

Synchro BC



2012 BC Summer Games Package





"Synchro Swim British Columbia provides opportunities to foster and promote a fully integrated Synchronized Swimming Sport System throughout BC, which will offer opportunities for excellence at all levels of participation from Recreational to

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220 – 3820 Cessna Drive, Richmond, BC, V7B 0A2

Phone 604-333-3640

Fax 604-333-3450

Email: info@synchro.bc.ca Web: www.synchro.bc.ca



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1. OFFICE INFORMATION

I. ADDRESS

Synchro BC
Suite 220 – 3820 Cessna Drive,
Richmond, BC,
V7B 0A2

II. GENERAL CONTACT INFORMATION

E-Mail: info@synchro.bc.ca
Website: www.synchro.bc.ca
Phone Number: 604-333-3640
Fax Number: 604-333-3450

III. OFFICE HOURS

Monday	8am to 3.30pm
Tuesday	8am to 3.30pm
Wednesday	8am to 3.30pm
Thursday	8am to 3.30pm
Friday, weekends & holidays	Closed

IV. STAFF

Annie Vorpe	Office Coordinator	info@synchro.bc.ca
	Competitions Coordinator	competitions@synchro.bc.ca
Brenda Smythe	Technical Director	td@synchro.bc.ca
Kate Rader	Executive Director	ed@synchro.bc.ca



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2. ZONE REPRESENTATIVES BC GAMES 2012

SPORT: Synchronized Swimming

I. KOOTENAYS ZONE (ZONE 1)

Castlegar, Cranbrook, Creston, Elkford, Fernie, Golden, Grand Forks, Kimberly, Nelson, Rosland, Sparwood, Trail

Representative:

Colleen Ruttenberg
PO Box 1024
Nakusp, BC, V0G 1R0
bobrutt@telus.net

II. THOMPSON-OKANAGAN ZONE (ZONE 2)

Ashcroft, Armstrong, Enderby, Kamloops, Kelowna, Lillooet, Merritt, Oliver, Peachland, Penticton, Princeton, Revelstoke, Salmon Arm, Summerland, Vernon

Representative:

Karen Moore
1215 Lamar Drive,
Kamloops, BC, V2C 5C5
H: 250-573-3938
C: 250-571-0522
Karen.moore70@shaw.ca

III. FRASER VALLEY ZONE (ZONE 3)

Abbotsford, Chilliwack, Coquitlam, Hope, Langley, Maple Ridge, Matsqui, Mission, Pitt Meadows, Port Coquitlam, Port Moody, Surrey, White Rock

Representative:

Susan Stickleby
#23 – 17097 64th Avenue,
Surrey, BC, V3S 1Y5
H: 604-574-5144
C: 778-888-5144
susan.synchro1@gmail.com



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IV. FRASER RIVER – DELTA ZONE (ZONE 4)

Delta, New Westminster, Richmond, Burnaby

Representative:

Mary Keene
5726 48B Avenue
Delta, BC, V4K 3Z1
H: 604-946-4997
keenemary@hotmail.com

V. VANCOUVER – SQUAMISH ZONE (ZONE 5)

Gibsons, North Vancouver, West Vancouver, Sechelt, Squamish, Vancouver, Lions Bay

Representative:

Terri McCulloch
4459 James Street
Vancouver, BC, V5V 3H9
H: 604- 872-6264
imterri@shaw.ca

VI. VANCOUVER ISLAND – CENTRAL COAST ZONE (ZONE 6)

Campbell River, Comox, Courtenay, Cumberland, Duncan, Esquimalt, Ladysmith, Nanaimo, North Cowichan, Ocean Falls, Oak Bay, Port Alberni, Port Hardy, Powell River, Sannich, Sidney, Victoria, Gold River

Representative:

Darlene McDonagh
430 Holly Avenue
Nanaimo, BC, V9S 3M5
H: 250-71-3408
Darlene.lani.mcdonagh@gmail.com



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VII. NORTH WEST ZONE (ZONE 7)

Burns Lake, Houston, Kitimat, Masset, Port Clements, Prince Rupert, Smithers, Steward, Terrace, Vanderhoof

Representative:

Barbara Armstrong
9059 Bald Hill Rd
Burns Lake, BC, V0J 1E2
H: 250-629-9129
barbanddale@hotmail.com

VIII. CARIBOO – NORTH EAST (ZONE 8)

Chetwynd, Dawson Creek, Fort Nelson, Fort St. John, Hudson Hope, Prince George, Quesnel, Williams Lake, Mackenzie

Representative:

Karin Alexander
North Peace Leisure Pool
10631 100 Street
Fort St. John, BC, V1J 3Z5
H: 250-787-8179
F: 250-785-7653
kalexander@fortstjohn.ca



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3. BC GAMES SYNCHRONIZED SWIMMING RULES

Sport Name	Synchronized Swimming
Age	12-16
Age Description	12 – 16 years of age as of December 31, 2012
Venue	Surrey Sport and Leisure Centre
Medals	Medals will be awarded in each event within the parameters of the minus-one rule.
Equipment	<p>Music: One selection per CD. No more than a 10 second lead in before music begins. Professional sound editing is mandatory.</p> <p>CDs must be handed in at the start of the competition day and left with the competitions chairperson until the conclusion of the event</p>
Coaches	<p>1 head coach zone 1 Assistant coach per zone</p> <p>An additional manager will be permitted where both coaches are under 19 and only then with the approval of the provincial advisor. If the zone includes male athletes, at least one of the coaches must be male. Each zone is required to have a head coach.</p>
Coaching Requirements	<p>All head coaches must be full certified NCCP 2 or Competition Instructor. Assistant coaches must be fully certified NCCP 1 or Synchro Instructor</p>
Zone Selection	<p>Synchro BC states that the Zone Qualification meets will be held concurrently with the 2010 Training Meet #2. A separate figure event will be held at this championship and zones that do not participate in this meet can hold their own qualification meet.</p> <p>Athletes in each zone will be selected by the final figure score in their respective trials. The figures performed for zone selections will be the 2012 BC Summer Games figures</p> <p>Zone representatives must complete the online registration no later than June 15, 2012</p>



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Accommodation

BC Games and Synchro BC state that all participants are required to stay in BC Games accommodation, regardless of where they reside.

Eligibility Requirements

Provincial athletes in Levels 2, 3, 4, and 5 who meet the age requirement are eligible to participate in BC Summer Games.

Sport Rules

In order to allow for the highest level of competition possible, level 4-5 athletes will be given priority in the zone qualifications.

All athletes must be registered as swimmers through a club or as an independent with Synchro BC by December 31, 2011. A \$30 minimum fee will be charged at the zone qualification meet

BC Summer Games Trials will be held at each zones' appropriate regionals training meet.

Trials will consist of a figures competition using the same figures as are used in the games. See Synchro BC's BC Games Package for specific trial information and details.

Athletes may only attend one BC Games to compete in Synchronized Swimming in the same Level (i.e. an athlete who competed in Level 2/3 is eligible to attend a second BC Summer Games in Level 4/5).

Wildcard spots are allocated by the Provincial Advisor.

Event Categories

Categories:

- Level 2/3
- Level 4/5

All athletes **MUST** enter the figure event and be registered in at least one routine event.

Figures: Level 2/3 OR Level 4/5

Solo: Level 2/3 OR Level 4/5

One solo per Zone per level will be allowed.

Duet: Level 2/3 OR Level 4/5

Athletes from different Levels may perform a duet together – the highest Level will determine the category. Each duet member must enter the figure event in her own category. Maximum of two (2) Level 2/3 duets and two (2) Level 4/5 duets per zone. There will be no alternates allowed for duets.



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Trio: Level 2/3 OR Level 4/5

Athletes from different Levels may perform a trio together – the highest Level will determine the category. Each trio member must enter the Figure event in her own category. Maximum of two (2) Level 2/3 and two (2) Level 4/5 trios per zone. There will be alternatives allowed for trios.

An athlete may enter either the solo event OR the duet event OR the trio event, but not more than one. Extra routines are in addition to the team event.

Team: Level 2/3 OR Level 4/5

Teams may have a minimum of 4 and a maximum of 8 athletes. A Zone may have more than one team in the same category. There will be no alternatives allowed for team routines.

Figures places are determined by final figure score.

Final placing for the routine events will be determined by championship score (50% figure score + 50% routine score).

Figures:

Level 2/3 Ballet Leg
Front Walkover
Kip
Barracuda

Level 4/5 Back Walkover
Barracuda
Porpoise
Kip Split

Routine Time Limits:

- Level 2/3: Duet or Trio 3:00; Team 3:30; Solo: 2:30
- Level 4/5: Duet or Trio 3:30; Team 4:00; Solo: 3:00

All times are +/- 15 seconds

Deck work shall not exceed 10 seconds



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Penalties

Penalties for figures: a one point penalty shall be deducted from the total score for the figure after the degree of difficulty has been computed if

- The athlete performs other than the figure posted for that panel and then performs the correct figure on the second attempt after being informed of the nature of the error by the head judge
- If an athlete stops during the figure and requests to do the figure again

The judges shall award (but not flash) a zero if the athlete does not make a second attempt or if the second attempt performs a wrong figure

Penalties for routines: a one point penalty shall be deducted from the routine score in the event that:

- The time limit for deck movement is exceeded or
- The routine is timed at more than 15 seconds less or more than the time limit allowed
- The athletes use the bottom of the pool to aide in performing the routine.



