

MESSAGE FROM THE PRESIDENT AND THE CEO

“AS WE LOOK AHEAD TO THE 2020-2021 SEASON WE CANNOT BE SURE HOW THINGS WILL UNFOLD IN OUR UNCERTAIN WORLD, BUT WE DO KNOW OUR ORGANIZATION HAS GREAT LEADERS AND THINKERS AT ALL LEVELS, PEOPLE WHO CONTINUE TO BE CREATIVE AND FORWARD THINKING, GIVING US GREAT CONFIDENCE THAT AS A SPORT WE WILL NOT DREAM ABOUT A RETURN TO NORMAL, WE WILL INSTEAD REACH FOR BETTER”

A year ago our organization celebrated the success of our Senior National Team, winning the FINA World Series, winning the Pan American Games and qualifying our team and duet for the 2020 Olympic Games....we were off to an exciting start to the Olympic year.

We followed in September with the CAS Technical Conference held in Montreal, where we gathered our top Canadian Coaches and Officials for the first time in several years. The collaboration and positive energy from that weekend built on the momentum of our Senior Team results. The commitment for a bi-annual technical conference is now set. The opportunity to meet and share is critical to CAS's commitment to coach and official development and the advancement of our sport in Canada.

We are now half-way through our 8-year strategic plan and will spend time this year to revise it to reflect accomplishments and new goals. As with all plans it is a living document with priorities shifting throughout, however it is our guide and CAS, in partnership with our member PTSOs, have remained committed to it. We again highlight some of our key accomplishments to date:



JUDI ENNS BRADETTE
President



JACKIE BUCKINGHAM
Chief Executive Officer

- Continued emphasis on governance with progress in policy development and policy alignment with Members; plus undertook a full review and revision of the CAS By-Laws
- Continued the focus on coaching standardization, education and professionalization – with new on-line modules for the AquaGO! Instructor certification program, and revision of the NCCP Competition Introduction training program nearing completion
- On-line registration and competition registration software is completed and in use by all Members – enhancements and new features continue to be added
- Continued to standardize training and competition calendars in support of aligned and streamlined athlete development at 13-15 and Junior levels across the country
- The tradition of successful international events continued. With the unfortunate cancellation of the FINA World Series Super Final in June and the FINA Junior Worlds in August because of the pandemic, CAS was recently re-awarded the hosting rights for the 2020 FINA Junior World Championships and added the 2021 FINA World Youth Championships – to be hosted jointly in Quebec City in August 2021.
- Our national team program staff and coaches pivoted to offer virtual training for the junior national pool athletes, and senior national team athletes to allow them to continue to develop without centralized pool access
- Provided assistance to FINA and UANA through our international representatives to effect change in areas needing to progress, including work on the design of a new judging system and leadership in exploring virtual competitions
- Continued the development of our Safe sport program with further development of Safe Sport Policies to align with the Sport Canada Universal Code of Conduct for Maltreatment in Sport (UCCMS); adoption of a national injury tracker to be implemented in 2020-2021; the hiring of a Safety-in-Sport Coordinator at the National Office to service this important program area



- In further developing the CAS brand essence, we initiated some specific projects to support its objective. The heightening of the importance of this through the global Black Lives Matter movement accelerated our efforts in this area. Creation of a Diversity and Inclusivity Task Force followed, with a number of initiatives set to be released and implemented early this season.
- Our Full Time Olympic Training Group has recently welcomed new high-performance athletes who will compete for a spot on this year's Olympic Team and begin the preparation for 2024.
- Collectively, with our Members, we recognize the importance of the AquaGO! Program in athlete recruitment and development on the LTAD continuum, and ultimately to stability as the organization wades through uncertain waters ahead.

COVID-19 Pandemic

The first quarter of 2020 saw CAS launched into a global situation that no-one could have predicted. The COVID-19 pandemic forced us all into isolation and cut short every athlete's, coaches' and official's dreams for the season. As we grieved the loss of the 2020 Qualifier, 2020 Nationals, the FINA Super Final, the 2020 Olympic Games and the FINA 2020 Junior World Championships all of which were cancelled or postponed until 2021, we learned to celebrate our organization's resiliency and determination to stay connected virtually to carry on. This summer's UANA virtual competitions, the brain-child of Canadians Lisa Schott and Erika Lindner on the UANA Technical Committee, allowed us to re-create the energy and the excitement of competition among the athletes. As sport is returning and we are slowly getting back into the pools, CAS is now re-imagining our 2021 competition plan to allow our clubs to carry on in the best way they can, knowing there will be a season. That is sport – collaborate – find a way.

