



Guelph Synchronized Swim Club

"where artistry meets athletics"

Parent's Meeting/Annual General Meeting

Thursday, May 31, 2012
6:00-8:00pm
University of Guelph
Mackinnon Bldg. Room 115

If your swimmer is interested in the Junior Competitive, Competitive or National level swimming teams, please attend this meeting to get more information.

Review of the 2011-2012 Synchro Season and information about next year.

The 2012-2013 GSSC Executive will be voted in. If you are interested in putting your name forward for any of the positions, please do so. We welcome everyone to take part. If you are worried about time commitments, don't worry . . . there are positions that can be done on your own time without additional meetings, etc. The Executive works together, helps each other, they are a team!! Be an active participant! Help GSSC continue to grow!

Mark your calendars!

Upcoming Registration Dates

Registration for 2012-2013 Novice Programs

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

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

Synchronized Swim Camp - 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>



Volume 1, Issue 9

May 1, 2012

Fun Facts:

- © Spring Planters/Hanging Baskets fundraiser
- © Variety Village Invitational - May 6, 2012
- © Open Age Groups - May 17-20, 2012
- © 85 days until the London 2012 Olympics (July 27 - August 12)

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Synchro Canada is Holding a Couple of Contests . . .

CONTEST: show your support for the National Team and win big!

National Team members need to feel your support on the road to London! Create an original cheering video! Send to us a video of not more than 30 seconds in an mp4 format by www.yousendit.com at patrick@synchro.ca! Most original video will win a free technical visit by a coach from the Centre of Excellence during the 2012-2013 season, including transportation, lodging and meals. Be creative and send us your video before June 11, 2012!

If you have any ideas, please pass them along to your coach!!

Share your best synchronized swimming pictures!

Synchro Canada is inviting you to submit your best synchronized swimming pictures. Each week, a picture will be selected as the synchronized swimming picture of the week on Synchro Canada's Facebook page and Website. Please note that the pictures you send should be free of rights. You can send your pictures to patrick@synchro.ca with an explanation for why your picture should be the picture of the day!

Check out this week's picture: <http://www.facebook.com/media/set/?set=a.231878840157840.69787.100000071780890&type=3>.



Olympic Synchronized Swimming Schedule

August 5: 15:00

Women's Duets Qualification Technical Routine

August 6: 15:00

Women's Duets Qualification Free Routine

August 7: 15:00

Women's Duets Final

August 9: 15:00

Women's Teams Final Technical Routine

August 10: 15:00

Women's Team Final Free Routine



84 DAYS UNTIL LONDON 2012 OLYMPICS

National team members in preparation for the 2012 Olympic Games:

- BOUDREAU-GAGNON, Marie-Pier (Rivière-du-Loup, QC)
- BÉLANGER, Geneviève (Laval, QC)
- CARDINAL, Gabrielle (Saint-Lambert, QC)
- DUROCHER, Stéphanie (Repentigny, QC)
- FORTIN, Jo-Annie (Montreal, QC)
- ISAAC, Chloé (Brossard, QC)
- LECLAIR, Stéphanie (Gatineau, QC)
- LITTLE, Tracy (Pointe-Claire, QC)
- MARCOTTE, Élise (L'Ancienne-Lorette, QC)
- THOMAS, Karine (Gatineau, QC)
- WELSH, Valérie (Saint-Nicholas, QC)
- WILLSON, Erin (Toronto, ON)

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

2012-2013 EXECUTIVE

Please consider putting
your name forward for
a position!

