



Guelph Synchronized Swim Club

"where artistry meets athletics"

Welcome from the GSSC Novice Director and Fundraising Coordinator

Hello! My name is Louise McIntyre and I volunteer as the Novice Director and Fundraising Coordinator with the Guelph Synchronized Swim Club.

My daughter, Madison Solda, swims on the 10&Under Competitive Team and truly loves the sport! She started in the Novice (Recreational) Program and every year when the season was about to start she would decide that she wanted to swim just little more than the year prior. We joke that we live at the pool, but I wouldn't want it any other way!!

My role as Novice Director is very inspiring. I have the opportunity to watch the novice swimmers develop their skills throughout the season . . . it is like watching a tiny caterpillar turn into a beautiful butterfly . . . they work so hard and have so much fun . . . I can't wait to see their routines at College Royal. I do hope that some of these swimmers decide to move up to the developmental program next season!!

My role as Fundraising Coordinator is also rewarding. We have a fantastic Club; our members are very

supportive and we have almost reached our fundraising goal. All proceeds will go toward coaching development and community awareness.

Thank you on behalf of the GSSC Executive for all of your support.



Louise McIntyre
GSSC Novice Director and
Fundraising Coordinator

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Fun Facts:

- © Ontario Winter Games, March 8-11, 2012!!!
- © Pre-Competitive Team will compete on March 3rd
- © Macgregors Meat Order will be delivered on March 1
- © West Regional Meet will take place on March 24-25 in Elmira

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GSSC Fundraising Dance

Thank you to everyone who attended the 2nd Annual Fundraising Dance that was held on Saturday, February 11th at the Bullring, University of Guelph.

GSSC would like to thank all of the local businesses who contributed to our raffle prizes. They include: Fabutan, The Fat Duck, Palm Beach Mega Tan, Bikram Yoga, moksha yoga, Crabby Joe's, Turtle Jack's, Shakespeare Arms, Buffalo Wild Wings, Cagney's, Portuguese Mario's, Taste Fine Foods, Beechmount Pools, Romero's, Smokin' Tony's Bar-B-Que, Eggcetra,

Shoeless Joe's, Victoria Park Golf Club, Ariss Valley Golf & Country Club and Victoria Park Valley Golf Club.

Thank you to James for the great music!

Congratulations to Erin McConnell for winning the fabulous door prize - 2 nights deluxe accommodation at the Delta Chelsea Hotel, Downtown Toronto.

We raised over \$1,600 toward coaching development and community awareness.

More about LTAD . . .

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)

Active Start:

This stage is all about starting children off right. Making physical activity a fun part of daily life creates the right setting for your child to learn, particularly in free-play environments.

FUNdamentals:

This stage focuses on learning fundamental movement skills and building overall motor skills. Fundamental movement skills are the building blocks of success in sport and life-long enjoyment of physical activity, and children who develop them are more likely to engage in activity both as children, and later as adults.

This is a time when children are probably involved in a minor sport program and have their first coach. Unstructured play should still be encouraged.

Learn to Train:

During this stage, children are ready to learn and refine the general sports skills they need for athletic development and participation in sport for health.

Train to Train:

Athletes start to specialize in the sport of their choice in this stage. While children start competing more seriously, the major focus during competition is on applying what they've learned in training — not on winning at all costs.

The Train to Train stage starts when the child's major growth spurt starts. The beginning of the rapid increase in growth is about age 11 in boys and 9 in girls but varies widely from individual to individual.

The peak height velocity (when your child is growing the fastest) occurs on average at the age of 14 years in boys and 12 years in girls. Your involvement in your child's training probably changes in this stage. Up until now, you've most likely been directly involved —

helping your child learn movement skills, for example, or starting them out in a sport you enjoy. But in the Train to Train stage, your children are more independent, you're less likely to do sports with them, and your role is more an advisory one.

The focus from here on is on things you need to know as opposed to things you can do.

Train to Compete:

This stage is about the development of athletes as young adults. By this stage, they are specializing in one sport and working on event- or position specific skills and physical demands. They're soccer goalkeepers, not soccer players, middle distance runners, not track and field athletes.

Everything in this stage is about optimizing physical preparation. But there is a caution. Athletes must FULLY develop their Train to Train skills and physical preparation before starting Train to Compete skills and activities.

