



Guelph Synchronized Swim Club

"where artistry meets athletics"

Welcome to GSSC!

Welcome to the Guelph Synchronized Swim Club!

Throughout the synchro season we look forward to catching up with returning parents and swimmers we haven't seen over the summer and take opportunities to get to know new parents, swimmers and their families.

As you may know, there is much more to synchronized swimming than meets the eye. Synchronized swimming is a wonderful combination of gymnastics, dance and swimming that demands endurance, strength, flexibility, grace, artistry and exceptional breath control. This sport may look effort-

less, but these athletes practice long hours to enable them to perform strenuous movements underwater and upside down, achieve split-second timing, while holding their breath and continually smiling.

We are very fortunate to have such dedicated coaches who work with our athletes to enhance their physical, social and emotional development through synchronized swimming. This is achieved by developing programs that meet the need of swimmers with varied levels of ability and commitment. All of our coaches, who are NCCP certified (level 1 & 2) or in training, create and provide a safe

and secure environment in which individual swimmers can strive for personal bests. In addition, they promote team work and team spirit, while instilling life-long skills of discipline, commitment, pride, respect, self-esteem and positive body image. Our coaches are excellent role models and empower our young female athletes, which gives them an advantage with life's opportunities and challenges outside the pool.

We look forward to a fantastic synchro season.

GSSC Executive

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Fun Facts:

- ☺ Burning Bright for Breast Cancer - October 4th
- ☺ 7 swimmers have moved into Pre-Competitive Novice
- ☺ 3 novice swimmers have moved into the Competitive stream
- ☺ Halloween—October 31

Burning Bright

"Each year thousands of Canadians are touched by breast cancer. It not only impacts individuals living with the disease, but their family, friends and loved ones as well. October is a month to build awareness and pay tribute to those affected by this disease."

(Canadian Breast Cancer Foundation website)

Again this year, the Guelph Synchronized Swim Club will host their annual Burning Bright event to support the Canadian Breast Cancer Foundation. This event will be held on Saturday, October 4th at the

University Pool from 1:00-2:00pm (swimmers should arrive at 12:30pm.

Don't forget to bring your pledge forms. Prizes will be given to the team and individual who raise the highest amounts.

Pink treats will be served after the event.

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Meet Our Teams . . .

Novice (Recreational) - Beginner 1 Introductory

Coach: *Sarah Plant*

Briella Clancy
Reese French
Sophia Gauthier
Sophie Horvat
Mariah Johnson
Lily Robinson
Arabella Stocco

Novice (Recreational) - Advanced

Coach: *Kathleen Purdon*

Brianna Chan
Stephanie Hetherington-Wilson
Katelynn Schneider

Competitive (age 11-12)

Coach: *Krissy Einboden*

Erica Bonnar
Lauren Irvine
Quinlin Lawrynowicz
Alexis Sanderson
Alyssa Shary
Georgia Smallacombe
Brenna Stroud

Competitive (age 16-20)

Coach: *Katherine Frost*

Caitlin Bergant
Katelyn Butts
Luciana Mejia Perez
Sarah Plant
Sophie Reimer
Madison Solda
Clare Vais
Hannah Wiley

Novice (Recreational) - Intermediate

Coach: *Kathleen Purdon*

Shaylee Carr
Avery James
Dara Muller
Maya Richmond
Maithili Shende

Novice Competitive (8&U Pre-Competitive)

Coach: *Jocelyn Begin*

Isabella Chappel
Kate Coughlin
Lucy Keleher
Sajen Lawrynowicz
Chloe Lyon
Sydney Mulder
Victoria Mulder

Competitive (age 13-15)

Coach: *Rebecca Gordon*

Kiersten Barr
Tonya Bonnar
Cora England
Emma Gibson
Noelle MacDonald
Kyla Smith
Alice Stubbs
Izabella Weber

Competitive - Masters

Coach: *self-coached; assisted by Angela Wright & Katherine Frost*

Alison Purdon
Aislinn Shoveller

Coaches . . .



