

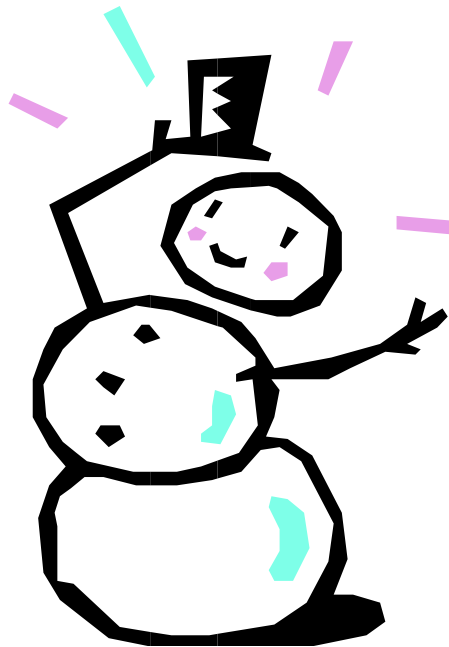


Aqua-Fusion Camp

Synchro Swim Manitoba is pleased to run a camp for Tier 1 and 2 athletes at Pan Am Pool from January 2-5, 2008. This will be a combined “sport” camp that will give our athletes exposure to different aquatic sports. SSM has teamed up with the St. James Seals to deliver this exciting idea!

The camp will consist of different aspects of speed swimming, synchro, diving and dance all in order to assist athletes with their own sport specific training. The speed swimming training will include stroke correction, streamline training and turns. The synchro portion will focus on sculling and developing a “feel” for the water as well as fun highlights. There will also be a diving component to improve water entry for both groups. The dance portion will assist in body awareness and coordination!

This is the first annual “Aqua Fusion” and we know that it will be a fun experience for all of our athletes! It will be a great opportunity for not only the athletes to improve their skills, but also to learn just what it takes to be strong in the other aquatic sports. There will a demonstration of the skills learned on Saturday, January 5th at 11:30 a.m. Come see the fusion!



Take Time to Get Outside this Holiday!

Khadija Cutcher—High Performance Coach

In early June we ran our first Talent ID Camp for the 2011 Canada Winter Games eligible athletes. It was a great success and a lot of fun! The activities included synchro assessments, diving, dance, land training, & highlights.

Our next Camp is tentatively scheduled for the weekend of the Crocus Challenge-April 26/27 as all SSM clubs will be attending. The camp will only be a short session so that it doesn't disrupt the athletes in competition. After that, another Talent ID Camp will be held in the summer. Stay tuned for more information.

We want your suggestions or a slogan for the 2011 Games: (Headed for Halifax!)?

Officials Clinic!!!

SSM is pleased to offer a Level 1 Officials Clinic at Pan Am Pool

January 26 and 27, 2008 from 9 am - 4 pm days.

This is a perfect way for you to give back to the sport—we need officials!

To register or for more information, please call the SSM office 925-5693 or e-mail Allison at

execdirector@synchromb.ca

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Message from the President

Hi Fellow Synchro Lovers,

We are off to another great season of Synchro and I'd like to welcome you all, new and old to the life long benefits of Synchronized Swimming. It may not look like much is happening in the pool right now but you will be amazed as the routines develop and evolve into wonderful performances by the end of April! I look forward to it every year and I am awestruck and amazed by the talent and growth of these young athletes.

Synchro Swim Manitoba is working hard to provide the best support we can to all the Manitoba Clubs. We will be hosting the upcoming 2008 meets, including Westerns in April. Please look for opportunities to volunteer at this meet as you will be exposed to a high level of exciting and inspiring routines from the top swimmers in Western Canada.

We will be providing opportunities for club board development and volunteerism workshops so watch for more information and dates as

they are released.

Don't hesitate to contact us if you have any questions or concerns so that we can work together to make Synchro the best it can be! I would also like to extend an invitation to any parent who would like to attend our board meetings and learn more about Synchro provincially. We'd love to have you!

Gina McGuffin

Synchro and the United Way

Did you know that if you are contributing to the United Way, either through payroll deductions or as a one-time lump sum donation, you can specify Synchro Manitoba as your charity of choice? All you have to do is make a note on the form that you

"Coming together is a beginning.
Keeping together is progress.
Working together is success."
~Henry Ford

complete. You can specify either a portion of your contribution or your entire contribution be donated. The donation is sent once every 3 months to SSM on your behalf. For more information, please

call the United Way in Winnipeg at (204) 453-6198 or e-mail at

uway@unitedwaywinnipeg.mb.ca



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Stretching with Shelley!

American Council on Sport Medicine Flexibility Guidelines, 2006

- Warm-up to elevate muscle temperature before stretching
- Focus special attention on muscle groups and/or joints that have limited range of motion
- Do stretching exercises a min. of 2-3 days per week and preferably 5-7 days per week
- Hold each stretch for 15-30 seconds For optimal flexibility, repeat each stretch 2-4 times

Feature Stretch:

Hip Flexor (Iliopsoas muscle)

Preparation

Lunge forward with knee on padded mat.

Position foot beyond forward knee to protect the knee joint from forward shearing forces.

Execution

Straighten hip of rear leg by pushing hips forward. Hold stretch. Repeat with opposite side.



