



# Calgary Winter Club Sea Sprites



## SEPTEMBER 2007

### WELCOME BACK!

Hello! Hello! Welcome to the 2007-2008 Sea Sprites season. I sincerely hope all of you have enjoyed a treasured summer ☺. There are so many exciting things to announce about the upcoming season I can't wait for you to read on...and get rolling with the start of another GREAT season!

Coaches have been selected and have already starting to meet and plan for the upcoming season. Please enjoy this first (and unofficial) Sea Sprites Newsletter. The first section of the document lists some general information about the sport of synchro. The second provides detailed information about dates/times/events/reminders that are relevant to Sea Sprites athletes. As well we have included bios of Sea Sprite coaches on staff. Enjoy and WELCOME BACK!

-Michelle ☺ (Head Coach)

### WHAT IS SYNCHRO?

For those of you new to the sport...or those who still don't quite understand what we are all about...read on!

Synchronized swimming is a hybrid of swimming, gymnastics, and ballet and involves competitors (either individuals, duets or teams) combining strength, endurance, flexibility, grace and artistry with exceptional breath control while upside down underwater. Synchronized swimming is an Olympic sport open to women since 1984. Olympic and World Championship competition is not open to men, but other international and National competitions allow male competitors.

Synchro Canada offers a recreational and competitive program for synchronized swimming. Swimmers in the recreational program work on developing skills of the sport through the acquisition of "stars". Stars are awarded based on competent performance of figure and routine skills. Swimmers in the competitive program compete figures and routines in front of a panel of judges and receive points on a ten point scale for individual figures as well as for routines.

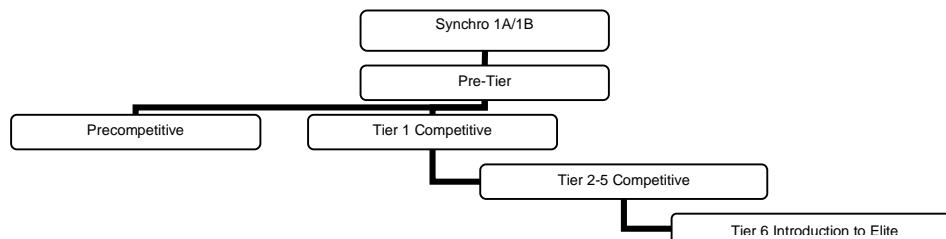
Figures are comprised of basic positions, sculls, and transitions performed in front of a panel of judges. Competitive athletes perform 4 individual 'figures' in front of judges and their scores on all 4 figures are calculated to formulate a final figure score. Athletes are ranked according to who has the best overall performance of figures. Routines are combinations of figures and strokes choreographed to music and are also judged on a ten point scale.

In Canada, a continuous stream of opportunities is provided for athletes starting with stars 1-4 in the recreational program. From here, swimmers may opt to continue in recreational swimming or may opt to enter the competitive stream that is comprised of 7 tiers. When appropriate (generally once a year), CWC athletes challenge a tier test which allows the athlete to compete at a higher level. Tier 1 is the entry point into competition and is an introduction to the competition stream. Tiers 1-5 compete at meets within Alberta and one inter-provincial championship per year. Tier 6 athletes have the option to compete in the same regional and provincial meets, as well, may qualify for Western, National, and International competitions. Tier 7 athletes are senior-aged athletes and compete at regional, provincial, and (when qualify) Western, National, and International competitions.

### WHO ARE THE SEA SPRITES

The Calgary Winter Club Sea Sprites offer synchronized swimming to girls 6 years old and up fulfilling their mandate:

- § To foster long-term interest and excellence in the sport by offering five levels of participation; to provide swimmers an opportunity to continue to develop and improve skills; to help develop self-confidence, good work ethic, team building, and goal setting abilities in our athletes.
- § There used to be five levels of participation but new this year is a sixth level – offering a National stream program.



