



Guelph Synchronized Swim Club

"where artistry meets athletics"

Welcome from the GSSC Marketing and Website Coordinator

Greetings! My name is Lisa Plant and I am the GSSC Marketing and Website Coordinator. This is my first year in this role and I'm learning a lot about our Club. I live in Guelph and my daughter Sarah Plant is on the 13-15 Competitive team. She loves synchro and our family has enjoyed watching her swimming improve over the past 3 years we've been with the Club. We've also appreciated getting to know the parents in the Club. It's a great bunch of people to hang out with in the stands!

My main job with the Club is to keep the website up-to-date. I work closely with the executive to make sure that the calendar reflects all the current events and scheduling changes. We also ensure that the relevant fundraising information, news and swimming results are posted as well. The one thing that I would like to improve on the website is the number of photographs. If you have some good recent pictures that you would like to share, please pass them on to me and I will get them

posted.

I'm looking forward to our upcoming competitions this spring and of course, our fundraising dance on February 11th!

If you have any suggestions or photos for the website, please email web-site@quelphsynchroswim.ca.



Lisa Plant
GSSC Marketing and Website Coordinator

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Fun Facts:

- © Ontario Winter Games, March 8-11, 2012!!!
- © 13-15 Competitive Team placed 3rd (out of 8 teams) at Ontario Winter Games Qualifier
- © GSSC Fundraising Dance on February 11, 2012
- © 10&Under Competitive Team placed 5th (out of 11 teams) at the Waterloo Invitational Meet

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Ontario Winter Games Qualifier Results

Figures

Competitor	Age Category	Total Score	Placement
Jocelyn Begin	13-15	58.472	4
Sarah Plant	13-15	55.905	10
Katelyn Butts	13-15	55.487	11
Sophie Reimer	13-15	55.036	13
Nicole Rauser	13-15	53.554	18
Coral Meredith	16-20	57.463	5
Rachel Rauser	16-20	56.944	7
Madison Andrews	16-20	55.139	10

13-15 Team Routine

Team	Routine	Figures	Championship	Placement
Guelph	59.433	56.000	57.746	3rd



What is CS4L and LTAD?

CS4L stands for *Canadian Sport for Life*, which is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming. The goals of CS4L is to focus on the best interests of kids.

LTAD stands for *Long-Term Athlete Development*. LTAD is a seven-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood. CS4L, with LTAD, represents a paradigm shift in the way Canadians lead and deliver sport and physical activity in Canada.

Studies show that kids who have fun playing a sport are more likely to stay active and healthy for their entire lifetime. They also have a better chance of becoming a top athlete.

Coaches with the Guelph Synchronized Swim Club follow the CS4L/LTAD philosophy. They work closely with Head Coach, Katherine Frost, to design our programs (at the various levels) to make it fun as well as to provide exciting challenges and rich skill development.

If sports, in our case synchronized swimming, is fun, challenging and instructive, we can expect two results:

- More kids will stay physically active throughout their lifetime.
- More kids will reach the top ranks of amateur and professional competition if they choose the path for elite training.

Children and youth need to do the right things at the right time to develop in their sport or activity - whether they want to be hockey players, dancers, gymnasts or synchronized swimmers. Long-Term Athlete Development (LTAD) describes the things kids need to be doing at specific ages and stages in their development.

Science, research and decades of experience all point to the same thing: kids will get active, stay active, and even reach the greatest heights of sport achievement if they do the right things at the right time.

This is the logic behind the Long-Term Athlete Development model (LTAD).

Synchro Canada is in the process of creating a "Long-Term Athlete Development Model (LTAD)" for synchronized swimmers, which is a training pathway based on developmental age rather than chronological age. It will be athlete-centered, coach-driven and administration and sport science supported. As our athletes progress through the seven stages of LTAD, they will be given a solid foundation of physical, tactical and mental skills upon which they will build their athletic abilities, establish an active lifestyle, and develop a love for the sport of Synchronized Swimming.

The LTAD model will address the "**5 Basic S's of Training and Performance**": *Stamina* (Endurance), *Strength*, *Speed*, *Skill* and *Suppleness* (Flexibility); and help to identify the critical time in an athlete's growth and maturation process to introduce and emphasize each of these areas. Essentially, the LTAD model will produce a comprehensive program which will enable more Synchro swimmers to reach their full potential.

The seven stages within LTAD:

- Stage 1: [Active Start](#) (0-6 years)
- Stage 2: [FUNdamentals](#) (girls 6-8, boys 6-9)
- Stage 3: [Learn to Train](#) (girls 8-11, boys 9-12)
- Stage 4: [Train to Train](#) (girls 11-15, boys 12-16)
- Stage 5: [Train to Compete](#) (girls 15-21, boys 16-23)
- Stage 6: [Train to Win](#) (girls 18+, boys 19+)
- Stage 7: [Active for Life](#) (any age participant)

More details about the stages will be described in the March newsletter.

