



2011 Annual Coaches Meeting

The Annual Coaches Meeting will take place on June 25, 2011 at the Synchro BC Office in Richmond, BC.

Please see the Technical Director's Corner on Page 2 for all the information.

Jean Peters Championships

Synchro BC would like to congratulate all the athletes and clubs for their performances at the Jean Peters Championships, held in Nanaimo, BC, May 13-14, 2011. There is some amazing talent here in BC, and the competition was a great opportunity for the athletes to show case how their hard work has paid off

We would also like to thank Jola Berkman, Andrew Scott, Andrew Smythe and all of the Nanaimo Diamond volunteers for the excellent job they did organizing the competition. We received many compliments from coaches, officials, parents and athletes, and most of that credit is due to the time and energy Nanaimo volunteers put into the competition.

We would also like to thank all the officials for their time and dedication. Your commitment to promoting excellence in sport is, as always, appreciated.

2011 Canadian Espoir Championships

The best 13-15 age group level synchronized swimmers in Canada are set to compete at Synchro Canada's 2011 Canadian Espoir Championships scheduled for June 1-5 at the Gatineau Sports Centre.

Synchro Canada's website post the link for the live webcast, live results, pictures, a Twitter feed and more. Check out the official 2011 Canadian Espoir Championships section now:
http://www.synchro.ca/index.php?option=com_content&task=view&id=156&Itemid=80&lang=english

What's going on:

Page 1

- 2011 Annual Coaches Meeting
- Jean Peters Championships
- 2011 Canadian Espoir Championships

Page 2

- Technical Director's Corner

Page 3

- Synchro Canada – 2011 Coaching Staff
- CI Coaching Course – Lower Mainland

Page 4

- 2011 National Junior Team
- Canadian Tire Jumpstart Calendar

Page 5

- 2011 Brazil Open – Judge Heather Archer
- Addendum to FINA Handbook 2009-2013
- Vancouver Masters Synchro – Looking for Coaches
- CABC – BC Coaches Week – Sep 17-24

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.

Synchro BC Holidays

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

Supported by:





To Synchro BC athletes, coaches, officials and families:

As we wind down our 2010-11 season it is wonderful to look back at all we have accomplished. My first year as technical director has been a great experience and I have learned a lot in my new role. I look forward to continued success in the years to come, with athletes, coaches, officials and Synchro BC working together to make our province stronger.

I want to congratulate all the athletes for their successes this year and all our coaches who worked hard to inspire and lead your athletes along the way. I also want to thank everyone who gave feedback throughout the year. Your participation was key in helping us look at the best ways to move our athletes and coaches forward.

Over the summer, we will be working hard to prepare for a new and exciting season. Enjoy your summer!

A few reminders:

- CI Courses: Clubs, please encourage your coaches to sign up for the upcoming CI Courses. A reminder that provincial 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).
- Coaches Meeting: Please note that we will be having our Annual Coaches Meeting on Saturday, June 25th, from 1-4pm at the Sport BC Campus in Richmond. We strongly encourage **all** coaches to attend this meeting, which will cover the new provincial competitive structure, news updates from Synchro Canada, and the new technical Package for 2011-2012.

Please RSVP by June 15, 2011

For those living outside of the lower mainland we will offer this presentation through webinar. Please RSVP to the office if you plan to attend online.

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

Brenda (td@synchro.bc.ca)

Synchro Canada announces its 2011 coaching staff, including BC coach Kara Kalin

News Release

Ottawa, May 11, 2011 – Synchro BC is pleased to announce that Kara Kalin (Richmond, B.C., Vancouver Pacific Wave) has been named as assistant coach for the national 13-15 team for the 2011 season.

Elena Podolsky (Toronto, ON, Olympium Synchro) was named head coach of the national 13-15 team. Her assistants are Kara Kalin and Nathalie Lagrange (Saint-Léonard, QC, Montréal Synchro).

The national 13-15 team will compete at the Comen Cup set for August 3-7 in Italy. The team will start their selection process at the 2011 Canadian Espoir Championships June 1-5 in Gatineau, Que. The final team will be selected following a training camp at the beginning of July. At the 2010 Comen Cup in Greece, Jacqueline Simoneau won gold in solo and silver in duet with Anne-Marie Chouinard. Canada was fourth in the team event.

Karin Kalin (Richmond, B.C., Vancouver Pacific Wave) brings 12 years experience in synchronized swimming as an athlete and coach. She has been with the Vancouver Pacific Wave since 2007 and is also their high performance consultant. She was an apprentice coach with the national junior team in 2010. Kara Kalin is an NCCP Level 3 certified coach and is soon to complete her Level 4. She has a Masters in psychology and is currently working on a thesis on the personal and performance effects of inner work with a high performance athlete.

