

Welcome to Durham Synchro Club's 2011 - 2012 Competitive Season!

Durham Synchro Club is a non-profit, incorporated organization that continues to enhance its 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 new season.

The team structure this year will be the same as the previous year. As outlined by Synchro Swim Ontario, team structure will be based strictly by age groups. For this reason, specific teams will be assigned based on age and previous experience in synchronized swimming. In order to place your child on the appropriate team your child's **age as of December 31, 2012** will be required upon registration.

The information contained within this handbook is a guide to the operations, procedures and regulations for swimmers competing on the competitive level with Durham Synchro Club. Please keep this book handy. For further information please contact any member of the DSC Executive or Coaching Staff.

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

Denise Nickerson, Interim President, Durham Synchro Club

Brad George, Interim Vice-President – Competitive Programs, Durham Synchro Club

Holley Lundmark, Head Coach, Durham Synchro Club

Durham Synchro Club Objectives

- 1. Promoting interest in synchronized swimming on a competitive and recreational level.*
- 2. Arranging competitions, establishing and granting awards and distinctions.*
- 3. Fostering goodwill and sportsmanship.*
- 4. Promoting interest in health and physical fitness.*
- 5. Arranging for instruction, displays and exhibits of synchronized swimming skills.*
- 6. Providing opportunities and training for self development, leadership and sportsmanship in the field of aquatic activity.*
- 7. Promoting excellence in the performance of synchronized swimming skills.*

Provincial & National Streams

Provincial Stream Competitive Athletes

Durham Synchro Club's 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	TEAMS (Based on average age of swimmers as described)
10 Years & Under	Blended team whose average age is 10.4 years or lower
11 - 12 Years	Blended team whose average age is 10.5 – 12.4 years
13 - 15 Years	13 yrs - Blended team whose average age is 12.5- 13.4 years
<i>Due to the large number of athletes in this age group results are broken down into average team ages of 13yrs, 14yrs, and 15yrs for ranking and awarding purposes.</i>	14 yrs - Blended team whose average age is 13.5 – 14.4 years
	15 yrs - Blended team whose average age is 14.5 – 15.4 years
16 - 20 Years	16 & over can be a blended team whose average age is 15.5 or higher
Masters 18 Years & Over	

National Stream Competitive Athletes

Durham Synchro's National level programs are for highly motivated swimmers. Emphasis is on a high degree of performance and competition with more intense training. The main objectives of this program include building independence, discipline, goal setting, confidence, team commitment, time management, and self-growth as an athlete. National level teams will compete with and against other Canadian teams.

<i>Team placement is determined by the age the swimmer will be by December 31, 2012.</i>	
13 - 15 Years	15 years and under (born in 1997 and later)
16 – 18 Years	15-18 years (born in 1996 and earlier)

Coaching Staff, Evaluations & Swimmer Commitment

2011 - 2012 Coaching Staff

Head Coach	Holley Lundmark	Specialist Coaches	Melissa Dermody Chris Ellul
National Level Coaches	Holley Lundmark Jenilee Keslering Julia Maclean	Provincial Level Coaches	Holley Lundmark Jenilee Keslering Kirsten Femson Sarah Stokes Cathy Veldhoen-Smith Debbie Sands

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 Durham Synchro Club Registration Package by July 4, 2011. After July 4, 2011, swimmers will be assigned to a team on a best effort basis.

Swimmer Commitment (Regular and Holiday Schedules)

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 Provincial and National figures and routines competitions. Because of this reason, **Durham Synchro has made it mandatory for all swimmers to attend all practices.**

Unfortunately, the timing of holidays often conflicts with pre-competitive training when swimmers will be required to attend practices. In view of that, the Club will shut down for Thanksgiving, Family Day, Easter, Christmas/New Year and some of the school March Break period to facilitate family time for the Provincial level teams.

Swimmer Absenteeism

The competitive season is shorter and more intense for National level swimmers. For this reason these swimmers do train throughout most of the Christmas/New Year, Easter and March Break holidays. Please plan accordingly. Parents are respectfully asked to request permission from the Coach for an athlete to miss practice(s) during scheduled holidays far in advance of the missed practice(s). Parents and athletes must be aware that should missed practice(s) occur in close proximity to a competition it is the coach’s discretion to move the athlete to an alternate position for the competition.

