

## New Beginnings

*“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”*

Last season may have ended with you on the podium or with you still having trouble in the pool. But, it ended...and now it is the past. We are on the cusp of another season. Like the smell of freshly brewed coffee in the morning do you get a sense of great things to come? Or is it a rude awakening to the end of a long summer? Either way it is a new beginning and a time to take a look at what you want to accomplish this year as a coach or as a swimmer.

What are some realistic questions coaches and swimmers need to ask of themselves to make the end result better and the new beginning exciting & challenging?

Coaches, maybe we can ask ourselves a few questions as we start the year:

- Why do I coach?
- Where do I see myself in 3 years?
- How am I going to make this an exciting and fun year for myself and my swimmers?
- What are some personal goals with which I might challenge myself so that come this time next year I am happy and satisfied with the results achieved?
- If my swimmers could describe only one positive thing about their year, what would I like it to be?

And swimmers ask yourselves these questions:

- Why am I coming back for another year?
- What do I want to accomplish in the next year or two?
- What can I do to make this year the best year ever?
- When I look back at this year, I would like to say \_\_\_\_\_ about what I did.

Coaches and swimmers share many of the same questions. They both finished last year and both have a chance to have a new beginning.

Picture yourself at the end of this season, being where you want to be, feel that medal around your neck, feel the happiness as you watch your swimmers get out of the water after an amazing performance, feel that moment to its fullest. Now start today to make this the new beginning to that reality.

I look forward to a great 2009-10 season with great achievements from our BC Athletes and Coaches! See you on the pool deck!

**Brenda Smythe**  
**Regional Coach Synchronic BC**  
**Vancouver Island**



"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 International."

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### ***Clinics and Workshops 2009-2010***

**Strive Clinic** (2hrs) **Summer Games Trials** (2-3 hrs) at the end of each meet

Interior Training Meet (Sat. Oct 17<sup>th</sup> Kelowna)

Lower Mainland Training Meet (Sun. Oct 25<sup>th</sup> SSLC)

Island Training Meet (Sun. Dec 6<sup>th</sup> Nanaimo)

*\*Strive Clinic only tier 3-5*

*\*\*Summer Games only tier 2/3 and Tier 4/5*

**Strive Talent ID Camp** Sat. June 12<sup>th</sup>, 2010 (location TBA) – tier 3-5 that have made the criteria

#### **Tier 6 & 7**

Training Meet #1 (Sun. Oct. 25<sup>th</sup> SSLC) **National Team Clinic** (must know NTRS before hand)

Training Meet#2 (Sun. Dec. 6<sup>th</sup> Nanaimo) NTRS Trials for CWG

Fri. Jan. 22<sup>nd</sup> Figure Clinic (approx. 3 hrs)

Between Westerns and Nationals (date TBA) – Clinic for National Team Trials

Top 10 in BC: Tier 6 - 15 &U

Tier 7 Jr.

Tier 7 Sr.



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Dear Coaches and Athletes,

On behalf of Synchro BC, we would like to invite you to our 2010 **STRIVE TALENT ID Clinic**. This clinic will take place on **Saturday, June 12, 2010 (location TBA)**

Eligibility for this clinic is as follows:

- must be competing at the Tier 3–Tier 5 level for the 2009-2010 season
- must be 14 years of age or younger (born in 1994 or later)
- must be a member within good standing with their club and with Synchro BC
- must have a positive attitude toward Synchro and demonstrate an inclination to progress throughout the tiers

The goal of this clinic is to bring athletes from around BC together to provide new learning opportunities and increase the strength of BC's young up coming synchro athletes.

The clinic schedule will be approximately as follows: 1hr dryland with expert trainer, 3hr pool session - testing/conditioning/figure drills/routine set/highlights, 1.5 hr classroom session.

Cost to be determined. All payment and registration information must be in to the office by May 29<sup>th</sup>, 2010.

We are excited to see our new up and coming elite athletes!

Sincerely,

**Stephanie Campbell**, Synchro BC Technical Director  
**Tara Gant**, Island Regional Coach



## **BC SUMMER GAMES 2010**

**Location:** Langley (Surrey), BC

**Dates:** July 22 – 25, 2010

**Qualifying:** BC Summer Games Trials will be held at each Zones Appropriate Regions Training meet.

<b>Interior Training meet (zones 1, 2, 7 and 8)</b>	Sat. Oct 17 <sup>th</sup> – Kelowna
<b>Lower Mainland Training meet (zones 3, 4, 5)</b>	Sun. Oct. 25 <sup>th</sup> -SSLC
<b>Island Training meet (zones6)</b>	Sun. Dec. 6 <sup>th</sup> – Nanaimo

\*Deadline for entries is **Oct. 2<sup>nd</sup> 2009**. A \$30 fee will be charged at the Zone Qualification meet.

\*Please follow the BC Summer Games Site for updates at [www.bcgames.org](http://www.bcgames.org)

**Figures:** Trials will consist of a Figures Competition using the same figures as are used at the Games.

### **Tier 2/3 Figures:**

Ballet Leg Single (1.6)  
Blossom (1.4)  
Neptunus (1.8)  
Kipnus (1.6)

### **Tier 4/5 Figures:**

Ariana (2.2)  
Porpoise (1.9)  
Kip (1.8)  
Barracuda (2.0)

**Athlete Age:** 12 - 16

**Age Description:** 12 – 16 years of age as of December 31, 2010.

Athletes currently competing at a Tier 2, 3, 4, or Tier 5 level.

In order to allow for the highest level of competition possible, Tier 4 and 5 athletes will be given priority in the Zone Qualification.

All athletes must be registered as swimmers through a Club or facility affiliated with Synchro BC by December 31, 2009.

Athletes may only attend one BC Games to compete in Synchronized Swimming in the same tier category (i.e. athletes who competed in Tier 2/3 may be eligible to attend a second BC Summer Games in Tier 4/5).

If you have any questions feel free to contact Stephanie Campbell at the Synchro BC Office 604.333.3641 or [td@synchro.bc.ca](mailto:td@synchro.bc.ca)