- **Synchro 1A/B:** Offers an introduction to the synchro program which provides swimmers with an introduction to the basics of synchronized swimming in a recreational, participation-focused setting.
- **Pre-Tier:** Offers a National Pre Tier (Fun With/Learn To) program which will provide our swimmers an opportunity to develop and improve their skills. Girls in this program work towards attaining stars outlined in the National Synchro Canada Star Program.
- **Pre-Competitive:** Offers our swimmers an opportunity to develop, and improve their skills. With an opportunity to pre-swim figures and/ or a team routine in at least one competition.
- **Tier 1:** Offers an introduction to competition program which provides swimmers an opportunity to continue to develop and improve their skills in a competitive environment.
- **Tier 2-6(Wildrose Stream)** Offers a competitive program which will provide swimmers an opportunity to continue to develop and improve their skills in a *highly* competitive environment.
- **Tier 6 Open (National Stream) NEW THIS YEAR!** This program offers athletes a highly competitive program which will provide an opportunity for athletes to compete in Western and possibly National competitions.

The Sea Sprite programs train at different frequencies but can be seen training Monday (PM), Wednesday (AM or PM), Fridays (AM or PM), and Sundays (AM). Sea Sprites perform two watershow per year; one in December, and one in June.

Note that Synchro 1A/B, pre-tier and pre-competitive athletes are referred to by the Sea Sprites as “recreational athletes”. Tier 1-6 athletes are referred to in our program as “competitive athletes”. Documents and information that may cross your path will allude to two different streams of competitive athletes. These are “Tier 6 open athletes” and “Wildrose stream” athletes. Let us explain the difference:

Synchro Canada has a tiered system that encourages athletes to progress as able from recreational to Tier 1 through to Tier 7. Wildrose Stream athletes are athletes who have passed their Tier 1-6 test and compete in what is called the “Wildrose stream”. These competition include MCI, South Trials, Provincials, MAS. Athletes who have passed their Tier 6 test and who have opted to train in the Tier 6 OPEN program will compete in a South Trials and Provincials that are specific to Tier 6/7 athletes. Tier 6 open athletes will also attend Western/Nationals Trials if they qualify.

**2007-2008 CWC Sea Sprites/Aquatics Team:**

Michelle Kelly	Head Coach	338-2409	<a href="mailto:michellek@calgarywinterclub.com">michellek@calgarywinterclub.com</a>
Rachael Tipper	Ass Head Coach/Tier 4-6	819-1092	<a href="mailto:rtipper@gmail.com">rtipper@gmail.com</a>
Meegan Truss	HP Director Synchro 1A-Tier 3 ?Tier 6 BR	282-0033	<a href="mailto:myflyspy@yahoo.com">myflyspy@yahoo.com</a>
Shayna Nackoney	COMBO, Tier 6 bonus routines	589-2629	<a href="mailto:snackoney@hotmail.com">snackoney@hotmail.com</a>
Shannon	Tier 4 team	852-9502	<a href="mailto:smbenson@ucalgary.ca">smbenson@ucalgary.ca</a>

Benson			
Andrea Pember	Tier 2 team	618-5419	<a href="mailto:andrea_pember@hotmail.com">andrea_pember@hotmail.com</a>
Lauren Clifford	Tier 1 team	993-0375	<a href="mailto:laurenclifford@gmail.com">laurenclifford@gmail.com</a>
Danya Traboulsi	Precompetitive	861-0341	<a href="mailto:synchingfiddler@shaw.ca">synchingfiddler@shaw.ca</a>
Jacquelyn Walters	Pre-Tier and Precompetitive	282-7277	<a href="mailto:walters_jj@hotmail.com">walters_jj@hotmail.com</a>
Christine Walters	Synchro 1A	282-7277	<a href="mailto:chrissy_bissy@hotmail.com">chrissy_bissy@hotmail.com</a>
Freya Wensel	CWC SS Aquatics Representative (Assistant Aquatic Director)	338-2407	<a href="mailto:freyaw@calgarywinterclub.com">freyaw@calgarywinterclub.com</a>
Anna Gorski	CWC Aquatics Director	338-2409	<a href="mailto:annag@calgarywinterclub.com">annag@calgarywinterclub.com</a>

2007-2008 CWC Sea Sprites EXECUTIVE:

