

June 2006

Dear Competitive Parents;

Welcome to our 2006/2007 Competitive Season! Durham Synchro continues to enhance our competitive program each year as part of our ongoing strategic plan of creating a "Centre of Excellence" for swimmers in the Durham Region and the Eastern corridor of Toronto and Ontario. Our teams and swimmers continue to dominate the podium at all competitions at the Provincial, National and Masters levels.

We're looking forward to a new and exciting season, as we continue to build on our successes of last year and improve our programs. Our coaching and executive teams are actively working and preparing for the coming season.

Attached you will find registration forms required for getting your daughter(s) registered for the coming season. These need to be completed, along with the required postdated cheques and other documentation, and sent to the Club **no later than August 15th, 2006 for late registration. Team assignments will be on a best effort basis.**

Important Dates to Remember

- 1) Competitive Team Selections were held for Competitive Tier levels 1 to 6: Saturday, June 10th and Sunday, June 11th. **Private assessments will be arranged upon receipt of registration package.**
- 2) Competitive season will begin in early September, 2006 and continues until the June, 2007.

Here are some key points that may provide some guidance:

Provincial level (Tiers 1-5)

- Our Provincial level programs focus on skill and routine development, with emphasis on participation and team building. The goals of the program are to encourage the swimmers to make a commitment to participate and train to their fullest. They will compete with, and against, other Provincial level teams.
- Generally Tier 1 is for new competitive swimmers who will be 11 years of age and under by December 31, 2007.
- Tier 2 is for new competitive swimmers as well but who are 12 years of age and older by December 31, 2007
- Tiers 3-5 are for returning competitive swimmers, who will be 12 and older by December 31, 2007 or will be ranked by the coach to have the required skill sets to be placed in these Tiers.

National level (Tiers 6 & 7)

- Our National level programs are for highly motivated swimmers. Emphasis is on a high level of performance and competition with more intense training. It is focused on building independence, discipline, goal setting, confidence, team commitment, time management, and self-growth as an athlete. They will compete with and against other Canadian teams.
- Both are determined by the age that the swimmer will be by December 31, 2007. As a reminder, they are:
 - Tier 6 – (15 and under)
 - Tier 7 – (15-18)

If a swimmer wishes to move to a new Tier this season, you **MUST** complete and pass all of the required elements for each and every Star/Superstar level for each of the Tiers being skipped by December 15, 2006. This is a Synchrono Ontario/Canada requirement (e.g. a swimmer is currently in Tier 4(Star 9) and wishes to try-out for Tier 6 (Superstar 3). You must pass all elements in Stars 10, Superstar 1, 2 & 3 prior to December 15th.

The Club is endeavoring to arrange with other Clubs for special test days to allow swimmers in these situations to progress prior to the Synchrono Canada deadline of December 15th.

Swimmer Evaluation and Team Selection

The Competitive Team Selection days are used to evaluate swimmers in order to finalize their assignment to programs and teams. This process allows a swimmer to try out for a new program, and for the coaches to help swimmers and parents decide which program is the “best fit” for the swimmer. The coach will provide the swimmer with their Tier level evaluation and alternate selections (if necessary) at the end of the selection period.

The actual team assignment will be based on the swimmers’ Tier evaluations and receipt of their completed Club registration package by July 15, 2006. After July 15, 2006, swimmers will be assigned to a team on a best effort basis.

Swimmer Commitment (Regular and Holiday Schedule)

In a team sport, such as synchronized swimming, it is important that ALL members of the team be available for all practices throughout the year. A great deal of time is required to prepare for the Provincial/National figures and routines for competitions. It is for this reason that we make it **mandatory for swimmers to attend all practices**. Unfortunately, the timing of holidays often conflict with pre-competitive training when swimmers will be required to attend practices. In view of that, the Club will shut down for Thanksgiving, Easter, Christmas/New Year and some of the March school break period to facilitate family time for the Provincial level tiers 1 to 5.

The competitive season is shorter and more intense for National level tiers 6 and 7. For this reason these swimmers do train throughout most of the Christmas/New Year/Easter and March break holidays. Please plan accordingly.

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Dry Land Training

For certain competitive Tier levels, our competitive training program may include dry land training modules such as ballet, pilates and/or weight training. Details of these components will be communicated as part of the overall practice schedule.

Deep Water Pool Time

The Durham Synchro Club continues to search for adequate pool arenas that facilitate the uniqueness of this sport. Like other clubs in Ontario we continue to lose the battle in convincing municipalities to build appropriate FINA size pools. Most pools being built today are for recreational use only. In spite of this weakness our Club performs admirably, however, we continue to suffer judging consequences because we need to be more effective in our use of large pools that are used for competitions.

We have been very fortunate in securing a special “deep water pool” on an occasional basis to allow us to be properly prepped for competitions. We are attempting to secure some pool time in the coming season at either the University of Toronto or the Canadian Forces base in Trenton. Therefore, (excluding Tier 1), we will be periodically consolidating our regular weekend practices into one practice at a “deep water pool”. This is usually combined with a parent/team dinner.

