



Announcement

Awards

- Congratulations to Danielle McFadyen Hahn for her nomination to the Bobbie Stein Award.

Congratulations

- **Heather May** has gotten engaged on Dec. 25th, 2007
- **Tara Gant** has a baby boy - Ryan Matthew, on January 11th
- Synchro Canada congratulates **Margo Mountjoy** and **Sheilagh Croxon** on being named to CAAWS 2007 list of the most influential women in sport and physical activity.
For more information and to see the full list, check out:
http://www.sirc.ca/news_view.cfm?id=19242
- Please join Synchro Canada in extending a hearty congratulations to Dot Padgett, **Louise Kennedy**, Diane van der Pol, **Madeleine Ramsey**, **Heather Archer**, Laura Ealing, Nancy Reed, Jacqueline Hiscock and Josee Daudelin on recently passing the FINA Judges Exam. They will all be on the 2008 FINA Judges List.
- **KULESZA NAMED ASSISTANT COACH TO NATIONAL A SYNCHRO TEAM**
Synchro Canada is pleased to announce that Kasia Kulesza has been selected as Assistant Coach to the National A Synchro Team until the Olympic Qualifying event in Beijing this spring. She will be providing fifteen hours a week of coaching support to Head Coach Denise Sauve and Coach Julie Sauve.

WE VALUE OUR VOLUNTEERS!!!

We Our Judges and Referees are an important part of our volunteer base.

Judges and Referees are an appreciated group of individuals that volunteer their time, serving on the BCOMT (BC Officials Management Team) or STAR testing or work at meets for the love of the sport.

Without those dedicated people, we would not be able to provide our swimmers opportunities to achieve their personal goals, whether it be STAR testing or competitions. Please be a part of this special group and help us provide our swimmers the enjoyment of synchronized swimming. We are always looking for new judges and referees.

You too can volunteer. Please remember to volunteer at any of the meets. As much as, your officials are an intricate part of meets, so are the many other volunteers required to host a meet.

Many hands make light work.

THANK YOU TO ALL VOLUNTEERS!!!

NEW FUNDING NOTIFICATION NETWORK AVAILABLE TO BC ATHLETES

Just a quick note to inform you that BC Athlete Voice has launched the BC Athlete Funding Notification Network that directly connects nearly 700 provincial athletes to specific funding opportunities. This is an exciting new service offered by BC Athlete Voice to ensure athletes are aware of the funding options that are available. Athletes are emailed regular notifications on upcoming funding opportunities and are provided with the essential information on how to apply, what the eligibility criteria consists of and where to access further information.

To find out more about the BC Athlete Funding Notification Network, [click here](#) .

For athletes to access the BC Athlete Funding Notification Network they need to be BC Athlete Voice members (which is free). To find out how to register your athletes as members of BC Athlete Voice, please contact Joe Hitchcock at jhitchcock@bcathletevoice.ca or at 778-928-8844.

If you have any questions, please don't hesitate to contact me.

Thanks for your time.

Joe Hitchcock
Program Coordinator

BC Athlete Voice
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PERFORMANCE POINTS



Provided by Canadian Sport Centre Pacific Performance Services

Athletes who experience an injury have several issues to deal with besides just the physical impact of the injury. This Performance Point includes some general psychological guidelines that will allow you to manage your injury instead of having the injury manage you. For more information, please visit the link below:

English Version

http://www.pacificsport.com/Groups/SportScienceReference/08_01_16_PerformancePoint_FsychInjuries_FINAL.pdf

French Version

http://www.pacificsport.com/Groups/SportScienceReference/08_01_16_PerformancePoint_FsychInjuries_Fr.pdf

Please note that my email address has changed to reckardt@cscpacific.ca

Roz Eckardt

Coordinator, Performance Services

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Canadian Sport Centre Pacific - Powering Sport Performance

The Canadian Sport Centre Pacific, in partnership with the network of PacificSport Centres, delivers sport performance programs to help athletes and coaches win medals for Canada. Working in support of our national and provincial sport partners, the Canadian Sport Centre Pacific is creating a stronger system for the development of athletes, coaches, performance enhancement teams and sport performance facilities.

www.cscpacific.ca

CCES CANADIAN CENTRE FOR ETHICS IN SPORT

(Ottawa, Ontario – November 8, 2007) – The Canadian Centre for Ethics in Sport (CCES) would like to alert the Canadian sport community that the World Anti-Doping Agency (WADA) has released the 2008 Prohibited List. The new List comes into effect January 1, 2008.

