



ORCA SYNCHRO NEWS

February 2008

Water show Sunday, April 13

Mark your calendars: **Sunday, April 13** is the year-end Orca Synchrono water show. All our swimmers, **from Thursday and Sunday**, will perform a routine. Also, swimmers from other synchro clubs will perform.

Please note the new pool venue and time for the watershow:

The water show will be at the **University of Alberta West Pool**, which has viewing stands, so you don't need to bring lawn chairs. Swimmers must **be at the pool by 4:00 p.m.** The show starts at 4:35 p.m.

There is no party room available, so please bring your own refreshments. Juice boxes will be supplied to the swimmers. Invite your family and friends.

Time to register for 2008-09

Guarantee your space in the Orca Synchrono program for 2008-09 with a **\$60 deposit by March 31**. After that, registration is open to anyone, not just Orca Synchrono members.

Cheques should be made payable to **Orca Synchrono** and dated August 31. Indicate on the cheque the **swimmer's name, program and day** of the week.

Or, pay your deposit with a credit card via the **Register** page on the Orca website at www.orcasynchro.org. If your plans change, let us know by August 31, and we'll provide a full refund. The refund policy on our website.

The fee structure is the same as in 2007-08 and can be paid in two parts: the fall fee paid by September and the winter fee, which is normally lower than the fall fee due to fractional fees, paid by January. Or pay the full year fee all at once. Registrations for 2008-09

will be for both fall and winter terms, September to April.

If you withdraw at the end of December, let us know and we'll return the January fee as per our refund policy.

There will also be a January intake for new once-a-week swimmers who want to start at that point, if space is available. It is no longer possible for swimmers to switch from SynchronoKids to Synchrono Stars in January.

Star 1 or higher swimmers are welcome to swim twice a week, and swimmers with Star 2 or higher should swim twice a week.

The executive is considering two new options for the 2008 September start:

- adding an additional evening, target is Monday evenings. This may allow for the Senior SS to swim three nights a week and make more space in the pool; and
- SynchronoMoms to swim twice a week.

We're interested in your comments so please let us know what you think.

Our children need you

Our children need YOU to help run this amazing sports club. The Orca Synchrono Club is a **parent volunteer run organization** and without parents volunteering their time and efforts the club would NOT exist.

We need parents to **step forward now** to begin to take over from the existing executive. The children of the executive are all on the same team and are some of the older children in the club. They may soon choose to move on. The current executive has done a great job of documenting all the tasks and processes involved with running the club, to make it easy for you to step in and help out.

Please think about getting involved in this wonderful club for our children.

Volunteers needed in the following areas:

- to prepare April Watershow programs;
- web-master—approximately two to three hours a month, not all months, to keep the website current;
- co-president—co-chair with current president with the intent to assume the role in September 2009.

Please talk to any of the current executive members or email the president at: president@orcasyndro.org.

Orca coaching staff

Head Coach Karen Wilson Davis

- NCCP Certified Level 2
- Favourite synchro skill: eggbeater
- SynchroKids Thursday, AquaSquirts

Coach Diane Connors

- NCCP Level 1 Certified
- Favourite synchro skills: body and leg boosts
- SynchroKids Thursday

Coach Sarah Karesa

- NCCP Level 1 Certified
- Favourite synchro skills: support scull
- Junior SynchroStars Sunday

Coach Brea Kvisle

- NCCP Level 1 Certified
- Favourite synchro figures: barracuda, heron
- Senior SynchroStars, SynchroKids Sunday

Coach Elizabeth Scott

- NCCP Level 1 Certified
- Favourite synchro skills: unders and leg boosts
- Junior SynchroStars Thursday
- Liz won **Synchro Alberta's recreational coach of the year** award in 2007!

Coach Laura Cox

- Candidate for NCCP Level 1 Certification
- Favourite synchro figure: ariana
- Intermediate SynchroStars, Seasoned Synchro

Coach Katie Upton

- Favourite synchro figure: heron
- SynchroKids Sunday, SynchroMoms

Coach Carolyn Baker

- Currently swimming as a Seasoned Synchro
- Favourite skills: double ballet legs
- Co-coach of the SynchroMoms

Coach Michelle Broda

- NCCP Level 1 Certified Swimming
- Stroke Improvement Thursday and Sunday

Coach Samara Ferguson

- Currently swimming with Nova Synchro
- Favourite figure: Porpoise 180
- Assistant to all coaches on Sunday

Special note: Our head coach, **Karen Wilson Davis**, will be leaving the Orca Synchro club after this session. A work transfer has necessitated a move for Karen and her family to Ontario. She has been with us since the club was reformed in January 2005. We wish Karen and her family the best as they begin a new chapter in their lives.

Absenteeism

If your son or daughter will miss a practice, please inform head coach, Karen Wilson Davis, at 893-5342. Practices begin promptly at 3 p.m. Sundays and 6 p.m. Thursdays. Please be on deck ready to swim. Try not to socialize in the changeroom because if you're late, it disrupts everyone on your team.

Coach parent conferences

In our continuing efforts to evaluate and improve our programs, we encourage all parents to attend the **coach conference day**. This will be held on the 11th lesson of every session. For Winter 2008 the conference dates will be: **Sunday, April 6th** and **Thursday, April 10th**. Immediately following practice, the coaches will be available to discuss your child's progress as well as answer any questions you may have regarding our program.

Take advantage of this chance to meet the coaches and discuss your child's progress. On conference day there will be deck signs directing you to the coaches.

Star testing

Unique to synchronized swimming in Canada, the recreational synchronized swimming Star program introduces skills sequentially in a progressive manner. Officials trained by Synchro Alberta test swimmers to determine their skill levels.

