



— JEUX DU —
CANADA
— GAMES —

**MEDIA INFORMATION PACKAGE
SYNCHRONIZED SWIMMING**



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A. HISTORY OF SPORT

While there is evidence of swimmers performing ballet-like maneuvers in the water in ancient times, the origin of synchronized swimming as an organized, competitive sport dates to earlier this century. In the 1920s, a group of Canadian women, led by national caliber water polo player and diver Margaret Sellers, developed what they called 'ornamental swimming' from life saving and swimming techniques.

Originally known as water ballet, synchronized swimming began in Canada in the 1920s. It spread to the United States in the early '30s, where a display at the 1934 Chicago World's Fair drew rave reviews. Its popularity soared further when Esther Williams performed in a string of MGM "aqua musicals" in the 1940s and '50s.

Over the next 20 years the sport grew, became very technical and athletic, music was added to the routines, and the name changed to "synchronized swimming". Synchro consists of four events: solo, duet, team (eight swimmers) and a combo routine (combination of team, duet and solo in one routine).

Canadians have continued to be leaders in developing the sport. The inaugural world championships were held in 1973 in Belgrade, and the sport first appeared on the Olympic Games program in 1984. The team event replaced the solo and duet events at the 1996 Olympic Games. At the 2000 Olympic Games, the duet event was returned to the program.

For many years, Synchro has been Canada's most successful amateur sport. Synchro athletes have medaled in every World Championships between 1973 and 2001 with the exception of 1998, and every Olympic Games between 1984 and 2000. Synchro Canada is a member of the Aquatics Federation of Canada which falls under "la Fédération internationale de natation amateur (FINA).

B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Synchronized swimming was first contested at the inaugural Quebec City Games in 1967. The provincial/territorial rankings for all Games since are listed below:

	1967*	1971*	1975*	1979	1983	1987	1991	1995	1999	2003
	<i>F</i>	<i>F</i>	<i>F</i>	<i>F</i>	<i>F</i>	<i>F</i>	<i>F</i>	<i>F</i>	<i>F</i>	<i>F</i>
AB	-	2	1	3	1	2	3	1	3	2
BC	3	3	3	4	4	4	5	4	4	3
MB	-	-	-	5	3	9	6	6	6	5
NB	-	-	-	8	7	7	8	8	7	6
NF	-	-	-	9	8	6	7	7	10	9
NWT	-	-	-	10	-	-	-	-	-	-
NS	-	-	-	6	9	8	9	9	9	8
ON	2	-	2	2	2	3	1	2	2	4
PEI	-	-	-	6	-	-	10	10	8	10
QC	1	1	-	1	5	1	2	3	1	1
SK	-	-	-	7	6	5	4	5	5	7

NU										-
YK	-	-	-	-	-	-	-	11	11	11

C. NUMBER OF ATHLETES PER TEAM

Competitors: Female 9 (2 solos, 2 duets, 1 team).

D. EVENT FORMAT AND RULES OF PLAY

Synchro Canada rules shall apply for all events.

There shall be figures, solo, duet and team events. All competitors (including alternates) must compete in the figures event. Each province/territory may enter two routines in the solo and duet events, and one routine in the team event.

Competitors may enter one solo, one duet and one team. There shall be preliminaries and finals in all routine events. Following solo and duet preliminaries the top placing solo and duet routine (championship score) per province/territory will compete in the "A" finals. The second placing routine (championship score) in both solo and duet, per province, will compete in the "B" finals. All teams may swim in both preliminaries and finals.

Order of events:

- 1) Figures competition: Competitors will each swim two compulsory figures and two figures from one of the four optional Figures Groups. The figures will be selected from the Canadian AG Tier 7 Junior (15-18). The routines will follow Tier 7 Junior (15-18) age time limits.
- 2) Solo competition (preliminaries and finals)
- 3) Duet competition (preliminaries and finals)
- 4) Team competition (preliminaries and finals)

E. EQUIPMENT & TERMINOLOGY

Artistic Impression: Image or feeling retained as a result of demonstration of skill and good taste of the swimmer.

Boost: A rapid headfirst rise, with a maximum amount of body above the surface of the water.

Choreography: The craft of composing and arranging movement into a comprehensive framework

Creativity: Act of being original or imaginative. Process of formulating a fresh and distinctly personal statement

Eggbeater Kick: with the body in relatively vertical sitting position, the lower limbs move alternately, as the left foot moves clockwise, and the right foot moves counter clockwise. The technique of the eggbeater kick provides continued propulsive force for swimmers to maintain the high of the head and upper body above the water.

Execution: Refers to the performance level of the skills demonstrated

Highlight: A portion or detail of a routine of major significance or special interest; a memorable moment.

