



Guelph Synchronized Swim Club

"where artistry meets athletics"

Who is Behind All of Our Clubs Emails? Meet Suzanne

Hello GSSC families, I am the club's communications manager Suzanne Pratley. You are probably familiar with my name from all the emails you get from me. Our newsletter creator Sarah has asked I let you know a little more about me so that I will be more than just a name to you.

My daughter Breanna has been swimming with GSSC for 5 years now, having started in the recreational program and worked her way through developmental to full competitive. This is her second year swimming for Coach Rebecca's team and she loves the sport, her team, her coach and the club.

We live

outside of the Guelph area in Halton Hills, just south of Rockwood and our entire family is very involved in the restoration of our old Canadiana house built in 1847. I am an animal lover, a voracious reader and enjoy walking or hiking our country acreage whenever I can.

GSSC is such a wonderful little swim club, I am so happy that Breanna is involved in it and I have watched it morph and change over the years she has been part of it, all for the better. You can always email me with club questions, requests or issues and I will make sure if I cannot answer you it

will be directed to someone who can.

Volume 3, Issue 2

December 2013



Fun Facts:

☺ Did you know synchronized swimmers are producing sweat during routines in the pool?...you just don't see it because of they're already wet!

Christmas Toy Drive

We are asking that all families donate an unwrapped toy so that we can donate them as a club to the Salvation Army Toy Drive.

THANK YOU!!

Inside this issue:

Dates to remember	2-3
Competition dates	4-5
December calendar	6
Swimmer of the month	7
Sponsors/ fundraising	8

Dates and Times to Remember for December:

Special Practices for Water Show:

December 14 - All of the Novice Teams(all levels) are asked to stay from 12:30-3pm. Extra practice for water show (CLOSED PRACTICE; parents are asked not to stay and watch in the stands). Please bring a snack for the swimmers!

December 18 — Novice Pre-competitive Team is asked to stay for the full practice from 5:00-7:00pm. Extra practice for the water show(CLOSED PRACTICE; parents are asked not to stay and watch in the stands).

December 20 — Competitive Teams will be rehearsing for the Christmas Water Show at this practice. (CLOSED PRACTICE; parents are asked not to stay and watch in the stands).

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

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



Reminders cont....

December 21st is the Water Show. The show will begin at 1:30pm. The viewing area will not be open until 1:25pm. More details for the swimmers will be sent out for the swimmers as they will need to be at the pool early (12:30pm or earlier—to get hair done and practice for 30 minutes in the pool). ALL swimmers will perform!

CALLING ALL VOLUNTEERS!

(sign up sheet coming soon)

Just a reminder that we need EVERYONE to volunteer with these three meets. This includes family members and food donations.

(we need everyone to make this meet a success)

- 1) Friday January 24 - a provincial qualifier meet
- 2) ***Saturday January 25 — Lisa Alexander figures meet
- 3) Sunday January 26 - Ontario Winter Games Trials

2013–2014 Synchro Meets

Competitive Swimmer

Jan. 11, 2014	Waterloo Invitational	Wilfrid Laurier University Pool	All competitive swimmers
Jan. 24-26, 2014	Lisa Alexander Combined with OWG Qualifier and Provincial Qualifier	Victor Davis Pool (Guelph Hosting)	All competitive swimmers MUST swim at Lisa A 11-12&13-15 will compete at the OWG Qualifier
March 22-23, 2014	West Regionals	Gretzky Centre, Brantford(Brant SSC Hosting)	All competitive swimmers (teams, duets, solos)
April 11-13, 2014	Hilton Worldwide Invitational Meet	York University Pool (SSO hosting-will be asking all clubs for volunteers based on	All competitive swimmers (teams, duets, solos)
May 4, 2014	Variety Villiage Meet	Variety Villiage Pool (Variety Villiage SSC hosting)	All competitive swimmers
May 21-25, 2014	OOAGSSC-Open Age Groups	Windsor Aquatic Complex(Waterloo SSC hosting)	All competitive swimmers (teams) and any solo/duet that qualifies during regionals

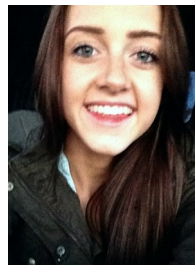
Pre-Competitive Swimmers

March 2, 2014	Burlington Extravaganza	Hamilton(Burlington SSC Hosting)	Pre-Competitive Swimmers
April 6, 2014	SSO Novice Figures Meet	Elmira Pool(Waterloo SSC Hosting)	Pre-Competitive Swimmers
April 11-13	Hilton Worldwide Invitational Meet	York University Pool (SSO hosting-will be asking all clubs for volunteers based on registered swimmers)	Pre-Competitive (10&Under Teams)
May 10, 2014	SSO Novice Routine Meet	Oshawa Civic Centre (Durham SSC hosting)	Pre-Competitive Swimmers

December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 REC PROGRAM UofG 12:30 Novice Trillium Teams UofG Red Pool(12:15- 1pm dryland; 1-2pm pool)
8 Comp Victor Davis 8am-12pm	9 BLACK TEAM UofG Red Pool 6:30-7:30am TOY DRIVE	10	11 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)	12	13 Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30- 6:30 Comp-Victor Davis 7-9pm	14 CLOSED PRACTICE REC PROGRAM UofG 12:30 CLOSED PRACTICE Novice Trillium Teams UofG Red Pool(12:15- 1pm dryland; 1- 3pm pool)
15 Comp Victor Davis 8am-12pm	16 BLACK TEAM UofG Red Pool 6:30-7:30am	17	18 CLOSED PRACTICE 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- 7pm pool)	19	20 CLOSED PRACTICE Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30- 6:30 Comp-Victor Davis 7-9pm	21 CHRISTMAS WATER SHOW 1:30pm
22 Comp Victor Davis 8am-12pm	23 BLACK TEAM UofG Red Pool 6:30-7:30am	24	25 CHRISTMAS DAY	26	27	28 REC PROGRAM UofG 12:30 Novice Trillium Teams UofG Red Pool(12:15- 1pm dryland; 1-2pm pool)
29 Comp Victor Davis 8am-12pm	30	31				

Swimmer of the Month: Katelyn Butts:



16-20 Team swimmer, Katelyn Butts is November's Swimmer of the Month. Katelyn stands out as being the best swimmer to receive this award because she is always prepared for practice and arrives to every practice early. With her positive attitude, dedication and determination, Katie is a great role model at our club. When she isn't in the pool training her solo, duet or team routines she can also be found representing her high school at swim meets and track and field meets.

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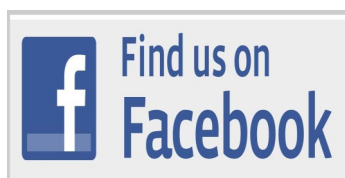
Zehr's Tapes

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 December 8, 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!



<http://www.facebook.com/1357892798064381/>

Thank you to our 2013-2014 sponsors

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