



Happy Holiday Season

Synchro BC would like to wish everyone a safe and happy holiday season and a happy new year.



Office Holiday Schedule

Please note that the Synchro BC office will be closed from Monday, December 19th to Monday, January 2nd, 2012. We will be back in the office on January 3rd, 2012.

If you have any important inquiries, please send them to us per email (info@synchro.bc.ca) before December 15th, 2011.

Happy Holidays everybody!

Janice Birch appointed as new president of Synchro BC

Synchro BC is pleased to announce that Janice Birch (nee Bremnier) has been appointed as the new president of Synchro BC.

Also on the Synchro BC 2011-2012 Board of Directors are:

- Carol Stewart
- Christina Strickland
- Christine Miller
- Cathy Paterson
- Robyn Hardman

What's going on:

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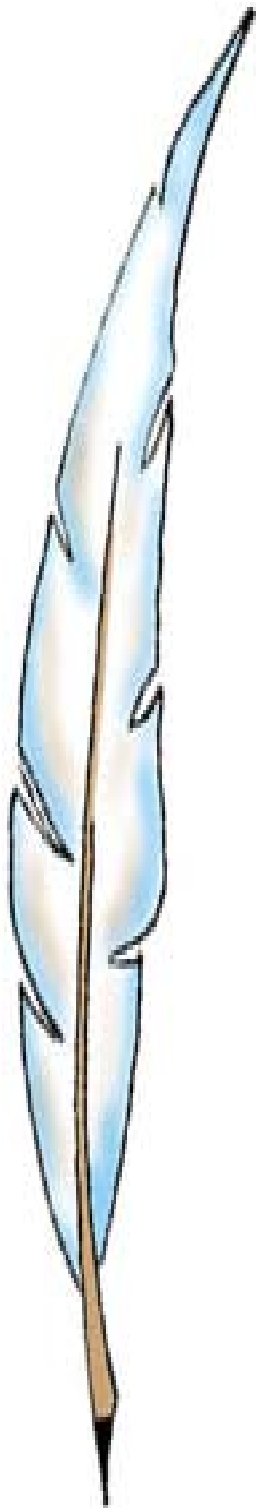
Synchro BC Hours

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:





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

- **2012 BC Summer Games Coaches**
Congratulations to all our 2012 BC Summer Games coaches. I hope you all find this to be a rewarding experience on your coaching journey.
- **2012 BC Summer Games Athletes**
Please note all athletes participating in the BC Games trials will be named Dec.15th.
- **Synchro BC Website**
Just a reminder to check the Synchro BC website for the most up-to-date technical information. If there is something you cannot find or clarification is needed, please contact me.
- **Synchro Canada Conference in St. John's NFLD**

I had the pleasure of attending Synchro Canada's annual High Performance Summit this past November in St. John's, Newfoundland. This was my first time attending the summit in my position as technical director with Synchro BC.

It was a great experience to sit in with some of Canada's top high performance coaches and to hear presentations from Canada's experts in sport, health and nutrition.

Mental Preparation

One of my favorite presenters was Dr. Wayne Halliwell, who discussed mental preparation for athletes. This is an area we can all use to our advantage in helping our athletes move forward; especially as they enter higher levels of competition where mental prep plays such a huge role. This presentation reinforced that proper mental preparation can provide an advantage to any athlete. I am happy to share some of the points of Dr. Halliwell's presentation with anyone who is interested.

Acronyms

A great tip for coaches is to use acronyms throughout practice to help keep your athletes focused on the task at hand. The use of many acronyms such as CTC "Control the Controllable", MEDC "Make every day count", ACE "Absorbed - Connected - Engaged" were a few that I really liked. Phrases such as "Own the Moment" or "Focused control" are definitely useful tools to apply to your training sessions and competition preparations. Have your athletes play a part in developing acronyms that might work for your team.

Flexibility

The session on flexibility emphasized how much we as a province need to focus on this skill with our athletes. Developing flexibility right from the recreational level all the way through to the HP level needs to be a bigger focus. With our new provincial testing this year, I hope everyone is aware of the importance of this skill not only as at the national level, but with our provincial athletes as well.

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Figures

Body position, height and control are always something that we are continuing to strive for. Always focus on those basics to achieve success was a great reminder over the course of the weekend's sessions.

