



SYNCHRO BC 

2018

Annual Report

PHOTO  TEAM

THANK YOU TO OUR FUNDERS & PARTNERS



Values Statement



Synchro BC members are united through its values:

We are **CONNECTED** as a **True** Sport community.

We strive for organizational **EXCELLENCE**.

We offer **INCLUSIVE** programs and services so that all can benefit from our sport.

We act with **INTEGRITY** ensuring our decisions reflect ethical practices.

We communicate **RESPECTFULLY** with all participants.

**TRUE
SPORT**
LIVES HERE



President's Message



At the 2017 Synchro BC Summit, we launched our alignment with the True Sport movement, taking a stand to live up to the seven principles that guide each of us to help create a positive, healthy, and enriching sport experience that is good for children and adults alike.

Living up to those principles is the single most important thing we as an organization can do to grow and thrive.

We are all well aware of how difficult this sport is. Every time an athlete holds their breath, they fight their fundamental survival instinct to breathe. They use the power and technique of sculling and eggbeater to create solid ground out of water. It is magic and it explains the essential reason our sport is dominated by strong, confident women and girls who don't give up, who **Go For It**.

Its not enough.

To create a community where more people are inspired to join, and stay because they thrive, we must give equal weight to the six other True Sport Principles. These are the principles that the citizens of our country have stated are essential to creating quality sport.

After a few tentative steps last fall, our organization is now embracing this culture change and leaders are stepping up across the province. From our coaches who asked for higher standards to keep children safe and our athletes who demand fairness, to our Board of Directors that changes policy to set a higher bar, clubs that set goals based on values, our officials who push for greater ethical standards, and for all who make decisions based on those values – even when it is hard – thank you.

Our collective efforts are making waves across the country as we are recognized within artistic swimming, by viaSport, and by our fellow sport organizations as game changers.

You can all be so proud. I know I am.

Respectfully submitted,

RaeAnne Rose

2017-18 At-A-Glance



Member Clubs: 18

BC Aquasonics | Burnaby Caprice | Comox Valley Orcas | Fraser Valley Masters
Haney Neptune | Hollyburn Synchro | Kamloops Sunrays | Kelowna Dolphins
Nanaimo Diamonds | Nelson Reflections | Prince George Waterlilies
Pacific Wave Synchro | Ravensong Waterdancers | Revelstoke Rainbows
Vancouver Masters Synchro | Vernon Silhouettes
Victoria Synchro | West Coast Masters

Athletes: 636

Recreation | Limited Competitive | Provincial Stream | National Stream | Masters

Coaches: 89

Synchro Introduction | Competition Introduction | Competitive Development

Coach Professional Development Opportunities: 7

Officials: 40

Officials Development: 2

Volunteers: 330

Athletes Attending National Team Trials: 1

Athletes Competing in UANA Pan AM Masters Championships: 12

Adaptive Synchro Athletes Competing at National Championships: 2

Regional Coach Club Visits: 9

Interior— 4 | Lower Mainland— 2 | Island—3

High Performance Report



The 2017-18 Season was very important for the continued success of Synchro BC's High Performance programs as we launched our newly developed TID Program and a comprehensive aggregate selection process for our 2019 Canada Winter Games Team. The collaborative and inclusive approach of the Leadership Team leveraged our staff's strengths ensuring we had multiple professionals consulting on program delivery. I am very pleased to report that our athletes and coaches worked together in a healthy and progressive high performance environment, regardless of their competitive level.



TID Program:

The High Performance Program operated through Synchro BC's Talent Identification (TID) Program with the primary objective of creating a sport academy environment geared towards training athletes with the common purpose of improving their individual skills. Within our TID Program the 2019 Provincial Team was formed and continues to prepare for the 2019 Canada Winter Games in Red Deer.

Integrated Support Team:

The creation and club incorporation of the TID IST was a huge success. Taking a localized high performance training center and making it accessible to all TID athletes and coaches across the province was a big challenge, but a huge success. We have built an amazing relationship with the Fortius Institute who support athlete development from the pool deck to the gym and classroom.

