

CANADA
ARTISTIC
SWIMMING

ANNUAL REPORT

2017 / 2018



MESSAGE FROM THE PRESIDENT AND THE CEO

FROM COMMENCING THE PROCESS OF BETTER ALIGNING OPERATIONS, POLICIES AND PROCEDURES, TO DEVELOPING A BETTER UNDERSTANDING OF ROLES AND RESPONSIBILITIES WITHIN OUR ORGANIZATION, AND THINKING DIFFERENTLY ABOUT HOW WE COLLECTIVELY APPROACH ATHLETE DEVELOPMENT FROM GRASSROOTS TO HIGH PERFORMANCE, THE ORGANIZATION HAS WORKED TOGETHER TO LAY THE GROUNDWORK FOR OUR FUTURE.

In looking back over 2017-2018, there are two themes that come to mind: growth and collaboration. In last year's annual report, it was noted that a "series of bold strategic decisions [to] take us in a new aligned and purposeful direction" were on the horizon. These strategic actions significantly shaped the year.

Much of our work was focused on implementing or revising key foundational processes and programs, critical for us as we move forward as an organization to achieve our 2016-2024 Strategic goals. From commencing the process of better aligning operations, policies and procedures, to developing a better understanding of roles and responsibilities within our organization, and thinking differently about how we collectively approach athlete development from grassroots to high performance, the organization has worked together to lay the groundwork for our future. With our Vision "to be a world leading nation in artistic swimming" firmly in place, and our three strategic priorities top of mind, here are some highlights from 2017-18:



JUDI ENNS BRADETTE
President



JACKIE BUCKINGHAM
Chief Executive Officer

Strategic Objective 1 - Align and Strengthen our organizations

Align ourselves effectively on shared goals and priorities

- Implemented new committee structure including standing and operational committees. Special emphasis on Strategic Planning working groups that sought input from members and key stakeholders in detailing aspects of the strat plan. This led to the development of an agreed upon roles and responsibilities matrix, Gate-keeper tracking system, and first set of association-wide metrics to measure performance year over year
- Continued to support Respect in Sport Program at National level and promoted/commenced participation in this valuable program across the country - pledged to CAC responsible coaching movement
- Began Board orientation and education process through a series of means including consultation with governance expert Dr. Richard Leblanc; introduced position descriptions for members, president and CEO. Shared this expertise with our Members - including the development of several bylaw amendments to strengthen the board of directors moving forward.

Enhance our respective financial and HR capacity and adopt best organizational practices

- Turned national events from a 75-100K loss to a 20-50K revenue source annually
- Had a successful year financially, qualified for Next Gen funding from OTP that enabled the HP program to operate as planned, tightly managed other budgets and projects to build back retained earnings to pre-2014 levels.
- Introduced a Policy Working Group to lead the continued revision of all association policies with an emphasis on our new Conduct Policy Suite (Code of Conduct, Conflict of Interest, Harassment/Abuse, Complaint Procedures and Appeals Policy)
- Developed a new on-line membership and event registration system to improve on functionality of participant data capture and alignment with PSOs. Acquired COC funding to financially support this project
- With support of new Risk Management Committee, completed a facilitated Risk Management discovery program and produced a new National Risk Registry

Collectively deploy a bold national communications and marketing strategy

- Conducted a rebrand process to establish a new name for the organization and a new corporate brand taking advantage of the opportunity provided by the FINA name change to Artistic Swimming. Acquired COC funding to enable this to be done professionally and included a standard logo suite for each PSO.
- Developed a companion brand campaign to accompany AquaGO! to allow for uniform marketing of the program and the organization across the country.

Strategic Objective 2 - Grow and improve our feeder system

Collectively identify and address the gaps in our feeder system and

Collectively ensure that we develop and implement standardized athlete development pathways and programs that enhance the athlete experience and contribute to the overall success of the feeder system

- Taking the next step after the launch of the new LTAD Framework, in recognition of the identified pathway gap of a standardized entry level program in place across the country - finished development and piloted a new entry level aquatic literacy program for mass distribution starting in 2018. AquaGO! is designed for all Synchro Canada clubs to enable them to deliver a high quality, cost-effective, nationally supported entry level program.

