



Guelph Synchronized Swim Club

"where artistry meets athletics"

Our Newest Coach: Ellen Wakarchuk

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Ellen grew up in Ottawa and started out in gymnastics before switching over to synchro at age 11. She swam for Gloucester for 6 years, and swam all the way through University too. She swam at the national level for 9 years including all the varsity teams. She loved synchro so much from the second she started summer camp that she jumped right into competitive! She started coaching as an assistant for a Tier 1 (beginner competitive back then) team to gain her high school

volunteer hours. Ever since then she has coached a team. She took a break from coaching to swim again in University but after two years she picked it up again in Toronto and began coaching competitive. Her first year in Toronto she was in charge of the Athletes with Disabilities swimmers. They were both amazing girls who gave Ellen an experience she will never forget. She continued coaching in Toronto for the next 3 years and gained experience coaching 13-15 competitive, pre-

competitive and another 13-15 team. She has an Honours science degree from U of T and currently is working full time before going back to school. Ellen would eventually like to get a master's degree and become a program director for children and youth athletes working towards high performance training in Paraspport events. She is currently training to compete sprint distance triathlons this summer.

Fun Facts: from Wikipedia

Olympic and World Championship competition is not open to men, but other international and national competitions allow male competitors. Both USASynchro and Synchro Canada allow men to compete with women. Most European countries allow men to compete also, France even allows male only podiums, according to the number of participants. In the past decade more men are becoming involved in the sport and a global biannual competition called Men's Cup has been steadily growing.

Regular Practice During March Break

There will be practice as usual during the March Break as West Regionals are the weekend following...March 22/23!

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Dates to Remember for March!

- ◆ **March 2 - Novice Pre-Competitive Team competing figures and routine at Burlington Extravaganza in Hamilton**
- ◆ **March 15 - College Royal - show/demonstration will be from 1:30-3:00. More information to come regarding arrival times, etc.**
- ◆ **March 22-23 - West Regional competition. Teams compete. Really looking forward to seeing all of the duets & solos compete their routines for the first time!**

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

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



Congratulations to Katelyn Butts and Sarah Plant! They qualified their Junior FINA duet to participate at the National Qualifier in Montreal during the week of March 10-16, 2014.



March 2014

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

Swimmer of the Month: Breanna Pratley

13-15 Team swimmer, Breanna Pratley is February's Swimmer of the Month. Breanna always comes to practice with a positive attitude and great work ethic. Her hard work this season can be shown through her tremendous improvement in her figure height as well as her routine skills. Breanna's strong communication skills and patience also make her a strong leader on her team. She is always willing to go out of her way to spend time working with her teammates until they understand their corrections or routine counts. When Breanna isn't in the pool she's likely dreaming up new video ideas for her youtube channel!



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



@GsscGuelph



Mailing Address:
Guelph Synchronized Swimming Club
PO Box 21044
35 Harvard Road
Guelph, Ontario N1G 4T3

E-mail: president@guelphsynchrosim.ca

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Brad Butts, AACI, P. App.
Wellington Appraisal
340 Woolwich Street, Guelph
519.766.1500

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www.jefferyandspence.com



Susan Curtis-Villar, C.A.
30 Norwich Street East
Guelph

Susan Curtis-Villar,
C.A.

30 Norwich Street East
Guelph
519-763-2268
scurtis@curtisvillar.ca



Laidlaw Carrier Van LP
21 Kerr Crescent
Cambridge, ON
519-766-0660

<http://www.laidlawvan.ca/>



Dr. Susan Bader & Dr. Aleem Kherani
750 Gordon Street
Guelph, Ontario
N1G 1Y8
519-836-1833

<http://www.dentist-guelph.com/>

Wellington Chiropractic & Wellness
Group
12 Waterloo Avenue
Guelph, Ontario
N1H 3H3
519-822-4205

<http://wellingtonchiropracticandwellness.com/>



Blue ID
123 Woolwich St.
Guelph

<http://blueid.ca/>



Janice Jurus CPP

160 Terrence Park Drive

Ancaster, ON

289-239-7467 Janice.jurus@investorsgroup.com

Westmount Animal Hospital

2320 Fischer-Hallman Road

New Dundee, ON

519-696-3130

westmountanimalhospital.com



Owner: Ed Davidian

550 York Rd. Guelph ON

info@standardbrass.com

519-822-9971