Coach Apprenticeship Program:

Improving on our provincial coaches' individual skills was the objective of the 2017-18 High Performance Plan. Our TID Coaches took part in educational opportunities such as mentoring with Fortius and shadowing international coaches during the 2018 World Series.

2019 Canada Winter Games Team:

The Top 12 athletes for the 2019 Canada Winter Games have been successfully selected. This group of professional young ladies have molded the future for Synchro BC's provincial teams by fostering the True Sport Principles within their training environment. We should all be extremely proud and celebrate these athletes now, not just at Games time.

A big thank you to everyone, it's been a pleasure working with all of you to make BC an amazing place for our athletes to achieve their goals.

Respectfully submitted,

Susan Kemper

Talent Identification Program **SYNCHRO BC**



2017-2018 Participants

Anaya Jhutti | Annie Wang | Caitlyn Nichols
Charlotte Ribalkin | Daisy Vasquez
Hannah Kryworuchko | Hannah McDonagh-Proud
Jenna Dickie | Jessica de Verteuil
Kaitlyn Aylesworth | Katelyn Davidson | Keily Hutt
Keira Fawcett | Kendall Stirrat | Madisen Roberts
Mara Lambert-Wilson | Naomi Madokoro
Olivia Strickland | Preet Lehal
Rosina Fraser-Bowden | Samantha Volkamer
Sasha Nixon | Sirona Lyon
Tianqi (Abby) Yang | Zara Herbert



Coaching Team

Olena Foshchevska | Rosilyn Tegart
Tara Gant | Tina Naveri



2017-2018 Recipients

Caitlyn Nichols— BC Aquasonics
Charlotte Ribalkin—Kamloops Sunrays
Hannah McDonagh- Proud— Victoria Synchro
Hannah Kryworuchko—Pacific Wave Synchro
Kaitlyn Aylesworth— Victoria Synchro
Kendal Stirrat—Pacific Wave Synchro
Lisa Koyama-Wong— Pacific Wave Synchro
Mara Lambert-Wilson—Victoria Synchro
Nancy Liu—Pacific Wave Synchro
Sasha Nixon— Burnaby Caprice
Seray Sefayi— Pacific Wave Synchro
Zara Herbert—Pacific Wave Synchro



Sport Development Report **SYNCHRO BC**

The 2017-18 season was another year of great change for Synchro BC, many of which were in the area of sport development.

This was the first full season with the Leadership Team in full working order. With daily communication and collaboration, we were all able to join forces to enrich our respective programming areas enhancing artistic swimming across BC!



Adaptive Synchro Committee

This committee is one of the liveliest committee's that I have had the pleasure of working with. Through their leadership and efforts, we saw a progressive change to our Adaptive Synchro programming, increased participation on a national stage with gold and silver medals won by Abby Bucher and Stephanie Papillo, respectively, at the 2018 Espoir National Championships, hosted a parent and coach information and development session during the Adaptive Provincial Championships enhancing interaction of members managing adaptive programming, prepared an application to include an adaptive event in the 2020 BC Summer Games (outcome to be determined this Fall), and participated in a viaSport/UBC research initiative.

Masters Committee

With a keen interest in improving programming across BC and ensuring there is a voice for Masters' athlete within Synchro BC, this committee contributed a new recreation level of competition, new figures, a movement to bring the Masters' National Championships back to BC, and the development of content for the Masters' section of the website.

Sport Development Committee

This committee was instrumental in reviewing, suggesting changes to, and approving sport development programming, including materials for the regional coach program, Train 2 Train, new figures for youth recreation athletes, and revisions to the committee's Terms of Reference.

Regional Coach Program

In its inaugural season, three regional coaches visited 9 clubs around the province to enhance programming through mentorship, technical support and athlete/coach feedback and development. Thank-you to Disa Fladmark (Lower Mainland), Brenda Scott (Island) and Tina Naveri (Interior) for their contributions to making this program a success!