Lift: when one or more swimmers gives support to lift another swimmer above the surface of the water.

Manner of presentation: the way in which the swimmer presents her routine for the consideration of the public and/or judges.

Patterns: Refers to formations made by the spatial relationship between members of a team.

Platform: the coordinated effort of team members to form a stable support on which one or more swimmers is lifted to pose or perform other actions. May be static or moving.

Routine: a composition consisting of strokes, figures and parts thereof, choreographed to music.

Synchronization: To swim or execute movements in unison, one with the other and the accompaniment.

Technical Merit: The level of excellence demonstrated by the swimmer's mastery of highly specialized skills.

Transitions: Connecting movements which enable the swimmer to change from one movement to another; stroke to figure; eggbeater to layout; etc.

F. ELIGIBILITY

Competitors must be 18 years of age or under as of December 31, 2007 and 12 years of age or over as of December 31, 2007.

YEAR OF BIRTH: 1989 to 1995 inclusive.

G. JUDGING/SCORING SYSTEM

Figures and Routines shall be scored according to FINA and Synchro Canada rules in force at the time of the Games.

Provincial/Territorial Ranking

At the conclusion of each event, ranking points will be awarded as follows.

After the ranking of athletes in every event, event points will be awarded according to the following schedule:

Individual Events:

Position	PTS	Position	PTS	Position	PTS	Position	PTS
1 st	100	8 th	81	15 th	71	22 nd	64
2 nd	97	9 th	79	16 th	70	23 rd	63

3 rd	94	10 th	77	17 th	69	24 th	62
4 th	91	11 th	75	18 th	68	25 th	61
5 th	88	12 th	74	19 th	67	26 th	60
6 th	85	13 th	73	20 th	66		
7 th	83	14 th	72	21 st	65		

Team Event:

Position	PTS	Position	PTS
1 st	150	8 th	80
2 nd	140	9 th	70
3 rd	130	10 th	60
4 th	120	11 th	50
5 th	110	12 th	40
6 th	100	13 th	30
7 th	90		

There will be no scoring for a swimmer or team that is disqualified. When the last event has been concluded, ranking points from each event ("A" and "B" flights) will be added to give an overall ranking in Synchro. Points for the Games' Flag will then be awarded on the same basis as follows:

Position	PTS	Position	PTS	Position	PTS
1 st	10	6 th	5	11 th	1.5
2 nd	9	7 th	4	12 th	1
3 rd	8	8 th	3	13 th	0.5
4 th	7	9 th	2.5		
5 th	6	10 th	2		

H. PLAYOFF AND TIE-BREAKING FORMAT

Ties shall not be broken in preliminaries. For finals, in the event of a tie, the highest figure score shall determine the winner.

Provincial/Territorial Ranking

Should a tie occur in final provincial/territorial standing, the team with the greater number of event first places will be assigned the higher rank. If the tie persists, the procedure is repeated for event second places, then third, etc.

NOTE: When a multiple tie occurs and is only partially resolved by the application of a tie breaking rule, the remaining ties will be resolved by returning to priority #1 and proceeding through the order again.

I. TECHNOLOGY OF SPORT

CANADIAN SCORING PROGRAM

The Synchro Canada Scoring Program is being used all across Canada and is set up to score any level of competition. It is also set up to be very flexible in order to make sure someone can input any figures needed with the level of difficulty (DD's) for a particular competition. It is also set up to use no DD's if required. It has a database of every swimmer in Canada that has registered as member of Synchro Canada. This is updated

as soon as club registrations are done. The data for judge evaluations are also produced with this scoring system. The program can handle competitions that have only preliminary events and also competitions that have preliminary and final events.

SOUND SYSTEM

In order to play the music at events, synchronized swimming facilities have to be equipped with a sound system-variable speed tape deck-CD player, a microphone on deck, a decibel meter and underwater speakers. The Sound Systems for National and International events are subject to Synchro Canada's Approval and should be meeting the FINA Standards.

J. ROLE OF OFFICIALS IN SPORT

Referee: The referee has full control of the event. He/ She will instruct all other officials. The referee enforces all the rules and has the authority to make a decision on all questions relating to the actual conduct of the event and be responsible for the final settlement of any matter not otherwise covered by the rules. The referee has to make sure that all the necessary officials are in their respective positions. He/ She also ensures that the competitors are ready and signal for the start of the performance. The referee approves all the results before announcements.

Assistant Referee: The assistant referee (s) carries out duties assigned by the referee.

Scorer: The scorer records the marks and makes the necessary computations and produces the results. The scorer also provides the judges with their evaluation data at the conclusion of the event.

