
Synchro BC is excited to introduce 2018-19 Talent Identification (TID) and Train to Train (T2T) coaching staff! We are confident that this group of coaches will provide an environment where our athletes can excel and we would like to officially welcome them to the Synchro BC Team!

Talent Identification Program Staff

With Tara Gant and Olena Foshchevska holding the reigns of the 2019 Canada Winter Games Team, **Susan Kemper** and **Jennifer Koptie** will lead the TID Development Group this season. Together Susan and Jennifer bring more than fifty years of experience and will surely provide an amazing program for our athletes!

Susan Kemper



Susan Kemper has been active in synchronized swimming for over thirty years as an athlete and coach for BC and Canada. She coached Synchro Canada's National Team for seven years including Head Coach of the 2008 Olympic Team. Susan has also developed multiple National Team athletes from the province of BC including a 2008 Olympian. Today, she is a highly sought after High Performance Consultant mentoring colleagues across the country, running multiple High Performance Camps for both provinces and clubs each season, and Head Coach of the BC

Aquasonics. She also fulfills the role of Synchro BC's High Performance Director.

Susan is a Chartered Professional Coach and in 2006 she became a fully certified NCCP Level 5 Coach, the first coach in synchronized swimming with Level 5 Certification and only the ninth woman in Canadian Sport. In 2009, Susan was inducted as a "Builder" for sport into the Coquitlam Sports Hall of Fame, a huge honour at this early phase in her sporting career. As a member of Canada Artistic Swimming's Coaching Development Team, a Master Learning Facilitator for their Competition Development Coaching Program, and a coach for Synchro BC, Susan is influential at all levels of the sport, building strong, well-balanced, successful athletes for the province and the country.

Jennifer Koptie



Jennifer Koptie has been an artistic swimming coach for over 22 years. As a Physical Education and Special Education Teacher at Ionview Public School in the Toronto area, she strives to develop programming that is “student-athlete” focused. Jennifer was the Head Coach of Synchro Canada’s Regional Training Centre – Ontario from 2015- 2018, which most recently performed at Canadian Championships with notable wins in the Senior Team Free, Combo, and Highlight Routine categories. She has been highly active in the Provincial Team Programs in Ontario and the National Team Programs, with numerous coaching positions over the last 15 years. Jennifer has also served as a Mentor Coach, coming alongside younger coaches to assist in their development. She has placed many athletes on the National Teams including athletes on the Senior and Junior 2018 Canadian teams. In 2017, Jennifer was the Head Coach of Synchro Canada’s

NextGen National Team that competed at the America Open in New York. Currently, Jennifer is enrolled and in her final year of the Advanced Coaching Diploma Program.

While at Variety Village as the Head Coach, Jennifer combined her educational background in Special Education with her passion for artistic swimming, implementing a program for swimmers with cognitive disabilities and working with other countries including Japan, to support their programs for swimmers with special needs.

Jennifer’s coaching philosophy drives her coaching. In her own words:

“My coaching philosophy is based on the demand of daily personal bests on every day that I coach. I believe in transformational leadership and leveraging the strengths of everyone on the team, as well as within the support network. I believe that with these elements in a training atmosphere, I can motivate athletes and coach teams to demonstrate their own best excellence. I am passionate about creating environments that are athlete-centred, include descriptive feedback and open communication, as well as foster a trust based system with the athletes’ best interest and long term success at the core. I focus on creating differentiated coaching and instruction which allows for personal growth and increased capacities in the individual athlete profiles, while concurrently building a stronger team. By asking for top quality at all times from myself and others, by using humour and enthusiasm to keep the spirits high, and by inspiring collaboration, I believe we can do anything!”

Train-2-Train Program Staff

Led by **Tina Naveri** (Head Coach) and **Alina Aref'Yeva** (Assistant Coach), our T2T program is an exciting place to be this season! After training in a fun camp environment where the athletes will develop their technical skills, learn new techniques and work with athletes from across the province, our coaches will lead BC's first ever 11-12 Provincial Team to the SYNC competition in the summer of 2019.

Tina Naveri



Tina has been involved with synchronized swimming since 1983 and has swam at the provincial, national and international level with the Surrey Aquatic Club and the BC Aquasonics. Tina also swam Masters and competed at the FINA Masters World Championships in Italy in 2012. Tina, who is NCCP Competition Development Certified, has coached for over 24 years and has been a BC Summer Games Coach for 8 Games where her athletes have won 15 gold medals.

Most recently, Tina was a coach with the 2017-18 TID program where she worked with athletes at the High Performance level. Tina says that “I coach because I love watching swimmers grow as athletes, as team members and as people. Helping athletes nurture their love for our amazing sport, build lifelong friendships and life skills they can use in and out of the pool. I love being able to share my knowledge and experience with coaches and athletes in my club and throughout the province, helping build well rounded individuals”.

Alina Aref'Yeva

Alina has been a part of the artistic swimming community for twelve years as an athlete and a coach. Most recently, she was named as the Head Coach at Burnaby Caprice Synchronized Club. As a certified Competition Development coach, she primarily works with the athletes in the national stream and development programs. Outside of artistic swimming, she is a graduate of the University of British Columbia with a degree in Biology and in the process of becoming a certified Strength and Conditioning Specialist.



When asked why she coaches, Alina said: “I feel grateful to work with such passionate and driven individuals around me. Each day I am able to build my athlete's toolbox to reach their goals and push past their limits. Working with athletes from all walks of life, I am continuously inspired by their determination for growth and success. I get to witness first-hand the smart, dedicated, and thoughtful individuals that this sport produces and feel pride in all of their accomplishments both in and out of the pool”.