



Guelph Synchronized Swim Club

"where artistry meets athletics"

Welcome from the GSSC Communications & Events Coordinator

Hello, my name is Sherry Butts and I am the GSSC Communications and Events Coordinator. My daughter Katelyn Butts swims on the 13-15 Competitive team.

I have held the communications and events role for the past two years. It has been so exciting to see the club grow the last few years and to watch our swimmers progress year after year. My daughter Katelyn has been swimming the GSSC for 5 years and this is her 3rd year of competitive swimming - she truly cannot get enough of this sport. It is so nice to see the friendships she has

built through the club over the years.

I have really enjoyed my executive position covering communications and events. My main job is to relay communications from the executive and coaches to our members. As well, I try to ensure any incoming questions get directed to the proper person. For events, I generally work with a group of coaches and volunteers sharing ideas for our water shows and other club activities. Getting to know the parents and coaches a bit better is always part of the fun.

As the season moves along, I look forward to a new Novice session starting in January, our February fundraising dance and attending our competitive meets.

As a reminder, if you have any questions please send your email to me at communication@guelphsynchroswim.ca



Sherry Butts
GSSC Communications
and Events Coordinator

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Fun Facts:

- ☺ Ontario Winter Games, March 5-12, 2012!!!
- ☺ Swimmers had a fabulous showing at the Lisa Alexander Figures Meet
- ☺ GSSC Fundraising Dance on February 11, 2012
- ☺ Novice Program (Winter Session) will start on January 21, 2012

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Lisa Alexander Figures Meet Results

Competitor	Age Category	Total Score	Placement	Competitor	Age Category	Total Score	Placement
Taylor Varnai	10&Under	53.582	28	Bridget Wilson	13-15	53.667	77
Drew Trainor	10&Under	52.500	32	Clare Vais	13-15	53.665	78
Caroline Bendall	10&Under	52.332	34	Breanna Pratley	13-15	52.835	87
Madison Solda	11-12	60.085	14	Luciana Mejia	13-15	50.750	99
Noelle MacDonald	11-12	49.832	101	Samantha Ben	13-15	50.168	106
Jocelyn Begin	13-15	58.835	21	Anna Hofstra	13-15	48.500	114
Katelyn Butts	13-15	58.415	25	Julia Batista	13-15	48.085	115
Sarah Plant	13-15	57.000	37	Coral Meredith	16-20	55.833	44
Sophie Reimer	13-15	56.918	38	Madison Andrews	16-20	55.668	46
Elise Letarte	13-15	55.083	58	Rachel Rauser	16-20	53.250	55
Nicole Rauser	13-15	55.002	60				

Did You Know

Synchronized swimming grew as a sport from ornamental swimming and theatrical water ballets of the late 19th and early 20th Centuries. In the early days, male swimmers performed round-dances in the water as a swimming art form, decorated with garlands or Chinese lanterns.

1891 - Royal Life Saving Society of Great Britain (RLSS) published a handbook for swimmers encouraging "ornamental swimming" or "scientific swimming".

1891 & 1892 - first contests held in Berlin and London (for men). However, artistic swimming became accepted as better suited to women because they were more buoyant, especially in the legs, and able to better make pictures with their bodies on the surface of the water.

1907 - Australian Annette Kellerman was described as the first under-water ballerina when she performed in a glass tank at the New York Hippodrome.

1921 - A group of women opened the German national swimming championships in Leipzig with an exhibition of figure swimming but the main impulse came from Canada.

1924 - a world first, the Quebec provincial championship for figure and stroke competition, limited to women, was held in Montreal, with the figures taken from the scientific swimming section of the RLSS handbook. Top Canadian diver and water polo player Margaret (Peg) Sellers played a pioneering role and, two years later, won the first official national championship in performing figures and strokes.

1923 - Katherine Curtis started a water ballet club at the University of Chicago (USA) and roughly around the same time Gertrude Goss introduced rhythmic swimming at Smith College in Northampton, Massachusetts.

1934 - Curtis took 60 swimmers, "the Modern Mermaids", to perform in the lagoon at the World Fair in Chicago. It was there

that the term "synchronized swimming" was first introduced to the audience by the announcer, Norman Ross (Olympic freestyle champion in the 400m and 1,500m in 1920).

1934 - Kaethe Jacobi, in Germany, introduced competition in floating patterns with her Isar-Nixen (Isar Mermaids) in Munich.