As we look ahead to the 2020-2021 season we cannot be sure how things will unfold in our uncertain world, but we do know our organization has great leaders and thinkers at all levels, people who continue to be creative and forward thinking, giving us great confidence that as a sport we will not dream about a return to normal, we will instead reach for better.

Respectfully submitted,



UPDATE FROM THE CHIEF SPORT OFFICER (Julie Healy)

2020 SPORT CANADA ATHLETE ASSISTANCE PROGRAM

- | | | |
|----|----------|--|
| 11 | SR Cards | 12 months Full-time Training Group |
| 1 | SR Card | January -October 30, 2019 (*Athlete retired August 17) |
| 7 | D Cards | August-December 2020-Athletes added to the FTOTG |

**A retiring athlete is provided with 2 months of transition support after they retire*

- Canada Artistic Swimming's 2020 Athlete Assistance Program is 15 Senior Cards. We have not used our full allotment for 2020
- AAP Criteria was revised due to the cancellation of the FINA Junior World Championship in 2019 and the addition of new athletes to the FTOTG
- More information about Sport Canada Athlete Assistance Program can be found [here](#).

2019-2020 NATIONAL TEAM COACHING STAFFS

National Senior Program Coaches

- Head Coach, **Gabor Sauder** (Full-time)
- Assistant coaches selected by the head coach
 - **Kasia Kulesza** (Full-time)
 - **Karine Dore**, Montreal Synchro (Part-time)

National Senior Program Choreographers

- **Anastasia Ermakova**, Choreographer, Tech Team, Free Team
- **Denise Sauve**, Choreographer, Highlight Routine, Duet Tech & Free

Junior National Team Coaching Staff

- Head Coach – **Karine Doré**, Montreal Synchro (Part-time)
 - Selected following December 2019 Junior Camp
- Assistant coaches selected by the Head Coach following the December 2019 Junior Camp
 - **Yingli Hou**, Waterloo Region Artistic Swimming (Part-time)
 - **Nathalie Lagrange**, Montreal Synchro (Part-time)
- Due to the postponement of the FINA Junior World Championships from 2019-2020, the Junior National Team Coaching Staff's term has been extended to September 2021

NATIONAL SENIOR PROGRAM

Boot Camp

- Start of Olympic Preparation for 2019-2020
- September 23 – October 10, 2019
- Stoneham, QC

Club Visit Program

- Senior National team spent a week training at three Clubs across Canada
- Clubs were selected using a Bid process - 6 clubs submitted bids to host

October 22-26, 2019

- Host: Prince George Water Lilies

October 28-November 1, 2019

- Host: Aquatica Synchro Club, Winnipeg

November 25-30, 2019

- Host: Newfoundland/Labrador Artistic Swimming, St. John's
- The three clubs that were not selected were going to host a Spring Water Show date (cancelled due to COVID-19)
 - Club de Vivel, Rimouski,
 - Quebec Excellence Synchro, Quebec City
 - Olympium Synchronized Swimming Club, Etobicoke



Club Visit - Prince George, BC



Club Visit - St. John's, NL



Club Visit - Winnipeg, MB

NATIONAL SENIOR PROGRAM (cont'd)

Winter Camp

- January 20-February 9, 2020
- Honolulu, Hawaii
- In addition to the coaches and staff, the following experts attended camp
 - **Katie Smith** - Medical
 - **Sandra Gonzalez** - Strength & Conditioning
 - **Véronique Richard** - Mental Performance

Project Paris 2020

- All clubs in Canada were invited to participate
- Dates:
 - February 17-22, 2020
 - March 2-8, 2020
- Project Paris is a self-funded program. All costs and logistics (travel, meals, accommodations) are the responsibility of the athlete/coach/club
- The cost associated with training is the responsibility of CAS
- Program Objectives
 - To provide athletes who demonstrate the potential to be an athlete in the Canada Artistic Swimming (CAS) Senior Full-Time Training Group (FTTG) during the Paris Quadrennial (2020-2024) with an opportunity to experience the full-time training environment. Through this experience athletes will develop an understanding of what the FTTG environment is and what is required to succeed
 - Provide coaches with the same experience as their athletes so they can prepare their athletes for success in the FTTG environment

