

PacificSport Synchro Victoria Newsletter

October 2010



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Welcome

Now that all swimmers are in the pool, Welcome! This will be an exciting year and it is off to a great start. We have a 12 and under team of 5, a 13-15 Provincial Team of 7, and 1 16-18 Provincial solo, 2 16-18 National Stream swimmers and 1 Junior National swimmer. We also have a very large synchro for teens group this year that are awesome. Our Olympic Dreams program will be doing a trio for the competition in April. Both the synchro for teens group and Olympic Dreams will be competing in this Rec Meet.

If any of you know of people that are curious about synchro, pass the message on to come give it a try for free!

Halloween this month will be celebrated with fun activities with your group. Competitive swimmers will have their activities on Sunday between 8:30 and 9:00 am, all recreational swimmers will have their activities as scheduled by their coach. Have lots of Fun!

Finally, we are pleased to have Cassidy join us while Tara is off on maternity leave. She just retired from Canada's



Cassidy Beaver-

National Team this year. She will be coaching the 13-15 team and sharing her skills with the 16-18 year and Junior Athletes. Welcome Cassidy!

Also please note that swimming is as usual on Remembrance Day



Congratulations to our Head Coach!

PSSV would like to say congratulations to Tara, Adam, Josh and Ryan on the new addition to their family. Baby Ethan was born on Saturday, October 16th! He was a bit

premature but mom and babe are doing well! A new son and brother but hmmm.... No new synchro swimmer! Enjoy your new addition!



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Competitions

The first meet of the season is being held at our pool here in Victoria. The date is December 4th. It is a training meet and consists of figures only. This meet is for both Provincial Stream Athletes and National Stream Athletes. Your coaches will fill you in on the details closer to the time. Also a reminder that with out volunteers these meets are not possible. You will be asked to volunteer on that day so please plan on being available. The jobs are simple and don't generally take a lot of time. Some examples are scoring (you copy down the

judges scores), setting up, clean-up, hospitality for our judges and such.

Results of the meets can be found on the Synchro BC website:

<http://www.synchro.bc.ca/Competitions/Results/>

The meet schedule can also be found on the Synchro BC website:

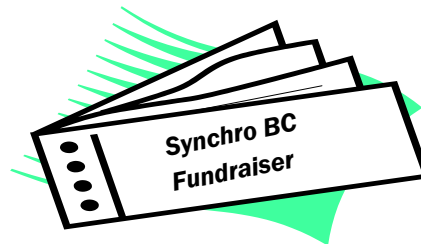
http://www.synchro.bc.ca/Competitions/Competition_Info/



As well as tons of other information on competitions and structures, rules etc. Take the time to browse around.

Synchro BC Fundraising Tickets

Each year Synchro BC has its annual fundraiser. All clubs must sell these books of tickets. Each competitive swimmer is required to sell a minimum of 1 book. Tickets are \$5.00 each. To compensate, PSSV donates the club portion of the proceeds back to the swimmer. In other words, each book you sell, will give you \$25.00 on your swimmers account. When we receive these books, your swimmer



will come home with one book to sell. Your account will be show the cost of the book and when the book and money is returned it will be credited back to

your account. You are welcome to sell as many books as you want but you must sell at least one. It is a great option to help build up credits to your swimmers account. As some people do not have a large amount of people to sell to, I will also try and find some businesses that are willing to allow us to sit outside to sell tickets. I will update you on the situation as info comes available.

Training Camp With Leslie Sproule

On Saturday October 16th, a training camp was held at SFU. Our 16-18 years and Junior Swimmers attended. This was a fabulous camp put on by Synchro BC. They are working to provide both coaches and athletes with opportunities to come together, learn and grow. It was great to have Leslie Sproule an expert technical adviser for this one day workshop. She went over some key areas in figure development at both the provincial and national level. She provided both in and out of the water development ideas for both the athletes and coaches. Lots was learned and an enjoyable time was had by all who attended. We look forward to more of these camps being offered by Synchro BC.

Leslie Sproule (Brief Bio)

- 30 years of coaching experience including 2 Olympic Games
- 15 years coaching National teams.
- international consulting business in Synchro working with over 18 countries worldwide since 1994.
- Currently on the UANA (Pan American countries) TSSC (Technical Synchronized Swimming Committee) where she is the coaching chair.
- Currently working with several Alberta clubs in Synchro
- Work as a Physical Literacy (Dryland) coach for the Cascade Swim club in Calgary with over 150 swimmers.
- Currently sitting on the Board of Directors for Coaches of Canada
- Currently chair Coach Alberta



PSSV Board

Welcome to our new board members. PSSV board works hard to keep everything going smoothly for our athletes. The board meets once a month usually at a time when most of the girls are swimming. If you would consider helping out in any way please let one of us know. The jobs vary in the amount of work involved. We could still use more board members so please consider helping us out with as little or as much as you find possible.

2010-2011 Board Members

- Head Coach**.....Tara Gant
- President**.....Keith Lawson
- Vice President**Karen Lawson
- Treasurer**Jo-Ann Zelen
- Secretary**Emily Vickery
- Equipment**Nicky Parkinson
- Meet Manager** Christine Jones
- Social**
- Fundraising**..... Linda Whitehead
- Marketing**
- Registrar**..... Anita Derks
- Past President**.....Chris Miller



Next Board Meeting
November 30, 2010 @ 6:00 pm in the PacificSport Board Room. Any member is welcome and encouraged to attend.

Equipment

Equipment try ons appeared to be a success again this year . It always seems like such a commotion but always exciting for the girls.

The club is adopting a new club jacket this year. Thanks to all the hard work by our great equipment manager, we have come up with a great new look!

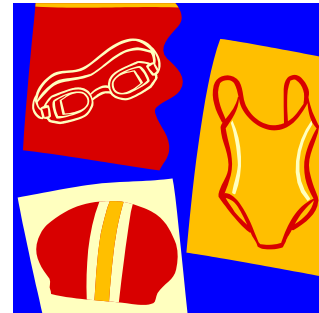
The jackets should be here by our first

Equipment manager:

Nicky Parkinson

njparkinson@shaw.ca

training meet in December. If anyone has any questions regarding equipment, please contact Nicky.



Watershow

Winter Watershow this year will be on

January 16th at 10:00 am

Please mark the day off on your calendars as this day is very special to our swimmers. This is the day that they get to show off everything they have learned so far!

It is always exciting and lots of fun. The watershow will be followed by a social event. You will be asked to provide a snack of some kind for all to enjoy. This is lots of fun and a great way to get to know more people in the club. Our competitive athletes get to use this as a warm up to the be-

ginning of the competitive season and our rec swimmers get to show off to all family and friends.

This event is a free event so please make sure to let all your friends and family know to mark the day off on the calendar.



New to Synchro? Information for you...

Below please find the links to all kinds of information on Synchronized Swimming.

Synchro Canada is the governing body for synchronized swimming in Canada. At this site you will find information on the synchro world, rules, policies, news, and higher level swimming competitive results.

<http://www.synchro.ca/index.php?lang=english>

Synchro BC is the provincial body for synchronized swimming in BC. At this site you will find competition info, results, news, rules, technical information about the sport, important links etc. Take the time to check it out you will find it very useful.

<http://www.synchro.bc.ca/>

We will try and supply more info in each newsletter so if you have any questions please send them in to Anita and she will add them to the next newsletter. Don't forget, if you have a question, you can bet other new swimmers' families do to.



In this picture is:

Jamie, Marlissa,
Luiza and Emma



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