



Guelph Synchronized Swim Club

"where artistry meets athletics"



Welcome from GSSC President

Three weeks of practice already behind us . . . can you believe it! Where has the time gone?

We are very happy to see many of our swimmers return and to have many new swimmers join Guelph Synchro. This year we plan on having another year filled with team building, skill development and a lot of FUN!

We have an excellent group of coaches that we want to welcome back for another great year. GSSC's Head Coach Katherine Frost, Bailey Hutcheson, Stefanie Pueschel,

Rebecca Gordon, Kathleen Purdon and Madison Andrews. We would also like to welcome our new coaches to GSSC, Jocelyn Begin, Christie Zammit, Stephanie Gellar, Krissy Einbode, and Emma Simpson.

GSSC is fortunate to have past members of the executive return and some new and enthusiastic volunteers step in to help our club during the 2012/2013 season.

We have a significant focus this year in developing of our swimmers, to advance the

development of figures with additional figures training and an advanced training program focused on LTAD performance.



Louise McIntyre,
President and
Novice Director, GSSC

Volume 2, Issue 1

October, 2012

Fun Facts:

- ☺ We have 61 swimmers this Fall
- ☺ 12 new swimmers joined the competitive stream
- ☺ Burning Bright - Saturday, October 27, 2012

About Us

The Guelph Synchronized Swim Club is an amateur not-for-profit club which teaches and promotes the sport of synchronized swimming. The club is affiliated with [Synchro Canada](#) and [Synchro Ontario](#).

Guelph Synchro is a growing club that welcomes new members; offering programs

for disabled, recreational and competitive synchronized swimmers.

The key objectives for our club is to motivate each swimmer to their fullest potential; to develop a high degree of discipline in athletic training; to promote healthy lifestyles and team camaraderie; and to

develop the poise, grace, sportsmanship and leadership qualities.



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Meet Our Teams . . .

Novice (Recreational) - Beginner 1 Introductory (group 1)

Coach: *Christie Zammit*

Keira Dreyer	Sofia McLachlan
Tana Frost	Ava Reid
Adrianna Gemin	Brenna Stroud
Angelina Gemin	Nicole Thompson
Shayla MacDonald	

Novice (Recreational) - Beginner 1 Introductory (group 2)

Coach: *Jocelyn Begin*

Laloni Beaudoin	Jillian Nunan
Kaitlyn Bens	Kirstin Ravazzolo
Annika Lusic	Viktoria Reid
Kassandra Martirena	Izabella Weber
Davis Newman	

Novice (Recreation) - Beginner 2 (Intermediate)

Coach: *Madison Andrews*

Maeven Frost	Isabelle McBride
Mackenzie Goodwin-Hughes	Amy McLeod
Janyka Hickman	Avery Talbot
Lauren Irvine	

Novice Advanced

Coach: *Kathleen Purdon*

Kiersten Barr	Amy Hare
Hannah Buda	Bethany Hofstee
Caroline Glassman	Sarah Lytle
Laura Hallman	

Novice (Recreational) - AWD

Coach: *Bailey Hutcheson*

Tabitha Hare

"White" Team (age 11-12)

Coach: *Stefanie Pueschel*

Sydney Bendall	Elizabeth Lister
Caelin Joswig	Alice Stubbs
Anna Kenyon-Evans	Kyla Wilkinson

"Blue" Team (age 13-15)

Coach: *Rebecca Gordon*

Caitlin Bergant	Clare Vais
Luciana Mejia	Hannah Wiley
Breanna Pratley	Bridget Wilson

"Teal" Team (age 11-12)

Coach: *Bailey Hutcheson*

Caroline Bendall	Kyla Smith
Bria Davidian	Leah Sterling
Hannah Leighton	Taylor Varnai
Noelle MacDonald	Devon Whate

"Black" Team (age 16-20)

Coach: *Katherine Frost*

Madison Andrews	Coral Meredith
Jocelyn Begin	Sarah Plant
Katelyn Butts	Sophie Reimer
Elise Letarte	Madison Solda



Burning Bright

"Each year thousands of Canadians are touched by breast cancer. It not only impacts individuals living with the disease, but their family, friends and loved ones as well. October is a month to build awareness and pay tribute to those affected by this disease."

(Canadian Breast Cancer Foundation website)

Every year Synchro Ontario supports the Canadian Breast Cancer Foundation by asking that all clubs host an event. We are very excited to hold our annual "Burning Bright for Breast Cancer" event on Saturday, October 27th at the University Pool, 1:00-3:00pm (swimmers should arrive at 12:30; show will begin at 1:30pm for family and friends).



Interested in "extra" figures practice?

If so, please connect with Katherine Frost, Head Coach, to arrange.

Pool time for extra figures practice:

Fridays (for Jr. Comp) - anytime between 7:00-9:00pm

Saturdays - anytime between 1:00-3:00pm

Sundays - anytime between 4:00-5:30pm

Cost: \$20 per hour (4 swimmers max per coach - swimmers share the cost (i.e. 1 swimmer = \$20; 2 swimmers = \$10/ea., and so on)

Swim Meets . . .

