

THE DURHAM SYNCHRO TIMES-JOURNAL

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Durham Synchro Swimmers in Medals at Recent Meets

Our two provincial level teams and our Masters team took team, duet and solo routines to the 2005 East Regional Championships at Carleton University in Ottawa recently, and all brought home medals.

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Our **Tier 1** team, coached by **Holley Lundmark**, brought home a bronze medal. This team consists of swimmers **Lindsay Dawson, Alycia Halyk, Kayla Hunt, Hannah Koke, Brooke Manson, Carly McCagherty, Rachel Nickerson, and Amber Steele**. Congratulations, girls!

Our **Tier 3** team, coached by **Rochelle Fernandez**, also took the bronze for Durham. Congratulations to **Christina Bell, Stephanie Geller, Christa Hutton, Alexandra Opdydo, and Ali Young**. In Tier 2 figures competition, Ali placed 4th; in Tier 3 figures, Stephanie won the bronze. In Tier 3 duet, Stephanie and Alexandra also placed third. In Tier 4 duet, Christina and Christa brought home a silver medal.



In Masters competition, **Tara Fowler-Agnew, Kirsten Mills, Shannon Murdock, Lori Noiles, Robyn Parashyniak, Teri Pearce, Vanessa Reeve** and **Joy Simon** brought home the gold for Durham. Joy also took gold in solo, while Shannon and Kirsten won silver in duet. Tier 1, Tier 3 and Masters will compete at Tier Championships this May.

Our two national-level teams also competed recently at the Eastern Atlantic Divisional Challenge in Ottawa, where both teams secured top-ten placements and will move on to their national championships. In Tier 6 figures, **Julia Maclean** was on the podium in sixth place, while the duet of **Katie LePage** and **Brianna MacLellan** also placed 6th. In Tier 7 figures, **Katie Cornish** took 10th place.

Go to our website at www.durhamsynchro.com to view full results and photos.

Rec Swimmers Compete at Port Hope

Congratulations to our **Level 1 recreational swimmers**, who competed in the 2005 Trillium Recreational Figures Competition on March 6. In 8 & Under, **Jessica Lance** placed first, and **Meagan Caufield** placed 3rd. In 9&10, **Heather Clark** placed 3rd, and **Natasha Monk** placed 5th. And in 11&12, **Julia Thornton** came 1st, while **Cassandra Tang** placed 2nd.

Ontario-Quebec Cup Results

Our **Tier 3** team's results at East Regionals qualified them to compete at the Ontario-Quebec Cup in Quebec City on April 24/24, where they placed 9th (3rd in Ontario). In Tier 4 duet, **Christina Bell** and **Christa Hutton** placed 9th (4th in Ontario). In Tier 2 figures, **Ali Young** placed 3rd.

Been Hangin' Round Pool Decks: Tier 6 Running Off to Saskatoon; Tier 7 to Calgary



Yee-haw! On May 11, our Tier 7's and **Coach Leslie Wickens** head off to Calgary to compete in the Canadian Open Synchronized Swimming Championships, hosted by the Calgary Aquabelles. Good luck to **Sophie Baetz-Dougan, Katie Cornish, Lindsay Maclean** and **Chelsey Matthews!** On June 1, our Tier 6's and **Coach Holley Lundmark** will go running off to Saskatoon to rope some medals at the Canadian Espoir Championships. Good luck to **Katie LePage, Brianna MacLellan, Julia Maclean, Allie Mear, Carrie Mouck, and Alaina Wade!**

(turn the page to read our President's Message)

Message from the President

We're coming down to the final quarter mile stretch for the 2004/2005 Club season, and the Club is hopping with activity -- or should I say swimming! Many of our swimmers have participated in their first competitions, or passed Trillium testing with great results. Rogers Cable has approached us to profile both our Club and the sport of synchronized swimming, and have already highlighted us during a couple of sports news broadcasts on Channel 12. Our Annual Watershow, showcasing all of the great talent in our young swimmers, will take place on May 7. Many of the major year-end competitions are just around the corner, with our competitive teams prepped to proudly represent Durham. And finally, capping off the season with our Year End Banquet for the swimmers. Whew! It's hard to keep up!



But it's all worthwhile when you see the look on your daughter's face, as she proudly walks on deck to show you what she has accomplished this year. Many of these girls have now made new friends -- some may be for a lifetime, as our Masters team can attest to. Parents, too, have an opportunity to form new friendships, either hanging around the waiting areas at practices, or kibitzing on road trips for team competitions. We like to think of our Club as a community, so we do hope to see you and your daughter(s) back for our 2005/2006 season of fun.

Team Selections for the 2005/2006 Season

For the very first time, Durham Synchro will hold team selections for the competitive season of 2005/2006 in June and NOT in September as we have in the past. This will better facilitate the Club's planning and communication for next year. As parents, we understand all too well the challenges of managing extracurricular activities for the entire family. So, with early team selection we will be in a better position to communicate information to you over the summer so that you, too, can plan.

The team selections will be held for the Tiers 1-5 levels and is for recreational, returning competitive swimmers, or even brand-new swimmers who are interested in joining our competitive programs. They will be held on **June 18 and 19 at Dunbarton High School in Pickering**. There is a \$25.00 fee to cover the cost of the pool and coaching. Registration forms for team selections will be available at the Watershow or on our website at www.durhamsynchro.com. **Registrations must be in by May 31**. A parent booth will be set up at Team Selections to answer any questions that you may have on our competitive programs.

Year End Banquet

Please mark your calendars for June 8, which is the date of our Year End Banquet for swimmers. This is for all Club swimmers, regardless of the program. It will be held at Woodview Community Centre in Oshawa again this year. Our thanks to the Tier 1 parents who will organize this event this year. Further details to come.



Sincerely,

Janice MacLellan

Love Synchro?

Want to keep swimming?

Planning to attend "Team Selection"?

If you answered, "Yes!" to any of these questions, you might be interested in our

Mini-Synchro Program

*Thursday evenings for 6 weeks
7-9 p.m.
1 hour \$70.00 or 2 hours \$138.00*

*at Boys and Girls Club in Oshawa
May 12/05 to June 16/05*

Contact us at www.durhamsynchro.com