



Guelph Synchronized Swim Club

"where artistry meets athletics"

Back in Time - How a Great Club Was Started(1995)

Many of you may not know that it was a group of dedicated parents that started the competitive Guelph Synchronized Swim Club in 1995. That is probably why our club today has such a positive spirit! Before 1995 the City of Guelph did offer synchronized swim lessons but just one hour a week and not at the competitive level. In the first year of swimming as a competitive club there was only one team made up of 8 members....our head coach Katherine Frost, being one of those swimmers.

By the second year there were 2 teams. There was the 16-20team and a 11-12 team that Katherine's

sister swam on. That year they had a proper coach with 4 practices a week and proper dryland training...to quote Katherine, "it was heaven!". Katherine said the girls worked very hard to become great swimmers. They also did a lot of promotional work with flyers, girl guides, bring a friend day, car washes and landrilling in the mall(which I think would be so much fun:)). They did anything to get their name out there!!!

Katherine said, "I don't even remember how we did that year at Age Groups, I just remember being super proud."

The club continued to grow that second year and since

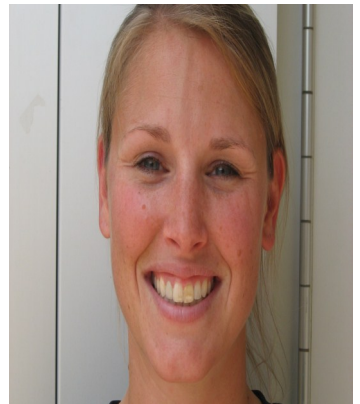
then GSSC has stayed a small club but "the heart of the club has remained the same" Katherine says, "we swim because we love the sport." Both Rebecca Maule and Samantha Nealon started their careers in Guelph-Katherine coached them both. They are now working towards the Olympics at the Centre of Excellence in Montreal.

I think we all agree with Katherine when she says,

"Guelph has always had a great spirit and perseverance through the years, producing well rounded young ladies and athletes."

I think I speak for all of us parents when I say THANK YOU KATHERINE!!!

Volume 3, Issue 2
November 2013



Fun Facts:

- © Did you know that the gelatin used in our swimmers hair during competitions is actually made from horse cartilage?

Christmas Greenery Fundraiser

All orders and payments are due on Friday November 15th.

Delivery and pick up is on Friday November 22nd

To date we have raised \$1,600.

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Dates to Remember for November!

- ◆ November 1&3-NO VicDav Pool
- ◆ November 2nd - 2nd half of PX2 training
- ◆ November 15th order and payment due for Christmas Greenery fundraiser
- ◆ November 22nd-Christmas Greenery pick-up

GSSC 2013/2014 Teams

Novice Beginner:

Carr, Shaylee
Evans, Makayla
Evans, Adison
Davidian, Ella
Lawrynowicz, Sajen
Byrne, Cadence
Coach: Jocelyn Begin

Novice Intermediate:

Pisciuneri, Claire
Devitt, Hazel
Nejedly, Petra
Wolter, Ellyse
Schneider, Katelynn
MacDonald, Shayla
Coach: Madison Andrews

Novice Advanced:

Glassman, Caroline
May, Abby
Weber, Izabella
Moore, Sarah
Lawrynowicz, Quinlin
Yates, Lillian
Coach: Kathleen Purdon

Novice-Precompetitive:

Irvine, Lauren
Smallcombe, Georgia
Shany, Alyssa
Stroud, Brenna
Sanderson, Alexis
Byrne, Cora
Coach: Stefanie Pueschel

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

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



GSSC 2013/2014 Teams

"Teal"(11-12) Competitive Team:

MacDonald, Noelle

Davidian, Bria

Stubbs, Alice

Smith, Kyla

Barr, Kiersten

Bonnar, Erica

Coach: Ellen Wakarchuk

"Blue"(13-15) Competitive Team:

Vais, Clare

Wiley, Hannah

Pratley, Breanna

Lister, Elizabeth

Mejia, Luciana

Bonnar, Tonya

Bergant, Caitlin

Gibson, Emma

Coach: Rebecca Gordon

"Black"(16-20) Competitive Team

Begin, Jocelyn

Butts, Katelyn

Plant, Sarah

Solda, Madison

Reimer, Sophie

Coach: Katherine Frost

2013 – 2014 Synchro Meets

Competitive Swimmers

January 11, 2014	Waterloo Invitational	UofG Gold Pool (Waterloo SSC hosting)	All competitive swimmers
January 24 – 26, 2014	Lisa Alexander combined with OWG Qualifier and Provincial Qualifier	Victor Davis Pool (Guelph hosting)	All competitive swimmers MUST swim at Lisa Alexander 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 registered swimmers)	All competitive swimmers (teams, duets, solos)
May 4, 2014	Variety Village Meet	Variety Village Pool (Variety Village 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, 2014	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

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 NO POOL Waterpolo Tournament	2 REC PROGRAM UofG 12:30 Novice Trillium Teams UofG Red Pool(12:15-1pm dryland; 1-2pm pool) PX2 Workshop (8am-4pm)Comp Swimmers
3 NO POOL Waterpolo Tournament	4 BLACK TEAM UofG Red Pool 6:30-7:30am	5	6 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)	7	8 Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30-6:30 Comp-Victor Davis 7-9pm	9 REC PROGRAM UofG 12:30 Novice Trillium Teams UofG Red Pool(12:15-1pm dryland; 1-2pm pool)
10 Comp Victor Davis 8am-12pm	11 BLACK TEAM UofG Red Pool 6:30-7:30am	12	13 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)	14	15 Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30-6:30 Comp-Victor Davis 7-9pm	16 REC PROGRAM UofG 12:30 Novice Trillium Teams UofG Red Pool(12:15-1pm dryland; 1-2pm pool)
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Swimmer of the Month: Kyla Smith

11-12 Team swimmer, Kyla Smith is October's Swimmer of the Month. She has a great attitude and she can always be seen smiling throughout practice. Kyla is never afraid to ask questions and she is always trying to improve herself. It is for that reason that Kyla's splits have significantly improved since last season. On top of that, Kyla has attended every practice so far this season! If you ever get a chance to see Kyla out of the pool, be sure to check out her humongous collection of bracelets!



"where artistry meets athletics"

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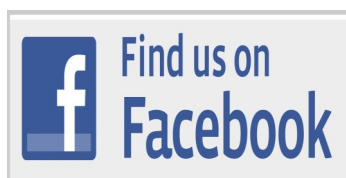
Zehr's Tapes

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 ...continued page 7...

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