Pool Locations and Days

Durham Synchro operates out of three municipalities (Pickering, Whitby and Oshawa). We use the facilities at Dunbarton High School Pool, Pickering Recreational Complex, Iroquois Sports Complex, Oshawa Civic Pool, Central Collegiate Pool and Eastview Boys & Girls Club. Durham Synchro operates 7 days a week at various locations in order to give all our swimmers' ample training time.

Times, days and pool locations are not available at this time but will be communicated once teams have been finalized and municipality pool contracts have been secured.

Tier Programs Expenses and Projected fees

The current fee structure is undergoing its annual review and will be finalized and published in September, once the registration numbers have been finalized. The fees include all pool time, coaching, Year End Banquet, photos, music, development program costs, dry land training, competition suit, competition meet fees, and Synchro Ontario & Canada fees, etc. This represents a swimming season of over 36 weeks for the period of September to June, 2007.

Upon receipt of your registration package you will receive a call from a Club member, who can provide you with a fee estimate based on your daughter's assessed Tier level.

Travel costs are additional, but can be offset by team or personal fundraising activities. Depending on the location of the particular competition, these travel costs can include transportation (ground, air, rail), hotels, meals, etc. The Club takes great effort to economize where possible while maintaining a certain standard of comfort and quality for the swimmers. Typically there are approximately 4 meets per year, all within driving distance in the province for provincial tier levels 1 to 5.

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In addition, each competitive swimmer must have club apparel (tracksuit, club bag, club t-shirt, club “spacing” swimming suit and club cap, as well as a figure suit and white cap) which are not included in the competitive fee amount. This would be a one time cost of approximately \$250-300 and will be available for purchase in late September of the new season.

Extra Routines

It is the position of the Durham Synchro Club that “teams come first”. Opportunities to swim extra routines (duets, Tier 3-7, solos Tier 6 & 7) will be based on the coaches’ assessment of the swimmers’ ability, commitment, motivation and a need for an extra challenge (in relation to the rest of the team.) For Tiers 1-3, there may also be opportunities for duets and solos for the Trillium competition in June, 2007, based on coaches’ assessments at the end of the competitive season.

Mandatory Fundraising

As a parent of a competitive swimmer, you will be asked to participate in mandatory fundraising events. This fundraising is a critical component of reducing the overall fees for all parents, as we are a not for profit organization. The primary fundraising activity is a rotating shift with other synchro parents at a local charity bingo held on Wednesday evenings from 4:45 –6:30pm, located in Whitby. The number of shifts attributed to each family will depend on the number of competitive swimmers registered with the schedule being published in October. They have in the past been on average 8-12 bingos per swimmer for the annual period of October to September. If you are unable to attend these bingos then you may arrange to pay another parent to take your place for a fee determined by the club.

Like other competitive sports, a \$100.00 security deposit is required, over and above the competitive fee to be held on deposit in the event that a bingo commitment is not met. This will be collected from all new swimmers with the remainder of the fee payments. This is not necessary for any returning competitive swimmers, as this has already been collected and held on deposit unless a bingo penalty had to be collected due to missed bingos during the past season. In which case, a new deposit is required.

Special Events

Our annual Watershow, Year-end banquet, Christmas Party/Show and Photo Day require a lot of organization and assistance from all competitive families. For these events, we will require your volunteer hours. These events provide a mixer or Club atmosphere for all of the Club swimmers to interact with one another outside of a competitive environment.

Payment Methods

A **non refundable** registration fee of \$150.00 is due August 15, 2006 to secure the swimmers team assignment. Also to be included is a first installment payment of \$200.00 postdated for September 15, 2006. Both these cheques are to be made payable to Durham Synchro Swim Club.

The final monthly payment amounts will be distributed to parents in late September/early October once the current Executive has approved the fees. These postdated equal

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monthly cheques are to be made payable to Durham Synchro Swim Club and will be for the 15th of each month starting October 15, 2006 up to and including May 15, 2007. The \$100 bingo deposit will also be collected at this time.

Payments are divided equally into 8 monthly amounts after registration fee of \$150.00 (July 15, 2006) and the first installment payment of \$200.00, (Sept. 15, 2006) have been deducted.

If you need to have any questions answered prior to submitting your registration package you may leave a voice mail at :

Club Telephone Number:
(905) 720-7747

Club Email Address:
info@durhamsynchro.com

Looking forward to a terrific "In Sync" year ahead!

Janice MacLellan
President, Durham Synchro Club
Christine Maclean
Vice-President - Competitions, Durham Synchro Club

DURHAM SYNCHRO CLUB

DURHAM SYNCHRONIZED SWIM CLUB INC. Competitive Program Registration Form 2006/2007

Name: _____ BIRTHDATE (D/M/Y) _____

Address: _____ Apt /Unit _____

City _____ Postal Code _____

Home Phone _____

Email Address _____ (mandatory)

Mother's name & phone number _____

Father's name & phone number _____

Returning competitive swimmers:

Last Year's coach _____

Star/Superstar/Tier level _____

New competitive swimmers:

Last Year's Coach _____

Previous Synchro experience _____

Star/Superstar level _____ or Trillium/Aqua Quest level _____

2006/2007 Tier Level selection:

Provincial Tier 1 (Intro to Competitive)	_____
Provincial Tier 2	_____
Provincial Tier 3	_____
Provincial Tier 4	_____
Provincial Tier 5	_____
National Tier 6	_____
National Tier 7	_____
Masters	_____

WAIVER

I hereby acknowledge that the Durham Synchronized Swim Club Inc. Inc. and its coaches are not responsible for the safekeeping of any personal property. I hereby acknowledge that it is my responsibility to provide required swimsuits, swim gear, travel accommodations and expenses.

