



# Guelph Synchronized Swim Club

"where artistry meets athletics"

## Welcome from the GSSC Treasurer

Hello to the Guelph Synchronized Swim Club!

My name is Adele Bégin and I am the GSSC Treasurer. My daughter Jocelyn, swims on the 13-15 competitive team.

I have been an executive member since Jocelyn's first year of swimming in 2006. I have had many duties with the GSSC over the years. Previously I have taken on the rolls of website programmer and in 2008 I was the registrar but recently I have only had the one

position of the treasurer. Some of my duties include looking after the finances of the Club and completing some yearly tasks such as the Club's income taxes and also the Child Fitness Tax Receipts.

When I was young I swam competitively (like the Marlins), but I did not know anything about synchronized swimming until Jocelyn started with the Club.

When not at the pool I teach science and math at

high school.

December is a busy, busy month! Not only is our Christmas show going to be GREAT but the rest of the month has a crazy schedule so watch the calendar for all of the changes!



Adele Bégin  
GSSC Treasurer

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December 1, 2011

### Fun Facts:

- ☺ Ontario Winter Games, March 5-12, 2012!!!
- ☺ Pre-Competitive Swimmers had wonderful results in Newmarket.
- ☺ Christmas Water Show on December 3, 2011
- ☺ Novice Program (Winter Session) will start on January 17, 2012

## Great Results for GSSC Novice Swimmers at Figures Meet

The Pre-Competitive Team did very well at the Novice (Recreational) Figures and LTAD Meet on Saturday, November 19, 2011.

### Results:

Chloe Massey placed 2nd and Kyla Wilkinson placed 5th in the "under 8 category" out of 25 competitors.

Anna Kenyon-Evans placed 10th in the "age 11 category" out of 22 competitors.

Two of our Novice Advanced swimmers competed as well. Hannah Wiley placed 5th in the "age 10 category" out of 36 swimmers and Rebecca Teasell placed 1st in the "age 14 category" out of 2 swimmers.

Congratulations to all of these swimmers!



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## Christmas Water Show

Guelph Synchronized Swim Club is happy to announce that the annual Christmas Water Show will be held on **Saturday, December 3, 2011** at the University of Guelph pool from 1:30 - 2:30pm.

All swimmers are required to be at the pool by 12:00pm (noon) so they can get their hair gelled and have some final practice time.

Doors (viewing area) will be open at 1:25pm.

Spectators are invited to join the Club for some hot apple cider and sweets before the doors open. There will also be gift baskets raffled off and a 50/50 draw.

Admission: \$2 per person or \$5 per family.

After the big show, all swimmers are invited to share in some yummy treats.



## Lisa Alexander Figures Meet

On Saturday December 10, 2011 the Developmental and Competitive Teams will be traveling to Etobicoke to compete in the Lisa Alexander Figures Meet.

This meet will be hosted by the Mississauga Synchro Club at the Olympium Etobicoke.

The Club would like to wish all of the swimmers the best of luck!

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## Upcoming 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** (Mar. 3, 2012)  
**Novice Routine Meet** (May 5, 2012)

### All Swimmers (Recreational included)

**Christmas Water Show** Dec. 3 (1:30 - 2:30pm) @ UoG Pool  
**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

## December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Duets—UofG (7:30-9:30)	<b>2</b> Dev -UofG (5-7) Comp - UofG (5-8)	<b>1</b>	<b>2</b> Comp-VicDavis (5:30-9)	<b>3</b> Christmas Water Show - UofG (1:30-2:30) * Swimmer need to arrive at pool for 12:00
<b>4</b> Comp/Dev-VicDavis (8-12)	<b>5</b>	<b>6</b> Duets/Solos - VicDavis (5:30-7:30)	<b>7</b> Dev/Comp -VicDavis (5:30-7:30)	<b>8</b> GSSC Exec. Meeting 6:00pm MacKinnon 720	<b>9</b> Comp-VicDavis (5:30-9)	<b>10</b> Novice (Rec) - Vic Davis (10:00-12:00 ) *Last Day for Fall Session  Dev & Comp Teams - Lisa Alexander Figures Meet (Etobicoke)
<b>11</b> NO SWIM	<b>12</b>	<b>13</b> Duets/Solos - VicDavis (5:30-7:30)	<b>14</b> Dev/Comp -VicDavis (5:30-7:30)	<b>15</b>	<b>16</b> Comp-VicDavis (5:30-9)	<b>17</b>
<b>18</b> Comp/Dev-VicDavis (8-12) * LTAD Pre-Comp—Vic Davis (9-12)	<b>19</b>	<b>20</b> Duets/Solos - VicDavis (5:30-7:30)	<b>21</b> Dev/Comp -VicDavis (5:30-7:30)	<b>22</b>	<b>23</b> Comp-VicDavis (5:30-9)	<b>24</b>
<b>25</b> HAPPY HOLIDAYS!!! Christmas Day 	<b>26</b>	<b>27</b> NO SWIM	<b>28</b> NO SWIM	<b>29</b>	<b>30</b> NO SWIM	<b>31</b> New Year's Eve 

