

November 15th, 2020

## High Performance Info Nights

It's hard to believe that we're almost 3 months into the season - and what a season it's been. First we'd like to say thank you to everyone for your patience and understanding as we continue to adjust to the world around us.

But as we know, time marches forward, and in the case of schools, they are already starting to get ready for next year. If your athlete is in Grade 8, they are likely already being invited to program information nights from the different high schools.

That also means that if you don't have a grade 8 athlete, you might be surprised to learn that the high performance information sessions are coming fast! If you've ever considered, or this note even makes you curious about high performance we encourage you to attend the information sessions and learn more:

- **Grades 5-8:** Hollycrest Middle School
  - Thursday November 26th, 6pm
  - See poster
- **Grads 9+:** Silverthorne High School
  - Wednesday November 18, 7pm
  - <https://tdsb-ca.zoom.us/j/94680875875>
- **All Grades:** Olympium Program Info night
  - Wednesday, December 2, 7pm
  - Details to come by email

Please know that if you even think you'd like to consider swimming HP, we encourage you to check out the schools and apply- they have limited capacity and once they're full it becomes a lot harder.

### Key Dates

- **Nov 16-20:** Loblaws gift-card week
- **Nov 18:** Silverthorn high performance info night
- **Nov 26:** Hollycrest high performance info night
- **Nov 27-29:** Olympium Synchro-thon!
- **Dec 2:** Olympium high performance info night
- **Dec 12-13:** OAS Dryland Competition
- **Dec 19 - Jan 3:** No training; winter break
- **Jan 4th:** Hollycrest applications open
- **Feb 5th:** Hollycrest application deadline



We hope that you've been able to join our high performance teams in watching Mexico's Sincromx Caleveras online artistic swimming competition. This year our 13-15 and JR high performance teams dressed up to compete and they looked awesome! Congrats to everyone who took part!



# 11 Days till Synchro-thon!

The Synchro-thon is fast approaching with only 11 days left before the event. The good news is that the fundraising will be open a bit longer in case a few of your sponsors need a bit more time! To date, we have 10 athletes who have raised a total of \$1365.00.

If you haven't started your fundraising activities, there is still time! The email welcoming you would have come from Rally-up.com; if you haven't received it:

## 2020 Synchro-thon

MORE INFO



1. Check your junk folder OR
2. Check the email of any other person that could be registered on TeamSnap for your athlete (could be going to the other caregiver's address) OR
3. Email [lesleygraham0407@gmail.com](mailto:lesleygraham0407@gmail.com) ASAP with your athlete's name.

## Volunteer Positions Still Available



Are you still looking for ways to deliver on your Volunteer Commitment for this season? There are still lots of areas where we need your help. We currently have 10 of the 39 open volunteer positions filled meaning there are still **29 different ways you can help!** It doesn't matter what your skill level is - if you're an expert, great, and if you're an amateur who just want's to learn, that's great too! Volunteering with Olympium is one of the best ways to develop your skills in a safe family friendly environment!

Currently there are positions available in Fundraising, Operations, HR and more!!! Depending on COVID restrictions being lifted, more opportunities may be added as the year progresses. Please send any questions or concerns that you may have to the Board member responsible for that position.

Sign up here: <https://signup.com/go/vjuJJcS>

You Spend	You Earns
\$800 Groceries <small>Sobeys, Superstore, Walmart</small>	\$40.00
\$350 Gas <small>Esso Gas Card, Esso Discount Card</small>	\$7.00
\$300 Clothes <small>Gap, Mark's, the Shoe Company</small>	\$15.00
\$400 Takeout <small>Jack Astor's, Ultimate Dining Card</small>	\$40.00
\$250 Gifts & Household <small>Indigo, Amazon, Cineplex, Walmart</small>	\$25.00

You can earn up to \$1,285 for the school shopping for things you already buy!

Visit [FlipGive.com/join](https://FlipGive.com/join) and use code:  
**69C6P5**  
 Olympium 2020/2021

## Reminder: Sign-up for FlipGive!

In case you forgot, there's a new way to raise money with Olympium! Now you earn between 1%-20% when you shop online or buy gift cards. This is an easy way to meet your Personal Fundraising Commitment just by shopping for items you would purchase anyway. Visit FlipGive.com or download the FlipGive app. Every time you shop, you will be helping raise funds.

[Click here to join](#)

[!AJWYMI h\[ž\] H J Y7cdfXpUcf ossclipgive@gmail.com'](mailto:ossclipgive@gmail.com)

\*cashback varies by store / retailer offer



## POINSETTIA Fundraiser Order by November 21st @ 10pm

We are happy to announce a new annual Christmas tradition to raise funds to go towards your individual fundraising goals! Please note that 100% of the profits made will go towards your PFC (Personal Fundraising Commitment).

This year, we are partnering with TERRA greenhouses to sell poinsettias, evergreen wreaths and outdoor evergreen arrangements. There are 4 sizes of Poinsettias available: Christmas Cheer (4"), Winter Wonderland (6"), Santa's Table Top (8" three-colour tripan), and Holiday Blast (8).

In order to help you sell to your family and friends we have attached a flyer for you to share on your social media (Instagram, Facebook, email). We suggest posting this as an image in your social media feed with a written personal description and then a link to the flyer:

<https://drive.google.com/file/d/19RVDU5JC1gdDWKurr0UO8rAgyyRCj3W9/view?usp=drivesdk>

We do not suggest canvassing door to door due to Covid-19.