I hereby recognize and accept that a transfer from one program to another within the Club, and movement in or out of the competitive program of the Club is not permitted after Team selection. I understand that any exceptions for special circumstances must be reviewed and accepted by the Executive Committee of Durham Synchronized Swim Club Inc. Inc.

Date Signature (parent/guardian)

Witness

Media Release Form

I give permission for my daughter's picture to appear in Durham Synchronized Swim Club Inc. and Synchro Ontario promotional materials (including, the web-site and brochure) and media releases (newspaper articles etc.), photographs, videos, film footage etc. and the undersigned shall receive no compensation as a result of such use from Durham Synchronized Swim Club or Synchro Ontario _____ Yes, _____ No

Date Signature (parent/guardian)

Witness

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Durham Synchro Medical Information Form

2006/2007 Competitive Season

PLEASE PRINT

Swimmers Name: _____ Date of Birth _____

Address: _____

City: _____ Postal Code: _____

Telephone: () _____ Ontario Health Card #: _____

Family Physician: _____ Telephone: () _____

Known Allergies: _____

Medication(s) in current use: _____

Medical problems or condition that may require attention: _____

Additional Comments: _____

IN CASE OF EMERGENCY CONTACT: (WILL BE CONTACTED IN ORDER LISTED)

1. Name: _____ 2. Name: _____

Relationship: _____ Relationship: _____

Telephone #: Res. () _____ Telephone #: Res. () _____

Bus/Cell. () _____ Bus/Cell. () _____

3. Other: _____ Telephone #: Res. () _____

Relationship: _____ Bus. () _____

I/We the undersigned legal parents or guardians, proclaim that _____ is in good health and able to participate in strenuous activity as part of her training in synchronized swimming.

Signed: _____

(Parents or Legal Guardians)

Date: _____
(revised 06/06)

Signed: _____
(Witness)



Personal Information Consent form

Personal information will only be collected by Durham Synchronized Swim Club Inc. to meet and maintain the highest standard of organizing and programming for the sport of synchronized swimming. Durham Synchronized Swim Club Inc. collects personal information from prospective members, coaches, managers and volunteers for purposes that include, but are not limited to, the following:

- a) Name, address, phone number, cell phone number, fax number, and e-mail address for the purpose of communicating about Durham Synchronized Swim Club Inc.'s events, programs and activities.
- b) Date of birth and athlete biography and member club to determine eligibility, age group and appropriate level of play.
- c) Personal health information including provincial health card numbers, allergies, emergency contact and past medical history for use in the case of medical emergency.
- d) Athlete information including height, weight and body measurements, uniform size for outfitting uniforms, swimsuits etc. feedback from coaches and trainers, performance results, biography information and required registration forms, media relations and components of selection.
- e) Athlete whereabouts information including sport/discipline, training times and venues, training camp dates and locations, travel plans, competition schedule, and disability. If applicable, for Canadian Centre for Ethics in Sport inquiries for the purpose of out-of-competition doping testing.
- f) Body weight, mass and body fat index to monitor physical response to training and to maintain an appropriate weight for competition.
- g) Marketing information including attitudinal and demographic data on individual members to determine membership demographic structure, and program wants and needs.

I, _____, consent to the collection, use and disclosure of my/my daughter's personal information for the purposes noted above.

I further consent to the disclosure of my personal information to Synchro Swim Ontario, Synchro Canada, other organizations, clubs, volunteers and programmers who require it to enable continued participation, communication and promotion within the sport.

The full details of the Privacy Policy for the Durham Synchronized Swim Club Inc. will be posted to our club website at www.durhamsynchro.com at a future date.

The Synchro Swim Ontario Privacy Policy is posted at www.synchroontario.com under "Privacy Policy".

Date: _____ Name(Print): _____

Signature: _____

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To complete the registration requirements, please submit the following to the Registrar:

- 1) Completed Durham Synchro Registration form
- 2) Completed Durham Synchro Medical form
- 3) Completed Personal Information Consent form
- 4) Photocopy of swimmer's birth certificate (for new swimmers)
- 5) Registration Fee – August 15th, 2006
\$150.00 cheque (made payable to Durham Synchro)
- 6) First Installment Fee – Sept. 15th, 2006,
\$200.00 cheque (made payable to Durham Synchro)

Note: the Registration fee (\$150.00) and the First Installment fee (\$200.00) will be applied against the full annual fee.

Mail to:

**Durham Synchronized Swim Club Inc.
Attention: V.P. Competitive Programs
728 Anderson Street
P.O. Box 59014
Whitby, ON L1N-0A4**