# Supporting Our Club

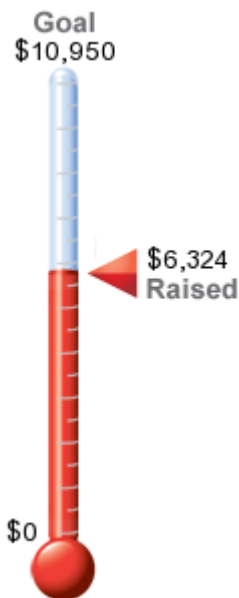


## Wreath Fundraiser

The wreath fundraising was once again a huge success. We sold 268 items and raised \$2,204 for the Club.

Thank you to Susan McLeod for collecting all of the orders and Adele Begin for accepting the delivery and waiting around for everyone to pick up their orders.

## Fundraising to Date



## Magazine Fundraiser

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

You can help by ordering yourself, or by inviting your friends and family to shop at our online magazine store. You 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.



# REMINDERS . . . .

## Child Fitness Tax Credit

Synchronized Swimming qualifies for the Child Fitness Tax Credit. All parents will receive their official tax receipt by email in February 2012 by the Club's Treasurer.

If you have any questions, please contact the Treasurer at [treasurer@guelphsynchroswim.ca](mailto:treasurer@guelphsynchroswim.ca)

For more information on the Child Fitness Tax go to the government website: <http://www.cra-arc.gc.ca>

## Inclement Weather

Please listen to CJOY 1460, MAGIC 106.1. or visit our website [www.guelphsynchroswim.ca](http://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.

## Novice Program - Winter Registration

Registration for the Winter Session of the Novice Program has begun.

Registration forms can be found on the GSSC website under the "Forms" tab.

You can submit your registration form along with a post-dated cheque (dated for Jan. 2, 2012) to the Novice Director over the next couple of weeks, or leave it in the GSSC Mailbox at the University Pool.

## GSSC Launches New Tobacco-Free Policy

### Commitment

The Guelph Synchronized Swim Club understands and recognizes that there are health hazards associated with the use of tobacco products, which includes the breathing of second hand smoke. One of the purposes of our club is to promote a healthy and active way of living to our members so it is our responsibility to model and encourage tobacco-free lifestyles.

We encourage our coaches, parents, volunteers, spectators, athletes, and all others involved, to diligently maintain and promote a tobacco-free environment at all times.

We regard synchronized swimming as being a healthy sport and as such, we believe we have a responsibility to our athletes and the participants of our sport, to demonstrate healthy choices. In the best interest of the health, well-being and safety of our athletes, coaches, volunteers and members at large, we have implementation of the following Tobacco-Free policy.

### Policy

All Guelph Synchronized Swim Club performances, swim meets, competitions, fundraisers and any other event sanctioned by our organization will be tobacco-free. Tobacco free is defined as no smoking, snuffing, dipping, or chewing tobacco by athletes, coaches, officials, volunteers, parents, spectators and others.

### Behavioural Expectations

The Guelph Synchronized Swim Club recognizes that role modeling can have a significant impact upon the young members of the club. Hence, the following individuals and groups are to refrain from using tobacco while participating in a sanctioned club event:

- Coaches (when coaching, representing the club or while in club uniform)
- Executive Members (while attending a sanctioned club event and/or representing the club)
- Officials/Judges (when officiating for the club)
- Volunteers (while working/representing the club)

- Athletes (when representing the club or while in club uniform)
- Parents (while attending a sanctioned club event)

When athletes, coaches, and parents are attending out of town events, the above named individuals are considered to be acting in an official capacity and representing the club, even away from the event venue, if they are in the presence of minor club members.

Overall, the Guelph Synchronized Swim Club will:

1. prohibit all tobacco use by everyone indoors
2. prohibit outdoor tobacco use by those in club uniform
3. "discourage" outdoor tobacco use by parents when they are in the presence of minor club members.

For the complete copy of the Tobacco-Free Policy please visit:

<http://guelphsynchroswim.ca/wp-content/uploads/2010/05/GSSC-TobaccoFreePolicy.pdf>



"where artistry meets athletics"

Mailing Address:

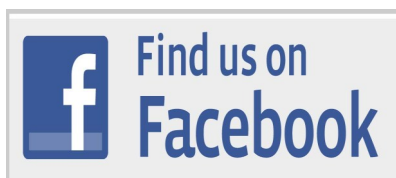
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@GsscGuelph

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



### 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 and submit it to Louise McIntyre or place them in the GSSC mailbox at the University of Guelph pool.

**Thank You for Your Support!**

## "Thank You" to our 2011-2012 Sponsors



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