



Guelph Synchronized Swim Club

"where artistry meets athletics"

GSSC Executive is Planning for 2012-2013

Can you believe that it is April already . . . where has the time gone!

The Guelph Synchronized Swim Club is planning for the 2012-2013 season. This involves booking pool space, hiring coaches, calculating costs for each of the Novice, Developmental and Competitive Streams as well as organizing registration packages and dates.

Mark your calendars

GSSC Parents Meeting and Annual General Meeting - May 3rd at the University of Guelph from 6:00-8:00pm (room to be an-

nounced). At this meeting the 2012-13 Executive will need to be voted in and information will be shared about the different programs.

Registration Forms / Deposits due for Developmental and Competitive Stream on May 23, 2012.

Synchronized Swim Camp will run from August 20-24, 2012 at the University of Guelph. Registration is already open. Register online at:

<http://www.bluetoad.com/publication/?i=98876&p=30>

Registration for 2012-2013 Novice Programs

August 11th at Stone Road Mall from 10:00 - 4:00pm.

August 24th at the University of Guelph, pool atrium from 8:00-10:00am and 2:00-4:00pm.

Stay tuned for some important emails with more detailed information.



Volume 1, Issue 8

April 1, 2012

Fun Facts:

- © Elmira Poultry orders will be delivered on April 4th
- © GSSC competed at West Regionals on March 24-25.
- © Hilton Worldwide Invitational Swim Meet will be held on April 20-22 at York University.
- © Zehr's Tapes should be handed in by April 22, 2012

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Pre-Competitive Team Places 1st

The Pre-Competitive Team swam their team routine for the first time at the Burlington Extravaganza on March 31, 2012.

Coached by Stefanie Poeschel, the trio consisting of Chloe Massey, Anna Kenyon-Evans and Kyla Wilkinson placed 1st for the Most Memorable Moments.

In addition, Hannah Wiley, who swims at the Novice Advanced level placed 1st in the 10 year old age category for figures.

Congratulations swimmers!!!



Meet the GSSC (13-15) Developmental Team



Elise Letarte
Age: 14
How Long Involved with Synchro: 3 years
Favourite Figure: Barracuda
Most Memorable Moment: The 2011 Provincial Competition. It was such a great experience! The atmosphere was different and exciting. Everybody was doing their best and we could feel it!



Luciana Mejia
Age: 12
How Long Involved with Synchro: 3 years
Favourite Figure: Front Walkover
Most Memorable Moment: Swimming with my GSSC team at provincials last year.



Samantha Ben
Age: 14
How Long Involved with Synchro: 3 years (1 year recreational; 2 years developmental)
Favourite Figure: Barracuda
Most Memorable Moment: Photo shoot last year. The team pictures were fun because we did some 'just for fun' photos and everyone got crazy.



Clare Vais
Age: 12
How Long Involved with Synchro: 3 years
Favourite Figure: Albatross
Most Memorable Moment: The first time I gelled my hair.



Bridget Wilson
Age: 14
How Long Involved with Synchro: 3 years (1 year recreational; 2 years developmental)
Favourite Figure: Front and Back Walkover
Most Memorable Moment: Can't think of any one moment!



Julia Batista
Age: 12
How Long Involved with Synchro: 7 months
Favourite Figure: Front Walkover
Most Memorable Moment: My very first competition.



Breanna Pratley
Age: 14
How Long Involved with Synchro: 3 years
Favourite Figure: Heron
Most Memorable Moment: No particular one, but enjoys how her coaches balance serious training and fun.



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

Parents Meeting and Annual General Meeting

Thursday, May 3rd

University of Guelph

Room: TBA

6:00 - 8:00pm

Important dates

April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Comp/Dev-UofG (12-3)	2	3 Duets—UofG (7:30-9:30)	4 Dev -UofG (5-7) Comp - UofG (5-8)	5	6 GOOD FRIDAY — NO SWIM	7 NO SWIM (Easter Weekend)
8  EASTER SUNDAY — NO SWIM	9	10 Duets—UofG (7:30-9:30)	11 Dev -UofG (5-7) Comp - UofG (5-8)	12 Executive Meeting (6-8) UofG, MacKinnon 720	13 Comp-VicDavis (5:30-9)	14  PICTURE DAY (teams/duets/solos) Novice (Rec) - UofG (12:30 start) Pre-Comp—UofG (12-3) Solos—UofG (1-3) TRY SYNCHRO - UofG 1:00-2:00pm
15 Comp/Dev-VicDavis (8-12)	16	17 Duets—UofG (7:30-9:30)	18 Dev -UofG (5-7) Comp - UofG (5-8)	19	20 Comp-VicDavis (5:30-9) ESPOIR PILOT (YORK U.)	21 Novice (Rec) - UofG (12:30 start) Pre-Comp—UofG (12-3) HILTON INVITATIONAL (YORK U.)
22 HILTON INVITATIONAL (YORK U.) Developmental Team - VicDavis (8-12)	23	24 Duets—UofG (7:30-9:30)	25 <i>Last Day of Novice Program</i> YEAR END WATER SHOW - University of Guelph (5:30-6:30)	26	27 Comp-VicDavis (5:30-9)	28 Solos—UofG (1-3) Pre-Comp—UofG (12-3)
29 Comp/Dev-VicDavis (8-12) Pre-Comp—UofG (9-12) <i>(only if we don't have Saturday pool space)</i>	30	MAY 1 Duets—UofG (7:30-9:30)	2 Dev -UofG (5-7) Comp - UofG (5-8)	3 Parents Meeting / Annual General Meeting - UofG (6:00-8:00)	4 Comp-VicDavis (5:30-9)	5 Solos—UofG (1-3) Pre-Comp—UofG (12-3)

