



OLYMPIUM SYNCHRONIZED SWIMMING CLUB SUMMER PROGRAMS

www.olympiumsynchro.com

Phone: 647-393-6776

Olympium Synchro is thrilled to offer two programs for Summer 2009:

1. **O.S.S.C.'s Summer Synchro**
2. **O.S.S.C.'s Internationally Celebrated High Performance Training**

Olympium Summer Synchro

Love to swim? Love to dance? Creative and want to have fun? This is the camp for you!

Athletes thinking of moving into a competitive program next season, as well as first time "Learn to Synchro" swimmers ages 5 and up, are invited to participate and develop their love of synchro.

Mix and match one or more weeks, or register for all six weeks!

July 6-10

July 13-17

July 20-24

August 10-14

August 17-21

August 24-28

Camp will run 8 a.m. to 4 p.m. There will be a water show on Friday afternoon and everyone is welcome!

Three Summer Synchro Training Programs:

White Team Training - ideal for athletes 10 & under

\$300 per week. Designed for swimmers interested in learning the 'basics' of synchro. Ideal first experience at synchro - no previous synchro experience necessary. Head-coach Kerri Morgan has brought two decades of experience in synchro to create this development program for our youngest athletes: OSSC will incorporate dance, flex, stroke improvement, diving ... and lots of fun!

Red Team Training - ideal for athletes 10 to 12

\$350 per week. Building on the White Team offering (dance, flex, stroke improvement, and diving instruction). Red Team training will also focus on enhancing endurance, highlight artistic development and improving synchro skills. A focus on developing self-esteem as well as self-discipline, team spirit and good sportsmanship. This development stream will positively position the athletes for a future in competitive synchro in a fun and challenging week.

Black Team Training - ideal for athletes 13 to 15

\$400 per week. Promote the development and value of leadership skills, solid work ethic, passion and heart. Comprehensive physical training program focused on enhancing synchro skill development as well as choreography - includes dance, flex, stroke improvement and diving instruction. Athletes will begin to develop goal-setting skills as well as self-evaluation and self-awareness. This training stream will positively position the athletes for a future in competitive synchro in an environment that encourages personal growth and development.

Equipment Required: *bathing suit, towels, goggles, cap, nose clips, T-shirt, shorts, running shoes, lunch, snacks & water.*

High Performance Training

SWIM.... SYNC.... SOAR! Two Sessions ONLY: July 20-24, 2009 & August 24-28, 2009

OSSC's Summer Training Camp for Tier stream athletes is a one-week program custom designed to prepare dedicated athletes for the upcoming competitive season. Don't miss this opportunity to sample one of the most comprehensive conditioning & skills development programs in Ontario!

Camp will run 8 a.m. to 4 p.m. There will be a water show on Friday afternoon and everyone is welcome!

OSSC develops the ENERGY, the ENTHUSIASM, & the EXCITEMENT to ACHIEVE!! Find out first hand why this training has been internationally celebrated with athletes participating from Belgium, Colombia, and Mexico!

All training will be held at the Etobicoke Olympium, 590 Rathburn Rd.

For further information please call Cynthia Caskey 647-393-6776 (O.S.S.C. Summer Camp Coordinator)



**Participant’s Agreement for MINOR CHILD
to be signed by minor participant AND parent/guardian**

Name of Participant: _____ Age (under 18) _____ CLUB: _____

ALL SPORT, INCLUDING SYNCHRONIZED SWIMMING, HAS ITS RISKS

I participate in the sport of synchronized swimming because it is physically and mentally challenging. In consideration of my participation in such programs, activities and events, I hereby acknowledge that I am aware of the risks and hazards associated with or related to synchronized swimming. The risks and hazards of synchronized swimming include, but are not limited to:

- Injuries from executing strenuous and demanding physical techniques in synchronized swimming including boosts and lifts;
- Injuries from dryland training including weights, pilates, running, dance, bands, circus school and massage;
- Injuries from entering the water by either diving or jumping;
- Injuries from spending extended times in chlorinated water including bacterial infections and rashes;
- Injuries from collisions with the pool wall or pool bottom;
- Injuries from extended time underwater;
- Injuries from physical contact with other participants including spotters whose role is to enhance safety and learning;
- Injuries from strenuous cardiovascular workouts;
- Injuries from exerting and stretching various muscle groups; and
- Travel to and from competitive events and associated non-competitive events which are an integral part of the organization’s activities.

Furthermore, I am aware:

- That injuries sustained in synchronized swimming can be severe;
- That I may come into close contact with other participants, including the possibility of accidental and unexpected touching;
- That I may experience anxiety while challenging myself during the activities;
- That my risk of injury is reduced if I follow all rules adopted during training; and
- That my risk of injury increases as I become fatigued.

I AGREE TO BE RESPONSIBLE FOR MYSELF

I am participating voluntarily in these activities, events and programs. I agree that there are risks in synchronized swimming as described above. By participating voluntarily in these events, activities and programs, I am exposed to these risks and hazards. I agree to accept them and be responsible for any injury or other loss which I might receive while participating in these events, activities and programs.

If something happens to me, I release the organizers of responsibility for any claims, demands, actions and costs which might arise out of my participation. In this Agreement I understand “organizers” to mean: Synchro Swim Ontario, its directors, officers, members, employees, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of the facility, and representatives.

I ACKNOWLEDGE MAKING THIS AGREEMENT

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

Printed Name of Participant

Signature of Participant

Printed Name of Parent or Guardian

Signature of Parent or Guardian

Date

**CONSENT FOR EMERGENCY MEDICAL TREATMENT
to be signed by the parent/guardian of a minor participant**

I, _____, parent/legal guardian of _____, give permission to the officials and coaches of Synchro Swim Ontario to make decisions concerning medical care and treatment, and where necessary to authorize such care and treatment in emergency situations. I understand that the officials and coaches of Synchro Swim Ontario will make every reasonable effort, in the circumstances, to contact me regarding my child’s/ward’s medical status in the event an emergency arises. In the event that I cannot be reached in an emergency I hereby give my permission to the licensed physician, dentist, athletic therapist, nurse or other medical professional whose services might be required to provide medical care and treatment.

By signing here, I indicate that I have the understanding and capacity to communicate health care directives for my child/ward and that I am fully informed as to the contents of this document and understand the full import of this grant of powers to the officials and coaches of Synchro Swim Ontario.

Dated: _____, 200____ Parent/Guardian signature: _____



OLYMPIUM SYNCHRONIZED SWIMMING CLUB SUMMER PROGRAMS – MAP AND INFORMATION



To *develop, promote & support*
the pursuit of *excellence*
in competitive
Synchronized Swimming

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Equipment Required: bathing suit, towels, goggles, cap, nose clips, T-shirt, shorts, running shoes, lunch, snacks, water and be sure to bring a big smile!

Questions? Please call Cynthia Caskey 647-393-6776 (O.S.S.C. Summer Camp Coordinator)

Olympium Synchronized Swimming Club, 590 Rathburn Road, Etobicoke
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