Important dates

May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Duets—UofG (7:30-9:30)	2 Dev -UofG (5-7) Comp - UofG (5-8)	3	4 Comp-VicDavis (5:30-9)	5 Pre-Comp—UofG (12-3) Solos—UofG (1-3)
6 Comp/Dev—UofG, Gold Pool (8-11) (Vic Davis not available— swim meet) Variety Village Invitational	7	8 Duets—UofG (7:30-9:30)	9 Dev -UofG (5-7) Comp - UofG (5-8)	10	11 Comp-VicDavis (5:30-9)	12 Solos—UofG (1-3) Novice Routine Meet (Oshawa Civic Centre)
13 Comp/Dev-VicDavis (8-12)	14	15 Duets—UofG (7:30-9:30)	16 Dev -UofG (5-7) Comp - UofG (5-8)	17 Open Age Groups - Olympium	18 Open Age Groups - Olympium	19 Open Age Groups - Olympium
20 Open Age Groups - Olympium	21	22	23 10&Under-UofG (5-8) Assessment Day - Junior Comp. and Competitive (5-7)	24	25 Victor Davis Not Available UofG: 5:00-6:00 FUN DAY!!!!	26 Solos—UofG (1-3)
27 10&Under-VicDavis (8-12)	28	29	30 10&Under-UofG (5-8)	31 Parents Meet- ing / Annual General Meet- ing - UofG	JUNE 1 10&Under-VicDavis (5:30-9)	2 Solos—UofG (1-3)
3 10&Under-VicDavis (8-12)	4	5	6 10&Under-UofG (5-8)	7	8 10&Under-VicDavis (5:30-8)	9-10 Trilliums - London

Supporting Our Club



Spring Flowers (Planters/Hanging Baskets)

The Guelph Synchronized Swim Club will be participating in a Spring Flower fundraiser. We will be using the same company where we purchased the Christmas Wreaths.

Orders/payments are due on Wednesday, May 23rd.

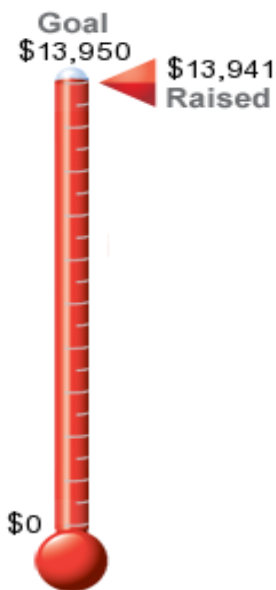
Delivery Date: May 28th

Garage Sale

The Guelph Synchronized Swim Club will be holding a garage sale as our final fundraiser for the year.

This will take place in June. More details to come.

Fundraising to Date



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

The Guelph Synchronized Swim Club is pleased to announce that we have been awarded a \$5,300 grant from the Ontario Trillium Foundation to fund a new portable underwater sound system. This new equipment will benefit over 100 swimmers over the course of a year.

Swim Levels

Novice

The Novice Program is designed around the LTAD (Long term Athlete Development) program, which helps to focus on fundamental skills needed for all sports. Swimmers will gain confidence in the water, while developing stamina (endurance), strength, speed, suppleness (flexibility) and synchro skills in a fun-filled, supportive environment.

Swimmers can be brand new to the sport, or have tried it previously.

Along side their coaches they will learn to count to music and develop a routine which will be performed at Guelph Synchro's water shows.

There is also an opportunity for swimmers to participate in 3 Novice Meets; 2 focus on Figures and LTAD testing, and the third is a routine meet.

Novice—Beginner 1 (Introductory)

At this level, swimmers start learning basic skills (sculling, body position) that are the fundamentals of synchronized swimming. Swimmers learn beginner routine skills such as patterns, traveling and counting to music.

The lessons are 1 hour per week for 13 weeks.

September-December
January-April

Novice—Beginner 2 (Intermediate)

At this level, swimmers review skills acquired in the Introductory level and advance those skills and learn more fundamental synchro skills as sculling positions. In addition, they will continue to develop routine skills to develop a routine to showcase at the end of session water show.

The lessons are 1.5 hours per week for 13 weeks.

September-December
January-April

Novice Advanced

Swimmers at this level work on completing the Swim To Synchro program, and will be challenged with new skills from Synchro Canada's Star Program. Swimmers will learn vertical positions (underwater and inverted positions), figures positions, and transitions and sculling. Routine skills will be expanded with more intricate patterns and introductions to highlights, such as lifts and boosts.

The lessons are 2.5 hours per week for 13 weeks.

September-December
January-April



Hannah Wiley (seen in photo)

Swim Levels (cont'd)

Provincial

The Provincial program is geared toward athletes that have been involved in the sport, or who are new to the sport but are strong swimmers. Dedication to this program is important for both athletes and parents as this program is run for the whole synchro season (September-May/June).