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4. BC SUMMER GAMES SCHEDULE

Date	Coach	Athlete
Oct 31, 2011	Coach's application Please send applications to the Synchro BC Office by email: (info@synchro.bc.ca)	Trials registrations are due. Please send entries to the Synchro BC Office by email: (info@synchro.bc.ca)
Nov 26, 2011	Coaches are named	
Nov 26, 2011		Zone 6 Summer Games Trials
Dec 3, 2011		Zone 3-5, 7, 8 Summer Games Trials
Dec 11, 2011		Zone 1-2 Summer Games Trials
Dec 15, 2011		Selected athletes will be named by Synchro BC. Results will be sent to all participants via email.
Jan 15, 2012		Deadline for athletes to confirm their participation in the BC Summer Games
Jan 15, 2012		Information Package will be sent out by each zone coach
May 31, 2012		All Athlete's registration due to the Zone Representatives
June 15, 2012	All BC Summer Games Athletes are registered by Zone Representatives	
June 15, 2011		BC Summer Games fees (\$225.00 per athlete) paid to Synchro BC

July 19-22, 2012 – BC Summer Games in Surrey, BC

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5. ZONE BOUNDARIES

I. KOOTENAYS (ZONE 1)

Zone Colour - **Yellow**

Regional Districts of Central Kootenay, East Kootenay, Kootenay Boundary and Electoral Area A of Columbia-Shuswap Regional District, and including major centres: Castlegar, Cranbrook, Creston, Fernie, Golden, Grand Forks, Kimberley, Nelson, Radium, Rossland, and Trail.

II. THOMPSON-OKANAGAN (ZONE 2)

Zone Colour - **Red**

Regional Districts of Central Okanagan, Columbia-Shuswap (excluding Electoral Area A), North Okanagan, Okanagan-Similkameen, Thompson-Nicola, and Electoral Areas A and B of the Squamish-Lillooet Regional District, and including major centres: Armstrong, Ashcroft, Enderby, Kamloops, Kelowna, Lillooet, Merritt, Peachland, Penticton, Revelstoke, Salmon Arm, Summerland, Vernon, and Westbank.

III. FRASER VALLEY (ZONE 3)

Zone Colour - **Light Blue**

Regional Districts of Fraser Valley, Dewdney Alouette, and Fraser-Cheam, and including major centres: Abbotsford, Anmore, Belcarra, Chilliwack, Coquitlam, Hope, Langley, Maple Ridge, Mission, Pitt Meadows, Port Coquitlam, Port Moody, Surrey, and White Rock.

IV. FRASER RIVER-DELTA (ZONE 4)

Zone Colour - **Orange**

The City of Burnaby, the District of Delta, the City of New Westminster, and the City of Richmond.

V. VANCOUVER-SQUAMISH (ZONE 5)

Zone Colour - **Dark Green**

The Regional Districts of Squamish-Lillooet (excluding Electoral Areas A and B), Sunshine Coast, Electoral Area A of the Greater Vancouver Regional District, the Village of Lions Bay, the City of North Vancouver, the District of North Vancouver, the City of Vancouver, and the District of West Vancouver.



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VI. VANCOUVER ISLAND-CENTRAL COAST (ZONE 6)

Zone Colour - **Light Green**

The Regional Districts of Alberni-Clayoquot, Capital, Central Coast, Comox-Strathcona, Cowichan Valley, Mount Waddington, Nanaimo, and Powell River, and including major centres: Campbell River, Comox, Courtenay, Cumberland, Duncan, Esquimalt, Ladysmith, Nanaimo, North Cowichan, Oak Bay, Ocean Falls, Port Alberni, Port Hardy, Powell River, Saanich, Sayward, Sidney, and Victoria.

VII. NORTH WEST (ZONE 7)

Zone Colour - **Purple**

The Regional Districts of Bulkley-Nechako, Kitimat-Stikine, and Skeena-Queen Charlotte and including major centres: Burns Lake, Fort St. James, Houston, Kitimat, Masset, Port Clements, Prince Rupert, Smithers, Stewart, Terrace, and Vanderhoof.

