



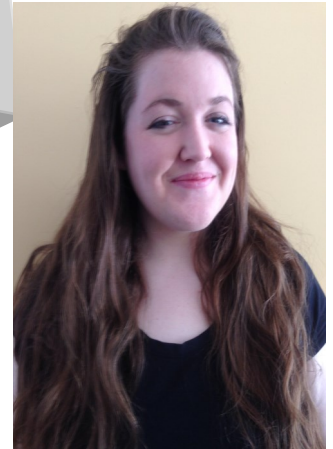
Guelph Synchronized Swim Club

"where artistry meets athletics"

*Rec Coach:
Kathleen Purdon*

Volume 3, Issue 6

April 2014



Fun Facts:

Our swimmers train for approximately 10 hours a week. To date, this season, they have been training for 7 months or 28 weeks (approximately). That adds up to 280 hours of training this season alone. Great work girls!

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Kathleen started swimming at Guelph synchro at the age of 8 and has continued to be involved with the club either as a swimmer or coach since that time.

Synchronized swimming has been something she is very thankful to have had growing up. Currently she is attending the University of Guelph for her undergraduate degree. She enjoys coaching

novice and hopes her swimmers are as excited about synchro as she is to coach them!

Photo Day

**We are having team/individual photo day
Saturday April 26th**

Dates to Remember for April!

- ◆ April 6 - Novice Figures Meet in Elmira(hosted by Waterloo Synchro)
- ◆ April 11-13- Hilton Invitational
- ◆ April 18th- Good Friday (no swimming)
- ◆ April 20th- Easter Sunday (no swimming)
- ◆ April 26th- NO POOL(electrical shut-down at UofG Athletics Building)

GSSC has a Tobacco-Free Policy. To read please visit:

<http://guelphsynchroswim.ca/wp-content/uploads/2010/05/GSSC->



April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Comp-UofG Red Pool 5:00-7:00pm 7:15-8:15 dryland Novice Trillium Teams UofG Red Pool(5-5:45 Dryland;5:45-6:30pool)	3	4 Comp-U of G Red Pool 5-7 pm	5 Duet/Solo Practice 8:30-11 REC PROGRAM UofG 12:30 Novice Truillium UofG (12:15-1 dry- land; 1-2pm pool)
6 Novice Figures Meet—Elora Comp U of G 8:15-12:15	7	8	9 Comp-UofG Red Pool 5:00-7:00pm 7:15-8:15 dryland Novice Trillium Teams UofG Red Pool(5-5:45 Dryland;5:45-6:30pool)	10	11 Hilton Worldwide Invitational 7-9pm Victor Davis Swim only	12 Hilton Inv. REC PROGRAM UofG 12:30 Novice Truillium UofG (12:15-1 dry- land; 1-2pm pool)
13 Hilton Inv. Comp Victor Davis 8am-12pm	14	15	16 Comp-UofG Red Pool 5:00-7:00pm 7:15-8:15 dryland Novice Trillium Teams UofG Red Pool(5-5:45 Dryland;5:45-6:30pool)	17	18 GOOD FRIDAY (NO SWIMMING)	19 REC PROGRAM UofG 12:30 Novice Truillium UofG (12:15-1 dry- land; 1-2pm pool)
20 EASTER (NO SWIMMING)	21	22	23 Comp-UofG Red Pool 5:00-7:00pm 7:15-8:15 dryland Novice Trillium Teams UofG Red Pool(5-5:45 Dryland;5:45-6:30pool)	24	25 Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30- 6:30 Comp-Victor Davis 7-9pm	26 NO POOL (electrical shut-down) Photo Day
27 Comp Victor Davis 8am-12pm 9am Novice Trillium Team Victor Davis (9-9:45 dryland; 9:45-10:45 pool)	28	29	30 Comp-UofG Red Pool 5:00-7:00pm 7:15-8:15 dryland Novice Trillium Teams UofG Red Pool(5-5:45 Dryland;5:45-6:30pool)			

Swimmers of the Month:

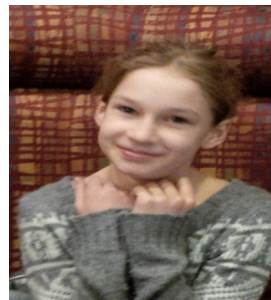
Madison Solda

16-20 Team swimmer, Madison Solda has had a fantastic month! In the last month she has been focused at the pool and has made some significant improvements to her figures as well as her solo. Proof that her hard work paid off was shown when she placed first in 13-15 Figures at West Regionals. In addition, Madison is always positive around the pool deck and provides encouragement to all swimmers in the club as well as coaches.



Erica Bonnar

11-12 Team swimmer, Erica Bonnar has also really improved in the last month. Her positive attitude at the pool as well as her passion for synchro has propelled her in the right direction to have excellent results this season! She had a great weekend at West Regionals where she had her best ever performance at a competition. She really thought about all of her corrections and applied them at the competition. During her figure competition, Erica had one of the best ballet legs of the competition, which really made all of the coaches proud!



<http://www.facebook.com/135789279>



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