Supporting Our Club



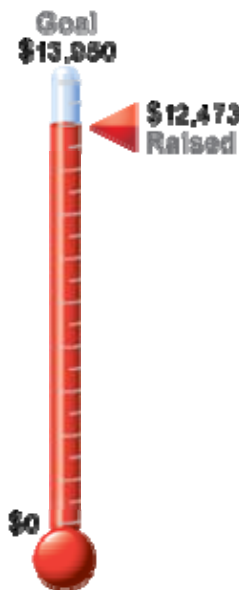
Elmira Poultry

Elmira Poultry orders will be delivered on Wednesday, April 4th.

Pick up time: 5:00-8:00pm

Pick up location: 9 Carroll Street
Guelph, Ontario

Fundraising to Date



Bag Ladies

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

Orders/payments are due on Wednesday, April 11th.

For \$15 you receive:

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

Your support will assist GSSC in coaching development, a team training consultant and to increase awareness about synchronized swimming in our community.

Synchro Ontario West Regionals Championship Photos



13-15 Developmental Team



Sarah Plant/Coral Meredith
4th place



Katelyn Butts/Jocelyn Begin
3rd place



13-15 Competitive Team
3rd Place



Madison Solda
2nd Place

Congratulations GSSC swimmers!

They could not have done it without our fabulous coaches - Katherine Frost, Bailey Hutcheson, Nequita Niemandt and Heidi Lantz.

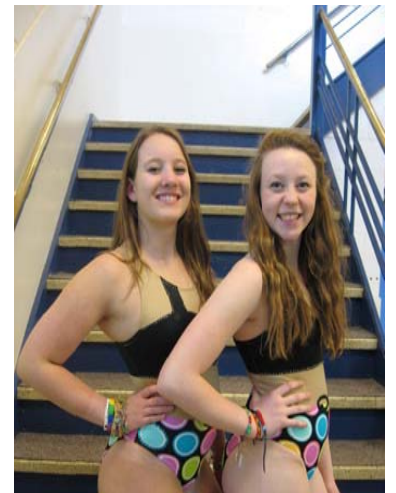
GREAT JOB!!!



Rachel Rauser/Nicole Rauser



10&Under Competitive Team
3rd place



Madison Andrews/Sophie Reimer

Synchro Ontario West Regionals Championships Results

Figures

Competitor	Age Group	Score	Placement	# of Competitors
Caroline Bendall	10&Under	55.083	7	38
Taylor Varnai	10&Under	53.165	11	38
Drew Trainor	10&Under	52.500	18	38
Madison Solda	11-12	57.085	8	41
Noelle MacDonald	11-12	50.748	38	41
Katelyn Butts	13-15	57.750	4	60
Jocelyn Begin	13-15	57.668	5	60
Sarah Plant	13-15	57.248	7	60
Sophie Reimer	13-15	55.917	17	60
Bridget Wilson	13-15	54.420	28	60
Nicole Rauser	13-15	54.252	29	60
Luciana Mejia	13-15	53.165	37	60
Elise Letarte	13-15	53.085	38	60
Clare Vais	13-15	51.750	46	60
Samantha Ben	13-15	51.418	48	60
Breanna Pratley	13-15	51.250	50	60
Julia Batista	13-15	48.000	58	60
Madison Andrews	16-20	56.250	20	26
Coral Meredith	16-20	55.748	22	26
Rachel Rauser	16-20	54.915	24	26

Teams

Competitor	Routine Score	Figures Scores	Championship Score	Placement
10&Under Competitive	52.133	53.500	52.816	2nd
13-15 Competitive	57.533	56.218	56.876	3rd
13-15 Developmental	52.384	51.870	52.127	10th

More Synchro Ontario West Regional Championships Results

Solo/Duets

Competitor	Solo/Duet	Routine Score	Figures Score	Championship Score	Placement
Madison Solda	11-12 Solo	56.316	57.085	56.700	2nd
Katelyn Butts & Jocelyn Begin	13-13 Duet	59.334	57.709	58.522	3rd
Coral Meredith & Sarah Plant	13-15 Duet	57.583	56.498	57.041	4th
Madison Andrews & Sophie Reimer	13-15 Duet	56.467	56.084	56.276	6th
Rachel Rauser & Nicole Rauser	16-20 Duet	58.083	54.584	56.334	4th

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 by April 22 will win a prize at the year end Water Show.

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



Upcoming Swim Meets . . .

Competitive (13-15) Swimmers

Hilton Worldwide Invitational (Apr. 20-22, 2012)

Age Groups (May 17-20, 2012)

Developmental (13-15) Swimmers

Age Groups (May 17-20, 2012)

Competitive (10 & Under) Swimmers

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 Routine Meet (May 12, 2012)

All Swimmers (Recreational included)

Year End Water Show - April 25 (5-7) @ UofG Pool

- all swimmers considering the developmental or competitive stream for 2012-2013 will be assessed during their routines.
- additional assessment will take place in May.

"where artistry meets athletics"

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



@GsscGuelph

"Thank You" to our 2011-2012 Sponsors



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