Swimmers at the Provincial level require a good work ethic, focus, drive and a love of the sport.

Athletes will continue to focus on developing their LTAD skills in the Training to Train and Training to Compete stages, allowing them to continue to develop their stamina, strength, suppleness and speed in addition to learning new synchro and continuing to perfect the basics. Mental training is introduced and developed, including goal setting and evaluation, visualization and competition preparation.

Athletes compete in a least 4 swim meets with the potential of 2 additional invitationals, plus Guelph Synchro's water shows.

Swimmers train for 10.5 hours per week, which includes dryland practices that are structured to meet the athlete's needs and goals.

All travel to meets are within Ontario, and depending on location some overnight stays may be required.

Tryouts/assessments for Provincial teams will take place on May 23. Final team selection will be determined by the Head Coach.

Extra routines are offered to swimmers. During tryouts/assessments Coaches will determine the best matches for duets. There is additional costs for duets/solos.

Junior Competitive (age-based)

Guelph's Synchro Junior Competitive program is designed to bridge the gap between the novice and the competitive programs. This program is intended for swimmers who want more than the novice program, but not the full competitive program. This program falls under the Provincial swim level.

Swimmers will be introduced to technical and artistic synchronized swimming skills. They will participate in both individual figures and a choreographed routine.

The focus of this program is to develop swimmers for the competitive stream while giving them an opportunity to improve their skills by increasing their practice time.

Teams will be introduced to competitive meets.

Practices are 2 times a week (6 hours a week) from September to May (full year commitment).

Competitive (age-based)

The Competitive program is for swimmers with previous synchronized swimming experience. The goal of this program is to provide a competitive component for athletes who want a challenge above the novice and junior competitive programs. This program falls under the Provincial swim level.

The focus of the competitive program is to develop and improve advanced technical skills and teamwork.

Athletes participate in both individual figures and a choreographed team routine. They participate at both Regional and Provincial meets.

Practices are 3 times a week (10.5 hours a week) from September to May/early June.

Swim Levels (cont'd)

National

The National program is geared towards athletes with prior synchro experience. Dedication to this program is extremely important for both athlete and parents as this program runs for the entire synchro season (September—May/June).

Swimming at the National level demands a high level of training in addition to strong work ethic, discipline, drive and love of the sport.

Athletes continue in their development of the LTAD program and mental training is introduced and developed, including goal setting and evaluation, visualization and competition preparation.

Athletes would compete in 5 swim meets, with the potential of 1-2 additional meets, plus Guelph Synchro's water shows.

Swimmers would train 3-4 times per week (10.5—12.5 hours per week). The extra practice would focus on national figures. Practice would include a dry land component that is structured to meet the athlete's needs and goals.

Travel for this team will occur in Ontario and across Canada. Hotel stays will occur.

Tryouts/assessments for Provincial teams will take place on May 23. Final team selection will be determined by the Head Coach.

Extra routines are offered to swimmers. During tryouts/assessments Coaches will determine the best matches for duets. There is additional costs for duets/solos.

**** For 2012-2013 it was suggested that this team begin at the National Level (Lisa Alexander, Provincial Trials, Provincial Championships) and then swim at Provincial Level from Waterloo Invitational to the end of the season. Discussions with parents/athletes will need to take place.**

Upcoming Swim Meets . . .

Competitive (13-15) Swimmers

Age Groups (May 17-20, 2012)

Developmental (13-15) Swimmers

Age Groups (May 17-20, 2012)

Competitive (10 & Under) Swimmers

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 who are considering moving to Junior Competitive/Competitive Levels

Assessment Day - Wednesday, May 23 (5-7) @ UofG



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>



"where artistry meets athletics"

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

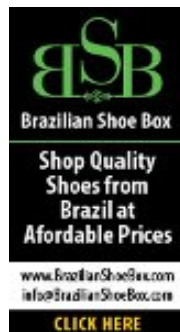


@GsscGuelph

"Thank You" to our 2011-2012 Sponsors



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