



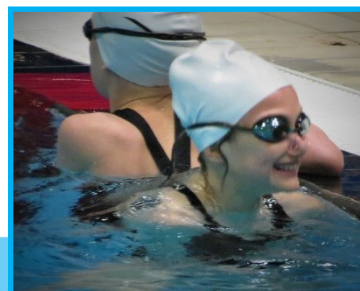
## FIRST MEET!

Training Meet December 7th,  
Surrey BC

Many of our provincial stream athletes attended . This was a figures only meet (no routines). Results later in newsletter.



some of our athletes  
getting ready



Some of our national stream athletes eagerly awaiting the opening of the UVIC pool so they can get training!

All of our national stream athletes will be competing on the Lower Mainland later in January at the BC Provincial Qualifiers and are working hard right now to prepare.



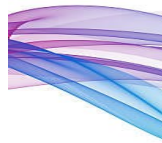
# ISync

Dec 15, 2019

Congratulations to all our synchro school swimmers who came out for the first fun ISYNC event of the season!



# Jan 2020 Newsletter



### PROVINCIAL STREAM FIGURES RESULTS:

#### Figures 11-12 Novice

2. SAUNDERSON, Jemma.....48.5003
3. DE KLEINE, Olivia.....48.4165
4. RICHMOND, Elsie .....45.5003

#### Figures 11-12

2. CHEW, Fung-Ei .....60.6665
5. WOLSKI, Sadie.....57.1667
6. HUNT, Avy.....56.0833
9. JENKINS, Devon .....54.8335
12. WILLIAMS, Kyla .....52.6667
21. VASYUTA, Kateryna .....45.8335

#### Figures 13-15 Novice

1. SHAW, Avery.....53.8333
2. FRIZON DE LAMOTTE, M.....53.0835
5. MILLER, Allison .....50.0000
6. TSYMBALYUK, Nicole .....49.1665
7. PONCE DE LEON, Sara.....47.7500

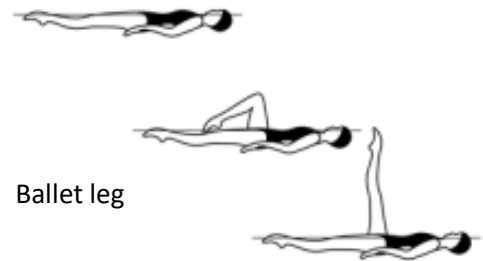
#### Figures 13-15

10. JOHNS, Amelia .....52.3335

#### Figures 16-20

5. HENRY, Alanna .....56.6665
9. MARKO, Lili .....54.0002
10. PLAMONDON, Grace .....53.9165

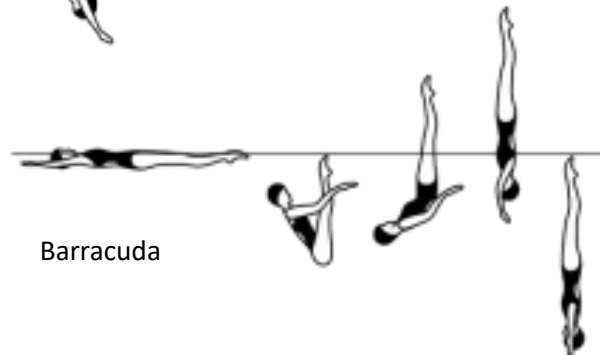
Below are a few of the many figures completed by various age groups at the meet—either in whole or in part ( from the FINA manual). Athletes in each age group have four figures they must complete on their own in front of a panel of judges



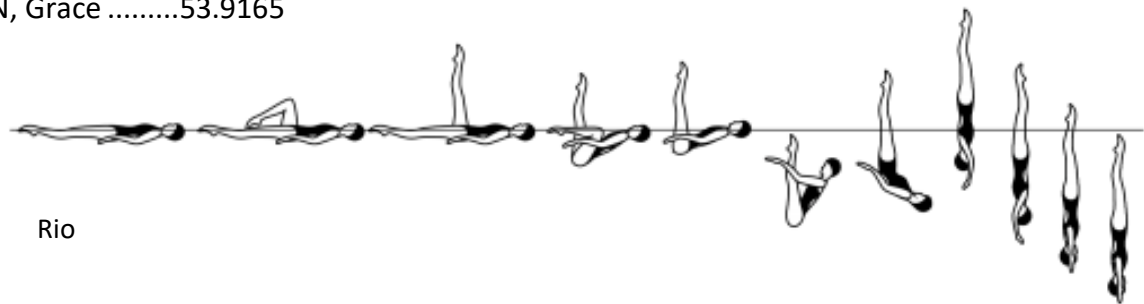
Ballet leg



Surface arch



Barracuda



Rio



Ariana



# Upcoming Events:

<p><b>Jan 19th (Sunday)</b> <b>9:30-11am</b></p> 	<p><b>Winter Water Show</b>—Saanich Commonwealth Place All classes and groups participate <i>AND BOTTLE DRIVE!</i> Save your bottles!</p>
<p><b>Jan 24-26 Lower Mainland</b></p> 	<p><b>BC Artistic Swimming National Stream Provincial Qualifiers</b>  All national stream athletes in BC compete</p>
<p><b>Feb 21-23 Kamloops</b></p> 	<p><b>BC Artistic Swimming National Stream Provincial Championships</b>  All qualifying national stream athletes in BC compete</p>
<p><b>Feb 29 (Saturday)</b></p> 	<p><b>Victoria Synchro Provincial and National Stream meet</b> Saanich Commonwealth Place</p>
<p><b>March 24-28 Markham, Ontario</b></p> 	<p><b>Canadian Artistic Swimming National Qualifiers</b>  All qualifying national stream athletes from across Canada will be competing</p>

## WINTER WATER SHOW

Sunday January 19th

9:30-11am

Saanich Commonwealth Place

All audience go to the stands above the dive tank, admission by donation, bring friends and family and see what our athletes have been up to!

**All recreational classes and competitive groups participating!**



## BOTTLE DRIVE

Sunday Jan 19th after the Water show!

**BRING** your bottles and cans with you to the show, take them to the upper back door..