Collectively deploy an effective talent recruitment and identification system

- Oversaw Implementation of revised 11-12 testing procedures with cross Canada application including initiation of new tablet-based technology to simplify scoring and data capture for tracking purposes

Collectively implement a meaningful competition system for all LTAD levels of athletes

- Developed a new competition structure to reflect LTAD framework, key learnings in athlete periodization, and an emphasis on alignment with one stream of competition across the country for all provincial organizations
- Launched and continued to develop Plan 42 judging process for 12U to emphasize age-appropriate skill development

Collectively develop and deploy a robust coaching and officiating national strategy

- Developed a vision for coaching education and development over the next 1.5 quads that focuses on improvements to NCCP courses, and standardizing training and education across the country (fits under alignment and feeder system)
- Worked to establish a nationally standardized officials training program starting at level 1 (fits under alignment and feeder system)
- Held a very successful FINA Judges (and Coaches) School at the 2018 National Qualifier, led by certified school leader Diane van der Pol, to update existing FINA judges on new rules

Strategic Objective 3 – Build a world class HP system

SC recruits an experienced HP leader who builds an HP leadership team (Leading the HP system)

- Hired Julie Healy as Chief Sport Officer and Next Gen Technical Director/Head Coach Leslie Sproule. Brought seasoned HP technical expert Sheilagh Croxon to the team to develop the framework for the high performance plan leading to 2024.

CSO develops and deploys a bold and result-based HP plan (2016-2024) significantly investing in the next gen programming and improving linkages between all levels and the Senior National Team

- Developed and launched new Next Gen program
- Reformatted Senior National Team program – which saw the team decentralize in year 2 of this quad with the plan to move back to full centralization in year 3 – the first time the Senior National Team has not been fully centralized in almost 18 years; successful reintroduction of senior national team swimmers into the club setting which set up a dynamic and exciting national championships in Windsor
- Commenced intensive IST planning campaign; conducted first strategic planning meeting for sport scientists recognizing that thorough and strategic use of sport scientists will be the key to our future success

Deploy an effective international influence strategy

- Provided support for FINA – hosted one of the first seven FINA Artistic Swimming World Series events in 2017 in Toronto – helped to build the template for more consistent event structure across ten events in 2018
- Continued to support the profiling of FINA Reps Lisa Schott (TASC Chair) and Dr. Margo Mountjoy (Bureau member), adding Sheilagh Croxon to the FINA Coaching Committee and provided input and administrative support to their leadership initiatives

Develop and deploy an internal and external marketing strategy with our national teams

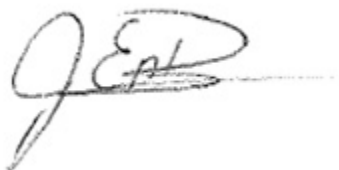
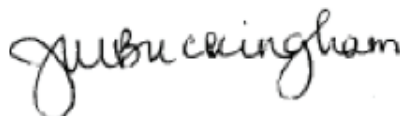
- Participated in FINA World Aquatics Day media event
- Supported FINA World Championships team through strong media and social media campaign

While these strategic initiatives were underway, operational activities also kept the organization busy – provincial teams begun preparations for Canada Winter Games teams, National teams competed successfully at UANA, and two World Series events along with the FINA World Aquatics Championships in Budapest, Hungary.

Next year will see a focus on coaching development and education – continuing to revise our NCCP program targeting the Competition Introduction level, and mandating training for all coaches teaching in the AquaGO! program as it moves through the soft launch phase. In the athlete program area, attention will turn to the Train to Train and Train to Compete stages of our LTAD continuum to develop a solid and consistent athlete development and competition pathway from club, to province to national team program. Efforts to ensure that a healthy and supportive environment is in place for all athletes will continue. Newly branded Canada Artistic Swimming will work collaboratively with our Members, stakeholders and partners to make decisions that align with our brand and our core values with the global objective of creating a more unified approach to moving the sport and the organization forward, recognizing that:

Together we are more than the sum of our parts, together we are Canada Artistic Swimming.

