

# Splash

E-Newsletter Synchro BC

February 2009

## Happy New Year

*We hope everyone had a happy holiday and wish you all a successful New Year!*



## Congratulations, Raffle Winners!

- 1<sup>st</sup> place: Joan Nunn (West Coast Synchro)
- 2<sup>nd</sup> place: A. Korman (Vancouver Pacific Wave)
- 3<sup>rd</sup> place: U. Patrick Onukwulu (Vancouver Pacific Wave)
- 4<sup>th</sup> place: Mikkie Nettles (Kamloops Sunrays)
- 5<sup>th</sup> place: Pat Kehler
- 6<sup>th</sup> place: Betty Parkinson (Pacific Sport Synchro Victoria)
- 7<sup>th</sup> place: Dean Keffer (West Coast Synchro)
- 8<sup>th</sup> place: Tony Sartori (Burnaby Caprice)
- 9<sup>th</sup> place: Patrick Watton (Kamloops Sunrays)
- 10<sup>th</sup> place: P. McArthur (North Van Cruisers)
- 11<sup>th</sup> place: Kim Shellborn (PSAQ)
- 12<sup>th</sup> place: Suzanne Pickstone (PSSV)
- 13<sup>th</sup> place: Cathy Hoskins

Congratulations to all the winners, and thank you very much to everyone who participated for your support!



If you are one of the above winners, and you have not yet been contacted by Synchro BC, please phone the office at 604-333-3642.

## What's going on:

### Western Divisionals Info Package

A revised information package, entry forms and hospitality information are now in the calendar on our website.

### 2009 Canadian Open Synchronized Swimming Championships Info Package

The 2009 COSSC information package can now be found in the calendar on our website.

### Congratulations, Heather Archer!

Synchro Canada is pleased to announce that Heather Archer has been selected as the FINA Technical Synchronized Swimming Committee nominee for Canada. Heather brings an extensive amount of experience, integrity and leadership to the table and we are extremely pleased to have her represent Synchro Canada on the world stage.

Lisa Wallace  
Communications Manager,  
Synchro Canada

Supported by:



## GM Canada and CAC Support the Development of Good Coaches

Making Dreams Possible is a program developed by GM in cooperation with the Coaching Association of Canada, the governing body of Canada's coaching education program and is designed to support coaches of Olympic and Paralympic Sports at the high performance and community levels. General Motors of Canada and the CAC are proud to award an additional 51 grants of \$2,000 each for coaching skill development. The next wave of local sport club and high performance applications closes at 11:59 pm on **Sunday February 15th, 2009**, with grants to be awarded in April. For more information please go to [www.coach.ca/makingdreamspossible](http://www.coach.ca/makingdreamspossible)

## Apply for the Coaching Mentor/Apprenticeship Program

BC Games is now accepting applications for the **Coaching Mentor/ Apprenticeship Program (For Female Apprentices)** at the 2010 BC Winter and Summer Games.

The Coaching Mentor/Apprenticeship program will target female coaches in the province of BC who are interested in enhancing and further developing their coaching skills leading up to the 2010 BC Winter or BC Summer Games. The program will match a female apprentice coach with a mentor coach (NCCP Level 2, male or female) and the two of them will work towards the apprentice's participation at the 2010 BC Games.

### Application Deadlines:

There will be three intakes for the program:

- **February 15, 2009** Summer and Winter Sports
- June 15, 2009 Summer and Winter Sports
- September 15, 2009 Summer Sports only, and only if all positions are not filled



## Synchro Canada announces Junior and 13-15 Team Head Coaches

NEWS RELEASE

January 27, 2009



**Ottawa** - Synchro Canada is pleased to announce the appointments of our National Junior and 13-15 Team head coaches. Jennifer Tregale will lead our National Junior Team, while Chantal Vallieres will be working with our National 13-15 Team. Synchro Canada is extremely pleased to have such talented and committed High Performance coaches working with our National Team athletes.

Jennifer has 21 years coaching experience and most recently coached Synchro Canada's National B Team where she led the squad to two silver medals (Solo & Combo) and two bronze medals (Duet & Team) at the 2008 Swiss Open. Jennifer also works as the head coach of the Calgary Aquabelles Synchronized Swim Club and was named Synchro Alberta's 2008 Coach of the Year.

Synchro Canada is extremely pleased to have Chantal working with the 13-15 National Team for a fifth consecutive year. Last year Chantal led the team to four gold medals at the UANA Age Group Championships. Her experience with young athletes will be invaluable to the continued success of this program. As a former National team athlete and with 14 years coaching experience Chantal has invaluable understanding of the challenges these athletes will face. In addition to her work with Synchro Canada Chantal is part of the coaching staff with Quebec's Synchro Elite Synchronized Swim Club.

This summer the Junior Team will be competing at the UANA Junior Pan American Championships in Huntersville, North Carolina, while the 13-15 Team will be competing at the 2009 Comen Cup in Belgrade, Serbia.

## Barracudas Club of Aruba is looking for a Club Coach

The Barracuda club of Aruba is looking for a club coach. They are looking for one or even potentially two coaches who would be able to share and apartment and have use of a car as well as being paid for their services. In the brief job description that was submitted they said they would be looking for someone to work two hours a week with a recreation group, five hours a week on a show and 20 hours a week with age groups. Coaches would answer to the Board of the Barracudas Club. Anyone interested should contact Michelle Pablo, President of the Barracudas Club of Aruba at [aussiepablo@gmail.com](mailto:aussiepablo@gmail.com)

## Haney Neptune needs Summer Coaches

Coaches needed for summer recreational synchronized swimming program in Maple Ridge. The program runs from May until mid August. Scheduled times vary, but positions consist of 6-8 hours per week, possibly 3 or 4 practices. NLS certification preferable. Wages negotiable depending on experience – range from 18.00-23.00/hour. Please contact Heather Halliday for more information [heatherh1@shaw.ca](mailto:heatherh1@shaw.ca) cell 778-288-6419.