All Competitive Teams

Lisa Alexander (Dec. 1-2, 2012)

Waterloo Invitational (Jan. 12, 2013)

West Regionals (Mar. 9-10, 2013)

Variety Village (May 5, 2013)

Age Groups (May 22-206, 2013)

All Competitive Teams (except White Team)

Hilton Worldwide Invitational (Apr. 20-22, 2013)

Novice (Recreational) Swimmers (optional meets)

Novice Figures Meet (Nov. 24)

Burlington Extravaganza (Mar. 2, 2013)

Novice Figures Meet (Apr. 6, 2013)

Novice Routine Meet (May 18, 2013)

All Swimmers (Recreational included)

Burning Bright - Saturday Oct. 27 (1-3) @ UofG Pool (Swimmers should arrive at 12:30; show will begin at 2:00 for family & friends)

Christmas Water Show - Saturday Dec. 22

College Royal - Mar. 16 (1-3) @ UofG Pool

Year End Water Show - April 13 (1-3) @ UofG Pool

2012-2013 GSSC Executive

Executive Members

President: Louise McIntyre
Treasurer: Adele Begin
Secretary: Kate MacDonald
Registrar: Sherry Butts

Non-Voting Executive Members

Head Coach: Katherine Frost
Marketing: Jill and Steve Lister
Communications: Micheline Boucher
Novice (Recreational) Coordinator:
 Louise McIntyre
Clothing Coordinator: Greg Meredith
Website Coordinators: Lisa Plant
Fundraising Coordinator:
 Kate MacDonald

Volunteers Needed!!!

We are always looking for volunteers to help out with different initiatives throughout the year.

Please help out if you can.

Important dates

October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Jr.Comp/Comp UofG Pool 5-7 Dry Land 7:15-8:15 (Range Room - yoga)	4	5 Competitive Vic Davis Dry Land 5:45-6:45 (Training Room - dance) Pool 7-9	6 NO SWIM— Thanksgiving Weekend
7 NO SWIM— Thanksgiving Weekend	8  * * Thanksgiving	9	10 Jr.Comp/Comp UofG Pool 5-7 Dry Land 7:15-8:15 (Range Room - yoga)	11	12 Competitive Vic Davis Dry Land 5:45-6:45 (Training Room - dance) Pool 7-9	13 NO SWIM—OUA Swim Meet
14 Jr. Comp/Comp Vic Davis 8-12 Duets/Solo <u>Try-Outs</u> Vic Davis - 4:00-5:30	15	16	17 Jr.Comp/Comp UofG Pool 5-7 Dry Land 7:15-8:15 (Range Room - yoga)	18	19 Competitive Vic Davis Dry Land 5:45-6:45 (Training Room - dance) Pool 7-9	20 Novice (Rec) - UofG (12:30 start)
21 Jr. Comp/Comp Vic Davis 8-12 Duets/Solo Vic Davis - 4:00-5:30	22	23	24 Jr.Comp/Comp UofG Pool 5-7 Dry Land 7:15-8:15 (Range Room - yoga)	25	26 Competitive Vic Davis Dry Land 5:45-6:45 (Training Room - dance) Pool 7-9	27 Novice (Rec) - UofG (12:30 start) BURNING BRIGHT for Breast Cancer
28 Jr. Comp/Comp Vic Davis 8-12 Duets/Solo Vic Davis - 4:00-5:30	29	30	31 Jr.Comp/Comp UofG Pool 5-7 (no dry land) 	Nov 1	2 NO SWIM—Water Polo Tournament	3 Novice (Rec) - UofG (12:30 start)

Supporting Our Club



Chocolate Bar Fundraiser

Every swimmer (novice and competitive) will receive a case of chocolate bars (Aunt Sarah's) on Friday, October 5th or Saturday, October 20th to sell.

Selling Price: \$2.00/bar

Mabels Labels (online fundraiser)



GSSC is fundraising with **Mabels Labels**, a company with all types of labels that are colourful, indestructible, easy-to-use and fun! GSSC earns 20% of the sale price.

They have iron-ons, stickies, bag tags, allergy alert labels & more! Personalize your labels with names, nicknames, initials - whatever you choose. Labels are dishwasher, microwave, laundry & kid tested. Orders are dispatched within 24 hours! ***Please note: Fundraising Commission cannot be earned on the purchase of [Loot Bag Combos](#) or discounted/sale items.

Visit www.guelphsynchroschwim.mabelslabels.com to order and learn how to share this fundraiser with family and friends. **It is essential to add the name of the Swimmer in the section for at the top of the payment section to get credit for the fundraising commitment.**



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

"where artistry meets athletics"

Mailing Address:

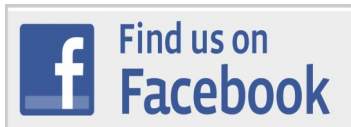
Guelph Synchronized Swimming Club

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E-mail: president@guelphsynchrosim.ca



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

Thank you to our 2012-2013 sponsors



Brad Butts, AACI, P. App.
Wellington Appraisal
340 Woolwich Street, Guelph
519.766.1500
<http://www.wellingtonappraisal.com/>



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.



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. Please submit by November 2 & 3, 2012.

The novice swimmer that submits the most Zehr's tapes will win a prize at the Christmas Water Show.

Thank You for Your Support!