There was so much information and I hope that more of our BC coaches plan to take part in this exceptional event in the future. If you would like more information about any of the topics I have mentioned, I am always happy to share my experience.

This is the last eSplash before the new year. I hope that you all have a safe and happy holiday, and that you find some time to relax with friends and family.

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)

Synchro Canada's High Performance Summit – Susan Kemper

I had the pleasure of attending Synchro Canada's High Performance Summit yet again this season, I feel it is safe to say this was my 16th time attending. I enjoy attending these conferences, being surrounded by Canada's best in synchronized swimming, sharing ideas, debating opinions and most importantly finding inspiration for moving the sport forward year to year. Synchronized Swimming is a judged sport and therefore a moving target. As coaches it is our responsibility to stay current and research new and exciting ways to challenge our athletes day to day. This conference certainly provides that opportunity. It would be great to see more BC attendees year to year, especially those coaches that are working with our developing athletes as you are working directly with Synchro BC and Synchro Canada's future Olympians!

Susan Kemper, ChPC

Raedyn Choreography & Consulting Ltd.

BC Aquasonics, Head Coach

Synchro Canada's High Performance Summit – Kara Kalin

Hello Synchro Community!

I would like to take a moment to share with you my main "take-aways" from the Synchro Canada Convention in St. John's Newfoundland. I was invited to attend the convention as a Synchro Canada Staff member as part of my role as 13-15 National Assistant Coach this past summer. This is my fourth year attending the coach seminars and found myself impressed by the quality of presenters and the wealth of knowledge shared by Coaches and Judges across Canada. My personal favorite was the session lead by Wayne R. Halliwell, a world-renowned high performance athletics consultant in the field often described as sports psychologist, who attended the Vancouver 2010 Olympic Games with his three Canadian protégés: Alexandre Bilodeau, Jennifer Heil and Joannie Rochette. His sessions were amazing as he shared the successes of these athletes and the tools he used to assist these athletes achieve their Olympic medals.

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BRITISH
COLUMBIA



I have listened to many sport psychologists both during my time as an athlete but also throughout my academic career. These sessions were especially of interest to me, as my career ambition is to be a Sport Psychologist for Olympic Athletes. I was struck by Wayne's ability to take traditional ideas and concepts and use them in a way that in my opinion is practical and useful for the athletes in our sport.

The topic that captured my attention was his ability to encourage and teach athletes how to perform with "conviction". I spent some time reflecting on this idea and it got me thinking. How often do we see our swimmers perform with conviction? With a confidence integrated into the depths of their being? As a coach I felt inspired and motivated by this concept. So I started to think about how I can bring this out in my athletes. I would encourage all Coaches in BC to reflect on this idea: how can you help instill an "unshakable confidence" in your athletes?

I think too often the focus is placed on the technical or artistic part of our sport and yet the mental training aspect is often overlooked. Not because we don't see the value but because we have so little time and resources available to us. I would encourage you to take a look at your weekly plans and find the time to actively seek ways that you can celebrate small victories which will help empower the athletes to see that success is possible, one step at a time.

If you are interested in learning more about developing a performance mindset, Wayne recommended that athletes, coaches and parents read "RAFA", a book written by Rafael Nadal.

If you have any questions about this session, please feel free to email me at karakalin@yahoo.com

Sincerely,

Kara Kalin Zader
Head Coach
Vancouver Pacific Wave

Congratulations to Kelli Gustafsson!



Vancouver Pacific Wave is proud to announce that Kelli Gustafsson has been offered a full ride to Lindenwood University on a Synchro and academic scholarship!

We are proud of Kelli's hard work and steadfast determination to achieve this goal! We are excited that we will have the opportunity to watch her further in her synchro aspirations!

Congratulations Kelli!!!



2012 BC Summer Games Coaches Named

Synchro BC is pleased to announce the zone coaches for the 2012 BC Summer Games.

Zone 2: Katie Dick (*Head Coach*); Melissa Watson (*Assistant Coach*)

Zone 3: Tina Naveri (*Head Coach*); Tanya Magee (*Assistant Coach*)

Zone 4: Melinda Markser (*Head Coach*)

Zone 5: Mina Rigby-Thompson (*Head Coach*); Sam Lankmayr (*Assistant Coach*)

Zone 6: Becky Edwards (*Head Coach*); Kim Kuemper (*Assistant Coach*)

All BC Summer Games Athletes will be named on December 15, 2011, following the completion of zone trials.