Train to Win:

This stage is about training to win at the highest levels of sport: international competition. Only the very best and most dedicated reach this stage. Those who succeed in this stage almost always work with highly trained and qualified coaches.

Active for Life:

This stage is all about a smooth transition from a competitive career to lifelong physical activity and participation in sports. The goal is to make the transition from competitive sports positive and to keep everyone active for life.

While this transition can occur at any age or stage, it usually occurs after the Learn to Train stage.

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://guelphsynchrowim.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.

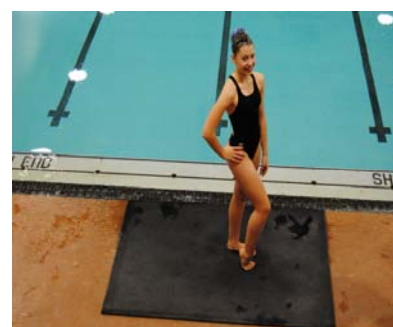
Remember that all pre-competitive, developmental and competitive team parents need to fulfill your required volunteer hours.

Important dates

March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Dev -UofG (5-7) Comp - UofG (5-8)	1 Macgregors Meats Order Pick Up— 6:00pm at Victor Davis Recreational Centre	2 Comp-VicDavis (5:30-9)	3 Novice (Rec) - UofG (12:30 start) Solos—UofG (1-3) NOVICE RECREA- TIONAL NOVICE MEET (PRE-COMP TEAM ONLY) - U OF TORONTO
4 NO SWIM	5	6 Duets—UofG (7:30-9:30)	7 Dev -UofG (5-7) Comp - UofG (5-8)	8 GSSC Exec. Meeting 6:00pm MacKinnon 720	9 Comp-VicDavis (5:30-9)	10 Novice (Rec) - UofG (12:30 start) Pre-Comp—UofG (12-3) Solos—UofG (1-3)
11 Comp/Dev-VicDavis (8-12)	12	13 Duets—UofG (7:30-9:30)	14 Dev -UofG (5-7) Comp - UofG (5-8)	15	16 Comp-VicDavis (5:30-9)	17 COLLEGE ROYAL WATER SHOW
18 Comp/Dev-VicDavis (8-12)	19	20 Duets—UofG (7:30-9:30)	21 Dev -UofG (5-7) Comp - UofG (5-8)	22	23 Comp-VicDavis (5:30-9)	24 Novice (Rec) - UofG (12:30 start) Pre-Comp—UofG (12-3) West Regionals Competition (Elmira)
25 West Regionals Competition (Elmira)	26	27 Duets—UofG (7:30-9:30)	28 Dev -UofG (5-7) Comp - UofG (5-8)	29	30 NO SWIM	31 Novice (Rec) - UofG (12:30 start) Solos—UofG (1-3) BURLINGTON EX- TRAVAGANZA (Open to all Novice Swimmers)

Our Swimmers . . .



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



Elmira Poultry

Once again this year, the Guelph Synchronized Swim Club will be selling Elmira Poultry. Everyone should have received their forms.

GSSC will receive \$5 in profit for each box sold.

Order forms along with payment are due on Saturday, March 17th and Sunday, March 18th.

Bag Ladies

The Guelph Synchronized Swim Club will be participating in the Recycling Bag Fundraising Program.

Order forms will be handed out in March.

For \$15 you receive:

- 40 - 26x36 blue tint recycling bags
- 25 - 26x36 clear recycling bags
- 50 - 20x22 green tint recycling bags

Fundraising to Date



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@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 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.

Pre-Competitive Novice Team Gets Ready . .

The Novice Pre-Competitive Team has been practicing really hard with their coach, Stefanie Pueschel, for their second figures meet of the season. Anna, Chloe and Kyla, along with their families, will be heading off to the University of Toronto pool on Saturday, March 3rd.

Best of luck! Have lots of fun! We look forward to hearing all about your experience!



Tana and Maeven Frost

"where artistry meets athletics"

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Facebook

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



@GsscGuelph

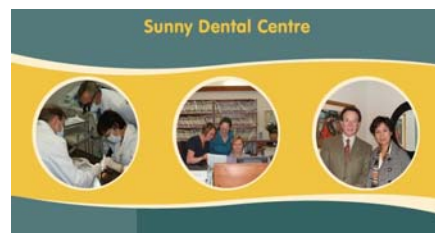
"Thank You" to our 2011-2012 Sponsors



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