



PacificSport Synchro Victoria Newsletter

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March / April 2010

Spring Is Here and Competitions are in full Swing!

This year seems to be flying by! We are already into the last competitions of the Season. Tier 6/7 will be attending Nationals (in Montreal) the first week of June. You can watch the results live at the Synchro Canada website. All you have to do is click the live results for Espoir. Jean Peters Provincial Meet is the final meet for the Tier 1-5 athletes. This will take place in Kamloops, May 14-16th. Results of meets can also be found on the Synchro BC website. So

far PSSV has had some pretty impressive results!

Have you checked out PSSV'S new website yet? There is still a bit to do but at least we are more up to date. You will be able to find newsletters and camps/programs information etc. there. The calendar will show you upcoming events. Take a look!

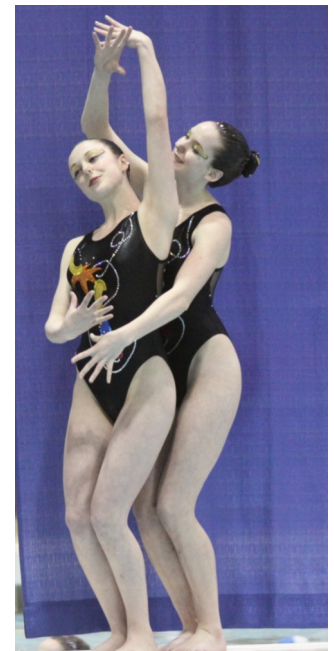
Please remember to invite all your friends and relatives to the final watershow May 9th. We have



Tier 6/7 Provincial Banquet

lots planned.

If you want to make some \$\$\$ for your daughters synchro account, take a look at the last fundraising opportunity for the season, the flower baskets.



Flower Basket Fundraiser

Just in time for Mother's Day! Get your orders in to Monica by the 20th of April and your baskets will be at the Watershow on May 9th.

This fundraiser goes to

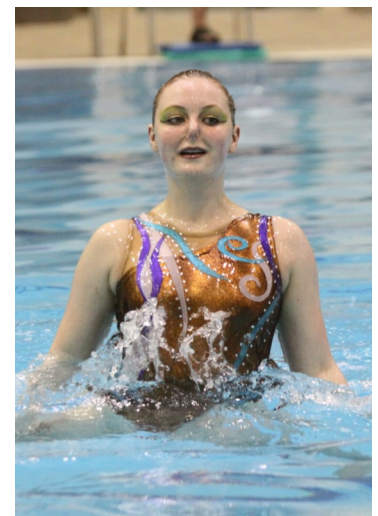
your personal accounts and is a way to add \$\$\$ to your daughters swim accounts.

This is the final opportunity for the year to raise money to offset the fund-



raising costs.

The more you sell the more money you make. It is also an easy way to shop for those Mother's day gifts.





Water Show and Social May 9th 10 am

Mark your Calendars. **May 9th at 10:00 am.** This is the final water-show for the year. The athletes have worked very hard to perfect their routines. It is an opportunity for them to show off all they have accomplished. It is also a chance for the girls to practice in front of an audience before their final big meets. Tier 1-5 final Meet is May 14-17 in Kamloops. Tier 6 Nationals (Espoir) is June 2-8th in Mont-

Bring your Mom for Synchro from 8-9 am

real, Quebec.

The show will include all our competitive athletes from both Victoria and Duncan, as well as all our recreational swimmers. Invite all your friends and families to come along and enjoy the show!

After the show the club will be hosting a potluck social for everyone in the club. Our club President will be contacting everyone to bring an item

of food to share. This is always a fun event and a great chance to meet all the families, athletes and coaches.



There will be games and great fun to be had by all.

Also for a fun time... **Girls can bring their Mom's into the pool for some synchro fun from 8-9 am!**

Competition Results

Tier 6/7 Provincials:

- Kady Lawson: Figures (1) Duet (2)
- Alex Pickstone: Figures (8) Duet (2)
- Alex Zelen: Figures (10) Solo (3)
- Emily Miller: Figures (13), Solo (5), Duet (1)
- Ellen Muir: Figures (3), Duet (1)
- Kessia Derks: Figures (12), Solo (3)
- Team: Tier 6 (16 & over) (2)

Western Canadian Championships:

- Kady Lawson: Figures (6) Duet (5)
- Alex Pickstone: Figures (48) Duet (5)
- Alex Zelen: Figures (44) Solo (12)
- Emily Miller: Figures (42), Solo (6), Duet (4)
- Ellen Muir: Figures (37), Duet (4)
- Kessia Derks: Figures (11), Solo (7)
- Team: Tier 6 (16 & over) (5)

Island Regionals:

Figures: Tier 1 (12 & U) Andrea Morris (1), Sarah Jones (3), Tyana Perks (13), Olwyn Parkinson (15), Kendra Cawston (16), Kate Laumann-Wallace (17), Gabrielle Larminay (18).