Athletic Training, Pool Time & Information

Dry Land Training and Speed Swimming

For all competitive levels, our competitive training program includes dry land training modules such as core training, flexibility and cardio vascular training. The dry land training is programmed and led by a synchro expert with particular training and knowledge in dry land training. Melissa Dermody is DSC's current specialist. Each synchro team also is trained by a Speed Swimming Expert as per the Long Term Athlete Development Model (LTAD). Chris Ellul is DSC's current speed swimming coach. 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 to secure 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, 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 Information and Days

Durham Synchro operates out of three municipalities (Pickering, Whitby and Oshawa). The locations of the facilities used by the Club are as follows. Durham Synchro operates seven days a week at various locations in order to give all our swimmers' ample training time. Times, days and pool locations are not fully confirmed at this time but we will be attempting to keep very similar schedules for the up-coming season. Once teams have been finalized and municipality pool contracts have been secured swimmers will be notified of the finalized practice times and locations.

Facility	Address	Telephone
Dunbarton Highschool	655 Sheppard Avenue Pickering, ON L1V 1G2	(905) 839-1125
Pickering Recreational Complex	1867 Valley Farm Rd Pickering, ON L1V 6K7	(905) 683-6582
Iroquois Sports Complex	500 Victoria Street West Whitby, ON L1N 9G4	(905) 668-7765
Centennial Pool, Oshawa Civic Auditorium Complex	99 Thornton Rd S Oshawa, ON L1J 5Y1	(905) 436-5454
Eastview Boys and Girls Club	433 Eulalie Ave. Oshawa, ON L1H 2C6	(905) 728-5121

Chaperones & Additional Expenses

Chaperones for Out of Town Competitions

Team chaperones are parents/guardians who volunteer to be responsible for the swimmers when they are out of town for 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. As per Synchro Swim 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.

Additional Expenses

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 Swim Ontario and Synchro Canada fees, etc. This represents a swimming season of over 36 weeks for the period of September, 2011 to June, 2012.

Each team COMPLETES their season at a different time. For example, the 16 – 18 National Team tends to be finished competing by early May, the 13 – 15 National Team competes until late May whereas the Provincial Teams typically compete until the June, therefore, the season length varies between teams.

Competitive Apparel & Equipment

All competitive swimmers must have Durham Synchro Club apparel (tracksuit and T-shirt with DSC logo, club bag as well as a one piece figure suit and white bathing cap) which **are not included** in the competitive fee amount. This would be a one time cost of approximately \$250.00-\$300.00 and will be available for purchase in late September of the new season. The Club “spacing suit” and a Durham Synchro Club PINK bathing cap are however, included in the competitive fees.

Travel

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. DSC takes great effort to economize where possible while maintaining a certain standard of comfort and quality for the swimmers. Typically, there are approximately four meets per season, all within driving distance in the province for Provincial stream competitive teams.

Extra Routines

Durham Synchro Club takes the position 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 *12 Years & Under Trillium Championships* in June, 2012, based on coaches’ assessments at the end of the competitive season

International Team Camp (National Level)

DSC’s Executive is reviewing an opportunity for the National Level teams to attend a special training camp either during the fall or late winter. During this training camp coaches and swimmers will be able to focus on the development of swimmers’ routine and figure skills. The cost for this team camp is approximately \$1000.00-\$1500.00, in addition to regular fees. More information will be available in September 2011 should the coaching and executive decide to proceed.

Fee Structure & Payment Schedule

Projected Fees (Based on an 8 swimmer team*)

The table below outlines the number of training hours and practices a competitive swimmer should anticipate. This table also provides a range for the yearly fees associated with either the Provincial or National level programs.

Age Level	Training Hours per Week	Training Practices per Week	Projected Fees (approximate)	Monthly Amount	Payment Period <i>(post dated cheques are to be dated for the 15th of each month)</i>
PROVINCIAL					
10 & Under	7.5	3	\$2400 - \$2600	\$250- \$300	Oct. 15, 2011 – May 15, 2012
11 - 12 Years	10.5	3	\$3100 - \$3400	\$300 - \$380	Oct. 15, 2011 – May 15, 2012
13 - 15 Years	9-12	4	\$3200 - \$3800	\$320 – \$400	Oct. 15, 2011 – May 15, 2012
NEW 16 - 18 Years	8 - 10	3	\$3200 - \$3800	\$320 – \$400	Oct. 15, 2011 – May 15, 2012
NATIONAL					
13 – 15 Years	12-14	4-5	\$4500 - \$5000	\$425 - \$485	Oct. 15, 2011 – May 15, 2012
16 – 18 Years/ Jr. FINA	13 - 16	5 - 6	\$4500 – \$5000	\$425- \$485	Oct. 15, 2011 – May 15, 2012
<i>*NOTE: If less than 8 swimmers per team higher costs may result.</i>					

Explanation of Fees (Cheques may be made payable to *Durham Synchrono Swim Club*)

Please see Page 8 for a full description and schedule for all fees for National, Provincial level and New Competitive swimmers. Monthly payment amounts will be finalized and communicated to parents in late September/early October once the current Executive has approved the fees. These postdated equal monthly cheques will be dated for the 15th of each month starting October 15, 2011 up to and including May 15, 2012.