Name	Title	Phone	Email
Eric Inthof	President	288-1975	<a href="mailto:eric@lumina.ca">eric@lumina.ca</a>
Will Cascadden	Vice President	374-2510	<a href="mailto:will.cascadden@fmc-law.com">will.cascadden@fmc-law.com</a>
Claudette Antoniuk	Past-President	283-2705	<a href="mailto:claudette@salmoconsult.com">claudette@salmoconsult.com</a>
Barb Chang	Treasurer	Unlisted	<a href="mailto:sammybb@shaw.ca">sammybb@shaw.ca</a>
Carol Gwozd	Secretary	288-5268	<a href="mailto:pgwozd@shaw.ca">pgwozd@shaw.ca</a>
Marilyn Malcolm	Competitive Issues	295-9330	<a href="mailto:malcolme@shaw.ca">malcolme@shaw.ca</a>
Rochelle Jones	Club Issues	217-6703	<a href="mailto:rochellejones@shaw.ca">rochellejones@shaw.ca</a>



## WHAT EQUIPMENT DOES SYNCHRO REQUIRE?

When *performing* routines, competitors will typically wear a noseclip. Hair is worn in a bun on the head and held in place with Knox gelatin: goggles are not worn because they are considered distracting and take away from the artistic beauty of the routine. Swimmers also wear custom swimsuits and headpieces, usually elaborately decorated, to reflect the type of music they are swimming to. The costume and music are not judged directly, but factor into the overall performance and artistic impression.

For figure events, competitive athletes wear a black suit and white cap.

For club practice times, competitive athletes will wear the club uniform including tracksuit, blue suit and yellow cap.

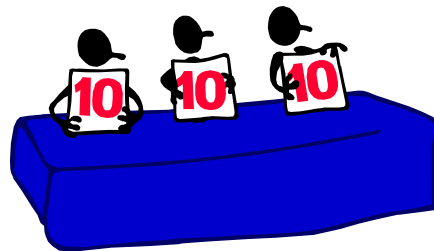
## WHAT EQUIPMENT DO CWC SEA SPRITE ATHLETES REQUIRE?

Team	Noseclip	Cap	Goggles	Practice Suit	Figure Suit	Routine Suit and headpiece	Tracksuit
Synchro 1A	Required	Optional	Recommended	Choice color/style	Not required	Not required	Not required
Pre-Tier	Required	Yellow	Required	Club Blue	Not required	Modify blue suit Arrangements made by team costume rep	Not required
Pre-Competitive	Mandatory	Mandatory	Mandatory	Choice Color	Can borrow, may require a black suit for pre-swimming	Required for preswim Arrangements made with team costume rep	Not required
Competitive	Mandatory	Mandatory Choice – prac Yellow- comp	Mandatory Recommended black w smoke lens.	Choice – practice Blue for comp.	Mandatory black – no marks	Required for team and bonus routine Arrangements made by team costume rep	Mandatory – track jacket and black yoga pants.

## WANT TO KNOW MORE ABOUT SYNCHRONIZED SWIMMING?

First – check of information resources at Synchro Alberta office ([www.synchroalberta.com](http://www.synchroalberta.com)) or Synchro Canada ([www.synchro.ca](http://www.synchro.ca)) for general information.

At any “Level 1/introductory officials course” you will learn the “nuts and bolts” of the course and we strongly encourage you to attend this. Please contact Karen at the S.A. office ([ksاunders@synchroalberta.com](mailto:kساunders@synchroalberta.com)) for information on the next course!



## GETTING INVOLVED WITH THE SEA SPRITES!

There Sea Sprites run by the support of its volunteer body. It is important that all parents of the Sea Sprites must commit to take on some form of official volunteering during the synchro season. For competitive athletes this in addition to the required volunteering at hosted events. A number of formal volunteering positions are still available. If you have not yet signed up for a volunteer position with the Sea Sprites, please contact Rochelle Jones ([rochellejones@shaw.ca](mailto:rochellejones@shaw.ca)) or Eric Inthof ([eric@lumina.ca](mailto:eric@lumina.ca)) for information on vacant positions.

## IMPORTANT DATES

Please be sure to post your YEAR AT A GLANCE document on your fridge. This outlines the IMPORTANT dates that we have throughout the season and is an important document to keep track of. Likewise – at the outset of each month, also look for a calendar and a newsletter which will highlight important changes and remind you of dates and events throughout the upcoming month(s). Look for UPDATED year at a glance documents that may be circulated if dates and times for events change.

