



Guelph Synchronized Swim Club

"where artistry meets athletics"

Welcome from GSSC Fundraising Coordinator

Happy New Year!

It is so wonderful to see everyone after the holidays. I hope that you all had a fabulous break. It is also great to see so many Novice swimmers returning for the winter session and for those who are brand new - Welcome!

My name is Kate MacDonald and I am the Fundraising Co-ordinator for Guelph Synchro. I live in Guelph and my daughter, Sophie Reimer, swims on the 16-20 competitive team.

Last year I was the Club's

Manager and prior to this I was the Secretary. I also organized the Gryphon Synchronized Swimming Camp the past two summers with head coach, Katherine Frost. I may have met some of our Club members during the camp!

Long, long ago I was a competitive synchronized swimmer, representing Nova Scotia for 5 years and my team swam at Nationals for 3 years. I also coached recreational synchro for 6 years throughout University.

January is an exciting

month as our competitive teams will be competing their routines for the first time at the Waterloo Invitational on the 12th.

We will also be having some exciting fundraising opportunities coming up . . . stay tuned.



Kate MacDonald,
Fundraising Co-ordinator

Volume 2, Issue 3

January 2013

Fun Facts:

- © Winter Session of Novice Program begins Saturday, January 5, 2013
- © GSSC Raised \$675.25 at Christmas Water Show
- © Waterloo Invitational - January 12, 2012

Christmas Water Show

Once again, Guelph Synchro is happy to announce that we had a wonderful Christmas Water Show on Saturday, December 22, 2012. All of the swimmers performed their routines in front of family and friends; they were truly amazing!

We would like to thank Samantha Nealon and Rebecca Maule, members of the Canadian Senior National Team, who surprised us with an outstanding duet performance. Their routine was very inspirational.

We would also like to thank our parent volunteers who worked hard behind the scenes to make this event very memorable. Special thanks to Wendy Smith who took the lead and made sure that all ran smoothly, Susan McLeod, the MC and to Chuck Evans, who made a jolly appearance as Santa.

Without our parent volunteers, we could not do events such as this! Thank You!

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Novice Figures Meet - Results (Nov. 24, 2012)

Competitor	Age	Score	Placement	Competitors in Age Group
Lauren Irvine	7	38.9722	17	20
Avery Talbot	8	42.0000	14	17
Caroline Glassman	12	43.7778	17	18

Swim Meets . . .

All Competitive Teams

Waterloo Invitational (Jan. 12, 2013)
 West Regionals (Mar. 9-10, 2013)
 Variety Village (May 5, 2013)
 Age Groups (May 22-26, 2013)

All Competitive Teams (except White Team)

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

Novice (Recreational) Swimmers (optional meets)

Burlington Extravaganza (Mar. 2, 2013)
 Novice Figures Meet (Apr. 6, 2013)
 Novice Routine Meet (May 18, 2013)

All Swimmers (Recreational included)

College Royal - Mar. 16, 2013 (1-3) @ UofG Pool
 Year End Water Show - April 13, 2013 (1-3) @
 UofG Pool

Congratulations to Katherine Frost on her recent engagement!!

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.



GSSC has a Tobacco-Free Policy. To read please visit: <http://guelphsynchrowim.ca/wp-content/uploads/2010/05/GSSC-TobaccoFreePolicy.pdf>



Lisa Alexander Figures Meet - Results

Competitor	Age Group	Score	Placement	Competitors in Age Group
Taylor Varnai	10&Under	55.955	9	114
Kyla Wilkinson	10&Under	51.988	34	114
Bria Davidian	10&Under	50.948	40	114
Sydney Bendall	10&Under	48.197	75	114

Caroline Bendall	11-12	53.338	48	153
Noelle MacDonald	11-12	52.400	62	153
Leah Sterling	11-12	51.745	79	153
Hannah Wiley	11-12	50.558	90	153
Elizabeth Lister	11-12	48.641	114	153
Devon Whate	11-12	48.474	118	153
Hannah Leighton	11-12	47.571	123	153
Kyla Smith	11-12	45.729	136	153