1940 - Esther Williams, a US freestyle champion and film star, performed a water ballet at the San Francisco World Fair. The first synchronized swimming competition was held in the USA. Williams made many "aqua musicals" exposing the sport to the world.

*Synchronized swimming grew increasingly technical and athletic, with music accompanying the routines.

1952-1968 - Synchronized swimming sought a place in the Olympics and was featured as a demonstration sport.

1951 - Canada and USA demonstrated the sport at the first Pan-American Games in Buenos Aires

1952 - Synchronized swimming joined the FINA group, adopting rules in accordance with proposals from Canada, USA, Argentina and countries where "ornamental" and "figure" swimming had caught the public's imagination. (A Peruvian proposal to ask the IOC for Olympic status was rejected).

1955 - Synchronized swimming celebrated its first official international competition appearance at the Pan-American Games in Mexico. It featured solo, duet and team events and the USA swept all three titles.

1967 - Synchronized swimming received much recognition, when Pam Morris (one of San Francisco's Merionettes) was the first synchronized swimmer to be inducted in the International Swimming Hall of Fame.

1973 - Synchronized swimming entered global competition, with the USA, Canada and Japan competing at the inaugural FINA World Championships in Belgrade.

1984 - Synchronized swimming finally took its place as a full Olympic sport at the Los Angeles Games.

Upcoming Swim Meets

Competitive (13-15) Swimmers

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

Waterloo Invitational (Jan. 28, 2012)

West Regionals (Mar. 24-25, 2012)

Age Groups (May 17-20, 2012)

Competitive (10 & Under) Swimmers

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)

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

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3 Duets/Solos - VicDavis (5:30-7:30)	4 NO SWIM	5	6 Comp-VicDavis (5:30-9) GSSC Table at Stone Road Mall (info & registration)	7 NO SWIM GSSC Table at Stone Road Mall (info & registration)
8 Comp/Dev-VicDavis (8-12) Pre-Comp-Vic Davis (9-12) GSSC Table at Stone Road Mall (info & registration)	9	10 Duets-UofG (7:30-9:30)	11 Dev -UofG (5-7) Comp - UofG (5-8)	12 GSSC Exec. Meeting 6:00pm MacKinnon 720	13 Comp-VicDavis (5:30-9)	14 VARSITY SYNCHRO MEET (Univ. of Guelph)
15 Comp/Dev-VicDavis (8-12) Pre-Comp-Vic Davis (9-12)	16	17 Duets-UofG (7:30-9:30)	18 Dev -UofG (5-7) Comp - UofG (5-8)	19	20 Comp-VicDavis (5:30-9)	21 Novice (Rec) - UofG (12:30 start) Pre-Comp-UofG (12-3) Solos-UofG (1-3) REGISTRATION-Winter Session (12-3) "Try Synchro" (1-2)
22 Comp/Dev-VicDavis (8-12)	23	24 Duets-UofG (7:30-9:30)	25 Dev -UofG (5-7) Comp - UofG (5-8)	26	27 Comp-VicDavis (5:30-9)	28 Novice (Rec) - UofG (12:30 start) Pre-Comp-UofG (12-3) Waterloo Invitations (Dev/Comp Teams)
29 Ontario Winter Games Qualifier (13-15 Comp Team & Duets) - Elmira	30	31 Duets-UofG (7:30-9:30)	Feb. 1 Dev -UofG (5-7) Comp - UofG (5-8)	2	3 Comp-VicDavis (5:30-9)	4 Novice (Rec) - UofG (12:30 start) Pre-Comp-UofG (12-3) Solos-UofG (1-3)

Supporting Our Club



Fundraising Dance

Guelph Synchro will be hosting a fundraising dance on Saturday, February 11th, 2012 at the Bullring, University of Guelph.

Tickets are \$10 each. If you require tickets please contact Louise McIntyre.

Hope to see everyone there . . . Groov'n to the 80's.

50/50 draw, door prizes, toonie toss

Fundraising to Date



Elmira Chicken & MacGregor Meats

GSSC will be selling Elmira Chicken and MacGregor Meats at the end of February.

More details will follow.

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@guelphsynchrosim.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.guelphsynchrosim.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. 3, 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://guelphsynchrosim.ca/wp-content/uploads/2010/05/GSSC-TobaccoFreePolicy.pdf>



"where artistry meets athletics"



@GsscGuelph

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E-mail: president@guelphsynchros swim.ca

<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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