Of particular relevance for this month:

§ September 5th to October 12th - Tier 1-6 Wildrose Program tryouts:

- Wildrose tryouts provide an opportunity for the coaches to determine the most suitable place for your athlete based on a battery of tests. Athletes will be examined on a number of characteristics including strength, endurance, flexibility, figure performance, routine performance, attitude and attendance. If you have questions about the testing process – please let us know and we would be pleased to discuss it with you.
- The results of the tryouts will be announced on October 15th.
- There are no guarantees in terms of tier placement. Athletes do not always remain with the team they trained with in previous seasons pending tryout results.
- Athletes trying out for Tier 1 are not guaranteed a position on the Tier 1 team. Athletes who pass the required criteria and who are deemed ready and suitable for Tier 1 competition will be placed on a Tier 1 team. Athletes who do not make the Tier 1 team will be placed on the pre-competitive team. These decisions will be made based on the athletes physical readiness for competition; we will aim to host a parent and swimmer meetings will precede announcements of this nature.

§ September 7th – 1st day of precompetitive program

§ September 12th – 1st day of pre-tier

§ September 14th – 1st day of Synchro 1A

§ September 8-9th – Tier 6 OPEN athletes – be sure to sign up for your assessments with Tash.

§ September 16th – LESLIE SPROULE SESSION INCLUDING FITNESS TESTING

§ September 23rd – CWC TRAINING CAMP and CAMP HORIZON!

- Tier 1s arrive at 9:00 AM
- Tier 2-6s arrive at 7:00 AM
- Recreational athletes (Synchro 1A, prè-tier, pre-competitive) arrive at CWC at 12:15 p.m.
- We will CARPOOL (indicate if you can help drive) departing the club at 12:30 p.m.
- FAMILY BBQ to follow athletes activities at Horizon at 5:15 p.m. This will be a potluck event.



**OTHER NEWS FOR SEPTEMBER:**

Who's swimming?

As of today....we have 9-10 athletes registered in Synchro 1A, 5-6 athletes in our pre-tier program, 11 in our precompetitive program, 23 registered for Tier 1-5 tryouts, 9 athletes on our Tier 6 team, and 2 athletes in our Tier 6 A la carte program! Coaching assignments are listed in coach bios below.

**NEW TRACK JACKETS!**

**NEW THIS YEAR!** We will be ordering new track jackets from TRIPLE FLIP. The official design is being developed at present and fitting will take place on October 3rd, 2007. This is mandatory for all competitive athletes and optional for all recreational athletes. Cost and information on the jackets will be circulated SHORTLY!

**BONUS ROUTINES FOR TIER 1-3:**

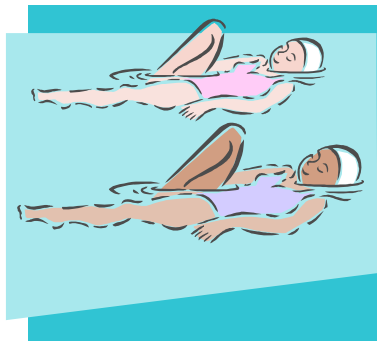
Bonus routines for athletes in Tiers 1-3 are OPTIONAL. Please indicate interest if your child would like to swim a bonus routine ASAP. Athletes may indicate to us what her preferred routine and partner will be. This will be taken into consideration and final decisions made by the CWC Sea Sprites coaching team. These will be announced on October 15th.

**NEW THIS YEAR – SWIMMER TO SWIMMER MENTORING PROGRAM!**

Every 6-8 weeks or so, athletes in our higher tiers will mentor athletes in our younger tiers through our "swimmer to swimmer mentoring program". The proposed structure is as follows:

- Tier 1 team will mentor Synchro 1A on Fridays
- Tier 2 team will mentor Pre-Tiers on Wednesdays
- Tier 4 team will mentor the Pre-Competitive athletes on Fridays when at CWC
- Tier 6 team will mentor the Tier 1/2s on Fridays when at CWC

We are excited about this opportunity as an effort to enhance club unity and provide athlete to athlete role modeling opportunities in the program. We hope you will connect with your athletes and discuss with them the benefits such a program can bring for their training.



