



## Join the Synchro BC Board

Hello Everyone,

With our AGM quickly approaching, 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 approximately 4 times per year, and always welcomes new ideas and input.

Several retiring board members have done one or more than 2 year terms, and I would like to thank them for their dedication, commitment, values and knowledge.

Our AGM is on October 15th - so please send in your resume to [president@synchro.bc.ca](mailto:president@synchro.bc.ca) by Sept. 18<sup>th</sup>, 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

## Local Sport Development funding available to start or expand community sport opportunities

The Province of B.C. announced an investment of \$100,000 to be distributed through the Local Sport Program Development Fund for 2011-2012. Applications are now being accepted to help local sport, municipalities, aboriginal and community organizations increase sport opportunities for British Columbians of all ages and abilities.

The Local Sport Program Development Fund provides grants of up to \$2,000 for sport programs that aim to increase access to British Columbians. This could include opportunities such as clubs establishing a youth division; a new sport program that requires specialized equipment or coach training; or a club that wants to introduce their sport to local schools.

**The deadline for the first application period is 4 pm PST on October 3, 2011.**

A second application period will be launched January, 2012.

For further details, please see the program guidelines and application form online at [www.2010legaciesnow.com/local\\_sport\\_development\\_fund/](http://www.2010legaciesnow.com/local_sport_development_fund/).

The Local Sport Development Fund is supported by the Province of B.C. through the Ministry of Community, Sport and Cultural Development.

The press release can be found at:

[http://www2.news.gov.bc.ca/news\\_releases\\_2009-2013/2011CSCD0056-001085.htm](http://www2.news.gov.bc.ca/news_releases_2009-2013/2011CSCD0056-001085.htm)

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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:

Welcome back to a new season everyone! I hope you had a relaxing summer.

Here are a few things to mark down on your calendars for the upcoming season:



- **BCSG**  
Application forms for the 2012 BC Summer Games trials need to arrive in the Synchro BC office by Oct.31<sup>st</sup>, 2011.  
Coaches, if you want to have an opportunity to coach at this great event, applications are also due on Oct 31<sup>st</sup>, 2011. More information is available at:  
[http://www.synchro.bc.ca/Member\\_Services/Technical\\_Information/](http://www.synchro.bc.ca/Member_Services/Technical_Information/)
- **Synchro BC Fall conference.**  
October 14-16<sup>th</sup> the annual Synchro BC Fall Conference will take place in conjunction with our first training meet. This year will be a great learning opportunity for everyone. A tentative schedule will be released in the near future, with the final schedule being released once registration is complete.
- **Out of Province Competitions**  
Are you thinking about adding some out of Province meets to your season? Please check out our web site, as well as Synchro Canada's website, for a complete list of upcoming competitions. We have a new application form for any out of province competition requests. Make sure to fill it out prior to the competition to get approval from the Technical Director. Send application forms to [td@synchro.bc.ca](mailto:td@synchro.bc.ca).
- **Coaching Courses**  
Please remember our certification rules for all provincial coaches is in effect this year. Please have a look at our website and check out when future courses will be offered. Contact the Office Coordinator ([info@synchro.bc.ca](mailto:info@synchro.bc.ca)) to be put on the waiting list for any up coming courses.

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



## Fall Conference & AGM

The Synchro BC 2011 Fall Conference will be taking place at the Vancouver Aquatic Centre (VAC) from October 14 to 16, 2011 in conjunction with Training Meet #1.

Synchro BC is pleased to offer all clubs and officials a deal with the Holiday Inn. For reservations please call the hotel directly and request a GROUP booking for Synchro BC booking code "SYN" in order to obtain the special room rate. Group Rates will be available until September 25<sup>th</sup>, 2011 so start booking now.

### Booking Information

Company: Synchro BC  
Booking Code: SYN  
Phone: (604) 623-6866  
Hotel Toll Free: 800-663-9151 (Canada & US)  
Holiday Inn Toll Free: 1-800-HOLIDAY (INTERNATIONAL)  
Fax: (604) 684-4736  
Email: [reservations@hivancouverdowntown.com](mailto:reservations@hivancouverdowntown.com)

Online booking link:

<http://www.holidayinn.com/redirect?path=rates&brandCode=hi&localeCode=en&regionCode=1&hotelCode=YVRDT&PMID=99801505&GPC=SYN>

More information will be on our website soon. **Tentatively**, the provincial stream is schedule for Saturday competition, and the national stream is scheduled for Sunday. A final version of the schedule will be released once registration for the meet is complete, but no later than Sept 20, 2011. Contact us per email for more information ([info@synchro.bc.ca](mailto:info@synchro.bc.ca)).

## 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/](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](mailto:td@synchro.bc.ca)).

## Competitions

The final 2011-2012 Meet Schedule is now available online under: <http://www.synchro.bc.ca/Competitions/>

Please make sure that you always have the most up to date schedule in hand.

To register for competitions please download the competition entry form off our website, fill it out and send it per email to the Competitions Coordinator ([competitions@synchro.bc.ca](mailto:competitions@synchro.bc.ca)). Please make sure to get registration in on time and mark all deadlines into your calendar. A late entry fee of \$100.00 will be applied for entries received after the written deadline. NO entries will be accepted after the figure draw has been sent out.

