

KW Synchro Newsplugs

Welcome to KW Synchro's 2009-2010 Season!

Welcome back to the pool for another season of synchro fun! The Board of Directors and Coaching Team are delighted to unveil our new recreational programs, designed around the Canada Sport Centres' Long-term Athlete Development (LTAD) initiative. We hope these programs will allow swimmers to enjoy the sport of synchronized swimming from the ages of 6 to 96.

Many exciting events occurred within the KW Synchronized Swim Club this summer. Three of our competitive swimmers were selected to represent the province — congratulations to Jordan Shantz, Team Ontario 12 and under A Team, Savannah Heintzman, Team Ontario 12 and under B Team, and Robin Le Lopez-Nguyen, Team Ontario 10 and under Training Squad. Coach Rachel Kowalski competed with Team Canada at the Pan Am Junior Synchronized Swimming Championships, where the team captured four Gold medals.

On the coaching front, we would like to announce the appointment of Loretta Ruff as Club Leader and Melinda Poss as Program Leader. These talented women will bring their synchro expertise to bear on many aspects of the club's operations, in addition to coaching our competitive swimmers. We would also like to introduce the new members of our coaching staff; competitive coach Delaney Klein, and recreational coaches Leanna Boyd, Rhianon Klein, and Lyndsey McCallum; and welcome back competitive coach Samantha Kowalski, and recreational coaches Olivia Curtis and Jennifer Joseph. The depth of KW Synchro's coaching staff is also reflected in the talents of occasional coaches Rachel Kowalski, Cathleen McKague, Joey Niezen and Katherine Hagerman. You can read all about each coach's synchro experience on the KW Synchro Web site www.kwsynchro.on.ca.

Over the summer our Web site received an overhaul, and now features more pictures, more news and easier access to registration materials. We are continuing to update each page, so check in often!

Finally, 40 enthusiastic young swimmers participated in our Summer Camp in August, demonstrating their skills in an outstanding Water Show at the end of the week. As you can tell by the accompanying photos, their smiles were contagious!

If you have any comments about the new Web site or programming, we would love to hear from you. Please drop us a line at kwsynchro@gmail.com. Here's to a great season!

KW Synchro Board of Directors and Coaching Team



Demonstrating a boost at KW Synchro's 2009 Summer Camp! — *Sherri Shantz Photo*

What's Happening at KW Synchro this fall...

Treasures Books – Support KW Synchro and Save!

This season KW Synchro is participating in a variety of exciting fundraising activities. First on the schedule is the savings-filled Treasures Book. Packed with 2-for-1 and up to 50 % off savings from many of the best restaurants, attractions and golf courses in the Tri-City area, the Treasures Book supports KW Synchro and lets families save on their entertainment choices from now until December 2010! Please contact Director of Fundraising Sherri Shantz for more details.

Burning Bright for Breast Cancer – Sunday, Oct. 18

KW Synchro will once again participate in Burning Bright for Breast Cancer, on Sunday, Oct. 18. All swimmers and their families are welcome to join us for fun-filled activities from 2:30 to 4 pm at the Swimplex, and then take to the water in a relay effort to keep a candle aloft for one hour. Keeping the candle alight symbolizes the hope of creating a future without breast cancer. Synchronized Swim clubs across Ontario participate in Burning Bright for Breast Cancer during October, which is Breast Cancer Awareness Month. Pledge sheets will be sent home with swimmers at their next practice.

New this year – Recreational Figures Meet Nov. 21

All swimmers enrolled in an Intermediate program will have the opportunity to compete in a Recreational Figures Meet and a Recreational Routines Meet. Both meets take place at the Alder Street Pool in Orangeville, with the Figures Meet occurring on Saturday, Nov. 21, 2009 and the Routines Meet taking place on Saturday, May 10, 2010. The Coaching Team and Board of Directors will host a meeting with all parents of Intermediate Swimmers in October to discuss the Figures Meet. Stay tuned for dates and details!

Additional Practices for Intermediate Swimmers

Intermediate swimmers are also invited to join KW Synchro's competitive team one Friday each month. In October the swimmers will benefit from the expertise of our competitive coaches on Friday, Oct. 30 at Cameron Heights Pool from 6:30 to 8:30 pm.

IMPORTANT DATES!!

Sunday, Oct. 11 —

*Practice cancelled
(Thanksgiving)*

Sunday, Oct. 18 —

*Burning Bright for Breast
Cancer, 2:30 to 5 pm,
at the Swimplex*

Friday, Oct. 30 —

*Halloween Party, 5 to 7 pm,
Cameron Heights Pool*

Saturday, Nov. 21 —

*Recreational Figures Meet,
Alder Street Pool, Orangeville*

Sunday, Dec. 6 —

*Swimplex closed for Water
Polo Meet. Practices will be
held at Wilfrid Laurier Athletic
Complex Pool, 4 to 6 pm.
Dry land activities cancelled.*

Sunday, Dec. 13 —

*Winter Water Show, 4 pm,
at the Swimplex*



Summer Camp participants prepare to show off their skills!
— Sherri Shantz photo