

Splash

E-Newsletter Synchro BC

August 2011

Join the Synchro BC Board

Hello Everyone,

With our AGM approaching quickly, it is recruiting time for the Board of Synchro B.C. We have several positions that need to be filled. If you have just one or two hours a month to give - synchro could use your help!

The board meets approx 4 times per year and the advantage of having new people on the board is to have new fresh ideals.

Several board members have done several 2 yr terms (or over) and I would like to thank them for their dedication, commitment, values and of course their time and knowledge.

Our AGM is on October 15th - so please send in your resume to president@synchro.bc.ca by Sept. 18th, 2011.

We would love to add your name to the candidates. If you have any questions or concerns please feel free to contact me.

Thanks again everyone for all your support,
Nancy O'Toole,
President

2011 U.S. Open Championships

Synchro BC congratulates all BCAQ athletes who competed at the 2011 US Open Championships that took place July 11-15, 2011 in Hawaii, USA.

Figure Scores

43. Vanessa Baxter	94. Sarah McAteer
54. Meagan Burbridge	101. Erin Williams
83. Lucy Boulton	110. Sonya Reger
84. Valerie Lang	126. Amy Whitton
93. Farren McDonald	

Combo:

Preliminary	76.8500
Final	76.9625

BCAQ finished in 5th place overall in the Jr/Sr Combo category.
Great job BCAQ!

Check out all results under:

<http://www.usasynchro.org/Events/champs11/open11.htm>

SYNCHRO B.C.

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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



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

I hope everyone is enjoying the summer that we are finally getting. Make sure to get out and enjoy the sun while you can!

As we get close to our new season I hope you are all checking out the new changes to our provincial structure. Everything is posted on our website.

I am excited for the new season. Thanks to all your inputs from this past year we have come up with a great program that is unique to our province and will help move our swimmers and coaches forward.

A few weeks ago we sent out a power point presentation that goes into further details about our new level system. Please make sure all you coaches review the document and become familiar with the prerequisites for each level as well as any information that may be new.

We are working hard at putting together an exciting fall conference this year. It will take place on October 14-16, 2011. We have combined the Fall Conference with Training Meet #1 (for NS & PS) and our Annual General Meeting. More information will be sent out as we organize presenters and topics.

I will be away from my desk between August 4th and 9th as well as between August 17th and 28th. If you have any questions during this time please contact our Office Coordinator info@synchro.bc.ca.

I received an interesting piece from Coaches Association of BC about a coaches blog by Dawn Redd. I thought it was pertinent to what we should all be thinking about: **Planning**.

Please find the blog on **page 4** of the eSplash.

As always, please feel free to email me with any questions or concerns and I will get back to you as soon as I can.

Thanks everyone
Brenda (td@synchro.bc.ca)

Fall Conference

The Synchro BC 2011 Fall Conference will be taking place at the Vancouver Aquatic Centre (VAC) from October 14-16, 2011 in conjunction with

Please mark this date in your calendars.

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/

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

BC Summer Games

The BC Summer Games package is now online. You can find the package on our website under: http://www.synchro.bc.ca/Member_Services/Technical_Information/

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

BC High School Championships

The BC High School package is now online. You can find the package on our website under: http://www.synchro.bc.ca/Member_Services/Technical_Information/

The championships will be taking place in Richmond at Watermania on November 18, 2011 from 8am to 1pm. Make sure to contact your school for participation.

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

Members Registration Package

The 2011-2012 Registration Package is now available. You can find the package on our website under: http://www.synchro.bc.ca/Member_Services/Registration/

Registration deadline to register with Synchro BC is October 12th, 2011. All details can be found on our website.

If you have any questions please contact our office coordinator directly (info@synchro.bc.ca).

Officials Registration Package

The 2011-2012 Officials Registration Package is now available. You can find the package on our website under: <http://www.synchro.bc.ca/Officials/Registration/>

Registration deadline to register with Synchro BC is October 12th, 2011. The general membership form and commitment form needs to be sent into the office per email or (info@synchro.bc.ca). If you have any questions please contact our office coordinator directly (info@synchro.bc.ca).



If You Fail to Plan, Then You Plan To Fail

About Coach Dawn

I'm Dawn Redd and I'm a coach. I believe in the power of sport to teach winning and losing with grace, to inspire its participants to excel, and to create a common goal for the greater good.

