



Guelph Synchronized Swim Club

"where artistry meets athletics"

Welcome from GSSC President

Welcome to Guelph Synchro! I would like to welcome back our returning swimmers and also our four new swimmers to the competitive stream and our six new swimmers to our Novice Pre-Competitive stream.

This is going to be a exciting year. Our coaches have been working extremely hard to pull together a fabulous training and development plan for the year that will enhance each individual swimmer's personal goals as well as build team spirit and team work.

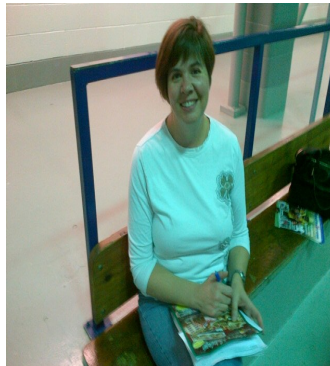
We have a great team of coaches again this year. Head Coach - Katherine Frost, Rebecca Gordon, Ellen Wakarchuk, Stefanie Pueschel, Kathleen Purdon, Madison Andrews and Jocelyn Begin. We will also have a couple of other coaches once duets and solos begin. I am very proud of our coaches and know they will do a wonderful job teaching, training and encouraging all of our swimmers to do their best.

I would also like to welcome and thank all of our parent volunteers who have taken on supporting roles this season. Without all of you,

Guelph Synchro would not be able to continue to grow and do all of the initiatives to support our swimmers. Thank You!

Looking forward to the new season.

Louise McIntyre



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October 2013

Fun Facts:

☺ Synchro began as "water ballet" in the late 19th century. It was later introduced to US by Annette Kellerman. It was then fine-tuned by Katherine Curtis. Official competitions were launched in the 1930's but synchro was not included in the Olympics until 1984 in the LA Games.

MacMillan Fundraiser

Please remember to have order forms along payment in by Friday **October 4th** or Saturday **October 5th**.

Delivery date is **October 17th**.

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Dates to Remember for October!

- ◆ October 5 - *Party Rocker Laser Dance* -at the Evergreen Senior Centre * GSSC Fundraising event
- ◆ October 5/6 - MacMillan order forms and payment due
- ◆ October 6 - Burning Bright Swim-a-thon 11am
Bring donations for Canadian Breast Cancer Association *Wear pink, bring a pink treat and be prepared to cheer!!
- ◆ October 17 - delivery for MacMillan
- ◆ October 19 - NO POOL
- ◆ October 25 - No Land Drill for Friday's practice
- ◆ October 26 - PX2 Workshop at UofG 8am-4pm

New Exec 2013 - 2014

Voting Members:

President	Louise McIntyre
Vice President	Kate MacDonald
Registrar	Sherry Butts

Non-Voting Executive Members:

Treasurer	Nic Saretta
Novice/Recreational Director	Kelly MacDonald
Head Coach	Katherine Frost
Fundraising Co-ordinators	JoAnne&Steve Whate
Marketing Directors	Jill and Steve Lister
Website Co-ordinator	Lisa Plant
Communtication	Suzanne Pratley

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

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



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

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Comp-UofG Red Pool 5-7pm 7:15-8:15 dryland Novice Trillium Teams UofG Red Pool(5-5:45 dryland;5:45-6:30 pool)	3	4 Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30- 6:30 Comp-Victor Davis 7-9pm	5 REC PROGRAM UofG 12:30 Novice Trillium Teams UofG Red Pool(12:15- 1pm dryland; 1-2pm pool) <i>PARTY ROCKER Fundraiser!!!</i>
6 Comp-Victor Davis 8- 12pm *11am Swim-a-thon CBCF 'Burning Bright'	7 BLACK TEAM UofG Red Pool 6:30-7:30am	8	9 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)	10	11 Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30- 6:30 Comp-Victor Davis 7-9pm	12 REC PROGRAM UofG 12:30 Novice Trillium Teams UofG Red Pool(12:15- 1pm dryland; 1-2pm pool)
13 Comp Victor Davis 8am-12pm	14 HAPPY THANKS- GIVING	15	16 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)	17	18 Comp-Westminster St.Paul's Church Basement- ballet/cross-training 5:30- 6:30 Comp-Victor Davis 7-9pm	19 NO POOL (MARLINS)
20 Comp Victor Davis 8am-12pm Novice Trillium Teams Victor Davis(9-9:45 dryland;9:45-10:45 pool)	21 BLACK TEAM UofG Red Pool 6:30-7:30am	22	23 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)	24	25 No dry-land practice Comp-Victor Davis 7-9pm	26 REC PROGRAM UofG 12:30 Novice Trillium Teams UofG Red Pool(12:15- 1pm dryland; 1-2pm pool) <i>PX2 WORKSHOP 8am-4pm-Comp swimmers/coaches UofG-FVMI 127</i>
27 Comp Victor Davis 8am-12pm	28 BLACK TEAM UofG Red Pool 6:30-7:30am	29	30 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)	31 Happy Hal- loween		



Swimmer of the Month: Clare Vais

13-15 Team swimmer, Clare Vais is September's Swimmer of the Month. Known for her purple cap and fantastic attendance, Clare is very much deserving of this award. Clare always comes to practice early and brings a positive and hardworking attitude. She is very good at quickly learning the routine counts and she is always willing to help teach them to her teammates. Keep your ears open for her Swimmer of the Month Warm-Up Playlist on Sunday, there's a very high chance The Smiths or Red Hot Chili Peppers will end up on it!

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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 March 23, 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

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