Katherine Frost, Head Coach
Coaching 16-20 Provincial Team
Comp Dev Trained (Level 3)



Krissy Einboden
Coaching 11-12 Provincial Team
Comp Intro Certified (Level 1 & 2)



Kathleen Purdon
Coaching Novice Intermediate &
Advanced Teams (assisting 13-15)
Comp Intro Trained (Level 1 & 2)



Rebecca Gordon
Coaching 13-15 Provincial Team
Comp Intro Certified (Level 1 & 2)



Jocelyn Begin
Coaching 8&U Novice Pre-Competitive Team
Comp Intro Certified (Level 1 & 2)



Sarah Plant
Coaching Novice Beginner
Comp Intro Trained (Level 1 & 2)

Swim Meets/Events . . .

Competitive Swimmers

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

West Regionals (Mar. 7-8, 2015)

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

Age Groups (May 20-24, 2015)

Novice Pre-Competitive

Novice Figures Meet (Dec 6, 2014)

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)

Burning Bright - Sat. Oct 4th (1-2pm) @
UofG Pool (Swimmers should arrive at
12:30pm)

Christmas Water Show Dec 20, 2014 @
UofG Pool (1:30-3)

College Royal - Mar. 21 (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 October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG (5-7 pool) Pre-Comp - UofG 5:00-5:45 dryland; 5:45-6:30 pool	2	3 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	4 Burning Bright! Novice (Rec) - UofG (12:30 start) Pre-Comp - UofG 1:00-1:45 dryland; 1:45-3:00 pool 10&U Figures (age) - UofG 2:00-3:00
5 Comp - VicDavis (8-12) 16-20 Figures (age) - VicDavis 4-5:30 12U Duet/Solo- VicDavis 3:30-5:30	6	7 13+ Duet /Solo UofG (7:30-8:00 dryland; 8:00-9:30 pool)	8 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG (5-7 pool) Pre-Comp - UofG 5:00-5:45 dryland; 5:45-6:30 pool	9	10 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	11 NO POOL
12 Comp - VicDavis (8-12) Pre-Comp-VicDavis 9-9:45 dryland; 9:45-11 pool 12U Duet/Solo- VicDavis 3:30-5:30	13  Thanksgiving	14 13+ Duet /Solo UofG (7:30-8:00 dryland; 8:00-9:30 pool)	15 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG (5-7 pool) Pre-Comp - UofG 5:00-5:45 dryland; 5:45-6:30 pool	16	17 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	18 NO POOL PX2 Refresher - all competitive swimmers- Room 127 in uoG-BIZ
19 Comp - VicDavis (8-12) Pre-Comp-VicDavis 9-9:45 dryland; 9:45-11 pool 13-15 Figures (age) - VicDavis 4-5:30 12U Duet/Solo- VicDavis 3:30-5:30	20	21 13+ Duet /Solo UofG (7:30-8:00 dryland; 8:00-9:30 pool)	22 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG (5-7 pool) Pre-Comp - UofG 5:00-5:45 dryland; 5:45-6:30 pool	23	24 Comp - No Dryland tonight Comp - VicDavis 7:00-9:00pm	25 Novice (Rec) - UofG (12:30 start) Pre-Comp - UofG 1:00-1:45 dryland; 1:45-3:00 pool 12U Duet/Solo- VicDavis 3:30-5:30
26 Comp - VicDavis (8-12) 11-12 Figures (age) - VicDavis 4-5:30	27 13+ Duet /Solo UofG (7:30-8:00 dryland; 8:00-9:30 pool)	28 NO POOL	29 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG (5-7 pool) Pre-Comp - UofG 5:00-5:45 dryland; 5:45-6:30 pool	30	 FREE NIGHT!!!!	Nov 1 Novice (Rec) - UofG (12:30 start) Pre-Comp - UofG 1:00-1:45 dryland; 1:45-3:00 pool

Supporting Our Club



Holiday Greenery/Wreaths

Once again Guelph Synchro will be holding their Holiday Greenery / Wreath fundraising initiative.

Order forms will be handed out in October.

This is one of GSSC's best fundraising initiatives. The centre-pieces make wonderful teachers gifts!!

Online Magazines

Guelph Synchro will be launching their online magazine fundraising initiative sometime in October/November.

Watch your emails about this initiative. Magazine subscriptions are a wonderful holiday gift.



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 +)



Silver Level (\$200-\$499)



Bronze Level (\$100-\$199)



Brad Butts



Jain Dental Care



Meehan Bonnar, Royal City Realty



Please support our sponsors every chance you can!

"where artistry meets athletics"

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@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.guelphsynchrowim.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.