Train 2 Train

2017-18 was the third year that the T2T program was offered in BC. Led by Disa Fladmark, the athletes came together for four camps to focus on the three C's: Cooperation, Confidence & Creativity. Elizabeth Ignace assisted with program delivery and four guest coaches—Carly Helgason, Chelsea Rogers, Erin Williams and Stephanie Dickinson—each assisted at one camp.

Sport Development Report **SYNCHRO BC**

Recreation Programs

Last season saw many changes in recreation offerings including new figures, the creation of Regional Fun Meets (modelled after the Interior's annual competition), and a new provincial competition model.

BC Summer Games

We had a successful 2018 BC Summer Games with participation in 7 of the 8 zones, great athlete unity across all zones and some fierce competition resulting in medals in more zones than ever before!

Professional Development (PD) Opportunities for Coaches

Synchro BC ran a variety of PD point opportunities for our coaches in 2017-18 covering an array of topics reaching 98 coaches with 7 professional development events.

Social Media

Synchro BC made a concerted effort to increase its social media presence last season to highlight the many successes of our members including but not limited to our Masters teams competing on the international stage, the amazing volunteerism that supported the hosting of the 2018 Espoir National Championships and FINA World Series Canada Open, athletes competing at the 2018 BC Summer Games, following our TID athletes on their path towards the 2019 Canada Winter Games and so much more.

As you can see, it was not without the support of my committee members, our great coaches, the Board of Directors, and the Leadership Team that so much was accomplished this past season. It was an incredibly rewarding season as Sport Development Director and I look forward to continuing to meet new people, to talk with athletes and coaches, and to work collaboratively with the collective goal of ensuring the sport of artistic swimming in B.C. is always evolving and meeting the needs of its members!

Respectfully submitted,

Tanya Magee



Train to Train



2017-2018 Athletes

Ashley Zhou | Avery Hong | Eleanor Lee
Emma West | Karina Aujla | Georgia Springate
Kate Liebe | Kayla Drew | Kianna Vasquez
Lisa Tatarnikov | Madison Le | Mia Pismestrovic
Moe Zhang | Molly Zhang | Nadia Curtis | Veniece Tseng

Coaches

Head Coach: Disa Fladmark
Assistant Coach: Lizzy Ignace
Guest Coaches:
Carly Helgason | Chelsea Rogers
Erin Williams | Stefanie Dickinson

Operations Report



The 2017-18 season was nothing less than productive as Synchro BC embarked on a pathway that guided us into a lot of new territory. Operationally, Synchro BC focused much of its efforts on streamlining its organizational readiness. Among other things, this included updating our Bylaws to align with the new Societies Act, conducting a comprehensive risk management assessment and developing a Risk Registry, reviewing a number of Committee Terms of Reference, working with experts to review and enhance policies, and investing in a commitment to a management by values philosophy. I would be remiss if I did not acknowledge the hard work and dedication of the Governance Committee who spearheaded much of this intensive work.

As part of its commitment to values-based sport, the Synchro BC Board of Directors made a meaningful commitment to the True Sport Principles, Respect in Sport, and pledged to the Responsible Coaching Movement. In addition, the organization is one of nine provincial organizations serving on viaSport's Safe Sport Working Group which strives to identify practical and successful practices for implementing these commitments. Our dedication to a safe, welcoming and inclusive sport environment is now being formalized as it becomes embedded into our operating policies.

From a human resources perspective, we welcomed back Annie Smith as Events Manager. With more than a decade of experience in managing synchro events, we are thrilled to have Annie back. Our gain, however, was also a loss as we said goodbye to Renate White who filled the position during the 2017-18 season with determination. Synchro BC's Leadership Team worked closely to support all areas of program delivery and I am pleased that we have fostered an effective, supportive and ethical work environment for all staff. A huge thank you to all our staff who continuously go above and beyond the call of duty!

