



Ello athletes,

Let me introduce you to Synchro-Canada Athlete Council.

### **1. What is the Athlete Council?**

We are a group of active or retired athletes which only goal is to be YOUR VOICE at Synchro-Canada. More precisely, our mission can be described as follow:

- To serve as a source of athletes' opinions and to advise the Synchro Canada Board of Directors with regard to current or proposed policies and programs (e.g. codes of conduct, selection, discipline, harassment, health and safety).
- To actively solicit the opinions and ideas of all Synchro Canada athletes on issues that are before the Athletes' Council.
- To actively represent the interests and concerns of all Synchro Canada athletes.
- To review issues of interest and concern to athletes raised or presented at the Athletes' Council (AC).
- To provide an open forum in which athletes may share and develop information or ideas as they relate to Synchro Canada athletes.
- To ensure the adequate communication of issues of interest and concern to athletes within the synchronized swimming community.
- To pursue the development and maintenance of processes and procedures which will define and secure athletes' rights.
- To ensure effective athlete representation on the Synchro Canada Board of Directors and other committees where required.
- To represent the athletes fairly, equitably and professionally.

### **2. Concretely, what does it mean?**

To give you a better idea of what we have been working during the past year, here are the actions we have been undertaking on your behalf:

- Review of the Athlete council terms of reference.
- Modification of the terms of reference to add a Center of excellence representative.

- Athlete Achievement Award organization and presentation for the second year.
- Revision of the National Team Trials Selection Criteria.
- Information to the athletes about the Center of excellence, offering the athletes support and resources for this new experience.
- Initiation of a review of the eligibility criteria for the Center of excellence.
- Update of the Athlete Corner on Synchro-Canada website.
- Junior and 13-15 National Team Camps and Competitions evaluation review and follow-up.
- Canadian Open and Espoir Championship evaluation form creation and review.
- Feedbacks to the organization committee about Canadian Open and Espoir championship.
- Introduction of the Athlete Council to Facebook.
- Support of athletes at Eastern, Western, Espoir, Canadian Open and National team trials.
- Polling of the athletes by the regional representatives of various subjects.
- Representation of the Athlete Council at all the Board of directors meeting.
- Representation of the Athlete Council on the Competition Structure review committee.
- Representation of the Athlete Council on the Nominating Committee.
- Representation of the Athlete Council on the "Own the podium" working group.

### **3. Who is the Athlete council representing?**

Your Athlete Council is there for all synchro-canada athletes, no matter at which level you are competing. Whether you are competing regionally, nationally or internationally, we are interested in your concerns, questions and ideas!

### **4. Where can I obtain useful information that can help me in my synchro-career?**

You can find really interesting and useful information for you on our Athlete Corner ([http://www.synchro.ca/index.php?option=com\\_content&task=section&id=16&Itemid=39](http://www.synchro.ca/index.php?option=com_content&task=section&id=16&Itemid=39)).

Also, we introduced ourself to the Facebook world. You can join us as friends and find all about us and how we can help you!

In addition, we are partner with AthletesCan: the association of Canada's national team athletes and was the first fully independent and inclusive national athlete organization of its kind in the world. Since its inception in 1992, AthletesCAN has been the voice of Canadian athletes and has worked with partners toward a fairer and more responsive sport system. As the voice of Canadian national team athletes, AthletesCAN ensures an athlete centered sport system by developing athlete leaders who influence sport policy and, as role models, inspire a strong sport culture. You can find plenty of very interesting resources on their website:

<http://www.athletescan.com/content/home.asp>

#### **5. What if I have a question or an issue and I don't know who to talk about it?**

Your athlete council is a totally independant organisation and you can always feel free to ask us anything, and this, at any time. You can feel comfortable to talk to us and we will do our best to address your worries in the best way for you! You can either communicate to us by email to [athletes@synchro.ca](mailto:athletes@synchro.ca) or [sarah\\_eve\\_pelletier@hotmail.com](mailto:sarah_eve_pelletier@hotmail.com) (personnal email).

#### **6. How can I get involved with the Athlete Council?**

Getting involved as an athlete representative is an excellent opportunity to give back to the athletes, to enhance your resume, to live an enriching experience you'll bring back to your whole life. The commitment required for a regional representative isn't more than 3 hours per month and we are very flexible regarding schedule since all of us are very busy people! It is an experience you won't regret!

Check out our announcement on the website for our upcoming elections!!!

You can also check with your provincial federation if there is a position available as a provincial representative!

#### **7. Final word:**

We wish you the best synchro season ever!

Do not hesitate to contact us at any time!

We are here for you!

Sarah-Eve Pelletier  
Chair of Synchro-Canada Athlete Council