**PLEASE NOTE: the Fall Conference registration deadline has been changed to September 14<sup>th</sup>, 2011. Please make sure to send your registration in on time.**



## Members Registration Package – Deadline October 12, 2011

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/](http://www.synchro.bc.ca/Member_Services/Registration/)

The online database will be set to inactive at the end of August. The 2011-2012 online registration will be ready on September 1<sup>st</sup>. Please fill out and complete the online database by October 12<sup>th</sup>, 2011. Once the club has completed registration please email the Office Coordinator ([info@synchro.bc.ca](mailto:info@synchro.bc.ca)) and include the filled out Club Membership Fee Form and Club Information Sheet (both on our website under: [http://www.synchro.bc.ca/Member\\_Services/Registration/](http://www.synchro.bc.ca/Member_Services/Registration/))

The Office Coordinator will download the club registration form from the E-Sport Registration Program and review it. Once everything is in order the club will be invoiced. Final registration payment will be due by October 31<sup>st</sup>, 2011. Any payments that are late may be subject to a fine.

If you have any questions please contact our Office Coordinator directly ([info@synchro.bc.ca](mailto: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 12<sup>th</sup>, 2011. The general membership form and commitment form needs to be sent into the office per email or ([info@synchro.bc.ca](mailto:info@synchro.bc.ca)). If you have any questions please contact our Office Coordinator directly ([info@synchro.bc.ca](mailto:info@synchro.bc.ca)).

## Corporate Video of Synchro Canada

Check out and use the brand new corporate video of Synchro Canada

This week, Synchro Canada officially launched its brand new corporate video talking about what is really synchronized swimming, the tradition of excellence of Canadian synchronized swimming and the values learned in that sport.

Synchro Canada invites you to freely use and present this video during registration session to recruit new athletes or to present to new athletes or sponsors.

Check it out now: [http://www.youtube.com/watch?v=l\\_za-lgvw1I&feature=related](http://www.youtube.com/watch?v=l_za-lgvw1I&feature=related)

## VPW – Breakfast Television

Check out Courtenay Grant and athletes from Vancouver Pacific Wave club teaching synchronized swimming to Greg Harper from Breakfast TV!

<http://video.citytv.com/video/detail/1128811042001.000000/a-lesson-in-synchronized-swimming-with-greg-harper/>



## Classifieds

### Hollyburn Country Club

- Hollyburn Country Club is looking to hire a Coach for our Recreational Star 1-3 team this 2011/2012 season. Practices are Wednesday nights and Saturday mornings.
- Compensation: \$18 per hour
- Additional hours may be available to those certified with NLS and WSI.

Please e-mail resume and cover letter to [jkorsa@hollyburn.org](mailto:jkorsa@hollyburn.org).

Don't miss out on the opportunity to be a part of starting up this new Synchro Club!

### Kamloops Sunrays

Kamloops Sunrays Synchronized Swimming is looking for a coach for the 2011-2012 season. Please contact [kamloopssunrays.president@gmail.com](mailto:kamloopssunrays.president@gmail.com) if you are interested.

## Share your best synchronized swimming pictures

Synchro Canada invites you to submit your best synchronized swimming pictures. Each week, a picture will be selected as the synchronized swimming picture of the week on Synchro Canada's Facebook page and Website.

Please note that the pictures you send should be free of rights. You can send your pictures to [patrick@synchro.ca](mailto:patrick@synchro.ca) with an explanation for why your picture should be the picture of the day!

Check out this weeks picture:

<http://www.facebook.com/media/set/?set=a.231878840157840.69787.100000071780890>

## Healthy Families BC – Walking Challenge

On Monday, August 8<sup>th</sup>, 2011, 2010 Legacies Now partnered with the Province of B.C. to launch the Healthy Families BC Walking Challenge. The online contest encourages families to post stories, maps and videos of their favorite walking trails and events for a chance to win some great prizes.

Please visit [www.healthyfamiliesbcwalkingchallenge.ca](http://www.healthyfamiliesbcwalkingchallenge.ca) for more information on the contest and to view the fabulous prize packages. Good luck with the contest!



## 2011 ACE Coach Award – Call for Athlete Nominations

Once again BC Athletes will have the opportunity to nominate and recognize the tremendous work their Coaches contribute to the community through the ACE Coach Awards. Athletes from around the province can nominate their Coach online for these special awards which will be presented during BC Coaches Week in September. Great Athletes do not happen without great Coaches and this is the opportunity for Athletes to step up and recognize their Coaches for all that they do, for sport and for their communities.

BC Athlete Voice, and the Coaches Association of BC have joined forces to continue this initiative and are excited about this provincial award that will centre around BC Athletes nominating BC Coaches. The ACE (Athlete Community Excellence) Award was originally presented only to BC Athletes; however BC Athletes have led a revolution to involve BC Coaches in this award in a slightly different sense - Achieving Community Excellence (ACE) Coach Awards.

The ACE Coach Awards will be presented during BC Coaches Week, Sept 17-24th.

The ACE Coach Awards celebrate the importance of sport and physical activity in the community and honours the successes BC Coaches have achieved through their work as leaders and role models; and encourages future and former athletes and coaches to stay connected to their community and to make a difference. BC Athletes and Coaches play a crucial role in building healthy, productive and engaging communities for people young and old. Let a BC Coach know their efforts are making a difference, that they are an ACE Coach. BC Athletes, make sure you recognize, thank and nominate your Coach today at [www.bcathletevoice.ca](http://www.bcathletevoice.ca)

You can nominate a coach by following a few easy steps on the BC Athlete Voice Website.

Nominations will be accepted through the BC Athlete Voice Website until **Sept. 9th 2011**.

## 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!

