



Guelph Synchronized Swim Club

"where artistry meets athletics"

Welcome from the GSSC Registrar

Hello, my name is Andrea Rauser and I am the Registrar with the Guelph Synchronized Swimming Club.

My family lives in Guelph and both my daughters, Rachel and Nicole, swim on the competitive, age 13-15, team.

This is my first year in the role of registrar, but my girls have been with the Club for many years, firstly as Novice (recreational) and last year on the Developmental Team.

I am excited to get to know all our new members and their families and would really like to welcome everyone to the Club.

We are off to a great start this year and have many wonderful activities planned.

Please note that registration for the Winter session will take place on Saturday, November 26th from 12:00-3:00pm at the University of Guelph pool atrium.

At the back of this newsletter, you will find the registration form. This form is for returning swimmers.

Volume 1, Issue 3

November 1, 2011

Fun Facts:

- ☺ Ontario Winter Games, March 5-12, 2012!!!
- ☺ Pre-Competitive Swimmers have their first swim meet on November 19, 2011.
- ☺ "Try Synchro" on November 26, 2011 (1:00-2:00)
- ☺ Novice Program registration (Winter Session) - November 26th



Andrea Rauser
GSSC Registrar

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First Swim Meet of the Season . . .

The Guelph Synchronized Swim Club's Pre-Competitive Team is heading to Newmarket on Saturday, November 19th to compete in their first Synchro Ontario Figures Competition of the 2011-2012 season. This meet is hosted by the York Synchronized Swim Club

and will be held at the Magna Pool in Newmarket from 1:30—6:00pm.

The Club would like to wish Anna Kenyon-Evans, Chloe Massey and Kyla Wilkinson the best of luck! Remember . . . Big Smiles and lots of fun!

We look forward to hearing all about it.



Meet Our Teams . . .

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

Coach: *Kathleen Purdon*

Julie Abra
Maeven Frost
Tana Frost
Brenna Stroud
Aurora Zwiers

Novice (Recreation) - Beginner 2 (Intermediate)

Coach: *Paige Allen*

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

Novice (Recreational) - Pre-Competitive

Coach: *Stefanie Pueschel*

Anna Kenyon-Evans
Chloe Massey
Kyla Wilkinson

Competitive (age 10 and under)

Coach: *Katherine Frost*

Caroline Bendall
Noelle MacDonald
Madison Solda
Drew Trainor
Taylor Varnai

Duet Teams

Coaches: *Katherine Frost & Bailey Hutcheson*

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

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

Coach: *Madison Andrews*

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

Novice Advanced

Coach: *Rebecca Gordon*

Johanna Ashbourn
Caelin Joswig
Kyla Smith
Rebecca Teasell
Hannah Wiley

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 13-15)

Coach: *Bailey Hutcheson*

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

Solos:

Coach: *Katherine Frost*

Madison Solda
Drew Trainor

Burning Bright Event

Thank you to all GSSC swimmers and parents for making our 2011 Burning Bright event such a wonderful success.

Every year Synchro Ontario supports the Canadian Breast Cancer Foundation by asking that all clubs host an event.

At our October 26th Burning Bright event our Club raised \$625 for the Canadian Breast Cancer Foundation.

Congratulations to Hannah Buda for the most money raised by an individual and to our 10 & Under Competitive Team for raising the most money as a team.



Thank you to all our coaches, donors, volunteers and most of all, the swimmers!

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)

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

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Duets—UofG (7:30-9:30)	2 Dev -UofG (5-7) Comp - UofG (5-8)	3	4 NO SWIM	5 Novice (Rec) - UofG (12:30) Pre-Comp—UofG(12:00) Solos—UofG (1-3)
6 NO SWIM	7	8 Duets—UofG (7:30-9:30)	9 Dev -UofG (5-7) Comp - UofG (5-8)	10 GSSC Exec. Meeting 6:00pm MacKinnon 720	11 Comp-VicDavis (5:30-9)  Remembrance Day	12 Novice (Rec) - UofG (12:30) Pre-Comp—UofG(12:00) Solos—UofG (1-3)
13 Comp/Dev-VicDavis (8-12) * Healthy Eating Session by Bailey Hutcheson	14	15 Duets—UofG (7:30-9:30)	16 Dev -UofG (5-7) Comp - UofG (5-8)	17	18 Comp-VicDavis (5:30-9)	19 Novice (Rec) - UofG (12:30) Solos—UofG (1-3) Pre-Comp—YORK SSC Novice Figures Meet (Newmarket)
20 Comp/Dev-VicDavis (8-12) * LTAD	21	22 Duets—UofG (7:30-9:30)	23 Dev -UofG (5-7) Comp - UofG (5-8)	24	25 Comp-VicDavis (5:30-9)	26 Novice (Rec) - UofG (12:30) Pre-Comp—UofG(12:00) Solos—UofG (1-3) REGISTRATION— Winter Session (12-3) Try Synchro (1-2)
27 Comp/Dev-VicDavis (8-12)	28	29 Duets—UofG (7:30-9:30)	30 Dev -UofG (5-7) Comp - UofG (5-8)	DEC 1	2 Comp-VicDavis (5:30-9)	3 Novice (Rec) - UofG (12:30) Pre-Comp—UofG(12:00) Solos—UofG (1-3)

