

Splash

E-Newsletter Synchro BC

December 2010

SYNCHRO B.C.



Happy Holiday Season

Synchro BC is wishing everyone a safe and happy holiday season & a happy new year.



Office Holiday Schedule

Please note that the Synchro BC office will be closed from December 15, 2010 until January 3rd, 2011. We will be back in the office on January 4th, 2011.

If you have any important inquiries, please send them to us per email (info@synchro.bc.ca) before December 14, 2010.

Congratulations Stephanie

Congratulations to Stephanie Campbell who welcomed baby Peyton in late November. Mom, Dad and Babe are all doing well.

Judge Level 1 course coming up

Synchro BC is pleased to offer Judging Course Level 1. This course is free of charge for all participants.

Level 1:

The Level 1 Judging course will be held over two weekends in Vancouver (Jan 15&16, 2011 / Feb 5, 2011)

Please check our website for all information, registration forms and deadlines. (<http://www.synchro.bc.ca/Officials/Courses/>)



SIGN UP NOW!

What's going on:

Page 1

- Happy Holiday Season
- Office Holiday Schedule
- Congratulations Stephanie
- Judge Level 1 course coming up

Page 2

- Technical Director's Corner
- Coquitlam Sports Hall of Fame

Page 3

- New Level 2 Judges
- Madeleine Ramsay – FINA A
- 2010 AthletesCan – by Aly Plecash
- CASSA Rule Book – updated
- Technical Package

Page 4

- CAC – Chunky Nutrition Tip of the Month
- 2011 Canadian Masters Championships in Montreal
- FINA World Trophy

Synchro BC Hours

Monday	8am – 3.30pm
Tuesday	8am – 3.30pm
Wednesday	8am – 3.30pm
Thursday	8am – 3.30pm
Friday	Office Closed

Annie, our office coordinator, will be happy to answer any questions during this time.

Supported by:



Technical Director's Corner



We are now full swing into our new season. I hope everyone is adjusting well to the big changes!

A few reminders to share with your coaches, athletes and parents:

Towards Excellence applications are now due, however, you still have time to submit them for consideration. Be sure to take advantage of this opportunity to provide your national stream athletes with additional funding! Any incomplete applications will be returned. Late applications will be accepted, but will be limited to available funding.

- Please submit the names of any athletes trying out for the National Team to the Synchro BC office asap.
- Today is the final day to submit your feedback regarding the possible removal of optional group 2 in the 12 & under figures as well as any feedback for the 10 & under category..

As always, please feel free to email me with any questions or concerns.
Stay safe and warm in this cold weather! - Brenda

Coquitlam Sports Hall of Fame



Synchro BC would like to Congratulate Susan Kemper and Christine Larson, who were recently inducted into the Coquitlam Sports Hall of Fame on November 23rd, 2010. Both were recognized for their commitment to the sport: Christine for her athletic achievements with the 2006 Olympic Team and Susan as a sport builder for her work over the 20 plus years. . . Congratulations ladies!



To read the full story:

<http://www.thenownews.com/sports/Coquitlam+Sports+Hall+Fame+hosts+induction+ceremony/3888561/story.html>



New Level 2 Judges

Synchro BC and the BCOMT would like to congratulate Tianna Greenhill, Emily Rowlandson, Adrienne Provencher and Christina Demiris, who completed the theory part of their Judging Level 2 on Saturday, November 20, 2010.

Madeleine Ramsay – FINA A

Synchro BC and the BCOMT would like to congratulate Madeleine Ramsay for her new Judges Level A. She was notified at the Interlational Judges Meeting at the HP Summit.

Congratulations

2010 AthletesCan – by Alyson Plecash

More than 50 national level athletes, handshakes with golden Olympic rings and speakers and workshops galore: that is just a taste of my unforgettable experience at the 2010 AthletesCAN forum.

Forum is an annual event put on by AthletesCAN - the association of Canada's national team athletes - where one athlete representative of each sport is invited to attend a 3-day long conference. This gives athletes the opportunity to socialize and network with one another as well as with representatives from Sport Canada and Canadian businesses, while discussing current issues in sport. Some important topics included in this years conference included marketing the athlete for sponsorship, the Commonwealth Games in Delhi, the process of retiring from sport and athlete leadership and social responsibility.

Not to mention a trip to Scotiabank Place for a Senators game - "Go Sens!". For me, Forum represented an opportunity for friendship, learning and inspiration - an experience I will not soon forget. I was proud to attend representing our sport of synchronized swimming and would be happy to share more information about the weekend. For information about AthletesCAN and the Forum, go to: <http://www.athletescan.com>

Synch-it
Alyson Plecash
aplecash@gmail.com

CASSA Rule Book - updated

Please note that Synchro Canada's Rule Book has been updated. The updates are in the appendix E with the list of the competitive figures. Download the updated version now:
http://www.synchro.ca/index.php?option=com_content&task=category&id=55&Itemid=40&lang=english

Technical Package

This is a reminder that the full technical package is on our website under:
http://www.synchro.bc.ca/Member_Services/Technical_Information/



CAC – Chunky Nutrition Tip of the Month

Check out the latest Coaching Association of Canada Chunky Nutrition Tip of the Month about salt. Click it out now: <http://www.coach.ca/sodium-facts-for-athletes-p140738>



2011 Canadian Masters Championships in Montreal

The 2011 Canadian Masters Championships will be held by Synchro Quebec, June 17-19n 2011 at the Hochelage Pool in Montreal. More details to follow on Synchro Canada's website: www.synchro.ca

FINA World Trophy

Ottawa, November 29, 2010 – Synchro Canada will send a team of 12 swimmers to the 2010 FINA World Trophy which will be held December 3-5 in Moscow, Russia.

This is the 5th edition of the FINA World Trophy, the most spectacular competition in the synchronized swimming international calendar. The performances will be judged solely on artistic merit and the athletes will be allowed to use original costumes and accessories.

For more information please visit the Synchro Canada website (www.synchro.ca).

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!