A particular highlight of the 2017-18 season was the hosting of the 2018 Espoir National Championships in conjunction with the Canadian stop on the FINA World Series circuit. BC's athletes did us proud and represented the province with grace and dignity on their home stage while the artistic swimmers from around the world—Austria, Canada, France, Japan, Korea, Serbia, Ukraine, and USA—not only inspired us with incredible performances in the pool, but were approachable and positive role models to the young athletes from across Canada. The opportunity to share the stage with the best of the best was an inspiration that we hope will be a legacy of this event for years to come. A very big thank you to BC Aquasonics, Burnaby Caprice and Pacific Wave Synchro whose collaborative efforts helped to make this event a success.

Having been in the role of Executive Director for a little more than eighteen months now, I can say for certain that the one thing we can count on in the sport of artistic swimming is change. That said, the change is both positive and evolutionary, striving to make our sport better, safer and more inclusive. I am proud that Synchro BC is being recognized as a leader among sports in BC and the national synchro community as an early adopter and change influencer and hope we can continue to work with our partners in BC and across Canada to foster change to better our sport. This will only be possible with the ongoing support and contributions of you—our members. I look forward to future opportunities to engage with the membership to create the conditions where every athlete, coach, official, volunteer, and executive can strive to achieve their individual goals and our collective desired outcomes both in the pool and beyond.

Respectfully submitted,

Jennifer Keith

Competitions At-A-Glance



Provincial Competitions: 11 including the following events:

Island Training Meet | Interior Training Meeting | Lower Mainland Training Meet
Provincial Stream Routine Meet | BC Summer Games Trials | PS Regional Championships
PS Provincial Championships | NS Training Meet #1 | NS Training Meet #2
National Stream Regional Championships | National Stream Provincial Championships
Talent ID Trials | Canada Winter Games Trials | Masters Regional Championships
Masters Provincial Championships | Masters Recreation Championships
Limited Competitive Provincial Championships
Interior Fun Meet | Island Fun Meet | Lower Mainland Fun Meet

BC Entries at National Qualifier: 52

Figures: AG13-15: 26
Solo: AG13-15: 3 Junior: 7 Senior: 5
Duet: AG13-15: 2 Junior: 4 Senior: 0
Team:A G13-15: 2 Junior: 2 Senior: 0 Combo: 1

BC Entries at Canadian Espoir Championships: 51

Figures: AG11-12: 14 AG13-15: 21 Adaptive: 2
Solo: AG11-12: 3 AG13-15: 1 Adaptive: 2
Duet: AG11-12: 2 AG13-15: 1
Team: AG11-12: 3 AG13-15: 2

BC Entries at Canadian Open Synchronized Swimming Championships: 25

Solo Tech: Junior: 3 Senior: 2 Solo Free: Junior: 3 Senior: 1
Duet Tech: Junior: 1 Senior: 0 Duet Free: Junior: 0 Senior: 1
Team Tech: Junior: 2 Senior: 0 Combo: 1 Team Free: Junior: 0 Senior: 0

National Podium Performances: 2

Espoir:

SSWCD 2 Figures: **GOLD:** Abby Bucher (KAM) **SILVER:** Stephanie Papillo (BCAQ)
SSWCD 2 Solo: **GOLD:** Abby Bucher (KAM) **SILVER:** Stephanie Papillo (BCAQ)

Top 10 Finishes

Canadian Open:

Junior Tech Solo: **8th:** Hannah Proud (VIC) **10th:** Kendall Stirrat
Junior Free Solo: **5th:** Hannah Proud (VIC) **6th:** Kendall Stirrat
Junior Tech Team: **7th:** Victoria Synchro **8th:** Pacific Wave Synchro
Senior Free Solo: **8th:** Charlotte Ribalkin (KAM)
Senior Free Duet: **4th:** Katie Stirrat & Olivia Zawadiuk (UBC)

