



# Guelph Synchronized Swim Club

"where artistry meets athletics"

## The Importance of Land Drilling

### How to Land Drill Your Synchronized Swimming Routine:

Land drilling is the best way for synchronized swimmers to work on routines outside of the pool. If you have limited pool time, it's a chance to get in some extra practice time. Or if it's time to give your legs a break from eggbeater, you can match positions and perfect your timing using land drill.

### Land Drilling Arm Strokes:

Arm stroke and eggbeater sequences are the easiest skills to translate from the pool to the deck practice. Basically, you just need to remember the same

corrections you have in the pool and apply them out of the water. Since you don't have to worry about eggbeater, focus all your energy on the quality of your movements.

### Hot Tip: Coach Your Reflection:

Land drilling in front of a mirror will help you self-coach and self-correct. If you can find a large room with mirrors, like a dance studio, you and your entire team can match to each other in the reflection.

On land you will face the opposite wall that you would be if you were actually upside-down to account for

the way the way arms are able to bend.

### Overall Expectations:

How you approach land drill is just as important as learning how to perform the drills themselves. Since you don't have to actually swim, it's easy to think of land drill as a break.

However, it should be considered an important part of your training — your coach will certainly consider it such.

(continued on page 2)

Volume 4, Issue 3

January 1, 2015

### Fun Facts:

- © Registration for Winter 2015 Recreational Program Jan 3, 10, 31.
- © Lisa Alexander Figures Meet - January 16-18
- © Waterloo Invitational - January 24
- © Try Synchro - January 31

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## Try Synchro . . . spread the word!!

Guelph Synchro will be hosting a 'try synchro' on Saturday, January 31, 2015 from 1:00-2:00pm at the University of Guelph - Red Pool.

At this **FREE** session swimmers will learn the basic techniques of synchronized swimming.

Please help spread the word. It would be wonderful to see the pool full of children trying a something new.



## Land Drilling (continued)

When done correctly, **land drill is actually a good workout, too!** (After each land drill, your arms and shoulders should be sore and tired from being so sharp and using your arm muscles from emphasizing extension!)

Here are some of the expectations your coach might have for you during land drill:

1. Practice your **posture and presentation**. The same posture and vertical alignment corrections you have in the pool can be worked on in land drill. Roll and set your shoulders and open your chest. Tuck in your hips by using your core.....**just like a PLANK!**
2. **Extend your hands and arms just like you would extend your legs in the pool.** The palms of your hands should always mirror how the bottoms of your feet would be in the pool.

3. Between choreography sections (like when you would be swimming underwater if you were actually in the pool), maintain your posture and move quickly to the next pattern or set position.
4. Don't chat about non-synchro related topics while you're land drilling. Remember that **land drill is still practice time**, even though you might not be treading water, whether you are at the pool or at home.

### Get Your Land Drill's Worth!!

The main goal of land drill is to improve your performance once you're back in the pool. When you're on the deck, think about how the same moves feel in the water and how you can translate the progress made during land drill into a better synchro routine.

Land drilling is teaching muscle memory while out of the pool. When a land drill is down sloppy,

positions or incorrect counts or not at all, then the swimmer will have a much harder time remembering the correct movements and corrections in the pool with the music on. Athletes of all ages and all levels spend a lot of time land drilling at home and at the pool to help their in water practices be more productive and fun!

Land drilling at home also allows for the athlete to become familiar with the beat and speed of their routine music with no other distractions. It helps athletes find music cues to counts, therefore helping them remember their routines better.

Parents should be encouraging land drilling at home (regardless of the age of their swimmer) the same way they encourage homework to be done! Land drilling should be done minimum of 3 times per day.

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## Great Results for the Novice Competitive Team

The Novice Competitive Team had their first figures meet in Toronto on December 6, 2014.

They represented Guelph Synchro amazingly. They were confident, exemplified great sportsmanship, and executed their figures quite well.

Congratulations!

Competitor	Age Group	Routine Score	Placement	Competitors in Age Group
Isabella Chappel	8&Under	47.7070	8	44
Lucy Keleher	8&Under	46.7900	12	44
Kate Coughlin	8&Under	42.0790	29	44
Chloe Lyon	8&Under	40.9450	31	44
Victoria Mulder	8&Under	37.3330	40	44
Sajen Lawrynowicz	9-10	44.5320	24	58
Sydney Mulder	9-10	37.8020	52	58

## Dressing for the Weather . . .

As the temperature gets colder, it is very important that all swimmers ensure that they dress appropriately, especially when they leave to go home after practice.

After being in the pool and then heading out in the cold, it is suggested that swimmers start to wear their winter hats sooner rather than later to keep their heads warm; to hold in their body temperature.

For swimmers who train 'dry land' on Fridays and then walk to the pool. It is especially important for all of you to dress warm. Time to wear your hats and heavier jackets or sweaters to keep in the heat.

It is also important to keep your muscles warm. You just worked your muscles for an hour straight and keeping them warm will actually help with muscle gain. It will also keep them warm until you use them again when you dive into the pool.

Remember, keep the body out of drafts after a sweaty workout due to the body being an evaporative cooler system. You sweat so air can evaporate the sweat off your skin and cool the skin down. If you don't cover up from air movement across your body you can over-cool your body when it's no longer producing too much heat. You may find that if you are prone to muscle weakness or tenderness after a good hard workout then you need to keep that area warm so blood can still get there to do any necessary repairs thus shortening your injury period.



### Child Fitness Tax Credit

Synchronized Swimming qualifies for the Child Fitness Tax Credit. All parents will receive their official tax receipt by email in February 2015.

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## Swim Meets/Events . . .

