

SPORT INFORMATION PACKAGE

SYNCHRONIZED SWIMMING

2011 Canada Games
Halifax, Nova Scotia

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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.

Back amongst the best in the world

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.

Member of the Aquatics Federation of Canada which falls under "la Fédération internationale de natation amateur (FINA), Synchro Canada has been reclaiming its turf among the world powers since 2008. At the 2009 FINA World Aquatic Championships, Canada won two medals, its first podium finishes at the event since 2001. Following the worlds, Canada triumphed at the 2009 FINA World Trophy. The Canadians earned its perfect marks since 1997 and beat Russia for the first time in more than a decade.

At the 2010 FINA World Cup, Canada won four medals in four events, a record for the country in a FINA event.

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	2007
	<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>	<i>F</i>
AB	-	2	1	3	1	2	3	1	3	2	3
BC	3	3	3	4	4	4	5	4	4	3	4
MB	-	-	-	5	3	9	6	6	6	5	7

NB	-	-	-	8	7	7	8	8	7	6	6
NL	-	-	-	9	8	6	7	7	10	9	8
NWT	-	-	-	10	-	-	-	-	-	-	-
NS	-	-	-	6	9	8	9	9	9	8	10
NU	-	-	-	-	-	-	-	-	-	-	-
ON	2	-	2	2	2	3	1	2	2	4	2
PEI	-	-	-	6	-	-	10	10	8	10	9
QC	1	1	-	1	5	1	2	3	1	1	1
SK	-	-	-	7	6	5	4	5	5	7	5
YK	-	-	-	-	-	-	-	11	11	11	11

C. NUMBER OF ATHLETES PER TEAM

Competitors: Female 10 (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 21 years of age or under as of December 31, 2011 and 12 years of age or over as of December 31, 2011.

YEAR OF BIRTH: 1990 to 1999 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 2011 Canada Games that will help to further athlete development for years to come in Halifax. The Centre is located 10 kilometres from the Athletes' Village and features a Fieldhouse, Aquatic Centre, indoor running track and Fitness Centre.

All Synchronized Swimming events will take place in the Canada Games Centre Aquatic Centre. Badminton and Synchronized Swimming will also be held at the Canada Games Centre.

L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

Province	Competitive Clubs	Recreational Clubs	Comp. Swimmers	Rec. Swimmers	Coaches	Officials	General Members	Total Membership
BC	23	3	260	217	71	31	218	797
AB	21	1	389	2457	112	58	40	3056
SK	7	0	94	153	45	17	199	508
MB	4	1	93	91	41	13	49	288
ON	24	1	809	1092	231	72	140	2344
QC	38	1	1391	2448	187	168	127	4321
NS	3	0	62	18	18	6	8	112
NB	5	0	109	80	34	11	7	252
PEI	1	0	40	25	10	16	14	105
NFLD	4	0	101	38	18	19	19	195
YUKON	1	0	9	6	2	0	5	22
TOTAL	131	7	3357	6625	769	361	826	11938

M. ATHLETES TO WATCH FOR

Alberta

Jordan McKenzie

- Member of Synchro Canada 2010 13-15 National Team
- Won the bronze medal in duet with Kali Wong at the 2010 Canadian Espoir Championships

Kali Wong

- Member of Synchro Canada 2010 13-15 National Team
- Won the bronze medal in duet with Jordan McKenzie at the 2010 Canadian Espoir Championships
- Named National 13-15 Athlete of the Year by Synchro Alberta