Respectfully submitted,



UPDATE FROM THE CHIEF SPORT OFFICER (Julie Healy)

2018 SPORT CANADA ATHLETE ASSISTANCE PROGRAM

7	SR1 Cards	Senior Athlete Pool
2	Sr Cards	Senior Athlete Pool
2	Development Cards (12 months)	Senior Athlete Pool
4	Development Cards (10 months)	2017 Nextgen Program Athletes/2018 Junior World Championship Team
7	Development Cards (5 months)	2018 Junior World Championship Team

- Synchro Canada’s 2018 Athlete Assistance Program was reduced from 20 Senior Cards in 2017 to 15 for 2018
- Sport Canada increased the monthly amounts from \$900 to \$1060 for a Development and C-1 cards and from \$1500 to \$1765 for Senior Cards (Sr, SR1 & SR2)

HIGH PERFORMANCE PROGRAM STAFFING UPDATES

A Next Gen Technical Director/Head Coach, **Leslie Sproule** on November 1st on a one-year contract

2018 COACHING STAFFS

Senior Program Assistant Coaches

- Technical Director/Head Coach **Leslie Sproule** led the coach selection process and selected two assistant coaches – **Chihiro Ishii** (RTC Ontario) and **Johana Vasquez** (Synchro Laval) who shared the May camp duties. **Chihiro Ishii** was the assistant coach for the Canada Open and **Johana Vasquez** was the assistant coach for the Synchro America Open

Junior Program Coaching Staff

- **Julie Healy** led the coach selection process.
- Coaches applied and submitted a pre-task, which included a video task
- Practical assessment at the 2017 November Development and Evaluation camp by a team of coach assessors/developers – **Debbie Muir, Sherry Robertson, Michelle Caulkins, Gail Donahue,**
- Final coach selection by **Julie Healy** – Head Coach **Kasia Kulesza** (Quebec Excellence Synchro), Assistant Coaches **Jennifer Koptie** (RTC Ontario) and **Jennifer Tregale** (Calgary Aquabelles), with input from the coach assessor/developers, **Leslie Sproule, Denise Sauvé**

13-15 Program Coaching Staff

- **Julie Healy** led the coach selection process
- A small committee conducted the interviews (**Julie Healy, Leslie Sproule, Karine Doré** (Montreal Synchro) and selected the coaching staff
- Head Coach – **Manny Wu** (RTC Ontario), Assistant Coach **Laura Swift** (Dollard Synchro)

NOVEMBER FALL DEVELOPMENT AND ASSESSMENT CAMP - NOVEMBER 22-26, 2017

- Camp included 18 Senior Athletes, 37 junior athletes, 11 coaches, 6 judges, 1 referee, 5 Synchro Canada staff
- Mickael Begon and his research students tested the 57 athletes at camp for a research project (Relationship between hip function and performance in elite artistic swimmers) whose findings will be presented at the XIII the International Symposium on Biomechanics and Medicine in Swimming (BMS 2018) which will be held at the University of Tsukuba (Japan) from 17th to 21st September 2018
- 13 senior athletes from camp were selected to the Senior Athlete Pool
- 24 athletes from camp were selected to the Junior Athlete Pool
- National Program Athlete Monitoring for Senior and Top 24 Juniors - January 2018-April 2018, submitted weekly to the Head Coach/ Technical Director

