



Guelph Synchronized Swim Club

"where artistry meets athletics"

Welcome from the GSSC Manager

Welcome to the Guelph Synchronized Swim Club!

It is so wonderful to see returning swimmers and be able to catch up with parents that I haven't seen all summer long. I am also looking forward to meeting all of our new members to the Club!

My name is Kate MacDonald and I am the GSSC Manager. I live in Guelph and my daughter, Sophie Reimer, swims on the 13-15 competitive team.

Last year I was the Club's Secretary and organized the Gryphon Synchronized Swimming Camp this past summer with head coach, Katherine Frost. I may have met some of our new Club members during the camp!

Long, long ago I was a competitive synchronized swimmer, representing Nova Scotia for 5 years and my team swam at Nationals for 3 years. I also coached recreational synchro for 6 years throughout University.

October is a wonderful month. Mark your calendars for our "Burning Bright" event that will take place on Wednesday, October 26th at the University of Guelph pool.

Looking forward to a fabulous synchro year.



Kate MacDonald
Manager, GSSC

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Fun Facts:

- ☺ Ontario Winter Games, March 5-12, 2012!!!
- ☺ We have 6 brand new swimmers on the Developmental / Competitive Teams for 2011-12
- ☺ Thanksgiving - Monday, October 10 (holiday)
- ☺ Burning Bright - Wednesday, October 26th

Burning Bright

"Each year thousands of Canadians are touched by breast cancer. It not only impacts individuals living with the disease, but their family, friends and loved ones as well. October is a month to build awareness and pay tribute to those affected by this disease."

(Canadian Breast Cancer Foundation website)

Every year Synchro Ontario supports the Canadian Breast Cancer Foundation by asking that all clubs host an event. We are very excited to hold our annual "Burning Bright for Breast Cancer" event on Wednes-

day, October 26th at the University Pool, 5:00-7:00pm (swimmers should arrive at 5:00; show will begin at 6:00pm for family and friends).



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Meet Our Teams . . .

Novice (Recreational) - Beginner 1 Introductory (group 1)

Coach: *Kathleen Purdon*

Julie Abra
Maeven Frost
Tana Frost
Brenna Stroud
Aurora Zwiers

Novice (Recreational) - Beginner 1 Introductory (group 2)

Coach: *Madison Andrews*

Kiersten Barr
Hannah Buda
Caelin Joswig
Elizabeth Lister
Alice Stubbs
Samantha Urquart-Donaldson

Novice (Recreation) - Beginner 2 (Intermediate)

Coach: *Paige Allen*

Claire Agocs
Caitlin Bergant
Katrina Kamminga
Mikayla Sharpe
Olivia Vetteretto
Devon Whate

Novice Advanced

Coach: *Rebecca Gordon*

Johanna Ashbourn
Kyla Smith
Rebecca Teasell
Hannah Wiley

Novice (Recreational) - Pre-Competitive

Coach: *Stefanie Pueschel*

Anna Kenyon-Evans
Chloe Massey
Kyla Wilkinson

Developmental (age 13-15)

Coach: *Nequita Niemandt and Heidi Lantz*

Julia Batista
Samantha Ben
Anna Hofstra
Elise Letarte
Luciana Mejia
Breanna Pratley
Clare Vais
Bridget Wilson

Competitive (age 10 and under)

Coach: *Katherine Frost*

Caroline Bendall
Noelle MacDonald
Madison Solda
Drew Trainor
Taylor Varnai

Competitive (age 13-15)

Coach: *Bailey Hutcheson*

Madison Andrews
Jocelyn Begin
Katelyn Butts
Coral Meredith
Sarah Plant
Nicole Rauser
Rachel Rauser
Sophie Reimer

New Coaches . . .



Rebecca Gordon
Coach

My name is Rebecca Gordon. I am currently in my first year at the University of Guelph studying Hotel and Food Administration. I was a synchronized swimmer for seven years, competing at both the provincial and national levels. Now that I have stopped swimming, I have chosen to stay involved in the sport by coaching. I have spent many hours volunteering as a coach but this is my first time being an official coach!



Burning Bright 2010



Madison Andrews
Coach

Hello! My name is Madison Andrews I am on the 13-15 Competitive Team. I am very excited about this year for many reasons. There is a great deal going on in Synchro and I hope to continue to support my awesome team. This is my ninth year swimming with the GSSC. One of the most exciting accomplishments was the year we placed 1st in the Province, but that was just one, I have too many to list! I have had so much personal and physical growth swimming with the GSSC and I have friendships and memories that I will cherish forever. I hope to swim for one more year, but feel sad that it is so close to ending.

I am also a Grade 10 student at John F. Ross C.V.I. and Gym and Drama are my two favorite subjects. This is my first year coaching and I am very excited to have my own team to develop and share my experiences with. I hope you love Synchro half as much as I do!

Swim Meets . . .