Project Paris 2020 Program Participants

CLUB	ATHLETES	PARTICIPATING COACH
Victoria Synchro	Hannah McDonagh Proud (2001)	
Saskatoon Aqualenes	Sydney Carroll (2002) Ainsley Bristol (2002)	Laurie Wachs
Montreal Synchro	Léonie Corbeil (2003) Audrey Lamothe (2005) Kiara Quieti (2002) Rosalie Boissonneault (2003)	Karine Doré
Québec Excellence Synchro	Raphaëlle Plante (2002) Maïthé Boivin (2002) Alyson Demers (2003)	Marie-Renée Blanchet

Project Paris 2021 : Currently on hold due to COVID-19 restrictions



*Some Project Paris 2020 participants
with 2020 Senior National Team*

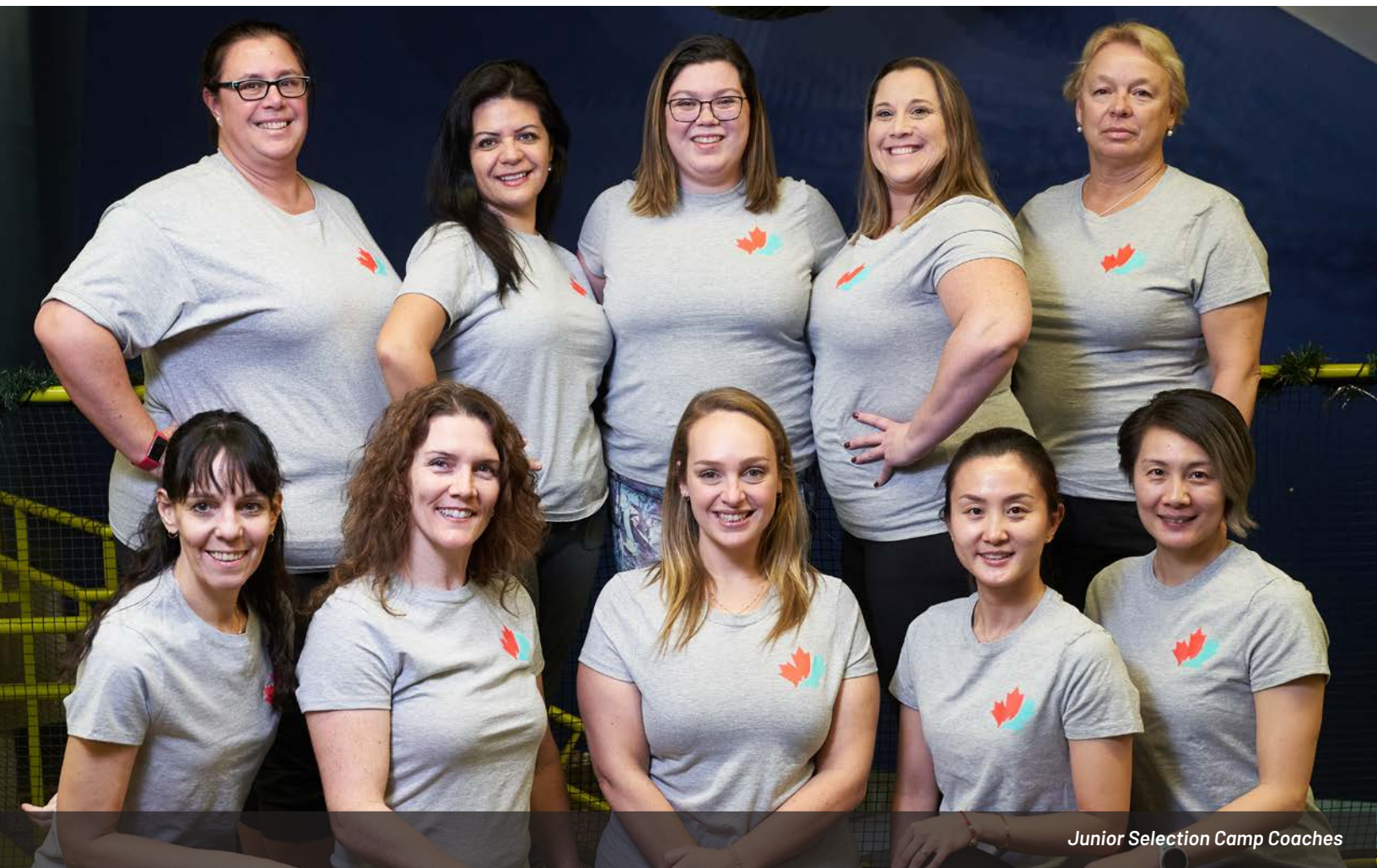
2020-2021 Full-time Olympic Training Group

