



Guelph Synchronized Swim Club

"where artistry meets athletics"



Welcome from GSSC President

It is hard to believe that the kids have returned to school, summer is over and we are rolling out the 2011/2012 Synchro year.

We are excited that so many swimmers are returning this year and we plan on having another year filled with team building, skill development and a lot of FUN!

We have an excellent group of coaches that we want to welcome back for another great year. GSSC's Head Coach Katherine Frost, Bailey Hutcheson, Heidi Lantz, Nequita Niemandt, Paige

Allen, Kathleen Purdon and Stefanie Pueschel.

GSSC is fortunate to have past members of the executive return and some new and enthusiastic volunteers step in to help our club during the 2011/2012 season. All executive positions will be ratified at our **Annual General Meeting** to take place Thursday September 15, 2011 6:00 pm - 8:00 pm, at the University of Guelph, MacKinnon Building, Room 132.

Our focus this year will be on the development of our swimmers including additional figures training and an

advanced training program focused on LTAD performance.

Looking forward to seeing everyone again and meeting new parents and swimmers!



Shelly Andrews, President GSSC

Volume 1, Issue 1

September 15, 2011

Fun Facts:

- ☺ We have 22 developmental / competitive swimmers.
- ☺ We have 20 swimmers in the Novice (Recreational) Program
- ☺ Ontario Winter Games, March 5-12, 2012!!!

About Us

The Guelph Synchronized Swim Club is an amateur non-profit club which teaches and promotes the sport of synchronized swimming. The club is affiliated with [Synchro Canada](#) and [Synchro Ontario](#).

Guelph Synchro is a growing club that welcomes new members; offering programs

for disabled, recreational and competitive synchronized swimmers.

The key objectives for our club are to motivate each swimmer to their fullest potential; to develop a high degree of discipline in athletic training; to promote healthy lifestyles and team camarade-

rie; and to develop the poise, grace, sportsmanship and leadership qualities.



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Meet Our Coaches . . .



Katherine Frost,
Head Coach

My name is Katherine Frost. I am the Head Coach for GSSC. This year I will be coaching the 10 & Under competitive team, co-coaching the 13-15 competitive team, along with some extra routines. I will also be continuing my work with the Novice (Recreational) Program. I am also the Head Coach for the University of Guelph's Synchronized Swim team, so needless to say I live at the pool!

Outside of synchro I do Hotstone Massage out of my home, which is a nice change from all that cold water!

I am very excited to have our competitive coaching staff back this year and have some new coaches starting as well. I look forward to meeting all our new swimmers and parents and to see all of last year's swimmers returning for another amazing year of Guelph Synchro!



Bailey Hutcheson
Coach

Bailey is currently a third year student at the University of Guelph. She swims for the University and will be coaching the 13-15 competitive team, in other words she pretty much lives at the pool! This will be her 3rd year coaching for Guelph and 5th year coaching all together. She is very excited and hopes that GSSC has an awesome season!



Kathleen Purdon,
Coach

Kathleen Purdon has been swimming with Guelph Synchro for 10 years and coaching recreational swimming for 4. She has participated in 3 Ontario Winter Games and 2 Ontario-Quebec Cups and has swum both combo teams and regular teams. She is very excited to be coaching recreational again this season and helping with the other teams.



Nequita Niemandt
Coach

Hi my name is Nequita Niemandt. I am a fourth year student at the University of Guelph. My major is Biological Sciences. My passion is synchronized swimming and my orange tabby Tony. I have a loving fiancé, Matthew, who supports me in everything I do which helps me keep focused and driven.



Stefanie Pueschel
Coach

Stefanie is entering her second year at the University of Guelph studying Child, Youth, and Family. She is currently a member of the Guelph Varsity Synchro team and she previously swam six years with GSSC. This is her third year coaching.



Heidi Lantz
Coach

I started out swimming nationally with Durham Synchro and eventually moved to Synchro Optima. After placing third in the country I decided to call it quits, but did some coaching to stay involved. I've been coaching with Guelph since starting university in 2002. After completing my studies I went to the University of Toronto where I still tried to stay involved in the Club. After getting a job at Grand River Hospital as a radiation therapist in 2008, I've been back coaching with the Club!

With a new daughter born in July, this year is likely to be my most challenging, but I'm looking forward to it.



Paige Allen,
Coach

My name is Paige Allen. I am beginning my first year at the University of Guelph where I am majoring in International Development. I swam for 5 years with the Guelph Synchro Swim Club, and I am excited to be coaching here too.

2011-2012 GSSC Executive

Executive Members

President: Shelly Andrews
Manager: Kate McDonald
Treasurer/Banker: Adele Begin
Secretary: Joanne Trainor
Registrar: Andrea Rauser
Communications/Events Liaison:
 Sherry Butts
Novice (Recreational) Coordinator:
 Louise McIntyre
Clothing Coordinator: Greg Meredith

Non-Voting Executive Members

Head Coach:
 Katherine Frost
Marketing/Website Coordinators:
 Lisa Plant
Fundraising Coordinator:
 Louise McIntyre

Volunteers Needed!!!