VIII. CARIBOO-NORTH EAST (ZONE 8)

Zone Colour - **Dark Blue**

The Regional Districts of Cariboo, Fort Nelson-Liard, Fraser-Fort George, and Peace River, and including major centres: Chetwynd, Dawson Creek, Fort Nelson, Fort St. John, Hudson Hope, Prince George, Quesnel, Tumbler Ridge, and Williams Lake.



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6. Q&A FOR PARENTS

- 1) My daughter wants to try out for Summer Games, but we have not finalized our family plans for the summer, and at this point, are not sure we can commit. Can she still try out?
 - a. Absolutely! All eligible athletes are encouraged to try out in the fall of 2011, however they are not required to confirm their commitment until January 15, 2011. The athlete selection list will be distributed on December 15, 2011, giving families a month to make a decision.

- 2) My daughter swims with a club located outside of our zone. Is it possible for her to swim with her club rather than her zone?
 - a. No, Synchro BC has no control over the zone boundaries or the rules surrounding zone participation. Swimmers must register to the zone that corresponds to their home address.

- 3) My daughter would like to try out for Summer Games, but we would like to know who the coach will be before committing. When will this information be distributed?
 - a. Coaches must submit their application to Synchro BC by October 31, 2011. Synchro BC will then select those coaches qualified to offer a great Summer Games experience by November 15, 2011. A special email will be sent to announce the 2012 zone coaches.

- 4) My daughter has qualified for the games. When will we find out about the training schedule, fees, and additional information?
 - a. The training schedule and fee structure for the games is at the discretion of each zone coach. Once swimmers have confirmed their participation, and the coach knows the number of athletes in her zone, she will communicate all necessary information to the parents. This information will be distributed no later than January 15, 2012.

Detailed competition information, such as schedules, transportation and accommodation, will be communicated as it becomes available from BC Games.

- 5) What does it cost for each athlete to attend the games?
 - a. In addition to the training fees set out by each zone coach, there is a \$225 fee per athlete for participation in the games. This fee will cover the cost of transportation to and from the games, all meals, four nights of accommodation, registration, and additional BC Games activities.

Full payment from each zone must be received in the office no later than June 15, 2012. Zones that do not submit this fee on time will be ineligible to compete at the games.

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7. 2012 BCSG TRIALS – ATHLETE'S REGISTRATION FORM

Athlete's Name: _____
Parents Names: _____
Address: _____
City: _____ **Postal Code:** _____
Phone Number: _____ **Email address:** _____
Birth Date: _____ (Month) / _____ (Day) / _____ (Year)
****** (enclose photocopy of birth certificate) ******
Category of Entrant: Level 2/3 Level 4/5
Last Star Level passed and registered with Synchro BC: _____ / **Date:** _____

If not a member of Synchro BC please register with Synchro BC and enclose membership fee of \$22. (If you are a member in good standing of a BC Synchro Club registered with Synchro BC and are competing in the 2011-2012 season, you are a member of Synchro BC)

Athletes must be **12 – 16** years old as of December 31, 2012.

Please mail the Entry Form and photocopy of birth certificate, along with a cheque for **\$30.00**, payable to Synchro BC, to the Synchro BC Office:

Synchro BC
Suite#220 – 3820 Cessna Drive,
Richmond, BC, V7B 0A2.

To be received no later than **October 31, 2011**.
A copy of the birth certificate **MUST** accompany the entry form.

THERE WILL BE NO LATE ENTRIES ACCEPTED



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8. 2012 BCSG TRIALS –COACHES APPLICATION FORM

Full Name: _____
Address: _____
City: _____ **Postal Code:** _____
Phone Number: _____ **Email address:** _____
Birth Date: _____ (Month) / _____ (Day) / _____ (Year)
Coaching Level: _____ **NCCP#:** _____
Club: _____

*If not a member of Synchro BC please register with Synchro BC and enclose membership fee of \$33.25.
(If you are a member in good standing of a BC Synchro Club registered with Synchro BC and are competing in the 2011-2012 season, you are a member of Synchro BC)*

Please submit the following supporting documents with your application:

- A cover letter indicating:
 - How long you have been coaching
 - Why you wish to be selected for the BC Summer Games Coach
 - What you would bring to this position
 - The level of your current athletes
- A resume

All information can be sent electronically or via mail to the Synchro BC Office:

Synchro BC
Suite#220 – 3820 Cessna Drive,
Richmond, BC, V7B 0A2.
info@synchro.bc.ca / Fax: 604-333-3450 (Attn: Synchro BC, Annie Vorpe)

The coach's application form should be received no later than **October 31, 2011** at the Synchro BC Office. Coaches will be named on November 26, 2011.