NAME	HOMETOWN	SINCE
Emily Armstrong	Toronto, ON	2018
Catherine Barrett	St. John's, NL	2018
Rosalie Boissonneault	Drummondville, QC	2020
Sydney Carroll	Saskatoon, SK	2020
Andrée-Anne Côté	St-Georges, QC	2016
Scarlett Finn	Toronto, ON	2020
Camille Fiola-Dion	Rimouski, QC	2017
Mikaëlle Gauthier	Gatineau, QC	2020
Rebecca Harrower	Edmonton, AB	2017

NAME	HOMETOWN	SINCE
Claudia Holzner	Calgary, AB	2012
Audrey Joly	St-Eustache, QC	2017
Raphaëlle Plante	Quebec City, QC	2020
Halle Pratt	Calgary, AB	2017
Kiara Quieti	Montreal, QC	2020
Kenzie Priddell	Regina, SK	2019
Jacqueline Simoneau	Saint-Laurent, QC	2012
Emma Spott	Toronto, ON	2020
Cassandra Winkelaar	Edmonton, AB	2018

2019-2020 JUNIOR NATIONAL PROGRAM**Selection Camp December 17-21, Montreal (INSQ)**

- 31 Athletes, 9 Coaches, 3 Judges, 3 Talent ID Scouts
- Camp Objectives
 - Select the National Junior Athlete Pool for the start of preparation for the FINA 2020 Junior World Championships
 - Junior National Team Coaching Staff selection
 - Athletes to learn the tech team routine Lap-by-lap (without highlights)
 - 1 day of Professional Development for camp coaches (Dec. 16)
 - 1 day final camp planning for camp coaches (Dec. 17)
- Lead Camp Coach: **Karine Doré**
- Apprentice Coach: **Alyssia Robertson-Leithwood**
- Judges (6)
 - **Lesley Ahara, Kirsten Brough, Josée Daudelin, Jessica Lamontagne, Erika Lindner & Nancy Reed**



Junior Selection Camp Coaches

Camp Athletes: 31 athletes, 12 clubs, 7 Provinces

TEAM ATHENS		Coaches: Manny Wu, Johana Vasquez	
Bristol, Ainsley	Saskatoon Aqualenes	Plante Raphaelle	Québec Excellence Synchro
Finn, Scarlett	Calgary Aquabelle	Quieti, Kiara	Montréal Synchro
Hoefling, Jolie	Edmonton Auroras	Rehel, Alicia	Montréal Synchro
Massey, Chloe	Waterloo Region AS	Van Strydonck, Maya	Neptune
TEAM BEIJING		Coaches: Elena Podolsky, Marie-Renée Blanchet	
Bath, Katie	Edmonton Auroras	Lamothe, Audrey	Montréal Synchro
Battista, Elizabeth	Calgary Aquabelles	Spott, Emma	Variety Village AS
Carroll, Sydney	Saskatoon Aqualenes	Sweet, Kiana	Calgary Aquabelles
Janvier, Claudia	Dollard AS	Veilleux, Audrey	Dollard AS
TEAM LONDON		Coaches: Laura Swift, Tina Naveri	
Boissonneault, Rosalie	Montréal Synchro	Nixon, Sasha	Burnaby Caprice AS
Corbeil, Léonie	Montréal Synchro	Scheffel, Claire	Waterloo Region AS
Demers Alyson	Québec Excellence Synchro	Stuart, Rosie	Calgary Aquabelles
Newman, Jonnie*	Calgary Elite	Turcotte, Maude	Synchro Laval
TEAM RIO		Coaches: Nathalie Lagrange, Yingli Hou	
Boivin, Maïthé	Québec Excellence Synchro	Gray, Charlotte	Variety Village AS
Czarkowski, Jaimie	Calgary Aquabelles	Knott, Mayah	Calgary Aquabelles
Dolgova, Anna	Saskatoon Aqualenes	McCrae, Ella	Dollard AS
Gauthier, Mikaëlle	Dollard AS	Regan, Sarah	Atlantis AS