NATIONAL SENIOR PROGRAM

- 2018 marked the first year in 20 years that the Senior Program did not centralize.
- The total number of training days to prepare for the World Series including all the choreography, was 37
- **January 10-14, 2018** - Training camp #1, Montreal
 - Camp Purpose - choreograph the technical team
 - Camp Coaches - **Leslie Sproule, Denise Sauvé**
- **February 27-March 4** - Training Camp #2, Montreal
 - Camp Purpose - choreograph the free team and modify the technical team.
 - Camp Coaches were: **Leslie Sproule, Denise Sauvé, Johana Vasquez**
- A partnership was established the National Circus School in Montreal and experts assisted with the January and February training camps (flexibility & extension, acrobatics/highlights)
- **March 27-31** - Training Camp #3, Calgary
 - Camp Purpose - revise the technical and free teams based on feedback from Canadian FINA officials.
 - Camp Coaches - **Leslie Sproule, Chihiro Ishi**
 - Experts in the areas of mental performance, gymnastics and highlights/acrobatic led sessions during camp
- Following the March camp, a team of 10 athletes were selected for the senior summer program (training camp #4 and 2 world series competitions)
- **April - Windsor** - The Senior team performed a demonstration of the full technical team and half the free team. Purpose of the performance - gain valuable feedback from coaches and official and opportunity to perform
- **May 3-28** - Training camp #4, Calgary
 - Camp Purpose - complete the free team choreography
 - Prepare to compete at the World Series Events in Surrey and in California
- **May 28-June 2** - World Series Event Canada Open, Surrey BC
- **June 4-9** - World Series Event, Synchro America Open, Orange County, California
 - Canadian officials at the Synchro America Open
 - **Louise Newbury** - Judge
 - **Nancy Reed** - Judge
 - **Diane van der Pol** -FINA Evaluator
- In addition, the following were initiated/completed:
 - **Athlete Training Log Submissions:** 12 Seniors and top 24 Junior athlete pools submitted training logs weekly to the Technical Director/Head Coach. Weekly feedback was provided to all athletes and their coaches
 - **Culture and Values of the Senior Team** - The Senior athlete pool and coaches worked together in January and February to identify the core values, behaviours and attitudes that would create a new culture and environment to re-define Canada Artistic Swimming senior team program
 - **Integration of the Officials** -the judges watched the routine set each month and provided feedback to the coaches of athlete pool athletes
 - **Senior Training log Submissions July - November 2018** - A new set of weekly training submissions started for Seniors after the World Series, focused on the General Preparation Phase of training

NATIONAL JUNIOR PROGRAM

- The final selection process (from the 24 athlete pool athletes) took place March 25 - following the National Qualifier and included
 - One day of in-water judge assessments (routine set, individual technical elements)
 - One day of sessions that included mental performance (classroom), strategies for recovery (hands on practical learning) and a team supper
 - Individual athlete selection meetings took place the morning of day 3
- 11 athletes were named to the 2018 Junior World Championships Team
- **May 5 - 27** - Training Camp # 1, Quebec City
- **June 3 - 24** - Training Camp #2, Toronto Pan Am Sports Complex
- **July 3 - 14** - Training Camp #3, Ceglád, Hungary
- **July 15 - 22** - FINA Junior World Championships, Budapest, Hungary
- Canadian Officials at the FINA Junior World Championships
 - **Louise Kennedy** - judge
 - **Lianna Sottile** - judge
 - **Diane van der Pol** - Evaluator

13-15 NATIONAL TEAM PROGRAM

- Figure results from both the National Qualifier and the Espoir Championships were used to determine the top 30 athletes that participated in the final selection of the team, June 3rd in Surrey BC.
- 11 athletes were selected
- A training camp was held at the Toronto Pan Am Sports Complex, July 10-August 5th., which included a send-off show with Synchro Ontario's Provincial team programs
- The 13-15 National Team competed at the 2018 UANA Pan American Championships, in Riverside California
- In addition to Team Canada, the following teams represented Canada at UANA
 - Team Ontario - Junior (Coaches)
 - Team Ontario - 13-15 (Coaches)
 - Dollard Synchro Senior Team - solo, duet, team (coaches)
 - Dollard Synchro 13-15 Mixed Duet
- Canadian Officials at UANA were
 - **Lesley Ahara** - Judge
 - **Louise Newburry** - Judge
 - **Kirsten Brough - Judge**
 - **Louise Kennedy** - FINA evaluator
- Canada had a strong showing at UANA 2018. Identified for improvement in our routine swimming - adding content, increased speed and significantly better synchronization