Tier 1 (13 & 0): Kara Lassche (9)

Tier 2 (12 & U): Luiza Vasylyeva (1), Emma Choo (2), Kristyn Parkinson (4)

Tier 2 (13&0): Ginny Hoskins (2), Jacquelyn Woike (4), Rachel Dufort (5), Jamie Frank (6), Natalie Mooney (7), Marlissa Cawston (12), Stacie Thiessen (13), Soleil Matteau (16), Sophie Blankers (17).

Tier 3: Jessica Dhami (7), Emily Fulton (10)

Teams:

Tier 1 (12 & U): third

Tier 2 (12 & U): first

Tier 2 (13 & 0): first and third

Tier 1 Trio: first

Tier 3 Duet: Emily Fulton/Jessica Dhami (3)

Tier 2 (13 & 0) Duet: Jakki Woike/Ginny Hoskins (1), Jamie Frank/Marlissa Cawston (3)

Tier 1 (13 & 0) Duet: Andrea Morris/ Kara Lassche (1)

Tier 2 (13 & 0) Solo: Ginny Hoskins (1)

Tier 2 (12 & U) Solo: Luiza Vasylyeva (1), Emma Choo (2), Kristyn Parkinson (4)

Tier 1 (12 & U) Solo: Gabrielle Larminay (1)

Congratulations !

You have done a great job!

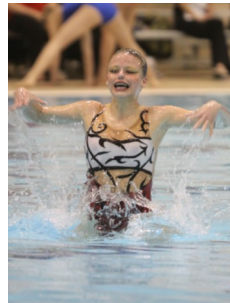




BC Summer Games and Canada Winter Games

BC Summer Games will be held in Langley BC this year. Our club is happy to announce that 4 of our athletes have been selected and 3 will swim at the games. The Athletes selected are Natalie Mooney, Jamie Frank, Marlissa Cawston and Kirstyn Parkinson. Congratulations to all the athletes that made the teams.

Canada Winter Games is in Halifax, Nova Scotia in February 2011. Kessia Derks has made the short list for Team BC and will be off to train with the rest of the team in Vancouver beginning June 14th. Congratulations Kessia!



Tier 2 Team Victoria

Club Excellence

The Club Excellence Grant Program was created in 2009 in order to recognize the work of clubs which contribute to the pride we show to the world in Canadian synchronized swimming."

The Club Excellence Program, now in its second year, encourages clubs to streamline

its operational guidelines in order to help develop better athletes, coaches and clubs with the main objective to keep Synchro Canada among the world's elite in synchronized swimming.

While respecting the specific needs of each club that applies for the program, Synchro Canada reviews various criteria such as daily opera-

tions, marketing, and the hosting and planning of competitions.

This year PSSV was awarded the Bronze Award of Excellence.

We plan on working hard to achieve a silver status next year!



June Sessions & Synchro Canada Changes

This year the mini sessions will run from June 7-24th. A notice was sent out to all club members. If you did not receive yours please contact Anita and she will send one out to you.

Synchro Canada is implementing changes this coming season.

There will no longer be the Tier system and athletes will swim according to age groups. It is highly recommended that all competitive swimmers attend these sessions so the coaches can get an idea of how to place your swimmer for next season.

These sessions are also for recreational swimmers and new swimmers. If recreational swimmers are thinking of moving to competitive next season, you should definitely attend the June Sessions.



Competition Pictures



"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together."



A note from Tara:

To be successful you must engage your mind 100% and your body 100%.

At your last meet, try to remember what you were thinking about while you were upside down and running out of air. Find a way to ensure your thoughts help your perform-

ance, use positive cue words, make a routine or figure check list or like Jamie in tier 2, make up a song for the things you need to remember during a certain figure.

PSSV Board Meeting

PSSV Board Meetings are open to all members. Please feel welcome to attend. The next meeting is ...

May 13th at 6:00 pm

Meetings are held in the PacificSport Office Boardroom.