Payments are divided equally into 8 monthly amounts after the Registration Fee of \$250.00 (July 4, 2011) and the first installment payments of \$300.00 or \$450.00 (September 15, 2011) have been deducted. For additional information or any inquiries/concerns please contact Durham Synchrono.

NEW: A late fee of \$100.00 (not applied to yearly competitive fee) will be charged to any registration received after the July 4, 2011 deadline.

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 Durham Synchrono Club Executive.

Fundraising, Special Events, Volunteering & Executive

Mandatory Club Fundraising Events

Parents/guardians of competitive swimmers will be asked to participate in mandatory fundraising events. Because Durham Synchro Club is a non-profit, incorporated organization fundraising is a critical component of reducing the overall fees for all swimmers. The mandatory fundraising activities that we anticipate for the upcoming season are charity BINGOs, Dinner Theatre Business Cards and Water Shows. BINGOs are currently held at the Red Barn BINGO Hall in Oshawa. Each family is responsible for 1-2 BINGOs per year depending on the number of families registered and the number of BINGO time slots granted to the Club. We are always looking for family members who are willing to volunteer to act as Captains during our BINGO sessions. If interested please see the BINGO Co-ordinator in September. 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 Fundraising Security Deposit is required, over and above the Competitive Fees, to be held on deposit in the event that a fundraising commitment is not met. This will be collected from all new competitive 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 will be required.

Volunteering for Special Events

Our annual Water Shows, Christmas Party, Club Photo Day, Corporate Club Photo and Year-end Banquet require a lot of organization and assistance from all competitive families. For these particular events, we will require volunteer hours. These events provide a mixer or Club atmosphere for all of Durham Synchro swimmers to interact with one another outside of a competitive environment.

Durham Synchro Executive

Durham Synchro Club is operated by the assistance of many parent/guardian volunteers whose daughters swim with the Club at a competitive level. All parents/guardians are invited to volunteer their time with the Executive to maintain a high level of integrity and to continue to build capacity at the volunteer level. All Executive members are requested to have a Criminal Record Check. Anyone interested in volunteering as part of the Executive or on any committees are invited to speak to DSC's President, Terry Whyte, for more information on available positions during the upcoming season.

Important Dates to Remember

July 4, 2011	Registration forms for ALL SWIMMERS due * NEW * \$100.00 Late Fee after final registration date
September 2011 - June 2012	Competitive season begins early September 2011 and continues through to June 2012

Registration Package

The Durham Synchro Registration Package contains all the forms and waivers necessary to enroll your child into the DSC Competitive Synchronized Swimming Program. Please submit the following to the Vice President of Competitive Programs.

Form	National	Provincial	New Competitive
DSC Registration Form	X	X	X
DSC Waiver & Media Release Forms	X	X	X
DSC Medical Form	X	X	X
DSC Personal Information Consent Form	X	X	X
Synchro Swim Ontario Participant Agreement Form	X	X	X
Synchro Swim Ontario Consent for Medical Treatment Form	X	X	X
DSC Code of Ethics/Behaviour Form	X	X	X
Photocopy of Swimmer's Birth Certificate			X
Non-refundable Registration Fee <i>(cheque for \$250.00 dated July 4, 2011 applied to total fees)</i>	X	X	X
First Installment of Fees <i>(cheque for \$300.00 dated September 15, 2011)</i>		X	X
First Installment of Fees <i>(cheque for \$450.00 dated September 15, 2011)</i>	X		
Fundraising Security Deposit <i>(cheque for \$100.00 dated September 15, 2011)</i>			X

NOTE: The Registration fee (\$250.00) and the First Installment fee (\$300.00 or \$450.00) will be applied against the full annual fee. Team Selection fee (\$25.00 for National swimmers and \$50.00 for Provincial swimmers) and Registration Fee (\$250.00) are non-refundable if the swimmer chooses not to continue as a competitive swimmer.

Contact Durham Synchro

Mail all completed forms by **July 4, 2011** to the following mailing address.

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

Web: www.durhamsynchro.com
Email: info@durhamsynchro.com
Tel: (905) 720-7747
Other: www.synchroontario.com
www.synchro.ca

ALL documents are completed and signed as indicated. New competitive swimmers MUST provide a photocopy of their birth certificate. Please note that electronic forms are not accepted, your signature is required where indicated on the documents.