2018 INTEGRATED SUPPORT TEAM INNOVATION MEETING - APRIL 23-24, 2018, WINDSOR

- Discussion & debate on:
 - Development of a system, the IST personnel, and the process to track the physiological, physical and psychological demands of the athletes for the athletes leading into 2020, and those leading into 2024
 - Demands of the Sport - What are the Key Performance Factors for international success
 - What is the ideal DTE - what to train, when to train, how to train - duration, modulation, etc.
 - Discuss a National Strategy for
 - Assessment-testing- ST, LT, setting standards
 - Data collection, management
 - What is the ideal competition prep DTE - taper, schedules
- Participants:
 - **Jennifer Langlois** - CAS, IST lead
 - **David Bentley** - CSIO, Senior Physiologist
 - **Jonathan Tremblay** - INS Quebec, Physiologist
 - **Gabriel Bouchard-Vincent** - Excellence Sportive Québec-Lévis, Strength & Conditioning
 - **Scott Livingston** - Designer of Performance Solutions, Founder, ReconditioningHQ, Premiere Performance (P2)
 - **Veronique Richard** - INS, Quebec, Mental Performance
 - **Bruce Craven** - Co-Owner/President Craven Sport Services, Sport Physiotherapist and Strength and Conditioning
 - **Steve Norris** - Calgary, Performance Conversationalist - Sport consultancy focused on assisting groups/organizations to improve performance
 - **Alain Delorme** - INS Quebec, IST Coordinator, Strength & Conditioning Coach
 - **Kara Heald** - Performance Analyst
 - **Sherry Robertson** - Nutrition, Coach developer
 - **Leslie Sproule** - Synchro Canada Technical Director/Head Coach
 - **Kasia Kulesza** - Head Coach, Junior World Championship team
 - **Manny Wu** - Head Coach 13-15 National team

LOOKING FORWARD TO 2018-2019

- A coaching staff for the 2019 Centralized Program, which includes the 2019 World Championships and the 2019 Pan American Games, will be hired in the fall of 2018
- The annual Fall Development and Assessment Camp (Nov. 14-18, 2018) will determine the athlete pools for the 2019 competitive season, including athletes that will be nominated for the Sport Canada Athlete Assistance Program for the 2019 calendar year
- The National Senior Program will be centralized in Montreal at INS starting January 2019 to training and prepare for the 2019 World Championship and the 2019 Pan American Games (2020 Olympic Qualifier)
- Canada Games will take place February 15 - March 3, 2019. The Artistic Swimming Event will take place in week one in Calgary at Repsol
- The Junior and 13-15 National Programs will be developed after consultation with various stake holders and experts
- There will be a FINA 13-15 World Championship in the Fall of 2019
- July 12 - 20, 2019 FINA World Championships, Gwangju, South Korea
- July 29 - 31, 2019 Pan American Games, Lima Peru
- 2019 Fall Development & Evaluation Camp, Montreal, Dates TBD (early fall (Sept. or Oct.))

LTAD REPORT

(Jennifer Langlois)



SYNCHROCOACH.CA (NOW ARTISTICSWIMMINGCOACH.CA)

The platform was used extensively this year as a tool for coach education workshops and meeting registration platform.

Some statistics:

- 247 coaches joined platform
- 1,590 coaches logged and used the site since September 16, 2016
- 33 coaches registered for 4 Competition Development Course
- 1 Annual Meeting event & online registration
- 21 coaches registered for 6 AquaGO! Instructor Training Workshops
- 12 coaches registered for 2018 Coach Development Conference

New business:

- All AquaGO! Learning Facilitators have access to all the materials for AquaGO! through the site.
- Registrants for AquaGO! access all the AquaGO! materials through the site.
- Provincial administrators have their own access to the site to set-up their courses and workshops

PARENT GUIDE TO ARTISTIC SWIMMING

Available in the fall 2018 in both languages and with new branding and AquaGO! program.

PLAN 42 - ALIGNING THE ATHLETE DEVELOPMENT MATRIX WITH THE JUDGING SYSTEM

- Majority of provinces implemented pilot competition structure for 2017-2018 either partially or in full.
- Furthered developed the routine component and presented to provinces.
- For 2018-2019, provinces will pilot the new components and implement as per previous year.
- Objective is for full implementation for 2019-2020 season for 10U and 12U programs



- Official name change from CANSwimSynchro to AquaGO!- Allez à l'eau in summer of 2018.
- Phase 3 Pilot included 24 clubs across the nation.
- Pilot implemented the revised program materials and provided feedback via virtual meetings and surveys. Communication occurred via closed Facebook Page, email and virtual meetings.
- Kara Heald hired as AquaGO! Project Manager in winter 2018.
- AquaGO! Coach Developer Training occurred early May in Toronto. There are 14 trained/ certified LF for AquaGO! across the country. Learning facilitator training will continue in 2018-2019 season to ensure there are enough LF's to develop instructors.
- Materials finalized Summer 2018
- 6 AquaGO! Instructor Workshops scheduled in August and September 2018.
- The AquaGO! Program supports Canada Artistic Swimming #2 goal of a Quality Feeder system by 2024 and the Strategic Objective 2: Grow and improve the quality of our feeder system, tactic 2.1 and tactic 2.2.
- Canada Artistic Swimming has been accepted by Sport for Life to be a presenter at the 2019 Sport for Life annual conference. Jennifer and Kara will be presenting the AquaGO! program to attendees.