We are looking for volunteers to sit on our fundraising committee. This committee will work together to coordinate fundraising initiatives and events.

Throughout the swimming season we will be asking parents to volunteer some time to assist with events.

Remember that all pre-competitive, developmental and competitive team parents need to fulfill your required volunteer hours.

Important dates

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 Registration (University Pool - 12:00-3:00pm) DEADLINE: Dev / Comp. Registration Due (all paperwork and deposit)
11 Assessments for Dev. and Comp. Swimmers (Victor Davis - 8:00am-12:00pm)	12	13	14 "Try Synchro" (University Pool - 5:30-6:30pm) <i>"Don't forget to bring a friend"</i> Registration (University Pool - 5:00-7:00pm) Dev -UofG (5-7) Comp - UofG (5-8)	15 GSSC Annual General Meeting (6:00pm) - University of Guelph, MacKinnon Bldg., Room 132	16 Comp-VicDavis (5:30-9)	17 Novice (Recreational) Session Begins - UofG (12:30 start) Registration (University Pool - 12:00-3:00pm)
18 Comp/Dev-VicDavis (8-12)	19	20	21 Dev -UofG (5-7) Comp - UofG (5-8)	22	23 Comp-VicDavis (5:30-9)	24 Novice (Rec) - UofG (12:30 start) SWIM SUIT SIZING UofG - 3:00-4:30
25 Comp/Dev -VicDavis (8-12)	26	27	28 Dev -UofG (5-7) Comp - UofG (5-8)	29	30 Comp-VicDavis (5:30-9)	Oct. 1 Novice (Rec) - UofG (12:30 start)

Supporting Our Club



Chocolate Bar Fundraiser

Every swimmer (novice, developmental and competitive) will receive a case of chocolate bars (variety of Kit Kat, Aero, Smarties and Coffee Crip) on Saturday, September 24th or Sunday, September 25th.

Selling Price: \$3.00/bar

Wreath Sales

Mid October, swimmers will receive order forms for our annual fundraiser of live winter green wreaths, inserts/planters and hanging baskets. These items were well received by those who purchased them.



They make wonderful gifts for teachers!!



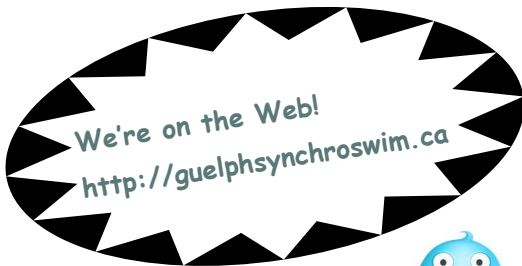
Your support will assist GSSC in coaching development, and increasing awareness about synchronized swimming in our community.

"where artistry meets athletics"

Mailing Address:

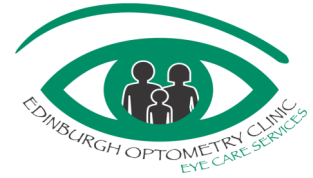
Guelph Synchronized Swimming Club
PO Box 21044
35 Harvard Road
Guelph, Ontario N1G 4T3

E-mail: president@guelphsynchrosim.ca



<http://www.facebook.com/groups/135789279806438/>

Thank you to our 2010-2011 sponsors



Jain Dental Care



Recap of Last Season . . .

The girls had a fabulous swimming season in 2010-11.

Competitive/Developmental Teams

In December 2010, the girls competed at the Lisa Alexander Figures meet in London, Ontario. They all did well, especially Drew Trainor, who placed 2nd in her age category.

The girls then competed in the Western Regionals on April 2, 2011 in Waterloo, Ontario. The 10 & Under Developmental Team placed 4th, the 14 year old Competitive Team placed 2nd and the 14 year old Developmental Team placed 4th.

May 19-22, 2011 was the Ontario Open Aged Groups Championships in Etobicoke.

The 10 & Under Developmental Team placed 8th, the 14 year old Developmental Team placed 7th, and the 14 year old Competitive Team placed 5th.

Recreational Teams

The girls competed in the Burlington Recreational Extravaganza on April 9, 2011. This meet gives recreational swimmers from southern Ontario the chance to experience the atmosphere of a competitive meet. There were more than 150 swimmers and our girls did great!

We are looking forward to another great year.

Zehr's Tapes

Zehr's give GSSC \$1 for every \$450 in Zehr's tapes.

Place your Zehr's tapes in an envelope with your swimmer's name on the outside of the envelope. The recreational swimmer that submits the most Zehr's tapes will win a prize at the end of the session.

Thank You for Your Support!



May 14, 2011
GSSC Water Show