## COACHES BIOS

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Michelle Kelly – Head Coach, Tier 6 Co-Coach, Tier 4 High Performance Coach, Tier 2 Assistant Coach

Hello, folks! It is a real treat to be serving you again as head coach. Plans for this year are well underway and I'm excited about the team of coaches, the line up of programs, the athletes, and the experts we have arranged for this season. It should be outstanding! This will be my fourth year as head coach for the CWC Sea Sprites, and 5th year as coach with the Sprites. This will also ring in my 13th year of coaching in the province of Alberta. I have previous coaching experience with the Calgary Aquabelles, Edmonton NOVA Synchro, Calgary Killarney Synchro, Calgary Jewish Centre, and Calgary Aquamums and as head coach for the Synchro Alberta Wildrose Development Camp and Tier 1 / 2 Fall into Synchro Camp. My swimming history is with the Calgary Aquabelles. For the past three years I have also served as coach development representative on the Synchro Alberta Board. I am thrilled to still be involved in this beloved sport.

Outside of the pool I work as a pediatric physical therapist. In this vein I work privately, in the community treating children with neurological impairments and developmental delay. I also coordinate and a paralympic sport program for children with cerebral palsy at Mount Royal College. And I serve as a research assistant to a few other projects out of Mount Royal College and the University of Alberta.

On a more personal note – I love spending time outdoors (especially in Switzerland!!)....and my favorite candy is jellybeans.

Please know that I welcome your questions and concerns via email or phone. I regret that I am not in the Sprites office all the time, however I do appreciate your messages. If you would like to discuss issues with me in person – I am pleased to do so at a pre-arranged meeting time .



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Rachael Tipper – Assistant Head Coach, Tier 6 Co-Coach

Hello everyone and welcome back to another exciting year. This will be my 14th year coaching. My past coaching experience involves coaching with the Sea Sprites for 9 years and 4 previously in Okotoks. I am pleased to be coaching the new National Tier 6 crew this year, as well as once again serving the club as Assistant Head Coach.

Off the deck, I am a teacher with the Calgary Board of Education. I am teaching a wonderful Grade 1 class at Eugene Coste Elementary, in the south of Calgary.

When not coaching or teaching I am competitively involved with horses in the Dressage circuit, and once in a while get to enjoy time with my wonderful husband!

I am very excited about this season and I look forward to re-connecting and/or meeting with you all this fall. Here's to a fantastic 2006/2007 season. If you have any questions please do not hesitate to give me a call at 819-1092.



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Meeqan Truss – High performance Director for rec to Tier 3, Tier 6 BR

I began my life in the synchro world with the Sea Sprites in 1988. I swam with the club for 3 years before moving to the Calgary Aquabelles and swimming there for 5 years. After being water logged for that long I was very excited to become a coach and share what I had learned with young athletes. I began coaching with the Sea Sprites in 1997 and coached here for 5 years before moving to the Aquabelles and coaching there for 3. I retired in 2003 and have since completed my degree in

Political Science. Two of my most notable accomplishments included Team Gold at the 2000 Alberta Winter Games and Team, Duet and Solo Silver at the 2003 Canada Winter Games. I am looking forward working here at the "Sprites" again and inspiring young athletes and coaches.



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Shayna Nackoney, Tier 4 COMBO, Tier 6 A la carte coach

Hello all! My name is Shayna Nackoney. I swam with the Calgary Aquabelles from 1995 until the end of my Synchronized Swimming career in 2004. I swam as member of the Canadian National Team for seven consecutive years, as well, as member of the 2004 Canadian Olympic Team. After retiring from amateur swimming, I spent two years performing with Cirque du Soleil's top selling show "O". Outside of the pool, I'm studying broadcast journalism at Mount Royal College. Along with coaching and pursuing my education, I work as a producer and assistant editor with Spruce Meadows Television. I'm thrilled to be involved with the Sea Sprites again this year! See you at the pool!



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Shannon Benson, Tier 4 TEAM coach, Tier 2-3 Bonus Routines

Hello Sea Sprite swimmers and parents! I hope you are all looking forward to another great year of synchro and I couldn't be more excited to get started this fall! For those of you who do not know me, my name is Shannon Benson and this will be my third year as a coach at the Sea Sprites. I am a long time Sea Sprite athlete myself, as I swam at the Club for the majority of my competitive synchro career before training at the Tier 7 level with the Calgary Aquabelles. In addition, last year myself and a friend spearheaded the idea of creating the University of Calgary's first ever Synchronized Swimming Club! As the founding president, I am very excited to report that we had an excellent debut by placing third at University Nationals! We hope to continue our success this coming season, as well as build the club in years to come. This year I will be entering my fourth year at the U of C and hope to pursue a Masters in Education upon completion of my undergraduate degree. In my spare time, I enjoy cooking and baking, running, travelling, shopping, reading, watching the Flames games, and spending time with friends! I am very much looking forward to having the opportunity to get to know each of you better this year! See you at the pool!!



