolation transformer and optional underwater speaker supplied by Oceanears, the leader in underwater speakers.
- Additional 1/4" Speaker connection for large meets and competitions where additional speakers may be desired
- Built-in storage space for underwater speaker and power cord
- Heavy duty non-marking wheels and large handles for portability
- Club Logo Engraving available on cabinet
- Several colors to choose from

We paid attention to every issue from the coaches' point of view and created a system that eliminates all of them is easy to use and looks great at the same time!

Please visit our website [www.synchrosound.ca](http://www.synchrosound.ca) and contact us for further information at [sales@synchrosound.ca](mailto:sales@synchrosound.ca)

### Synchrosound

SAN Global Sales  
422 Riverview Crescent  
Coquitlam, BC V3C 4X8



# LEARN SYNCHRO

LEARN SYNCHRO

If you've ever wanted to try synchronized swimming, here's your chance. Have fun, keep fit and meet new friends! No synchro experience necessary. Must be comfortable in deep water and able to swim 25 meters. Women 18+

## VANCOUVER MASTERS synchronized swimming



Vancouver Masters Synchro is made up of a diverse group of fun-loving ladies who compete at the regional, provincial, national and international level.

Sundays 8pm - 9pm/ May 1 - June 19\*  
Britannia Pool, 1661 Napier St.  
Vancouver (off Commercial Drive)  
8 lessons/\$90

[vanmasterssynchro.ca](http://vanmasterssynchro.ca)

\*(no practice on May 22 for long weekend)

REGISTER AT: [president@vanmasterssynchro.ca](mailto:president@vanmasterssynchro.ca)

## 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!