### Competitive Swimmers

**Lisa Alexander/Provincial Qualifier**  
(Jan 16-18, 2015)

**Waterloo Invitational** (Jan 24, 2014)

**West Regionals** (Mar. 7-8, 2015)

**Hilton Worldwide Invitational** (Apr. 17-19, 2015)

**Age Groups** (May 20-24, 2015)

### Novice Pre-Competitive

**Burlington Extravaganza** (Feb 28, 2015)

**Novice Figures Meet** (Apr 11, 2015)

**Hilton Worldwide Invitational** (Apr. 17-19, 2015)

**Novice Routine Meet** (May 30, 2015)

### All Swimmers (Recreational included)

**College Royal** - Mar. 21 (1:30-3) @ UofG Pool

**Year End Water Show** - May 16 (1:30-3) @ UofG Pool

# 2014-2015 GSSC Executive

## Executive Members

**President:** Louise McIntyre  
**Vice President:** Kate McDonald  
**Registrar:** Kelly MacDonald

## Non-Voting Executive Members

**Head Coach:** Katherine Frost  
**Website Coordinators:** Lisa Plant  
**Fundraising Coordinator:**  
 Susan McLeod  
**Fundraising Committee Members:**  
 Brenda Bergant  
**Communications Officer:**  
 Patricia Bizjak

## Volunteers Needed!!!

We are looking for volunteers to sit on our fundraising committee. This committee will work together to coordinate fundraising initiatives and events.

Throughout the swimming season we will be asking parents to volunteer some time to assist with events.

Remember that all pre-competitive, and competitive team parents need to fulfill your required volunteer hours.

## Important dates

## January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HAPPY NEW YEAR	2 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	3 Pre-Comp - UofG 1-1:45 dryland; 1:45-3:00 pool 10&U Figures (age) - UofG 2:00-3:00 <b>Registration: 1-3</b> Comp - UofG 1-3
4 Comp - VicDavis (8-12) 13-15 Figures (age) - VicDavis 4-5:30 12U Duet/Solo- VicDavis 3:30-5:30	5	6 13+ Duet /Solo UofG (7:30-8 dryland; 8:00- 9:30 pool)	7 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG 5:00- 5:45 dryland; 5:45-6:30 pool	8	9 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	10 Pre-Comp - UofG 1-1:45 dryland; 1:45-3:00 pool 12U Duet/Solo-UofG 1-3 <b>Registration: 1-3</b> Comp - UofG 1-3
11 Comp - VicDavis (8-12) 11-12 Figures (age) - VicDavis 4-5:30	12	13 13+ Duet /Solo UofG (7:30-8 dryland; 8:00- 9:30 pool)	14 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG 5:00- 5:45 dryland; 5:45-6:30 pool	15	16 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	17 Pre-Comp - UofG 1-1:45 dryland; 1:45-3:00 pool  <b>LISA ALEXANDER MEET</b>
18 <b>LISA ALEXANDER MEET</b>	19	20 13+ Duet /Solo UofG (7:30-8 dryland; 8:00- 9:30 pool)	21 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG 5:00- 5:45 dryland; 5:45-6:30 pool	22	23 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	24 <b>NO POOL</b> <b>Waterloo Invitational</b>
25 Comp - VicDavis (8-12) Pre-Comp-VicDavis 9-9:45 dryland; 9:45-11 pool 16-20 Figures (age) - VicDavis 4-5:30 12U Duet/Solo- VicDavis 3:30-5:30	26	27 13+ Duet /Solo UofG (7:30-8 dryland; 8:00- 9:30 pool)	28 <b>NO POOL</b>	29	30 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	31 <b>TRY SYNCHRO 1-2pm</b> Pre-Comp - UofG 1-1:45 dryland; 1:45-3:00 pool <b>Registration: 12:30- 3:30</b>

# Supporting Our Club



## 80s Fundraising Dance

Guelph Synchro will be holding their annual 80s Fundraising Dance.

Date: Saturday, February 21, 2015

Time: doors open at 8:00pm (19+ only)

Place: The Bullring, UofG

Great Music . . . . . Silent Auction . . . . . Cash Bar . . . . . Tons of Fun

Tickets: \$20 each (\$10 for each ticket sold will go toward your fundraising commitment). Tickets will be available January 9th.

## Elmira Poultry

Guelph Synchro will also be launching their next fundraising initiative - Elmira Poultry.

Order forms will be passed out mid-January with a delivery date at the end of February.

GSSC (your swimmer) earns \$5 per box sold.



*Remember that GSSC will have a variety of fundraising initiatives during the season. Pick and choose which ones you would like to participate in. All competitive and pre-competitive swimmers have a specific fundraising commitment for the season.*

# "Thank You" to our 2014-2015 Corporate Sponsors

## Gold Level (\$500 +)



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## Silver Level (\$200-\$499)



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## Bronze Level (\$100-\$199)



Brad Butts



Meehan Bonnar, Royal City Realty



Jain Dental Care



*Please support our sponsors every chance you can!*

"where artistry meets athletics"

Mailing Address:

Guelph Synchronized Swimming Club

PO Box 21044

35 Harvard Road

Guelph, Ontario N1G 4T3

E-mail: [president@guelphsynchroswim.ca](mailto:president@guelphsynchroswim.ca)



@GuelphSynchro



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

Follow the Guelph Synchronized Swim Club on Twitter and our members only Facebook page to get daily updates and other information about the Club.

## Inclement Weather

Please listen to CJOY 1460, MAGIC 106.1. or visit our website [www.guelphsynchroswim.ca](http://www.guelphsynchroswim.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 or Victor Davis closes their pool.

Classes cancelled due to inclement weather are not rescheduled.