Chief Judge: The Chief Judge is in charge of coordinating and organizing all the on-site logistics around the judges attending the meet. He/ She also organizes the Judges Meeting prior to the event and works closely with the Chief Referee and the Meet Manager to make sure the Judges receive all the necessary information around the meet.

Assistant Chief Judge: The assistant Chief Judge (s) carries out duties assigned by the Chief Judge

Judges: Assess Routines and Figures, by giving marks, following pre-determined standards. For Routines- there are 10 judges assessing both Technical Merit and Artistic Impression.

K. FACILITY DESCRIPTION

The Canada Games Centre is a state of the art facility built as a legacy to the 2007 Canada Games that will help to further athlete development for years to come in Whitehorse. The Centre features 3 rinks (Olympic size, NHL size, and a leisure rink), 1 Fieldhouse, 1 Flexi-Hall, 1 Aquatic Centre, and an indoor running track.

All Synchronized Swimming events will take place in the Canada Games Centre 'Lions Aquatic Centre'.

L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

Province	Competitive Clubs	Recreational Clubs	Comp. Swimmers	Rec. Swimmers	Coaches	Officials	General Members	Total Membership
BC	19	0	309	227	86	97	4	742
AB	23	4	450	406	41	12	2	938
SK	5	1	48	143	19	13	8	237
MB	5	0	73	30	17	6	20	151
ON	25	4	908	816	214	97	152	2216
QC	33	2	711	433	148	56	10	1358
NS	2	0	16	0	5	0	10	33
NB	5	0	96	71	23	9	8	212
PEI	2	1	40	53	15	0	9	120
NFLD	6	0	80	47	21	2	15	171
YUKON	1	0	7	17	2	0	8	35

M. ATHLETES TO WATCH FOR

Labrador and Newfoundland

Allison DeLong: she has been swimming with the St. John's Sea Stars in Newfoundland and Labrador for six years. She competed competitively in Gymnastics for 4 years until February 2005 when she had an unfortunate accident on the uneven bars which left her with a broken ulna and radius in her left arm. Allison was unable to compete in the 2005-2006 Synchro season due to the condition of her arm. She underwent countless hours of therapy and due to her love of Synchronized Swimming and her perseverance, she is now able to train and compete. Allison is a member of Team Newfoundland and Labrador for the 2007 Canada Games in Whitehorse.

The DeLong family has a long and successful history at the Canada Games. Her father, Ian, competed in Track and Field at the 1973 Canada Games in Burnaby, British Columbia. Her mother, Patty, competed in Synchronized Swimming at the 1979 Canada Games in Brandon, Manitoba. Allison has an athletic brother, Michael, and a sister, Kiley, who also swims competitively in Synchronized Swimming.

Prince Edward Island

PEI has three athletes attending the Games. The PEI coach is confident that all three will accomplish great personal best. Danielle Stewart and Stephanie Fraser are the athletes that PEI is counting on, for sure, to go though.

Nova Scotia

Mallory Coughlin will swim Team as well as a solo and Allison Balan will swim Team as well as a duet. Technically they are stronger than the team in all areas. They are extremely hard working, are very dedicated and have great focus at all times. These two

girls if given the chance would take full advantage of any extra training and are constantly improving because of this.

New Brunswick

New Brunswick hopes to be the notable province to watch! Each Games year the province improves its performance and they are hoping to keep with that trend.

Québec

Jo-Annie Fortin
Stéphanie Leclair
Alice Rijer

The three of them are very strong in figure technique, synchronization and artistic impression. They are podium contenders.

Ontario

Samantha Mawhinney:

- FAST Scholarship recipient for the Canada Games
- Placed 12 at the National team trials for 2006 Team
- member of OSSC Bronze medal team from Nationals 2006
- Member of Synchro Canada's 2005 Comen Cup National 13-15 team
- Competed Internationally this year representing Canada in Team and Duet at the Us open and Duet at the Loano Open- they finished 5th in both events.

Julia McClean:

- Member of Canada's 13-15 Team 2006
- Duet 2nd at Espoir nationals for the past two years
- Consistently in the top 6 in figures at all National events

Annette Peterson:

- Member of Canada's 13-15 team 2006
- member of OSSC Silver Medal team at 2006 Espor Nationals
- Won team and figures at the Peru Invitational 2006

Rachel Kowalski:

- Member of 2006 13-15 Team
- Won team at the Peru Invitational
- Member of OSSC Silver medal team 2006 Nationals

Katie LePage:

- Member of the 2005 Comen Cup National 13-15 Team
- Placed in the top 36 for the 2006 National Junior Team Trials

Saskatchewan

Jessica Guenther: two times National 13-15 Team Member. She has choreographed a challenging solo and is working hard on her Tier 7 Figures. She is known for her outstanding figure results.