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Andrea Pember, Tier 2 TEAM coach, Tier 2 Bonus Routines

Hello all and welcome back! I hope everyone is looking forward to an exciting year! My name is Andrea Pember and I have been involved with Synchro for 12 years now, both as a swimmer and a coach. This will be my second year coaching, last season I had the pleasure of coaching two teams the precompetitive group as well as the pre-tier's! I swam with the sea sprites the majority of my career, and moved on to the Aquabelles for a couple of years as well. Along with attending the University of Calgary's Business program. I will also be swimming on the Varsity Synchro Team, which gets to compete with all other Universities around the country! I am super excited about this season and cannot wait to get started and meet some new faces! See you all at the pool!



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Lauren Clifford – Tier 1 TEAM coach, Tier 1 Bonus Routines, Tier 2 Bonus Routines

Hi! My name is Lauren Clifford and I swam as a Sea Sprite in the recreational program for one year and in the competitive program for eight years. Synchro was truly the best part of my childhood years and it is my hope that the swimmers I coach will gain as much from their experience as athletes as I did. I have been part of the coaching team with the Sea Sprites for the last five years. I am extremely excited to be returning as a coach in the competitive program. I look forward to getting to know an enthusiastic and talented new team of Tier 1 swimmers, as well as to working on bonus routines with the Tier 2 swimmers whom I have grown to adore so much! I feel that the Sprites will make great strides this year and that we have an exciting season ahead. Outside of synchro, I am beginning my second year as a nurse on the Mental Health Patient Care Unit at the Alberta Children's Hospital. It is a wonderful place to work and I am so appreciative of the opportunity I have had to meet many special children. I am also hoping to become a youth mentor in the next little while. I look forward to a fresh synchro season and to seeing new and familiar faces in and around the pool in the coming months!



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Jacquelyn Walters, Precompetitive TEAM coach, Pre-Tier

My name is Jacquelyn Walters, I have been coaching with the sea sprites for the last 4 years and I am happy and excited to be back this fall! I swam with the sea sprites for 7 years before starting in a coaching position, and I love being part of this club. I will be starting courses at Mount Royal College this fall to eventually get into the nursing program offered at the school. I work in the emergency department at the Alberta Children's Hospital as a nurse's aide, and also as a part time nanny during the week. I love working with kids, I love teaching this sport, and I am so excited to get started this fall!



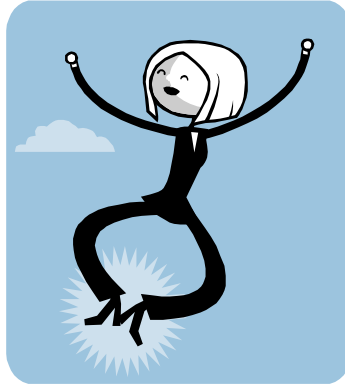
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Danya Traboulsi, Precompetitive TEAM coach

My name is Danya Traboulsi and I am a first year university student majoring in Biological Sciences at the University of Calgary. I began my career as a synchronized swimmer at the age of six years old with the Calgary Winter Club Sea Sprites. I went on to swim competitively and competed at a Tier 5 level until I was forced to resign as an athlete due to arthritis in my knees. I have been coaching with the Sea Sprites team since 2004 and have coached the technical training for Tier 2 athletes as well as coaching the Synchro 1A/B/C programs for the last two years.

I am also a classically trained violinist, completing all my Royal Conservatory Music Levels, and was a member of The Calgary Fiddlers for the past three years. We traveled internationally and the group is Albertan and Canadian ambassadors.

I am continuing to pursue my classical violin training and am looking forward to sharing my love for synchronized swimming and music with my swimmers.



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Christine Walters, Synchro 1A, B, C COACH

Hello! My name is Christine Walters and I will be coaching for the Sea Sprites this year. I am entering my last year of high school at Sir Winston Churchill, and have a part time job at a bakery. I swam with the Calgary Winter Club Sea Sprites for 8 years, and retired after completing the tier 5 level. The past year I co coached with



the synchro 1B /1C program and I am very excited to be coaching this year. Looking forward to seeing you all at the pool!