Orca Synchro has dealt with Star testing in a variety of ways in the past. In fall 2007, testing was not done if the coaches felt the swimmer would not pass the Star level.

However, after much discussion, some changes will be made to the Star testing process. In March, we will test swimmers that were not tested in November so all swimmers (except maybe those who started in January 2008) are tested at least once during the year.

Starting in fall 2008 SynchroStars will be tested once a year (March) in the winter session. Testing of SynchroKids will take place up to two times a year, in November and/or March. Once swimmers achieve Star level 3, testing occurs once a year.

For more on the Star program, visit the Synchro Canada tier system web page at <http://www.synchro.ca/e/development/tier.php>

Lost and found

If you've misplaced personal items, we may have them. Orca Synchro's *lost and found* has nose clips, goggles, and a red Orca hoodie with drawstrings, size S, which was left at the U of A west pool during the December Nova Synchro water show. If you've lost items, check in one of the following locations:

- Orca Synchro lost and found in the cabinet,
- Scona Pool lost and found bin.

Scona Pool lifeguards also have a few

items hidden away. And, check with Scona cashiers for missing combination locks.

Bring a friend to synchro

April 20 is **Bring a Friend to Synchro Day**. Register by April 18 with head coach Karen at headcoach@orcasyynchro.org or 893-5342, stating the number of friends you're bringing.

New treasurer

Berkley Laurin will assume the duties of treasurer as of May 2008. At that time email sent to treasurer@orcasyynchro.org will go to Berkley. Berkley has two girls swimming with the club and often takes the opportunity himself to do some lane swimming. Thanks to Janet S. for her past efforts, and thanks to Berkley for taking on this role.

Synchro Alberta casino volunteers

When & where: Wednesday and Thursday, June 11 and 12 at Palace Casino.

In support of Synchro Alberta, Orca Synchro is offering almost the same reward we gave volunteers at our own casino in November. For each shift you work, the proceeds we receive from Synchro Alberta will be applied towards your 2008-09 and 2009-10 registration fees, divided equally over the four terms. You could **save** about **\$200** over two years.

- clubs participating in the casino will receive a credit share of 10% of the profit made by Synchro Alberta
- volunteers must complete a shift preference form and send it to Synchro Alberta
- banker, cashier and count room supervisor volunteers must complete a casino volunteer worker application

Support synchronized swimming in Alberta; call **Synchro Alberta** at 415-1789.

Summer camp

Dates and times for our annual **Summer Camp** have not yet been finalized. Check our web site—www.orcasyynchro.org— for the latest information.



Important dates and events

Sunday, March 9—Star testing

Thursday, March 13—Star testing

Sunday, March 16—Star testing for Thursday and Sunday swimmers who could not attend on their designated dates; **confirm attendance** by calling Karen at 893-5342 by March 14

Thursday, March 20—**No class** (before Easter weekend)

Sunday, March 23—**No class** (Easter Sunday)

Sunday, March 30—makeup class replacing cancelled lesson on January 6

Monday, March 31—A \$60 deposit due to guarantee a space for the fall.

For more information email the treasurer at: treasurer@orcasynchro.org

Thursday, April 3—**No class** (spring break)

Sunday, April 6—Star testing results. Chance for parents to discuss results with coaches.

- **Registrations** for winter term **due**.

- AquaSquirts last class, but participants are encouraged to come to Sunday's water show

Thursday, April 10—Star testing results.

Chance for parents to discuss results with coaches.

Sunday, April 13—**Orca Synchro year-end water show, 4:35 p.m. at the University of Alberta West Pool**. Swimmers should be at the pool **no later than 4 p.m.**

Friday, April 18—Deadline to register with the headcoach at headcoach@orcasynchro.org or 893-5342 for Bring a Friend to Synchro on

Sunday, April 20, 2 to 4 p.m. Please tell us how many friends you'll bring.

April 18-20—Wildrose Classic Tier 1-5.

May 23-25—Masters Provincials & Nationals Masters Edmonton, AB.

June 4-8—Espoir Synchronized Swimming Championships Tier 6 Edmonton, AB.

For more information on upcoming events see *Synchro Alberta's website* at:

www.synchroalberta.com/schedule.htm

September 14-December 7—fall program.

October 9 & 12—No classes (Thanksgiving)

January 4-March 22—winter program.

Orca website

Visit www.orcasynchro.org for the most up-to-date source of information about the club and our events. Please check it once in a while, particularly noting days when there will be no synchro practice, listed on the *Calendar* page.

Keeping in mind that the executive of Orca Synchro are all volunteers, help us out by ensuring you know what's happening with the club. For instance, this newsletter will appear on the website on the *Members Matter* page.

Orca Synchro contacts:

Email: info@orcasynchro.org

Telephone: 428-ORCA (428-6722) to leave a message, or

Talk to us:

- Karin Banasch Vail, president: president@orcasynchro.org
- Janet Vanderveen, vice-president and registrar: vicepresident@orcasynchro.org
- Janet Schwegel, treasurer until April 30: treasurer@orcasynchro.org
- Berkley Laurin, treasurer as of May 1: treasurer@orcasynchro.org
- Joanna Benvenuto, secretary: secretary@orcasynchro.org
- Melody Tostowaryk, general member on the executive: wardrobe@orcasynchro.org
- Karen Wilson Davis, head coach, 893-5342



Orca Synchro is Edmonton's only purely recreational (noncompetitive) synchro club, focusing on synchronized swimming for fun. We have no fundraising except a casino in late 2009, and we have free lane and family swimming.