My Memories of Marj Simpson by: Shelley Ganske

I first met Marj Simpson when I was 12 years old. She came to Star test me for Star 5. After failing me 5 times, yes, five times... (she thought it was three but I seem to remember 5). Marj decided that I must really like the sport or I would have given up by now and she invited me to come and try synchro at her club.

From that day when I attended my first practice with her, I was hooked! When I finally saw how synchro was really supposed to be performed and in my second year with the club, I won the 13-14 Provincial age group Solo championship. I was amazed at how far I had come in just a short time with the proper coaching.

Marj always had a no nonsense approach to coaching. She would say, "Get in, swim 100 laps and then do each of your figures through 10 times." Our practices were structured much different back then. There was only one coach and anywhere from 8-20 athletes all at different levels. She definitely had her hands full. Even though she had to watch everyone, she always found ways to make her corrections and to make sure that she could get to help everyone.

Marj was not just a great coach; she was also

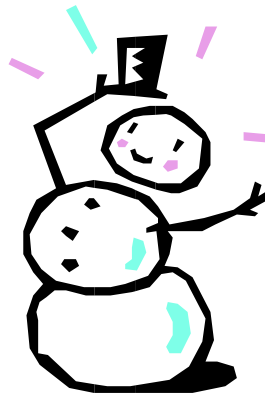
an international judge. I began to really appreciate the time and effort that Marj put into her work when I started to see how renowned she was in the much larger synchro community that existed outside of her little club. She would volunteer her time coaching 8-12 hours per week and then do planning, music, work for the board and run judging clinics on a regular basis. She was always traveling to help the national teams across Canada. Her life was Synchro. She was an international expert and she was my coach! I was honoured!

In my later years as a swimmer, I started to help Marj coach the younger swimmers in the club. She encouraged me to get my coaching certification and helped me through my assignments and tasks. At the same time, she encouraged me to take a judging course so I could some day travel the world as she had and share in the likes of all of her experiences. Eventually, she stepped back as head coach and handed her club over to me. I was truly honoured that she allowed me this

wonderful opportunity. I continued to coach and she continued to inspire me by judging the best of the best. Eventually, she got to judge at the Olympics and I got my full level three coaching certification and up to my level three judging.

I have great pride in all of my knowledge and training I received that have filled my toolbox with amazing memories, experiences, opportunities and friendships along the way. I now understand how Marj could spend so many hours dedicated to one sport as the benefits far outweigh any trials one might have along the way.

I never knew that day back in 1977 when she invited me to come to practice that it would be more than a simple invitation. In the end, it became an invitation not just to practice, but to grow and excel...not just in the sport of synchronized swimming but in the much larger game of life. She made a huge difference in my life and I try to spend my days doing that for others. For me, it is all about the journey. Her legacy lives on through each individual that



Caption describing picture or graphic.

Blast from the Past by: The Land Family

Did you know?

1. Synchro clubs used to perform water shows in the Red River?
2. Props like umbrellas, top hats, capes, suitcases etc were once used to spice up the routines?
3. Routines had a formal name that would reflect the routine being swum? – i.e. "A School Girl's First Look at Paris" for a solo
4. There used to be a competition in which strokes were judges?
5. Prior to using gelatin, athletes used Vaseline and "Dippity Doo" to keep their hair in place?
6. Hair buns used to be placed right on top of the head?
7. Even before hair buns were used the athletes would wear homemade/decorated cloth bathing caps to match their suits?
8. Bathing suits were made out of cotton and often had additions like skirts + jackets?
9. There used to be only two age groups – Junior and Senior?
10. One of the big water shows in Winnipeg in the early 1950's involved the building of a stage over part of the water so that the dancers could be involved in the show as well as the swimmers?

For more information on Marj Simpson, visit www.synchro.ca.



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Kaitlyn Lischinski is once again our **Athletes' Representative** on the Synchro Manitoba board of directors. Please e-mail Kaitlyn at info@synchronomb.ca if you have any questions, concerns or suggestions.

We are calling all ex-swimmers to come out and take a Level 1 Officials course! Continue to support the sport that you love after you leave the pool! This is your opportunity to give back, have fun and get some create volunteer experience. Please contact Allison Gervais @ execdirector@synchronomb.ca if you are interested in registering for the course or would like any additional information.

We're on the Web:
www.synchronomb.ca

Check out our website for upcoming events, results and news!

Synchro Swim Manitoba is looking for a new "look and feel". We want to invite your creative ideas to help us "rebrand" your favorite sport in Manitoba with the following:

- 1. Tag line— examples: Winnipeg Synchro's "Unity in Motion", Nike's "Just Do it" etc... This is a short phrase that sums up what our organization is about. Be creative!*
- 2. Logo – use your artistic talents by developing a Synchro Swim Manitoba Logo!*

Please submit your entries to the SSM office or via e-mail to execdirector@synchronomb.ca no later than January 28, 2008! The winning tag line and logo will be decided upon by the Board of Directors and the winners will receive a prize!

Thanks for your help!

WESTERNS VOLUNTEERS NEEDED!

We are looking for volunteers for Westerns and all other competitions throughout the year!

Western Divisional Championships will feature some of the best synchronized swimming in the country, It will be held from **April 3-6, 2008 at Pan Am Pool.**

No experience is necessary to become a volunteer. All training

required will be provided!

You can volunteer as much or as little as you like!

If you or someone you know is interested in lending a hand, please call the SSM office or e-mail

Allison at execdirector@synchronomb.ca or Diane at competitions@synchronomb.ca.

Your help is appreciated!