The order form also accompanies this weeks "O" News - please fill it in as you receive orders. You will need to submit only **ONE** order form to [victoriatoronto@yahoo.ca](mailto:victoriatoronto@yahoo.ca) (please keep a copy).

Please forward payment for your total sales by e-transfer to [m.zaitsev@yahoo.ca](mailto:m.zaitsev@yahoo.ca)

All order forms and payments are due by **November 21st at 10pm**.

As an added incentive, the top individual sales and the top team sales will get a surprise reward!

\*More information on pick up date to follow soon.

*! J ] M c [ U j ] M c [ U r f d b e 4 r b l o c ' W E  
D : j g H j U : i b X U j d 7 o c f X j b u e r*

## COVID Updates & Reminders

- For evening practices at The Elms, the parent volunteer will now be doing check in at the front doors and not the parking lot.
- Parents must be there **no later than 5 min after practice has ended** for pick-up (swimmers are not able to wait in the facilities).
- Check **TeamSnap** regularly; permits may still change due COVID protocol changes.
- Your **Health Check** must be complete for you to attend practice - no exceptions.
- If you're going to be **late/absent** message your coach ASAP.
- If you have 2 or more COVID symptoms, you **cannot attend practice**; notify your COVID coordinator.
- If someone in your class / team / other tests positive for COVID you will receive a letter from your local Public Health Unit - **Please follow Public Health Directives**
- In all cases, we will follow the directions from the **Public Health Unit**.
- Medical / Doctor's clearance will be **required before** you can return after a positive COVID test.

# High Performance - Information Night

Are you considering Olympium's HP program for next year? Are you just interested in learning more about the program? The first step is understanding more about the schools that support our program and how their programs work. Hollycrest will be running their information night November 26th with applications to the program opening January 4th. If your interested in learning more check out their info session:



**Toronto District School Board**

"TDSB—Supporting Ontario Amateur Athletes"



## Hollycrest Middle School High Performers Information Night

**DATE: Thursday, November 26<sup>th</sup>, 2020 @ 6 p.m.**

**WHERE: Virtual Meeting—Please email us at [HollycrestMS@tdsb.on.ca](mailto:HollycrestMS@tdsb.on.ca) for the link**

Acceptance to the HP Program is by application only. Application packages will be available at this information session. They are also available from the school office or online at [schoolweb.tdsb.on.ca/hollycrest](http://schoolweb.tdsb.on.ca/hollycrest). Applications will be accepted as of Monday, January 4<sup>th</sup>, 2021 and the deadline for submission is Friday, February 5<sup>th</sup>, 2021.



### HIGHLIGHTS

- Meet the Leadership Team at Hollycrest MS
- Hear about the academic program at Hollycrest MS to support High Performance athletes
- Meet current student-athletes in the program
- Have questions answered

**HOLLYCREST MIDDLE SCHOOL**  
630 Renforth Drive  
Etobicoke, Ontario M9C 2N6  
Phone: (416) 394-7050  
Principal: Nick Tran  
e-mail: [nick.tran@tdsb.on.ca](mailto:nick.tran@tdsb.on.ca)



# Contact Us...

Throughout the season, you may have a few questions - if you can't find us at the pool, feel free to reach out via email. For general questions, please email [info@olympiumsynchro.com](mailto:info@olympiumsynchro.com). Of course you may have a more specific question, so feel free to reach out to anyone below.

## Programming

- **Kerri Morgan**, Head Coach  
[headcoach@olympiumsynchro.com](mailto:headcoach@olympiumsynchro.com)
- **Vanessa Bessy**,  
Director, Evening Programs  
[info@olympiumsynchro.com](mailto:info@olympiumsynchro.com)
- **Masters Programming**  
[masters@olympiumsynchro.com](mailto:masters@olympiumsynchro.com)

## Key Volunteers

- **Chris Foster**, Ombudsman  
[ombuds@olympiumsynchro.com](mailto:ombuds@olympiumsynchro.com)
- **Catherine Ringler**, Registrar  
[registration@olympiumsynchro.com](mailto:registration@olympiumsynchro.com)
- **Oleg Romanyshyn**, Website  
[admin@olympiumsynchro.com](mailto:admin@olympiumsynchro.com)
- **Chris Foster**, Newsletter Editor  
[news@olympiumsynchro.com](mailto:news@olympiumsynchro.com)
- **Lois Delazzari**, Loblaws Gift Card Program  
[loblaws@olympiumsynchro.com](mailto:loblaws@olympiumsynchro.com)
- **OSSC Cares**, Board Committee  
[OSSCCares@olympiumsynchro.com](mailto:OSSCCares@olympiumsynchro.com)

## Board of Directors

- **Cory Bayly**, President  
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- **Jeff Niehaus**, Vice-President  
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- **Pauline Leong**, Treasurer  
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- **Holli Melville**, Fundraising  
[fundraising@olympiumsynchro.com](mailto:fundraising@olympiumsynchro.com)
- **[Open]**  
Director at Large



If you or your swimmer have a question about practice, meets or anything to do with programming please head to **your coach**. Your coach is your best place for information about your team. If they don't know the answer they will work on finding it for you or they will have Vanessa or Kerri get in contact with you.