Katelyn Butts	13-15	62.482	4	155
Sarah Plant	13-15	57.894	27	155
Madison Solda	13-15	57.826	28	155
Sophie Reimer	13-15	56.423	53	155
Bridget Wilson	13-15	55.778	66	155
Luciana Mejia	13-15	54.159	96	155
Clare Vais	13-15	53.377	109	155
Caitlin Bergant	13-15	52.115	123	155
Caelin Joswig	13-15	49.573	143	155

Jocelyn Begin	16-20	58.585	30	57
Madison Andrews	16-20	58.488	31	57
Coral Meredith	16-20	57.334	43	57
Elise Letarte	16-20	55.834	49	57
Breanna Pratley	16-20	53.349	56	57

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

January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Jr.Comp/Comp UofG Pool 5-7	3	4 Jr.Comp/Comp UofG Pool 5-7	5 Novice (Rec) - Winter Session Begins UofG (12:30 start)
6 Jr. Comp/Comp Vic Davis 8-12 Duets/Solo Vic Davis - 3:30-5:30	7	8	9 Jr.Comp/Comp UofG Pool 5-7	10	11 Competitive Vic Davis Dry Land 5:45-6:45 (Training Room - dance) Pool 7-9	12 NO SWIM—All Coaches are at Competitions WATERLOO INVITATIONAL
13 Jr. Comp/Comp Vic Davis 8-12 Duets/Solo Vic Davis - 3:30-5:30 CUSL - QUEEN'S UNIVERSITY	14	15	16 Jr.Comp/Comp UofG Pool 5-7	17	18 Competitive Vic Davis Dry Land 5:45-6:45 (Room 2 & 3 - dance) Pool 7-9	19 Novice (Rec) - UofG (12:30 start)
20 Jr. Comp/Comp Vic Davis 8-12 Duets/Solo Vic Davis - 3:30-5:30	21	22	23 Jr.Comp/Comp UofG Pool 5-7 Dry Land 7:15-8:15	24	25 Competitive Vic Davis Dry Land 5:45-6:45 (Training Room - dance) Pool 7-9	26 Novice (Rec) - UofG (12:30 start) PROVINCIAL QUALIFIER
27 Jr. Comp/Comp Vic Davis 8-12 Duets/Solo Vic Davis - 3:30-5:30	28	29	30 Jr.Comp/Comp UofG Pool 5-7 Dry Land 7:15-8:15	31	Feb 1 Competitive Vic Davis Dry Land 5:45-6:45 (Training Room - dance) Pool 7-9	Feb 2 Novice (Rec) - UofG (12:30 start)

Supporting Our Club



Little Caesars Pizza Kits

Order forms along with payments are due on Wednesday, January 16th to Charlene Sterling.

A reminder email will go out just prior to the pick-up date, which is Tuesday, January 29th @ 6:30pm in the Victor Davis Pool parking lot. Parents need to be there on time to meet the truck or make arrangements with another parent to pick up items for you.

Fundraising Dance

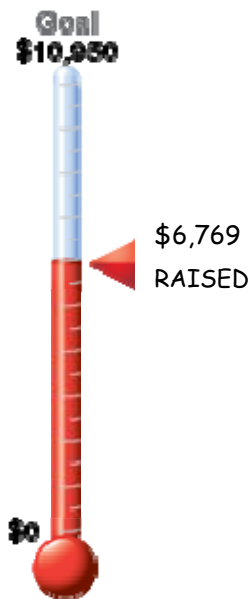
Guelph Synchro will be hosting a fundraising dance on Saturday, February 16th, 2013 at the Bullring, University of Guelph.

Tickets are \$20 each. If you require tickets please contact Louise McIntyre. They will be available on Wednesday, January 9th.

Hope to see everyone there . . . Groov'n to the 80's.

50/50 draw, silent auction

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.

"where artistry meets athletics"

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



@GsscGuelph



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 March 23, 2013.

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

Thank You for Your Support!

Thank you to our 2012-2013 sponsors



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