



Guelph Synchronized Swim Club

"where artistry meets athletics"

Volume 3, Issue 4

February 2014

Jocelyn Benign - Competitor and Coach

The January swimmer of the month was awarded to Jocelyn Begin. Jocelyn has been swimming with the Guelph Synchronized Swim Club for a total of eight years. In 2007, Jocelyn started swimming on the developmental team and quickly fell in love with Synchro. Since that year, Jocelyn has competed in both the provincial and national streams of Synchro. Throughout her swimming career, she has received many medals and awards in both Routine and Figures. One of her most memorable events was

winning the gold medal at the Ontario Open Age Group Championships, in 2010 for the Bollywood routine. Currently Jocelyn swims with our most senior group of swimmers, the 16&over provincial team with Coach Katherine. In 2012, Jocelyn started volunteering with the club to help with the younger swimmers on Saturday afternoons. She enjoyed donating her time and working with the young swimmers to help them develop their skills. Last year she began coaching the Novice swimmers and

attended her NCCP coaching course. Presently she is continuing to complete her NCCP 1 training while coaching the Harry Potter Duet of Alice and Bria. In 2013, Jocelyn received the Spirit Award for her interactions with everyone within the club. She is always cheerful. She is always approachable to ask questions and she loves to have fun with everyone! This year Jocelyn continues to strive to do her best in her own swimming as well as the swimmers she is coaching.



Fun Facts:

© Although it may not look like it, synchronized swimmers need an incredible amount of strength. From well known static positions like ballet leg or crane to sculling which is basically keeping your whole body afloat with just your hands, to team lifts which is where teammates must lift a swimmer without touching the bottom of the pool. These girls have some amazing core strength!

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Katherine's Wedding

We are so happy for Katherine and Steve who are to be married on February 16th, 2014

CONGRATULATIONS!!!

Dates to Remember for February!

- ◆ Registration is under way for Novice Program
- ◆ Novice Program starts Saturday February 8th at UofG
- ◆ Elmira Poultry Fundraiser orders and payments due Sun.Feb.9th
- ◆ Delivery for Elmira Poultry is Tuesday February 25th 4-6pm
- ◆ Bullring 80's Dance Fundraiser-Saturday February 15th

*March 2nd—Burlington Extravaganza Figures Meet
For Novice Pre-Competitive Team (and any Novice Advanced swimmers)*

A BIG THANK YOU TO ALL OF OUR
VOLUNTEERS THAT HELPED AT THE MEET
ON JANUARY 24-26th!!!
IT WAS A BIG SUCCESS AND WOULD
NOT HAVE BEEN POSSIBLE WITHOUT
ALL OF YOUR HELP!

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

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



GSSC Results for Waterloo Invitation

* 11-12 Teal Team
score 49.500

* 13-15 Blue Team
score 53.167

* 16-20 Black Team
score 55.333

* 16-20 Duets(Butts, Plant)
score 55.333

GSSC Results for OWG Qualifier

11-12 Teal Team:

Routine: 47.9340

Figures: 48.9780

Championship: 48.456

13-15 Blue Team:

Routine: 52.150

Figures: 55.5639

Championship: 53.8570

GSSC Results for Lisa Alexander

"Teal"(11-12) Competitive Team:

MacDonald, Noelle score 53.5860

Davidian, Bria score 50.6270

Stubbs, Alice score 49.8930

Smith, Kyla score 52.6310

Barr, Kiersten score 48.1120

Bonnar, Erica score 39.0190

Coach: Ellen Wakarchuk

"Blue"(13-15) Competitive Team:

Vais, Clare score 56.5250 Wiley, Hannah score 56.8540

Pratley, Breanna score 54.9160 Lister, Elizabeth score 53.9050

Mejia, Luciana score 56.2870 Bonnar, Tonya score 55.3180

Bergant, Caitlin score 55.0160 Gibson, Emma score 55.6900

Coach: Rebecca Gordon

"Black"(16-20) Competitive Team

Begin, Jocelyn score 58.2440

Butts, Katelyn score 61.8480

Plant, Sarah score 59.2510

Solda, Madison score 61.8310

Reimer, Sophie score 56.3160

Coach: Katherine Frost

13-15 FINA

**Madison Solda
60.523**

Junior FINA Figures

**Katelyn Butts
59.574**

**Sarah Plant
58.3910**

**Sophie Reimer
57.3460**

February 2014

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|-----|---|---|---|--|
| | | | | | | <p>1</p> <p>TRY SYNCHRO-UofG Red Pool 1-3pm</p> <p>Novice Trillium Teams UofG Red Pool(12:15-1pm dryland; 1-2pm pool)</p> |
| <p>2</p> <p>Comp Victor Davis 8am-12pm</p> | 3 | 4 | <p>5</p> <p>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)</p> | 6 | <p>7</p> <p>Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30-6:30</p> <p>Comp-Victor Davis 7-9pm</p> | <p>8</p> <p>REC PROGRAM UofG 12:30</p> <p>Novice Trillium Teams UofG Red Pool(12:15-1pm dryland; 1-2pm pool)</p> |
| <p>9</p> <p>Comp Victor Davis 8am-12pm</p> | 10 | 11 | <p>12</p> <p>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)</p> | 13 | <p>14</p> <p>HAPPY VALENTINE'S DAY Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30-6:30 Comp-Victor Davis 7-9pm</p> | <p>15</p> <p>NO POOL</p> <p>80's Fundraising Dance- Bullring(19 and older)</p> |
| <p>16</p> <p>Comp Victor Davis 8am-12pm Novice Trillium Team (9-9:45dryland;9:45-10:45 pool)</p> <p><i>Katherine's Wedding!!!</i></p> | <p>17</p> <p style="text-align: center;">FAMILY DAY</p> | 18 | <p>19</p> <p>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)</p> | 20 | <p>21</p> <p>Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30-6:30</p> <p>Comp-Victor Davis 7-9pm</p> | <p>22</p> <p>REC PROGRAM UofG 12:30</p> <p>Novice Trillium Teams UofG Red Pool(12:15-1pm dryland; 1-2pm pool)</p> |
| <p>23</p> <p>Comp Victor Davis 8am-12pm</p> | 24 | 25 | <p>26</p> <p>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)</p> | <p>27</p> <p>ONTARIO WINTER GAMES</p> | <p>28</p> <p>Comp-Victor Davis 7-9pm</p> <p>ONTARIO WINTER GAMES</p> | |

Swimmer of Month for January: Jocelyn Begin

16-20 Team swimmer, Jocelyn Begin is December's Swimmer of the Month. December was a very tough month for Jocelyn because she sustained a serious injury to her knee. Although doctors told her that she would not be able to swim for months, Jocelyn kept a positive attitude and continued to come to practice and support her teammates. Throughout this tough time Jocelyn has taken very good care of herself by making sure that she is eating healthily, getting lots of sleep and attending all of her physio appointments. If it wasn't for that it is likely that she wouldn't have recovered so quickly from her injury! Aside from taking care of herself, Jocelyn is a fantastic leader in the club. She is very passionate about coaching and she has been doing a great job coaching the beginner novice team as well as Alice and Bria's duet.



Swimmer of the Month for February: Kiersten Barr

11-12 Team swimmer, Kiersten Barr is January's Swimmer of the Month. January was an important month for Kiersten because she got to participate in her first two competitions ever and she had excellent results. Since September Kiersten has improved tremendously. A huge reason for this is because she is very driven and tries really hard at practice. Whenever Kiersten is given a correction she always tries to fix it and she is good at remembering it the next practice. A club goal for this month was for everyone to push themselves out of their comfort level. Kiersten has done a good job at this and it has pushed her to learn new things. All of the coaches have also noticed that Kiersten has been a big leader on her team. If girls on her team aren't paying attention she will start counting to make them go or remind them to get into pattern.

GSSC 80's Bullring Dance

Saturday February 15th, 8pm at the Bullring at the University of Guelph

Please come and tell all your family and friends who are over the age of 19! Tickets are \$20. Half of all tickets you sell go towards your fundraising goal.

There will be a lot of dancing, great music, a silent auction and a 50/50 draw.

If you have any items you can donate for the silent auction please give them to Kate or Louise. And if you can volunteer any of your time that night please let Louise know. It will be a fun night!! Any questions: katemacdonald@msn.com

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