The changes to the Prohibited List will be reflected in the Global Drug Information Database on the effective date. In addition, the CCES will release the 2008 CCES Substance Classification Booklet in December 2007.

For more information, please check our website: <http://www.synchro.bc.ca/News/>

INTERNATIONAL MASTERS COMPETITION SANCTIONS

Please advise Synchro BC and Synchro Canada:

1. Date and Place
2. Members attending (Coach, Swimmers, Judge, Other)
3. Registration (Before leaving Canada, on sight)
4. Organization:
 - a) Meet Manager
 - b) Chief Referee
 - c) Judges (Number of Judges, Names of Countries)
 - d) FINA Masters Committee/Bureau Members
5. Facilities (Pool, Dressing rooms, etc)
6. Competition:
 - a) Technical meeting
 - b) Practices
 - c) Competition schedule
 - d) Results (Top 1, 2, & 3 plus results of your delegation)
 - e) Awards
7. Social Activities
 - a) Organizing Committee
 - b) Canadian Delegation
 - c) Synchro
8. Local information
 - a) Accommodations
 - b) Currency
 - c) Electrical power
 - d) Transportation
9. Highlights
10. Recommendations
 - a) Synchro Canada
 - b) Masters travelling to competitions

2008 Summer High Performance Camps

Synchro Swim Ontario is offering a new vision for High Performance Camps for Summer 2008. This year summer camp registration is open to ALL athletes (no qualifying required) who have the drive, ambition and passion to be high performance athletes. We want YOU to be on the road to 2020.

Please find the documentation on our website under Competitions
[\(http://www.synchro.bc.ca/Competitions/\)](http://www.synchro.bc.ca/Competitions/)

CLASSIFIED

A Team Assistant Coach

Synchro Canada invites high performance coaches (NCCP Level 4 & 5 or equivalent) with international experience to apply for the position of National A Team part-time Assistant Coach. This position is to commence immediately and is located in Montreal, Quebec.

Find more information on our website under Classifieds:

[\(http://www.synchro.bc.ca/Coaches/Classifieds/\)](http://www.synchro.bc.ca/Coaches/Classifieds/)

Synchro Saskatchewan – High Performance/Tech. Director Position

Synchro Saskatchewan is accepting applications for the position of full time High Performance/Technical Director for a work term of approximately 3 years to start April 1, 2008. Please find more information on our website: <http://www.synchro.bc.ca/Coaches/Classifieds/>

Cygnus Amateur Swimming Club

Position Available in Curban – South Africa

Cygnus Amateur Swimming Club would be interested to hear from an experienced coach who would like the opportunity to visit South Africa to afford our swimmers professional coaching & assist our coaches & judges with current skills.

Please find more information on our website: <http://www.synchro.bc.ca/Coaches/Classifieds/>

ENTER TO WIN A FREE GIFT FROM MARY KAY

How?: Just send in a story, share a fundraiser idea, have a special award for an athlete, coach or other member or share what works in your club to add to our SPLASH newsletter.

ONE submission will be selected each quarter to receive a gift from Mary Kay. Winners will be announced in the IN SYNCH newsletter.

MARY KAY®

Enriching Women's Lives™

Thank you to Teena Kaminski, Mary Kay Consultant

SHERATON GUILDFORD HOTEL INFORMATION

The Sheraton Guildford Hotel offers a rebate program to our Sports Associations giving \$5 per room per night for any out of town teams staying with us while attending tournaments. They recently renovated the hotel and are the only 5 star property in the Fraser Valley which caters to sports teams.

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Team Aquatic Supplies
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www.team-aquatic.com

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