PAST Results 2006

Westerns: 1st in Solo; 1st in Figures; 1st in team

Nationals: 3rd in Solo; 2nd in Figures; 1st in team

PAST Results 2005
Nationals: 5th Figures; 6th Team; 8th Solo
Comen Cup: 4th Team

British Columbia

Rosilyn Tegart from Kamloops BC: Last year, she qualified into phase 2 of both the junior and senior category of the National Team Trials. In Whitehorse, she will be competing in the solo, duet and team event.

Emilia Kopicik from Surrey BC: Emily is 13 years old and last year placed 6th in team at ESPOIR nationals. She was also in the final for the solo event. She has 2 more years in the 15 & Under category and her goal is to follow in the path of her sister, Dominika Kopicik. In Whitehorse, Emily will be competing in the duet and team event.

Jacqueline Dear from Surrey BC: Jacqueline is 14 years old and placed 6th in team last year at the ESPOIR Nationals. She also qualified into phase 2 of the 15 & Under National Team Trials. Her goal this year is to be on that team. In Whitehorse, Jacqueline will be competing in the duet and team event.

We are still in the process of selecting our 9 athletes for Games. We also have not finalized our 2nd soloist. It would be between Emily and Jacqueline.

Manitoba

Marlene Desaulniers-Bernard & Freya Perron- Both soloists swam last season at the Western Divisional Champs. Marlene went on to compete at the Canadian Open.

Marlene Desaulniers-Bernard & Jillian Byman (first year swimming together).- they will swim duet, look for a high energy, fast routine, with lots of difficulty.

Freya Perron & Katelyn McGuffin (third year swimming together) will also swim duet. Katelyn & Freya have attended Nationals for the past two years (Espoir, & Canadian Open). Look for a beautifully choreographed routine which highlights the athletes' power & elegance.

Manitoba has a young athlete named Megan Rutherford. She is currently 12 and will be at the games as well. She is a strong asset to our team and is a promising athlete for Manitoba

Jillian Byman (in one of the duets) is a young (13yrs), strong athlete. She is hoping to tryout for the 13-15 National Team this spring.

Christina MacNeill is one of our oldest swimmers. She made the age cut by one day as her birthday is on Dec.31st. She has very strong figures and will be pushing for one of the top placements.

Alberta

Hannah Bazar- Her family has recently moved to Prince George, BC and she has stayed in Edmonton living with an older sister so that she can continue to train and go to her first Canada Winter Games. She is one of the strongest routines swimmers on the team.

N. NOTABLE PAST ATHLETES/ALUMNI

1971- Saskatoon

Jojo Carrier-Thivierge (Quebec)
Madeleine Ramsey (Quebec)
Sylvie Fortier (Quebec)

1973-Lethbridge

Lyne Carrier (Québec)
Lena Carrier (Québec)

1979- Brandon

Penny Villagos (Quebec)
Vicki Villagos (Quebec)
Margot Mountjoy (Ontario)
Elisabeth Price (BC)

1983- Saguenay Lac St – Jean

Lisa Alexander (Ontario)
Marie Cameron (Alberta)
Denise Sauvé (Québec)

1987- Cape Breton County

Chantal Vallières (Quebec)
Susan Crews (BC)
Carrie Deguerre (Ontario)
Kelly Hogan (Ontario)

1991- Charlottetown

Erin Woodley (Ontario)
Jennifer Langlois (Québec)

1995- Grande-Prairie

Claire Carver-Dias (Ontario)
Julia Warren (Ontario)
Catherine Garceau (Quebec)

1999- Cornerbrook

Laurel Alexander (Alberta)
Marie- Pier Boudreau-Gagnon
(Quebec)
Jessika Dubuc (Quebec)
Marie-Pierre Gagne (Quebec)
Anouk Reniere-Lafreniere (Quebec)
Lindsay Cargill (Saskatchewan)
Nicole Cargill (Saskatchewan)

2003 – Bathurst Campbellton

Samantha Standeven (BC)
Dominika Kopicik (BC)
Sarah-Eve Pelletier (Quebec)
Elise Marcotte (Quebec)
Eve Lamoureux (Quebec)
Anastasia Polonska (Quebec)
Jennifer Song (Alberta)
Jessica Outhwaite (BC)

O. ATHLETE/TEAM MATCH-UPS (RIVALRIES)

The synchronized swimming competition at the Games should feature exciting match-ups between Quebec vs. Ontario. Newfoundland, New Brunswick, Alberta and British Columbia have all been working hard to finish ahead of both Quebec and Ontario.