Guelph Synchronized Swim Club is proud to announce that we are Tobacco-Free. For a complete copy of the Tobacco-Free Policy please visit:
<http://guelphsynchroswim.ca/wp-content/uploads/2010/05/GSSC-TobaccoFreePolicy.pdf>



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 Coordinator:
 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

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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)
5 Comp/Dev-VicDavis (8-12)	6	7 Duets—UofG (7:30-9:30)	8 Dev -UofG (5-7) Comp - UofG (5-8)	9 GSSC Exec. Meeting 6:00pm MacKinnon 720	10 Comp-VicDavis (5:30-9)	11 Novice (Rec) - UofG (12:30 start) Pre-Comp—UofG (12-3) Solos—UofG (1-3) FUNDRAISING DANCE (BULLRING)
12 Comp/Dev-VicDavis (8-12)	13	14 Duets—UofG (7:30-9:30)	15 Dev -UofG (5-7) Comp - UofG (5-8)	16	17 Comp-VicDavis (5:30-9)	18 NO SWIM - Family Day Weekend
19 Comp/Dev-VicDavis (8-12)	20	21 Duets—UofG (7:30-9:30)	22 Dev -UofG (5-7) Comp - UofG (5-8)	23	24 Comp-VicDavis (5:30-9)	25 Novice (Rec) - UofG (12:30 start) Pre-Comp—UofG (12-3) Solos—UofG (1-3)
26 Comp/Dev-VicDavis (8-12)	27	28 Duets—UofG (7:30-9:30)	29 Dev -UofG (5-7) Comp - UofG (5-8)	Mar 1	2 Comp-VicDavis (5:30-9)	3 Novice (Rec) - UofG (12:30 start) Solos—UofG (1-3) Pre-Competitive Team - Novice Figures / LTAD Meet (U of Toronto)

Thanks from CUSSL Coordinator

Dear Volunteers who worked at the "Eastern" Meet at the University of Guelph for the Canadian University Synchro Swim League (CuSSL). I was only able to thank several of you personally after the meet and I wanted to make sure that ALL the volunteers for our very successful Guelph meet were thanked.

Not only was the Guelph meet one of the best organized meets that the league has held but all the volunteers I met were SO NICE and

SO POSITIVE. I can't tell you when I have met such a terrific group of people. So thanks again for all your help in making the Guelph meet such a success!!!!

Anne Smeeton,
CUSSL Coordinator



Novice Beginner I Swimmers
(Fall Session)

Waterloo Invitational Results

On Saturday, January 28, 2012 the 13-15 Developmental Team and the 10&Under Competitive Team participated in the Waterloo Invitational Routine Meet.

The Developmental Team resulted in a 7th place finish and the Competitive Team finished in 5th.

The Club would like to congratulate all of these swimmers on a great swim. As always, we are very proud of you!



10&Under Competitive Team

The Club would also like to congratulate the 13-15 Competitive Team on a AMAZING swim and showing at the Ontario Winter Games Qualifier Third place!

Unfortunately, this team will not be competing at the Ontario Winter Games (March 8-11) . . . only the top 2 teams from the "West Region" are able to compete.

Upcoming Swim Meets . . .

Competitive (13-15) Swimmers

West Regionals (Mar. 24-25, 2012)
Hilton Worldwide Invitational (Apr. 20-22, 2012)
Age Groups (May 17-20, 2012)

Developmental (13-15) Swimmers

West Regionals (Mar. 24-25, 2012)
Age Groups (May 17-20, 2012)

Competitive (10 & Under) Swimmers

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 Swimmers

Novice Figure and LTAD Meet (Mar. 3, 2012)
Novice Routine Meet (May 12, 2012)

All Swimmers (Recreational included)

College Royal - Mar. 17 (1-3) @ UofG Pool
Burlington Synchronized Swim Club Extravaganza - March 31, 2012 - optional for all Novice (Recreational) Swimmers
Year End Water Show - April 25 (5-7) @ UofG Pool

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 & MacGregors Meats

GSSC will be selling Elmira Chicken and MacGregors Meat in 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 should have received their official 2011 tax receipt by email by the Club's Treasurer.

If you have any questions, please contact the Treasurer at treasurer@guelphsynchrowim.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.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/Contest

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!

Contest - the Novice (Recreational) swimmer that hands in the most Zehr's tapes will win a prize at the year end Water Show.

Meet Our Pre-Competitive Novice Team

The Novice Pre-Competitive Program was newly launched this year (2011-2012). This Program gives swimmers the opportunity to swim the entire season (September through to May) with the same team members, allowing them to work closely together to become a cohesive team. This year's team will compete a total of three Synchro Ontario and/or Club Invitational Meets within the region.



Stefanie Pueschel

GSSC Coach,
Pre-Competitive Team

"My favourite part about coaching synchronized swimming is getting to work with the same swimmers and watch them improve every week!"



Kyla Wilkinson

Age: 9

Kyla's favourite thing about synchronized swimming is going to competitions and stretching. I like doing the splits when stretching and I like to see my how well I did in competitions.



Anna Kenyon-Evans

Age: 11

Anna's favourite thing about synchronized swimming is the routines. I like swimming as a team



Chloe Massey

Age: 9

Chloe's favourite thing about synchronized swimming is performing routines, because she likes doing cool things with her legs! She also likes doing lifts.

"where artistry meets athletics"

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@GsscGuelph

"Thank You" to our 2011-2012 Sponsors

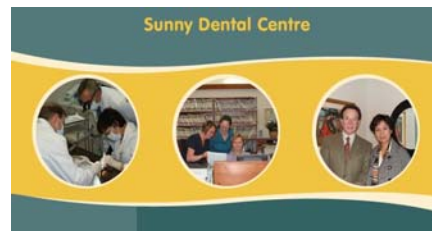


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