

# THE DURHAM SYNCHRO TIMES-JOURNAL

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## Calling All Rec Swimmers: This One's For You!

We have lots of news to report in this issue about Durham Synchro's outstanding results at Provincial Trials in Waterloo on January 22-23 and Provincials at The Olympium on February 18-20, but first...it's all about YOU, our recreational swimmers!

**President Janice MacLellan** recently attended an annual President's Retreat at which she shared thoughts and ideas with other Ontario synchro club presidents. She learned something very interesting: if you had to guess, would you say that the Durham Synchro club is: a) small? b) medium? or c) large?

If you said "medium" or "small," you're wrong! In fact, Durham Synchro is one of the **largest** clubs in Ontario, ahead of Olympium and Synchro Optima. We field 107 swimmers, and a large portion of that number is represented by our recreational swimmers.

***A former rec swimmer takes third place in Tier 2 figures at Trials! See page 2...***

Some of you may stay in rec, while others may move up to competitive at some point. But the important thing is to KEEP SWIMMING! Synchro is one of the best forms of exercise that you will ever find; plus, it's a "social" sport that combines friendship with opportunities to be the best you can while you build muscles and increase your cardiovascular fitness. You can swim synchro your whole life, and it all starts right here at Durham Synchro, in our Synchro Swim or Intro to Synchro classes.

Some of you may be aware of the use of "platforms" and "stacks" in a synchro routine, where all the swimmers combine under the water to lift a single swimmer. The swimmer on top knows that she depends on the strength of all the swimmers holding her up in order to complete her lift successfully. In the same way, our recreational swimmers are "the stack" -- you are truly the backbone of our club.

We hope that you will continue to enjoy your recreational synchro experience and if you do, tell a friend! There's always room for more. For those of you who are busy preparing Watershow routines, we look forward to seeing the results of your hard work and excellent coaching.



### Katie Cornish on Team Ontario 2005

A successful Provincial Trials meet for Durham Synchro was topped off on January 23 by the selection of Durham's **Katie Cornish** to the Canada Games - Team Ontario 2005 team. Congratulations, Katie!

Katie, a third-year Tier 7 national level swimmer, was chosen fifth overall from 18 athletes who qualified to try out for the team during the weekend. In meet competition, Katie's solo routine placed sixth, and her duet with Lindsay Maclean finished in the ribbons in fourth place.

### Durham Crowds Podium at Trials

Twenty-three of our competitive athletes stepped onto the podium no fewer than 12 times during this meet in Waterloo on January 22-23. Our Tier 6 athletes took first place in team (**Alaina Wade, Allie Mear, Carrie Mouck, Brianna MacLellan, Julia Maclean, Katie LePage**), as well as the top three spots in solo (J. Maclean, LePage, Mouck). Tier 6 duet routines also placed first and third on the podium (LePage/MacLellan; J. Maclean/Mouck). The Tier 7 team (**Katie Cornish, L. Maclean, Sophie Baetz-Dougan, Chelsey Matthews**) took home a fourth place ribbon. Turn the page for Tier 2, 3 and 4 figures results!



(Under the "B" -- Durham Synchro needs a bingo coordinator for the 2005/2006 season. Please contact **John Dougan**.)

## A Message from the President

The competitive season is in full swing and our recreational programs are filled with budding synchro swimmers! Our thanks to our recreational synchro members who introduced their friends to the exciting world of synchro-nized swimming before Christmas -- we now have 76 recreational and 31 competitive members in the Durham Synchro family, and we are one of the largest synchro clubs in Ontario. The volunteer Executive and the coaching team are also busy preparing for meets and special activities in the coming months, including the **Trillium Recreational Figures Competition** on Sunday, March 6 in Port Hope. This is a brand-new competition where some of our rec swimmers will try out their new skills for the first time.



In addition, we are preparing for the Club's annual **Picture Day** in April (date to be announced), and gearing up for a major fundraiser to help raise funds for new sound equipment. Durham Synchro is a not-for-profit organization and relies on community fundraising to boost our operations and keep fees affordable for the average family. We hope that you will attend and also invite your friends and family to enjoy this social evening.

-- Janice MacLellan

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### Tier 1 - 4 Figure Results: Provincial Trials

Thirteen of our athletes competed in the figures portion of Provincial Trials in Waterloo recently. Congratulations to all for your fine effort. Keep up the good work!

Tier 1: **Brooke Manson** (26); **Hannah Koke** (12); **Alycia Halyk** (47); **Amber Steele** (61); **Carly McCagherty** (15); **Rachel Nickerson** (24); **Lindsay Dawson** (8); **Kayla Hunt** (34)

Tier 2: **Former rec swimmer Ali Young** placed third!

Tier 3: **Stephanie Geller** (1); **Alexandra Opydo** (38)

Tier 4: **Christina Bell** (13); **Christa Hutton** (5)

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### Medals and Ribbons and Trophies, Oh My!

The Ontario Provincial Championships at The Olympium featured so many stellar moments for Durham Synchro on February 18-20, it's hard to know where to start! Congratulations to coaches **Holley Lundmark** and **Leslie Wickens** as their hard-working Tier 6 and Tier 7 athletes walked to the podium 15 times during awards for team, duets, solo and figures.

**TEAM:** In the Tier 7 team final, **Leslie's** four-member team had a superb swim and overcame an automatic two-point penalty to pull ahead of Gloucester and take the bronze medal. Our six Tier 6 swimmers (**Katie LePage, Julia Maclean, Brianna MacLellan, Allie Mear, Carrie Mouck, Alaina Wade**) also overcame their automatic one-point penalty to take the gold over Olympium and Synchro Optima. Incredible!

**DUETS:** Tier 6 duets also took gold and silver (**J. Maclean/Mouck, LePage/MacLellan**), while Tier 7 duets posted 6th and 8th place finishes (**Matthews/Baetz-Dougan, Cornish/L. Maclean.**)

**SOLO:** In solo, Tier 6 took four of six podium placements, with **Julia Maclean** taking the gold, **Katie LePage** the bronze, and **Carrie Mouck** and **Brianna MacLellan** placing 4th and 6th respectively. In Tier 7 solo, **Katie Cornish** took the bronze medal.

**FIGURES:** In Tier 7 figures competition, **Katie Cornish** and **Chelsey Matthews** placed 3rd and 6th respectively, while Tier 6's **Katie LePage, Julia Maclean, Carrie Mouck, and Brianna MacLellan** took first, second, fifth, and eleventh place finishes.

**ALL ROUND SWIMMER/AGGREGATE:** In Tier 6, **Katie LePage, Julia Maclean, Brianna MacLellan** and **Carrie Mouck** were ranked first, second, third, and fifth respectively in All Round Swimmer, while **Julia, Katie, Carrie** and **Brianna** were ranked first, second, fourth and sixth in Individual Aggregate ranking. In Tier 7, **Katie Cornish** and **Chelsey Matthews** were ranked 7th and 9th in All Round Swimmer, and **Katie** was ranked 4th in Individual Aggregate.