Supporting Our Club



Wreath Fundraiser

Order forms along with payments are due on Wednesday, November 2 (development and competitive teams please submit them to Susan McLeod) or Saturday, November 5 (pre-competitive and novice teams please submit them to Louise McIntyre).

A reminder email will go out just prior to the pick-up date, which is Friday, November 18th between 3:30—8:00pm.

Fundraising to Date



Magazine Fundraiser

GSSC has just kicked off an Online Magazine Fundraising Campaign and your participation is the key to our success!

You can help ordering yourself, or by inviting your friends and family to shop at our online magazine store. They can choose from over 650 magazine subscriptions at up to 85% savings, and GSSC will get 37% of each purchase amount!

If you are interested, please visit: <http://www.efundraisingonline.ca/GuelphSynchronizedSwimClub>

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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PO Box 21044
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Guelph, Ontario N1G 4T3
E-mail: president@guelphsynchroswim.ca

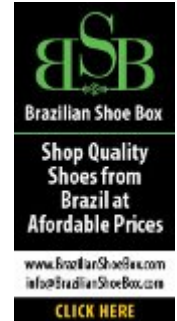


<http://www.facebook.com/groups/135789279806438/>

Thank you to our 2011-2012 sponsors



Janice Jurus, CFP
Financial Consultant
janice.jurus@investorsgroup.com
(519) 823-1347



Brad Butts, AACI, P. App.
Wellington Appraisal
340 Woolwich Street, Guelph
519.766.1500
<http://www.wellingtonappraisal.com>



Inclement Weather

Please listen to CJOY 1460, MAGIC 106.1. or visit our website www.guelphsynchroswim.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!



"TRY SYNCHRO"

On Saturday, November 26th from 1:00-2:00pm, GSSC will be holding a "try synchro" session at the University of Guelph pool. This is the perfect opportunity for swimmers to invite friends and family to "try synchro" to see if this is a sport that they may be interested in.

Please tell/invite your friends!!!

Guelph Synchronized Swimming Club

Novice (Recreational) Program (Winter 2012) Registration Form

Swimmer's Name: _____

Beginners 1 – Introductory

Session 2: Saturday, January 21, 2012 – Wednesday, April 25, 2012

Length: 1 hour per week for 13 weeks (Saturdays 12:30-1:00 dry land; 1:00-1:45 pool)
Cost: \$175

Beginners 1 – swimmer will start learning basic skills (sculling, body position) that are the fundamentals of synchronized swimming. Swimmers will learn beginning routine skills such as patterns, traveling and counting to music. Swimmers will create a mini routine to showcase at the end of session water show. Lessons are based on Synchro Ontario's Swim into Synchro Program.

Requirements: Swimmer should be comfortable putting face in water.

Beginners 2 – Intermediate

Session 2: Saturday, January 21, 2012 – Wednesday, April 25, 2012

Length: 1.5 hour per week for 13 weeks (Saturdays 12:30-1:00 dry land; 1:00-2:00 pool)
Cost: \$265

Beginners 2 – swimmers will review skills acquired in Beginner 1 and advance those skills and learn more fundamental synchro skills such as sculling positions. Swimmer will also continue to develop routine skills to create a routine for the end of season water show.

Requirements: Swimmer should be comfortable putting face in water, able to swim one width of the pool.

Novice - Advanced

Session 2: Saturday, January 21, 2012 – Wednesday, April 25, 2012

Length: 2.5 hour per week for 13 weeks (Saturdays 12:30-1:00 dry land; 1:00-3:00 pool)
Cost: \$435

Novice Advanced – swimmers will work on completing the Swim into Synchro Program and will be challenged with new skills from Synchro Canada's Star Program learning vertical positions (underwater and inverted positions), figures positions, and transitions and sculling. Routine skills will be expanded with more intricate patterns and introductions to highlights such as lifts and boosts.

Requirements: Swimmers who have successfully completed the Beginners 1 & 2 sessions, or swimmers who have been assessed at this level will be grouped according to skills

Please return registration form along with post-dated cheque. Registration is November 26th for returning swimmers.

Please make cheques payable to GSSC.
Post-dated January 3, 2012.