Madison Allen

- Qualified for the Synchro Canada 2010 13-15 National Team selection camp

Savannah Sami-Bacon

- Qualified for the Synchro Canada 2010 13-15 National Team selection camp

Kaylene Scheil

- Qualified for the Synchro Canada 2010 13-15 National Team selection camp

Erica Slavin

- Qualified for the Synchro Canada 2010 13-15 National Team selection camp

British Columbia

Olivia Zawadiuk

- Member of Synchro Canada 2010 13-15 National Team

Ontario

Alina Ryssina

- Member of Synchro Canada 2010 13-15 National Team

Tess Kruspe

- Qualified for the Synchro Canada 2010 13-15 National Team selection camp

Lisa Sanders

- Qualified for the Synchro Canada 2010 13-15 National Team selection camp

Quebec

Jacqueline Simoneau

- Named 2010 Athlete of the Year by Synchro Canada
- Finalist at the 2010 Gala SportsQuébec in the category Athlete of the year at the Quebec level
- Member of Synchro Canada 2010 13-15 National Team (2010 Comen Cup: gold in solo-in front of a Russian, silver in duet with Anne-Marie Chouinard, 3rd in figures and 4th in team)
- Won 5 gold medals in 5 events at the 2010 Canadian Espoir Championships (figures, solo, duet, team and combo events)

- Named Tier 6 (15 years old and under) athlete of the 2010 Canadian Esprit Championships
- Member of Synchro Canada 2009 13-15 National Team

Anne-Marie Chouinard

- Member of Synchro Canada 2010 13-15 National Team (2010 Comen Cup: silver in duet with Jacqueline Simoneau, 21st in figures and 4th in team)
- Won 5 medals in 5 events at the 2010 Canadian Esprit Championships (gold in duet, team and combo events, silver in solo, bronze in figures)
- Member of Synchro Canada 2009 13-15 National Team

Mathilde Sauvé

- Member of Synchro Canada 2010 13-15 National Team
- Won the silver medal in figures and the bronze medal in solo at the 2010 Canadian Esprit Championships
- Member of Synchro Canada 2009 13-15 National Team

Natasha Bernier

- Member of Synchro Canada 2010 13-15 National Team
- Member of Synchro Canada 2009 13-15 National Team

Camille Rémillard

- Qualified for the Synchro Canada 2010 13-15 National Team selection camp
- Member of Synchro Canada 2009 13-15 National Team

Prince-Edward-Island

Lisa Bondt

(athlete)

Third generation synchro swimmer

These are the second Canada Games for Lisa Bondt, who is also the team captain. Synchronized swimming runs deep in her family as both her mother and grand-mother have practiced the sport.

Victoria McQuaid

(athlete)

Family ties with the Boston Bruins

Victoria McQuaid will be the youngest athlete on the PEI synchronized swim team. To help her prepare for the Games, she can contact her cousin, Boston Bruins defenceman Adam McQuaid. The 24-year-old Adam is also a native of Charlottetown.

Joline Dawson/Elizabeth Proude

(coaches)

A duo reunites

The 2011 PEI synchronized swim team is led by coach Joline (Dunn) Dawson, who represented the province at the 1999 Canada Games where she took fourth place in both solo and duo competitions. After continuing her career in Edmonton, she returned to her home province to develop the high performance program. At the 2011 Canada Games, she will team up with Elizabeth Proude, who was her coach for several years.

Saskatchewan

Emma New
(athlete)

Mother and daughter at Canada Games

Emma New will represent Saskatchewan at the 2011 Canada Games in synchronized swimming. She will be able to follow the footsteps of her mother Cathy, who participated at the 1979 Canada Games in the same event, as well as coach/manager at the 1999 Games. Cathy New is still active in the sport. She recently participated at the 2010 World Masters Championships in Sweden.

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 Kopcik (BC)
Sarah-Eve Pelletier (Quebec)
Elise Marcotte (Quebec)
Eve Lamoureux (Quebec)
Anastasia Polonska (Quebec)
Jennifer Song (Alberta)
Jessica Outhwaite (BC)

2007 – Whitehorse

Jo-Annie Fortin (Québec)
Stéphanie Leclair (Québec)
Camille Bowness (Québec)
Marie-Lou Morin (Québec)
Stéphanie Durocher (Québec)
Claire Friesen (Alberta)
Emilia Kopcik (B.C.)
Catherine Powell (Québec)

O. ATHLETE/TEAM MATCH-UPS (RIVALRIES)

The synchronized swimming competition at the 2011 Canada Games should feature exciting match-ups between Quebec, who won the last three Canada Games, and Alberta, British Columbia and Ontario.