Espoir Championships & FINA World Series



Officials Report



2017-2018 BC Officials Committee

Lisa Balcombe—Chair/Island Educator
Sharon Devana – Statistician/Official’s Evaluator
Christina Demiris – Lower Mainland Educator
Anne-Marie North—Lower Mainland Educator
Madeleine Ramsay – Island Educator
Heather Archer—Interior Educator
Debbie Provencher – Referee/Volunteer Educator
Carol Stewart – Referee/Volunteer Educator
Robyn Guidon—Panel Resource/Support
Nicola Iten—Resource Development

Activities

Officials Development: Level I: 6 certified Level II: 2 certified + 3 in progress

Plan 42 Pilot Project—separate judging of Design, Control, Extension & Height

Deck Volunteer & Panel Referee— volunteer training provided a significant increase in deck volunteer support

Participation: 40 Judges & Referees | 10 Panel Referees

Awards

Sharon Devana—Canada Artistic Swimming Board of Director’s Pin (25+ years of national service)
Lisa Balcombe—Canada Artistic Swimming Official’s Recognition Certificate (20+ years of national service)
Debbie Provencher—2018 Synchro BC President’s Award
Kalista Iten—Level I-II Official of the Year
Christina Demiris—Level III+ Official of the Year

Upgrades

Trish McKay—achieved National Level III Judge Certification
Christina Demiris—approved to upgrade to National Level IV Judge
Robyn Guidon—approved to upgrade to National Level III Judge

National and International Involvement

FINA Judge Development Recertification School, Calgary, AB: **1 BC Official, 1 BC Official Educator (FINA)**
Qualifiers, Calgary, AB: **4 BC Officials**
Canadian Open, Windsor, ON: **3 BC Officials**
Espoir, Surrey, BC: **4 BC Officials**
FINA World Series Canada Open, Surrey, BC: **2 BC Officials**
UANA Pan American Masters, Orlando, FL: **1 BC Official**

Louise Kennedy had a busy year attending the ODESUR Games in Cochabamba, Bolivia and UANA Pan Am Age Group Championships in Riverside, USA as a FINA Evaluator, judging at the FINA Junior Worlds and participating in the FINA Evaluator School in Budapest, Hungary, and evaluating at the Canadian Qualifier and Canadian National Championships.

Respectfully submitted,

Lisa Balcombe

Awards



Congratulations to the following members of Synchro BC who were recognized in 2017-2018 for their exceptional service, contributions and performances.

Canada Artistic Swimming Volunteer of the Year: **RaeAnne Rose**

Canada Artistic Swimming Board of Director's Pin: **Sharon Devana**

Canada Artistic Swimming Official's Recognition Certificate: **Lisa Balcombe**

Synchro BC President's Award: **Debbie Provencher**

Synchro BC Athlete Awards

PS: 11-12: **Mia Pismestrovic** | 13-15: **Olesya Kondrateva** | 16-18: **Maleka Rostami**

NS: 11-12: **Nadia Curtis** | 13-15: **Hannah Kryworuchko** | Jnr: **Kendall Stirrat** | Snr: **Charlotte Ribalkin**

Adaptive: **Abby Bucher**

University: **Katie Stirrat & Olivia Zawadiuk**

Masters: **Ashley Belm & Rebecca Martinho**

Go For It: **Olivia Strickland**

Synchro BC Team Awards

PS: **Ravensong Waterdancers 13-15 Duet**

NS: **Victoria Synchro Junior Team**

Synchro BC Club Development Awards

Athlete Development: **Nelson Reflections**

Coach Development: **Victoria Synchro**

Synchro BC Coach Awards

Sport Development Coaching—Adaptive: **Naomi Woolverton**

Excellence in Coaching: **Rosilyn Tegart**

Coach of the Year: **Tina Naveri**

Synchro BC Officials Awards

Official of the Year—Level I-II: **Kalista Iten**

Official of the Year—Level III+: **Christina Demiris**

Synchro BC Volunteer Awards

Volunteer of the Year: **Jessica Nemlander & Trish Paez-Hutt**