Competitive (13-15) Swimmers

Lisa Alexander (Dec. 10-11, 2011)
Ontario Winter Games - Trials (Jan. 29, 2012)
Ontario Winter Games (*if team qualifies*) (sometime between Mar. 5-12, 2012)
West Regionals (Mar. 24-25, 2012)
Hilton Worldwide Invitational (Apr. 20-22, 2012)
Age Groups (May 17-20, 2012)

Developmental (13-15) Swimmers

Lisa Alexander (Dec 10-11, 2011)
Waterloo Invitational (Jan. 28, 2012)
West Regionals (Mar. 24-25, 2012)
Age Groups (May 17-20, 2012)

Competitive (10 & Under) Swimmers

Lisa Alexander (Dec 10-11, 2011)
Waterloo Invitational (Jan. 28, 2012)
West Regionals (Mar. 24-25, 2012)
Hilton WorldWide Invitational (Apr. 20-22, 2012)
Age Groups (May 17-20, 2012)
Trilliums (*12 and under meet only*) (June 9-10, 2012)

Novice Pre-Competitive

Novice Figure and LTAD Meet (Nov 19, 2011)
Novice Figure and LTAD Meet (Mar. 3, 2012)
Novice Routine Meet (May 5, 2012)

All Swimmers (Recreational included)

Burning Bright - Wed Oct. 26 (5-7) @ UofG Pool (Swimmers should arrive at 5:00; show will begin at 6:00 for family & friends)

Christmas Water Show Dec 7 or Dec. 16 **TBD**

Varsity Synchro Meet (*Competitive and Developmental only*) - Jan 14 @ UofG Pool

College Royal - Mar. 17 (1-3) @ UofG Pool

Year End Water Show - April 25 (5-7) @ UofG Pool

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
Fundraising Committee Members:
 Susan McLeod
 Nancy Middleton

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

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Novice (Rec) - UofG (12:30 start) Pre-Comp—UofG(12:00) Solos—UofG (1-3)
2 Comp/Dev-VicDavis (8-12) BOTTLE DRIVE (12:15) WREATH ORDER FORMS	3	4 Duet/Solo Try Outs - UofG (6:30-9:30)	5 Dev -UofG (5-7) Comp - UofG (5-8) Novice/Rec—UofG (5:00)	6 GSSC Exec. Meeting 6:00pm MacKinnon 720	7 Comp-VicDavis (5:30-9)	8 NO SWIM Novice (Rec) - alternate swim Oct 5
9 NO SWIM	10  Thanksgiving	11 Duet/Solo UofG (6:30-9:30)	12 Dev -UofG (5-7) Comp - UofG (5-8) Novice/Rec—UofG (5:00) CHOCOLATE BAR MONEY DUE	13	14 Comp-VicDavis (5:30-9) CHOCOLATE BAR MONEY DUE	15 NO SWIM - Varsity Swim Meet Novice (Rec) - alternate swim Oct. 12
16 Comp/Dev-VicDavis (8-12)	17	18 Duet/Solo UofG (6:30-9:30)	19 Dev -UofG (5-7) Comp - UofG (5-8)	20	21 Comp-VicDavis (5:30-9)	22 Novice (Rec) - UofG (12:30 start) Pre-Comp—UofG(12:00) Solos—UofG (1-3)
23 Comp/Dev-VicDavis (8-12)	24	25 Duet/Solo UofG (6:30-9:30)	26 Dev -UofG (5-7) Comp - UofG (5-8) BURNING BRIGHT - UofG (5-7)	27	28 Comp-VicDavis (5:30-9)	29 Novice (Rec) - UofG (12:30 start) Pre-Comp—UofG(12:00) Solos—UofG (1-3)
30 Comp/Dev-VicDavis (8-12)	31 	Nov 1	2 Dev -UofG (5-7) Comp - UofG (5-8)	3	4 Comp-VicDavis (5:30-9)	5 Novice (Rec) - UofG (12:30 start) Pre-Comp—UofG(12:00)

Supporting Our Club



Chocolate Bar Fundraiser

Quick reminder that payment (\$90) for chocolate bars must be returned to Louise McIntyre either **Wednesday, October 12** for **Novice / Developmental Programs** or **Friday, October 14, 2011** for **Competitive Programs**. Please make cheques payable to **GSSC**.

Wreath Sales

Wreath order forms will be handed out on Sunday, October 2 (developmental/competitive swimmers). Order forms will be collected with payments on **November 2nd** and then the live winter green wreaths, inserts/planters and hanging baskets will be in **Guelph** for pick-up on **Friday, November 18th**.



Your support will assist GSSC in coaching development, a team training consultant and to increase awareness about synchronized swimming in our community.

"where artistry meets athletics"

Mailing Address:

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Guelph, Ontario N1G 4T3

E-mail: president@guelphsynchrowim.ca



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

Thank you to our 2011-2012 sponsors



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Financial Consultant
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@GsscGuelph

Inclement Weather

Please listen to CJOY 1460, MAGIC 106.1. or visit our website www.guelphsynchrowim.ca for inclement weather class cancellations.

We do not cancel classes just because school buses are not running. We only cancel classes if the University of Guelph closes their pool.

Classes cancelled due to inclement weather are not rescheduled.



Zehr's Tapes

Zehr's gives 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!