* Filled in Part time for an athlete who withdrew

2020 Junior Athlete Pool

- Athlete Pool Selection: By the numbers 21 Athletes - 7 clubs - 5 Provinces
 - 19 athletes were selected after camp from 7 different clubs and 4 different provinces
 - 2 athletes selected after the Regional Camps: 2 Clubs, 2 Provinces

February-March East & West Junior Athlete Pool Regional Camps

- Objectives
 - Improve Tech Team routine execution and Tech Team elements execution
 - Learn Free Team Figures (there are seven to learn)
 - Athlete evaluation-looking for improvements from December camp, improvements during the regional camp
- Feb. 13-16, 2020 West Camp hosted by Saskatoon Aqualenes
 - 8 athletes (Ontario & West)
 - Coaches **Karine Doré, Yingli Hou, Laurie Wachs, Brittany Leaper**
- Feb. 27-Mar 1, 2020 East Camp Hosted by Quebec Excellence Syncho
 - 9 athletes
 - Coaches: **Nathalie Lagrange, Geneviève Mercier, Marie-Renée Blanchet**

Junior Athlete Pool Virtual Training (April-May-June-July)

- Block 1 (4 weeks): April 13-May 9, 2020
- Block 2 (4 weeks): May 11-June 6
- Block 3: June 15-July 3
- Block 4: July 13-31
- Blocks 3-4 were optional - all 21 participated
- 3-4 weekly zoom sessions
 - Ballet, Flex, Strength & Conditioning, Cardio, Tabata Circuit Training
- No costs to athletes - all program costs paid by CAS
- Attendance Stats June -July
 - High: 100% 20 - 3 athletes
 - Average 15 (75%)
 - Low 7 (35%)

2020 TALENT ID PROGRAM

National Talent ID Scouts

- Sheilagh Croxon
- Leslie Sproule
- Denise Sauvé

Talent I.D. Process for the 2020 Season

- The same process as 2019 was established however it was not executed due to the cancellation of all domestic national events

2020 INTERNATIONAL JUDGES

*2020 Olympic Games – Tokyo, JPN

- Nancy Reed – Judge

*2020 Olympic Games Qualifier – Tokyo, JPN

- Lianna Sottile – Judge

*2020 FINA Junior World Championships – Quebec City, CAN

- Lesley Ahara – Judge
- Jessica Lamontagne – Judge

*2020 FINA World Series

- *WS CHINA: Lianna Sottile – FINA Judge
- *WS GREECE: Louise Newburry – FINA Judge
- *WS HUNGARY: Louise Newburry – FINA Judge

* Event did not take place because of COVID-19

FINA Evaluators

- Diane van der Pol
 - *Olympic Games Qualifier
 - Argentina Open (Oct 2019)
 - Australia Nationals
- Louise Kennedy
 - WS Hungary

FINA Judge Schools

- Diane van der Pol – El Salvador (Sept 2019)

Other Support

- Louise Kennedy – France Training Camp, Paris – February
- Diane van der Pol – Judge, Australia Olympic Games Trials, Canberra – February 2020

2019 TECHNICAL CONFERENCE

- Technical Conference held September 20-22, 2019 at INS Montreal
- 70 participants (coaches, judges, staff, board)
- Introduction of Canada Artistic Swimming Podium Pathway, with participation and leadership from OTP
- Sessions with National Team Coaching Staff and FINA Judges
- Guest expert sessions involving Mental Performance, Music Selection and the National Ballet of Canada

COACH DEVELOPMENT

AquaGO!

- As of December 31, 2019, there have been 170 AquaGO! instructors trained (since program implemented)
- As of December 31, 2019, 32 AquaGO! in-person workshops have been held. Of those 32 they have taken place in every province except PEI and Yukon
- As a COVID-19 response, AquaGO! online modules were developed and implemented in a very quick turn-around and were CAC approved
- 5 Learning Facilitators were trained as Online Delivery specialists
- As of August 28, 2020, 11 online courses have been held (4 pilots, 7 full implementation) – with 126 instructors taking the training

Competition Introduction

- Comp-Intro revision has taken place over the course of the 2019-20 season
- As of August 28, 2020 the revision is nearing completion with the revised pathway receiving CAC approval and shared with PTSOs on August 24, 2020
- Coach candidates can begin working on their multi-sport requirements
- The revised Competition Introduction pathway becomes effective September 1, 2020
- CAS planning NSO led Comp Intro pilots beginning in October 2020
- 2020-2021 activities will include piloting the revised materials, training/updating/re-certifying Learning Facilitators and attaining CAC approval of the revised materials (mini-review required)

