

June 2010

Dear Competitive Parents;

Welcome to our 2010 - 2011 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, and National 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.

Due to expected changes from Synchro Ontario for this upcoming season, the team structure will be changing and will be based by strictly age groups. For this reason, we will not be assigning specific teams at this time. We will require your daughter's age as of December 31, 2011.

Important Dates to Remember

- 1) Registration forms for all swimmers are due July 15th, 2010.
- 2) Competitive season will begin in early September, 2010 and continue until June, 2011.

Here are some key points that may provide some guidance:

Provincial Stream Competitive athletes

- 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.

Suggested age groupings are as follows:

- **Figures:**
- 10 & under
- 11 -12 years
- 13 – 15 years (this is one age group, but the results will be broken down into average team ages of 13yrs, 14yrs, and 15yrs for ranking and awarding because of the large numbers in this group)
- 16 – 20 years
- Masters 18+

Teams: are determined based on the average age of the swimmers as follows:

- 10 & U: can be a blended team whose average age is 10.4 or lower
- 11 – 12: can be a blended team whose average age is 10.5 – 12.4
- **13 – 15:**
- 13yrs can be a blended team whose average age is 12.5- 13.4
- 14 yrs can be a blended team whose average age is 13.5 – 14.4
- 15 yrs can be a blended team whose average age is 14.5 – 15.4
- 16 & over can be a blended team whose average age is 15.5 or higher

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, **2011**. As a reminder, they are:
 - Tier 6 – (15 and under – born in 1996 and later)
 - Tier 7 – (15-18 – born in 1995 and earlier)

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, 2010. 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 actual team assignment will be based on the swimmers’ evaluations, age, and receipt of their completed Club registration package by July 15, 2010. After July 15, 2010, 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 teams.

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.

Dry Land Training

For certain competitive levels, our competitive training program may include dry land training modules such as gymnastics, 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 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.

Swim Meets

Team chaperones are parents who volunteer to be responsible for the swimmers when they are away at a meet. Durham Synchro has a strict policy regarding team chaperones. Provincial Teams require that a chaperone stay in the room with the swimmers, with a ratio of 1 adult to 4 swimmers per room. National level swimmers sleep two to a room with the chaperone separate, but close by. Per Synchro Ontario policy, all chaperones are required to have a current Criminal Record Check, submitted to the designated club officer in confidence, prior to the first overnight meet.

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, 2010 to June, 2011.

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 stream competitive teams.

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.

* Please note: If swimming is discontinued due to injury/illness or any other reason, monthly payments will continue for the duration of the season. Any exceptions to this policy will be at the discretion of the executive.

Projected Fees (based on an 8 swimmer team*)

| Tier level | # Training hrs/wk | # Training practices/wk | Projected Fees (approximate) | Monthly Amount | Payment Due |
|------------|-------------------|-------------------------|------------------------------|----------------|------------------------|
| 10 & U | 4-5 | 2 | \$1700 - \$2250 | \$175- 225 | Oct. 15/10 – May 15/11 |
| 11-12 | 6-8 | 3 | \$3000 - \$3300 | \$300 - 330 | Oct. 15/10 – May 15/11 |
| 13-15 | 9-12 | 3 | \$3200 - \$3800 | \$320 – 380 | Oct. 15/10 – May 15/11 |
| 6 | 12-14 | 4-5 | \$4250 - \$4750 | \$ 425 - 475 | Oct. 15/10 – May 15/11 |

*Please note: less than 8 swimmers per team could possibly result in higher costs.

Extra Routines

It is the position of the Durham Synchro Club that “teams come first”. Opportunities to swim extra routines (duets and solos) 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.) There may also be opportunities for duets and solos for the Trillium competition (ages 12 & under) in June, 2011, 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 mandatory fundraising activities that we anticipate for the upcoming season are Charity Bingos (currently cancelled but hoping to activate again), Dinner Theatre Business Cards and a Watershow. There may also be other mandatory fundraising activities throughout the year that all competitive parents are required to participate in.

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 fundraising commitment is not met. This will be collected from all new swimmers with the registration package. This is not necessary for any returning competitive swimmers, as this has already been collected and held on deposit unless a fundraising penalty had to be collected due to missed bingos or other fundraising activities during the past season, in which case, a new deposit is required.

Special Events

Our annual Christmas Party, Photo Day, Corporate Photo and Year-end banquet 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 July 15, 2010 to secure the swimmers team assignment. Also to be included is a first installment payment of \$200.00 for new competitive swimmers and current Provincial team swimmers, and \$350.00 for current National level swimmers postdated for September 15, 2010. Both of these cheques are to be made payable to Durham Synchro Swim Club. The \$100 fundraising deposit will also be collected at this time.

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 monthly cheques are to be made payable to Durham Synchro Swim Club and will be for the 15th of each month starting October 15, 2010 up to and including May 15, 2011.

Payments are divided equally into 8 monthly amounts after registration fee of \$150.00 (July 15, 2010) and the first installment payment of \$200.00 or \$350.00, (Sept. 15, 2010) have been deducted.

To complete the registration requirements, please submit the following to the Vice President of Competitive Programs:

- 1) Durham Synchro Registration form – all swimmers
- 2) Durham Synchro Waiver form & Media Release form – all swimmers
- 3) Durham Synchro Medical form – all swimmers
- 4) Durham Synchro Personal Information Consent form – all swimmers
- 5) Synchro Ontario Participant Agreement Form – all swimmers
- 6) Synchro Ontario Consent for Medical Treatment Form – all swimmers
- 7) Code of Ethics/Behavior – all swimmers
- 8) Cheque for \$150.00 dated July 15/10 – non-refundable registration fee (is applied to total fees) – all swimmers.
- 9) Provincial Stream Teams/New Competitive Swimmers – Cheque for \$200.00 dated September 15/10 – first installment of fees
- 10) National Stream Teams (Tiers 6 & 7) – Cheque for \$350.00 dated September 15/10 – first installment of fees

Swimmers New to Competitive Program:

- 11) Photocopy of swimmer's birth certificate
- 12) Fundraising Security Deposit – Sept. 15, 2010 - \$100.00 cheque

Please make all cheques payable to Durham Synchro

Note: the Registration fee (\$150.00) and the First Installment fee (\$200.00 or \$350.00) will be applied against the full annual fee. Team Selection fee (\$45.00) and Registration Fee (\$150.00) is non-refundable if the swimmer chooses not to continue as a competitive swimmer.

Mail to:

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

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

Denise Nickerson
President, Durham Synchro Club

Christine Maclean
Vice-President – Competitive Programs, Durham Synchro Club

Holley Lundmark
Head Coach