LTAD IMPLEMENTATION TASK FORCE (ITF) WORKING GROUP

- The LTAD ITF continued its meetings this past season.
- The work of this group supports strategic objective 1 and 2.

PSO-NSO SKILLS ASSESSMENTS

- Provinces implemented skills assessments at events throughout the season

11-12 GENERAL ATHLETIC AND SYNCHRO SPECIFIC SKILLS EVALUATIONSS

We completed our 7th General Athletic and Synchro Specific Skills evaluations at the 2018 Espoir Championships in Surrey, BC. Athletes were evaluated on balance, core strength, strength and suppleness on land. Speed swimming tests in the water and basic synchro skills in a 50m synchro specific swim.

Highlights were:

- 104 athletes participated (2 athletes were scratched); 26 born in 2006 (11) and 54 born in 2005 (12)
- SC used the interactive judging system on tablets for automatic entry of scores.
- This is the last season 11-12 testing will occur at a national event. We ask that the provinces continue this important project within their competitive events.
- We are continuing the investigation for a national data entry system for the results of the testing.

It is Canada Artistic Swimming's objective to develop the athleticism of all artistic swimmers, creating a stronger base of athletes at the bottom, who will be trained appropriately with targeted focus on the sensitive periods of trainability, therefore reducing the remedial training required at the later stages of development.

2018 COACH DEVELOPMENT CONFERENCE

- Canada Artistic Swimming hosted a coach development conference in Toronto, ON in July 2018. Workshops were presented on Transformational Coaching, Flexibility and Extension and developing Basic Gymnastic Skills for the Artistic Swimmers.
- The Basic Gymnastic Skills for the Artistic Swimmer was a workshop offered in partnership with Gymnastic Canada and pilot for future national coach development workshops offered to Artistic Swimming Coaches across the country. More information to come.

2018 10-12 ATHLETE DEVELOPMENT CAMP

- Canada Artistic Swimming hosted a 10-12 yrs old Athlete Development Camp in Toronto, ON in July 2018, following the SYNC competition.
- Canada Artistic Swimming partnered with the National Ballet School and Gymnastics Canada.
- 43 athletes from Ontario, Alberta and Quebec participated in the 2-day camp.
- The camp offered focused training in the areas of basic gymnastic skills, ballet, contemporary dance, dance conditioning, flexibility & extension, swimming and basic artistic swimming skills.



2018

SENIOR NATIONAL TEAM

HEAD COACH | **LESLIE SPROULE**
ASSISTANT | **CHIHIRO ISHII & JOHANA VASQUEZ**

GABRIELLE BOISVERT	Cap Rouge, QC	AUDREY JOLY	St-Eustache, QC
ANDRÉE-ANNE CÔTÉ	St-Georges, QC	SION ORMOND	Aurora, ON
CAMILLE FIOLA-DION	Rimouski, QC	HALLE PRATT	Calgary, AB
REBECCA HARROWER	Edmonton, AB	JACQUELINE SIMONEAU	St-Laurent, QC
CLAUDIA HOLZNER	Calgary, AB	LAURENCE VÉZINA	L'Ancienne-Lorette, QC

2017/06 2018 CANADA OPEN - FINA WORLD SERIES

Surrey, BC

TEAM TECH	86.5904	3
TEAM FREE	87.6333	3
DUET TECH (Simoneau/Holzner)	88.6506	3
DUET FREE (Simoneau/Holzner)	89.5667	3
SOLO TECH (Simoneau)	89.4107	3
SOLO TECH (Pratt)	84.0538	6
SOLO FREE (Simoneau)	90.7667	3
SOLO FREE (Pratt)	86.3000	5

2017/06 2018 AMERICA OPEN - FINA WORLD SERIES

Riverside, CA

TEAM TECH	85.9062	3
TEAM FREE	86.9667	2
DUET TECH (Simoneau/Pratt)	86.2044	5
DUET FREE (Simoneau/Holzner)	88.2000	5
SOLO TECH (Simoneau)	88.0345	2
SOLO TECH (Pratt)	84.6503	5
SOLO FREE (Simoneau)	90.7667	3
SOLO FREE (Pratt)	86.5000	2