Competition Development

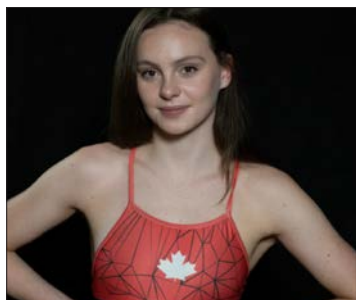
- Jan 23-26, 2020 course hosted by Olympium Artistic Swimming Club
- 9 coaches from 4 Provinces
- Co-delivery by Sherry Robertson and Jennifer Langlois

Other

- **artisticswimmingcoach.ca:** Tuesday Tips published from April 28 to August 4, 2020
- **Coffee with Coach:** Bi-weekly Interactive Webinars from May 12 to August 5, 2020

2020

SENIOR NATIONAL TEAM



EMILY ARMSTRONG
Toronto, ON



CATHERINE BARRETT
St. John's, NL



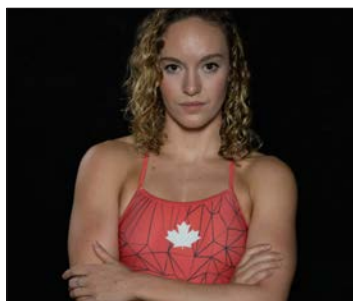
ANDR  E-ANNE C  T  
Saint-Georges, QC



CAMILLE FIOLA-DION
Rimouski, QC



REBECCA HARROWER
Edmonton, AB



CLAUDIA HOLZNER
Calgary, AB



AUDREY JOLY
Saint-Eustache, QC



SION ORMOND
Aurora, ON



HALLE PRATT
Calgary, AB



KENZIE PRIDDELL
Regina, SK



JACQUELINE SIMONEAU
Saint-Laurent, QC



CASSANDRA WINKELAAR
Edmonton, AB



GABOR SZAUDER
Head Coach



KASIA KULESZA
Assistant Coach



KARINE DOR  
Assistant Coach

RETIREMENTS

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

JANELLE BALL
SION ORMOND

Dollard des Ormeaux, QC
Aurora, ON

BOARD OF DIRECTORS

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JUDI ENNS BRADETTE

VICE-PRESIDENT

MARGIE SCHUETT

DIRECTORS

LINDSAY DUNCAN

SHANNON HIGGINS

FLORENCE KLEIN

OLIVIA ZAWADIUK (ATHLETES COUNCIL CHAIR)

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

CANADA ARTISTIC SWIMMING STAFF

JACKIE BUCKINGHAM

CHIEF EXECUTIVE OFFICER

JENNIFER LANGLOIS

IST PROGRAM LEAD

STÉPHANE CÔTÉ

EVENTS & COMMUNICATIONS DIRECTOR

ISABELLE LECOMPTE

PROGRAM LOGISTICS SPECIALIST

RIEANNE GUSHULAK

SAFE SPORT COORDINATOR

CHERYL MCEVOY

FINANCE & ADMINISTRATION MANAGER

KARA HEALD

ARTISTIC SWIMMING PROGRAM MANAGER

GABOR SZAUER

SENIOR NATIONAL TEAM HEAD COACH

JULIE HEALY

CHIEF SPORT OFFICER

2019-2020 BY THE NUMBERS

Registered Artistic Swimmers	6,693
Clubs & Schools	138
Officials	200
Coaches	774
Canada Artistic Swimming Registrants	9,568

2021 COMPETITION CALENDAR

WESTERN QUALIFIER	Dates to be confirmed	Saskatoon, SK
EASTERN QUALIFIER	Dates & Location to be confirmed	
CANADIAN CHAMPIONSHIPS	Dates to be confirmed	Quebec City, QC
CANADIAN MASTERS CHAMPIONSHIPS	Dates & Location to be determined	
OLYMPIC GAMES	JULY 23 - AUG 8, 2021	Tokyo, JPN
FINA WORLD JUNIOR & YOUTH CHAMPIONSHIPS	AUGUST 21-29, 2021	Québec City, QC



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

Canada

PROGRAM PARTNERS



Photo: Dan Robichaud