Currently I'm the head volleyball and assistant track & field coach at Beloit College. Our volleyball team has made it to our conference tournament each of the years that I've been here, earned the best winning percentage in school history, I've been named conference coach of the year, and this year we won our conference tournament to receive an NCAA Tournament bid. I've also coached at the high school, club, Division I and III levels...taking my first collegiate head coaching job at age 24 with the University of Rochester. After playing volleyball at the University of Wisconsin-Madison, I accepted a coaching internship working with the men's and women's teams at Princeton University and I've been coaching (and learning!) ever since.



BLOG

July 13th, 2011

<http://coachdawnwrites.com/2011/07/if-you-fail-to-plan-then-you-plan-to-fail/>

As I was writing the outline for this post, I got to thinking that it teeters dangerously into the "tangible zone." This blog is supposed to be about the intangibles of sport, but I figured that "I Love Coaching" month could be the exception to the rule. I wrote about the tangibles of the priorities of a coach in the last post...and there are more tangibles coming in the next post. Sooo, lest you think I enter the gym with pom poms and nary a practice plan, I suppose it's okay to talk about some of the nitty gritty of coaching, right?



As Hannibal from the A-Team used to say, "I love it when a plan comes together." Planning has to be an essential part of any coach's repertoire. Because I'm obsessive about my planning, I won't break down every detail, but let's talk about a couple of areas where planning and organization is vital. Planning makes me smile, so it's another reason that I Love Coaching.

Season planning

I start thinking about the next season about a month into my current one. Seriously. I know it sounds crazy, but I start to see what we'll be missing and what needs we should address through recruiting...and I take lots of notes about it. That's the first thing: Figuring out which holes on the team will be filled through recruiting efforts and which will be filled through current player development.

Then I start designing our competition schedule for the next season. To an extent, that depends on the team I've got coming back the next season. I was chatting with another coach at a recruiting event recently and she told me that she's going to have a starting lineup of all seniors. Because of that, she's getting after it with her scheduling and playing some of the toughest teams in the nation. As coaches, we've got to design a schedule that is challenging but not soul crushing...that's the second thing. As usual, that all depends on the skill level (and leadership and experience, etc.) of the team you have coming back.

The third thing is coming up with a theme for the season. As long as I've been coaching and wherever I've coached, I've always given my seasons a theme. It's always based on a book that we'll read together as a team over the course of the season.

...continue on page 5...



Practice planning

The first thing I do when thinking through my practice plans is to assess the makeup of my team. Is it mostly newbies? Do we have strong leadership? Did we just graduate a strong class? All of those things go into the pacing of my practices.

Every coach has a different way of teaching skills, I go weekly. Meaning that I want each skill required for my sport to be addressed during my practices at least once a week...that's the second thing.

Using competition as self-evaluations of our practices is the third thing. Years ago, a team I was coaching at the time went out and couldn't block a volleyball to save their lives. If it touched us, something bad was bound to happen...and that was if we were in the vicinity of the ball. That signaled to me that we needed to focus more on blocking in practice. I usually take notes during a game of the things that stick out to me that we need to work on so that I can get them into a practice plan...and soon!

The fourth thing is to tailor your practices to the stage of the season that you're in. Preseason is all about seeing if your team is in shape and building "team". Mid-season is when players are solidifying their positions on the team. It's also a time for refocusing on the basics as well...sometimes the grind of the season breeds bad habits. Tournament season means short, focused practices. Their bodies are beat up by then, so no need to be in the gym for the sake of being there. Then the end of the season where we get to celebrate our time together, celebrate our seniors, and talk about off season training.

As I said in the last post, having a plan and vision for the program is the head coach's job...take it seriously and your teams will thrive.

Bronze medal in combo at the 2011 FINA World Aquatic Championships

Synchro Canada's Senior National Team won the bronze medal in the combo event and took fourth position in all other events

Synchro Canada is proud of those results as the National Team kept their bronze medal from the 2009 FINA World Aquatic Championships, kicking out Spain, world champion from 2009, from the podium.

Also, in all other events, the National Team closed the gap with the podium and dug the gap from the 5th position.

As this competition was one part of the preparation of the team toward this year's major objective, to qualify for the 2012 Olympic Games at the 2011 Pan American Games, and London 2012, Synchro Canada is very pleased and positive toward the next major international events.

Check out the press releases:

http://www.synchro.ca/index.php?option=com_content&task=view&id=156&Itemid=80&lang=english

Check out the detailed results:

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

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!