CI Coaching Course – Lower Mainland

Synchro BC is please to announce that we are running a Competition Introduction course in in Surrey, BC, June 11-12, 2011

The course still has room for 4 participants. If interested, please send your registration form to the office by June 6, 2011. 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/) to download the Registration form. Please fill out the form and send it back to the office per email (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/



16 athletes remain in contention for Synchro Canada's 2011 National Junior Team

News Release

Ottawa, May 26, 2011 – The list of contenders for Synchro Canada's 2011 National Junior Team was reduced to 16 and they will vie for the final 12 positions on the squad at a training camp in Montreal June 26 -July 2.

At the Canadian Open Championships from April 27 to May 1 in Calgary, the top-25 in junior figures were invited to perform a new figures routine and an individual routine.

From those performances, the top-16 were ranked and invited to attend the one-week camp at which Synchro Canada, 2011 national junior team coach Jenn Tregale (Calgary, Calgary Aquabelles) and assistant coaches Maude Pelchat (Laval, Dollard Synchro) and Johana Vasquez (Terrebonne, Montréal Synchro) will determine the 12-member team.

Here are the athletes chosen for the final selection camp for the 2011 National Junior Team:

- BRISSON, Gabriella (Calgary, AB, Calgary Aquabelles)
- BRUNIN-BROUILLETTE, Sarah (Laval, QC, Montréal Synchro)
- CHOLETTE, Carlie (Ottawa, ON, Gloucester Synchro)
- DEE, Laura (Laval, QC, Montréal Synchro)
- FIELD, Jordan (Burlington, ON, Olympium Synchro)
- HÉBERT, Marie-Claude (Breakeyville, QC, Synchro Élite)
- HOLZNER, Claudia (Calgary, AB, Calgary Aquabelles)
- KRUSPE, Tess (Oakville, ON, Olympium Synchro)
- MCKENZIE, Jordan (Calgary, AB, Calgary Aquabelles)
- NEALON, Samantha (Morrison, ON, Granite Synchro)
- RÉMILLARD, Camille (La Plaine, QC, Montréal Synchro)
- RICCI, Haley (Dollard-des-Ormeaux, QC, Dollard Synchro)
- RYSSINA, Alina (Aurora, ON, Granite Synchro)
- SANDERS, Lisa (Gormley, ON, Granite Synchro)
- SCHEIL, Kaylene (Calgary, AB, Calgary Aquabelles)
- ZAWADIUK, Olivia (Coquitlam, B.C., B.C. Aquasonics)

Congratulations Olivia for your amazing results. All the best and good luck at the camp.

Synchro Canada Senior National Team in the Canadian Tire Jumpstart Calendar

Synchro Canada Senior National Team is taking part in the first ever Jumpstart "Art Meets Athletes" Calendar. Canadian Tire Jumpstart is a national charitable program that provides financial assistance to disadvantaged kids participating in organized sport and recreation. This program helps to cover registration, equipment and/or transportation costs.

Canadian Tire Jumpstart is publishing its first ever "Art Meets Athletes" calendar which includes inspiring Canadian athletes and your artwork could be featured in this 2012 calendar! All proceeds from the sale of this calendar will be used to fund Canadian Tire Jumpstart initiatives!

If you know of any up and coming artists, or have an artist that you personally love, please feel free to forward them a link to the website. They also have Facebook setup to support this Art Campaign and project. Feel free to "like" the Canadian Tire Jumpstart page at the following link:

www.facebook.com/CTJumpstart. More details: <http://www.canadiantirejumpstartcalendar.com/>



2011 Brazil Open – Judge Heather Archer appointed

Synchro Canada has put together a national team for the 2011 Brazil Open set for June 3-5, 2011 in Rio de Janeiro, Brazil. Heather Archer (Kamloops, BC) has been appointed as a judge for the competition.

Synchro BC would like to congratulate Heather Archer for this amazing opportunity. Good Luck Heather.

Addendum to FINA Handbook 2009-2013

Addendum to the FINA Handbook 2009-2013 is now available on the FINA Website. Please note that after the FINA Extraordinary Congress to be held in Shanghai (China) on July 21st, 2011, a new FINA Handbook will be available for sale and distribution.

Check out the addendum:

http://www.fina.org/H2O/index.php?option=com_content&view=section&id=17&Itemid=184

Vancouver Masters Synchro – Looking for Coaches

Vancouver Masters Synchro is looking for coaches for the 2011/2012 season. The practices will be Sunday evenings at Britannia Pool. Please contact president@vanmasterssynchro.ca if you are interested

Meghan Henrickson
President

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>

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!

