

ignite

Artistic Swimming Club



Head Coach's Message

Thank to everyone for this amazing season. It was a great season to start getting back into full swing with new rules, new figures, new events, and we learned a lot along the way. We are already running into next season with our planning, and can't wait to see everyone after the summer.

- Submitted by Elly Van Fleet, Head Coach



President's Message

And just like that – it's a wrap!

What a successful and exciting year we've had together at IGNITE! I'm so happy and proud of all our athletes and coaches for their exceptional attitudes and efforts this season. As IGNITE continues along the path to rebuilding in a new post-covid world, I am left with a deep appreciation to those who have given so much of themselves to help strengthen this club, and ultimately, our athletes.

To those that are leaving IGNITE and are heading to new adventures, please know that whatever your age or ability – you will always have a home at IGNITE. And to the athletes and families returning in September, we are already working hard on our next season and are extremely excited about what it holds!

Until then, wishing everyone a safe, restorative, and fun summer.

See you in the pool!

- Submitted by Nora Endicott, President

INSIDE THIS ISSUE

- Head Coach's Message
- President's Message
- Ontario Championships
- Summer Coaching
- Summer Programming
- Survey Winner is
- Year End Event—June 11th



Ontario Championships

Ontario Championships in Windsor was a huge success for our club! We had 36 routines compete over the week! We had a lot of personal best swims, with huge improvements in placement as well as Provincial Champions in Youth Figures, Youth Duet, Adapted Solo, Adapted Figures and Mixed Ability Team. We also had some incredible Podium and top 6 finishes.



But more importantly, I was very proud of how well our athletes handled themselves. There were tough moments, stressful moments, fun moments, and emotional moments and our athletes were respectful, kind and demonstrated wonderful sportsmanship. In the waterpark, they were respectful, followed the rules and had so much fun. I was very proud to be the Head Coach of these amazing athletes all week. I would like to thank the Coaches for their amazing work in preparing these athletes for this competition. It is a high pressure situation and is such a great learning experience for these athletes, and they were ready to handle it because of the coaching staff.

- Submitted by Elly Van Fleet, Head Coach

Summer Coaching

If you are interested in having a coach work with your athlete over the summer on flexibility, strength or private figure training in your own pool, please contact coaches directly, as the club does not organize this and the club insurance does not cover these trainings.

- Submitted by Elly Van Fleet, Head Coach



Summer Programming

There are still spots open for our pre-season training camp Aug 21-25 (Open to ALL competitive swimmers) and it is a great way to get in shape for the upcoming season. It is a land and water camp from 1:30-6:30 Monday to Friday for \$500.

- Submitted by Elly Van Fleet, Head Coach



Ignite Membership Survey Winner!

The winner of the Starbucks gift card for completing the membership survey is...

Jessica Testaguzza! Congratulations Jessica!

Thank you to all the families that took the time to complete the membership survey!

We value your feedback; it helps us form decisions for the next season.

Have a fantastic summer!

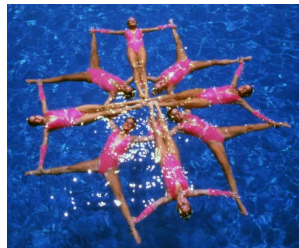
- Submitted by Kim Carver, Member Services Co-ordinator



Year End Event

We look forward to seeing everyone at our Final Social event of the season on Sunday, and celebrating these incredible athletes for all of their hard work this season.

- Submitted by Elly Van Fleet, Head Coach



Thank you!

Thank you to our Bulletin folks, Janis and Natalie, for keeping us organized and informed all season. You have done such a great job of keeping the bulletin interesting and fun to look at!

- Submitted by Elly Van Fleet, Head Coach

SEE YOU SUNDAY!

Regional League Celebration:
June 11, 1:00 PM - 3:00 PM

PE/HP/AUA/MASTERS Celebration
June 11, 4:00 PM - 7:00 PM

Burlington Seniors' Centre
2285 New Street, Burlington



**Just a
reminder...**

If you have volunteered to bring food or supplies for either event, please make sure you double check the drop off times listed on the sign-up sheet!





Want to get your news out in our Bulletin?

Please follow these few steps to get your news out in our 2022/23 Bulletin.

- Forward a publish ready text to bulletin@igniteartisticswimming.com and copy the appropriate Executive Director for their required approval.
- Include a telephone number where you can be reached in case we need clarification.
- Identify in the subject line of your email "Ignite Bulletin Submission".
- Newsletters will be sent to the email you have provided to the Club on Friday evenings.

Ignite Staff:

Head Coach—Elly Van Fleet

Email: headcoach@igniteartisticswimming.com

Administrative Coordinator—Kathy Koskinen

Email: admin@igniteartisticswimming.com

Recreational Coordinator— Kathryn Shiplo

Email: recreation@igniteartisticswimming.com

Ignite Program Leads

High Performance Lead—Sherry Riley

hplead@igniteartisticswimming.com

Specialty Program Lead—Grace Lockhart

splead@igniteartisticswimming.com

Provincial Program Lead—Hayley Waller

provlead@igniteartisticswimming.com

Ignite Board of Directors

President—Nora Endicott

Email: president@igniteartisticswimming.com

Vice-President—Jean Tong

Email: vp@igniteartisticswimming.com

Secretary—Cindy Zizek

secretary@igniteartisticswimming.com

Membership Services—Kim Carver

Email: memberservices@igniteartisticswimming.com

Finance—Vacant

Email: finance@igniteartisticswimming.com

Events—Karen Markowsky

Email: events@igniteartisticswimming.com

Fundraising—Jean Tong (interim)

Email: fundraising@igniteartisticswimming.com

Marketing—Megan Shuker

Email: marketing@igniteartisticswimming.com

Human Resources—Nora Endicott (interim)

Email: hr@igniteartisticswimming.com

Past President—Jodie Near

Email: pastpresident@igniteartisticswimming.com

Chart of Common Artistic Swimming Acronyms

- RL** = Regional League Competitive
- PE** = Provincial Excellence Competitive
- HP** = High Performance Competitive
- AUA** = Athletes with Unique Abilities Competitive/Recreational
- MA** = Mixed Ability Competitive
- REC** = Sessional Recreational Programs
- OAS** = Ontario Artistic Swimming (Our Provincial Sport Organization)
- CAS** = Canadian Artistic Swimming (Our National Sport Organization)
- FINA** = Our International Governing body of all aquatic sports

TEAM AQUATIC SUPPLIES LTD

SHARK CLUB PROGRAM

Club: **Ignite Synchronized Swimming**
 Online Coupon Code: **BUR101**
Expires: August 31, 2023

Program subject to change and/or cancellation at any time.
 Discount is valid on regular priced in-store, in-stock merchandise only.
 Card must be presented at time of purchase.
 Not valid at Swim Meets and other Sales Events, or in conjunction with other discounts.

#SwimExperts