RETIREMENTS

GABRIELLA BRISSON	Calgary, AB
REBECCA MAULE	Guelph, ON
GWENDOLYN McGUIRE	Sherwood Park, AB
MARIE-LOU MORIN	Westmount, QC

SAMANTHA NEALON	Morrison, ON
ELIZABETH SAVARD	Laval, QC

Canada Artistic Swimming would like to thank and recognize these athletes for their contribution to synchronized swimming in Canada.

2018

JUNIOR NATIONAL TEAM

HEAD COACH | **KASIA KULESZA**

ASSISTANT | **JENNIFER KOPTIE & JENNIFER TREGALE**

EMILY ARMSTRONG	Scarborough, ON	TEAH HOFFMANN	Calgary, AB
CATHERINE BARRETT	St. John's, NL	JAIDEN REGNIER	Fredericton, NB
JAIME CZARKOWSKI	Calgary, AB	EMMA SPOTT	Toronto, ON
SCARLETT FINN	Toronto, ON	KRISTIN STREMLAW	Ottawa, ON
MIKAËLLE GAUTHIER	Gatineau, QC	CASSANDRA WINKELAAR	Calgary, AB
PAIGE HOPPER	Calgary, AB		

2018/07

FINA JUNIOR WORLD CHAMPIONSHIPS

Budapest, HUN

SOLO TECH	Emily Armstrong	83.7689	8
SOLO FREE	Emily Armstrong	85.9000	6
DUET TECH	Armstrong/Hopper/Barrett [R]	84.2473	8
DUET FREE	Armstrong/Hopper/Gauthier [R]	86.2333	6
TEAM TECH		84.4921	1
TEAM FREE		85.1333	7



BOARD OF DIRECTORS

PRESIDENT	JUDI ENNS BRADETTE
DIRECTORS	LINDSAY DIUNCAN GAIL DONOHUE JULIE JOHNSTON JOEL SANDERS MARGIE SCHUETT SHELBY HARDING (ATHLETES COUNCIL CHAIR)

→ The members of Synchro Canada's Standing and Operational Committees are [listed on the Canada Artistic Swimming website](#).

CANADA ARTISTIC SWIMMING STAFF

JACKIE BUCKINGHAM CHIEF EXECUTIVE OFFICER	ISABELLE LECOMPTE HIGH PERFORMANCE MANAGER
STÉPHANE CÔTÉ EVENTS & COMMUNICATIONS DIRECTOR	CHERYL MCEVOY FINANCE & ADMINISTRATION MANAGER
JULIE HEALY CHIEF SPORT OFFICER	LISA PAGLIARELLO EXECUTIVE COORDINATOR
JENNIFER LANGLOIS LTAD PROGRAMMING MANAGER	LESLIE SPROULE TECHNICAL DIRECTOR / SENIOR NATIONAL TEAM HEAD COACH

2017-2018 BY THE NUMBERS

Registered Artistic Swimmers	7,760
Clubs	167
Officials	517
Coaches	1,416
Canada Artistic Swimming Registrants	11,379

2018-2019 COMPETITION CALENDAR

2019 CANADA GAMES	MAR 21-26, 2018	Red Deer, AB
NATIONAL QUALIFIER CHAMPIONSHIPS	MAR 21-26, 2018	Montréal, QC
CANADIAN OPEN CHAMPIONSHIPS	MAY 6-12, 2019	Kamloops, BC
CANADIAN MASTERS CHAMPIONSHIPS	TBD	TBD
CANADA OPEN - FINA WORLD SERIES	JUNE 2019	TBD
2019 UANA PAN AMERICAN CHAMPIONSHIPS	AUGUST 2019	TBD



Canada Artistic Swimming is proud to recognize our partners who support us throughout the year. We are continually looking to grow our partnerships through sponsorships of our domestic events as well as the many programs Canada Artistic Swimming supports and is developing.

MAJOR PARTNER / PARTENAIRE MAJEUR

Canada 

PROGRAM PARTNERS / PARTENAIRES DES PROGRAMMES