## Preparing for Regionals Tier 1-5 – by Tara Gant

As we are approaching Regionals I thought it would be helpful to offer coaches, athletes and parents some bits of information to help everyone feel prepared.

### First year competing

- Athletes, you are going to feel nervous and this is okay, expect it and think about how you might deal with your nerves.
- Parents, ask your coach to go over how the judges mark routines and competition etiquette so you feel prepared and are able to support your daughter and coach.
- Coaches, try a mock meet with other swimmers in the club. Have parents attend and get them to give you a few comments like most memorable part. Have the girls arrive early at the pool and do a little tour. You could also talk about 'what ifs'. We want to be positive and hope that all goes well but the athletes also need to know some important rules in case something different happens. What if we cannot hear our music underwater? What if I lose my noseplug in the middle of a routine? What if I swim out to do a figure and I forget what I am doing?

### Figures

- Coaches, please practice swim ons. All athletes even at the tier 1 level should be doing proper swim ons. The swimmers need to show confidence and set the judges expectations high.
- Parents, this is usually a very nervous time for athletes. You know your daughter best, try to help her with some strategies to deal with nervousness as mom or dad cannot really be around at this time. Pack extra towels and 5 nose plugs is a good amount.
- Athletes, focus before each figure, know what you are doing and remember to think about it while you are competing your figure, take it one step at a time.

### Routines

- Coaches, to help with runthurs, try X8 parts with no rest and no coming into the wall, try runthrus out of pattern. Do runthrus every practice and make sure you do the walkon and deckwork frequently with runthrus as this part is often forgotten.
- Athletes, be proud of your routine, walk with your chin up, be excited to show others what you have created. When your swim is over reflect on it, what went well and what did you learn and what can you do better.
- Parents, Cheer loud!

### Hair

- Parents, ensure you know how to do hair before the competition. Hair must stay in! Hair should be wet when you start. Learn how to make good gel!

### Competition Etiquette

- Coaches please go over does and don'ts.
- Everyone needs to be positive and support each other. Be aware of your comments and who might be listening, if you are talking in public then anyone can hear you and we want to ensure that we are showing support for everyone.



## Reduce Your Travel Costs with Sport BC

Sport BC is pleased to announce that all member organizations (clubs and teams) are now eligible to receive preferred rates on:

- Room rentals with Sandman Hotels, Inns and Suites across Canada
- Car rentals with Avis Rent-A-Car in Western Canada



**S P O R T B C**

### Sandman Agreement

- Synchro BC has been assigned the booking code of “**BCSYNC**” to be used when making reservations with Sandman Hotels, which entitles the customer to the Best Available Rate (BAR). The earlier the customer books in advance, the cheaper the rate will be.
- With this agreement, your organization will receive a **5% return** on the total value of all bookings made by anybody with your code, paid out every two weeks. The more bookings that are made with your code, the larger return your organization will receive.
- And as an added bonus, your organization will be sent gift cards for 10% off all meals at Denny's for distribution to clubs and/or teams.

### Avis Rent-A-Car Agreement

- When making a reservation with Avis Rent-A-Car, please use the Sport BC Avis Worldwide Discount Number (AWD#): **S497200**. This code can be used by anyone at any time, and will enforce a **price ceiling** that the customer can be charged for the rental, including during peak seasons. If the advertised price is lower than the price associated with this code, the customer will be charged the cheaper of the two.
- The more these preferred rates are used, the more savings you are passing in to your members, and with the Sandman agreement, the bigger of a return your organization will receive. More information on these programs is available at on the Sport BC Members Only Section (<http://www.sport.bc.ca/membersonly/>) or on the Travel Programs section (<http://www.sport.bc.ca/travel/>) of the website.

If you have any questions, please contact Chris Blackman, Director, Membership Services by phon

## Aqua Squirts Grants Awarded for 2009



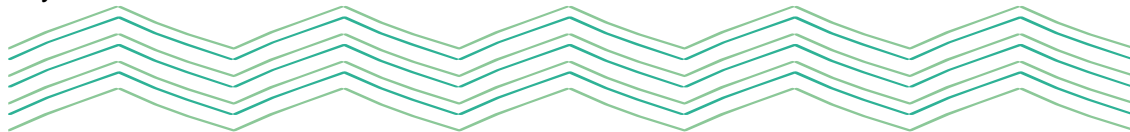
AquaSquirts is pleased to announce Regina Synchro will be receiving a grant for its AquaSquirts program running January through May 2009. This is the second grant Regina Synchro has received from the AquaSquirts program by incorporating AquaSquirts in its club programming.

If your club is interested in running AquaSquirts or in receiving funding from the AquaSquirts Program please go to the AquaSquirts website [www.aquasquirts.ca](http://www.aquasquirts.ca) for more information.



## Information for the E-Splash

You can send us information or an article that you want to put in the E-Splash. This will allow everybody to share their experiences with others. The more information we get, the better it is. Thank you!



## Supported by

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[www.team-aquatic.com](http://www.team-aquatic.com)

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