Bridge Builder Award: Louise Kennedy



During Synchro Canada's Annual Convention, November 18-20, 2011, in St. John's, Newfoundland the 2011 annual award winners were announced. The recipients were elected based on nominations put forth by Synchro Canada members. The final selections were made by Synchro Canada's Award Committee.

Louise Kennedy received the Bridge Builder Award.

This award recognizes a member who works today in order that those who follow tomorrow will find safety, strength and success in the sport of Synchronized Swimming; who demonstrates vision and flexibility for the future, as well as respect for Synchro Canada's rich past and as a «Bridge Builder» paves the road to tomorrow with their encouragement and achievements; who has initiated, continued a program, event or endeavor that allows for future growth and development in Synchronized Swimming in Canada; and who, by their actions and attitude, works to build bridges that span ability, age and distance in order to position Canadian Synchronized Swimming as a world leader.

Congratulations Louise at obtaining this award and thank you for your continuing support and dedication to our sport



New Officials

Congratulations and Welcome to the following officials who completed Modules A, B & D of the Judges Level 1 course on November 19/20, 2011.

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| <ul style="list-style-type: none">• Joelle Prevost• Nicola Iten• Lori Williams• Marie Nelson | <ul style="list-style-type: none">• June Han• Masumeh Zergani• Shannon Higgins• Judy MacKenzi |
|---|--|

Synchro BC would like to thank every official in the province for their continuing support, dedication and time. Meets could not run without you!

Mario Welsh appointed as new president of Synchro Canada

Ottawa, November 21, 2011 – Mario Welsh of St-Nicholas, Que., was appointed as the new president of Synchro Canada's Board of Directors.

The election was held this past weekend at Synchro Canada's annual convention and Annual General Assembly held in St. John's, N.L.

Also on Synchro Canada's 2011-2012 Board of Directors are :

- Janice MacLellan (Whitby, ON, re-elected for two years)
- Henry Scheil (Calgary, AB, re-elected for two years)
- Margie Schuett (Calgary, AB, new member with two-year mandate)
- Pat McCann (Cobourg, ON, continuing his two-year mandate)
- Courtney Brown (London, ON, athlete's council president)

Mario Welsh works with the Heenan Blaikie law firm based in Quebec City. He has been a Synchro Canada board member since the 2008-2009 season when he headed the risk management project.

Mario Welsh succeeds Lisa Schott who has completed her mandate with Synchro Canada. Lisa Schott was a Synchro Canada board member since 2002 and its president since 2007. She was recently elected president of the Aquatic Federation of Canada.

Synchro Canada expresses its thanks to Lisa Scott for her involvement in Synchro Canada's board of directors.



Judges Comments

This is a reminder that all judges comments for figures from past meets are posted on the website under:
<http://www.synchro.bc.ca/Coaches/>

2011-2012 Updated Rule Book

Check out Synchro Canada's updated Rule Book for the 2011-2012 season. Download it now:
http://www.synchro.ca/index.php?option=com_content&task=category&id=55&Itemid=40&lang=english

2012 Western Divisional Championships

The 2012 Westerns Divisional Championships will be held in Winnipeg, MB this spring from March 29th to April 1st, 2012. The Information Package #1 is now out and posted on our website under:
http://www.synchro.bc.ca/About_Us/Calendar/?eid=127&yr=2012

Ôma Entertainment Inc.

Ôma Entertainment inc. is looking for SYNCHRONIZED SWIMMERS for its show production « Azul », presented at Sea World of San Antonio in 2012.

Please send in your proposal with your CV and a video, or a link on YouTube, showing your abilities, to info@omaentertainment.com. You must demonstrate leg skills and figures as well as arm skills, preferably demonstrated individually. Short group figures can also be included, provided you clearly point out where you are within the group.

Demos must be sent before December 5, 2011.

Lisa Petroziello Krenzi
lisakrenzi@gmail.com
lisasynchro@hotmail.com
514-238-4132

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!

