



TSC SYNCHRONIZED SWIMMING STANDINGS

2017-18 Season:

1st Place Advanced Duet, Olivia
Zawadiuk and Katie Stirrat – CUSSL
National Championships

1st Place Advanced Routine –
CUSSL Western Championships

1st Place Novice Routine – Western
Championships

1st Place Advanced Duet, Olivia
Zawadiuk and Katie Stirrat – CUSSL
Western Championships

1st Place Novice Solo, Timothy
Yaroshuk – CUSSL Western
Championships



Interested?



Contact the UBC Thunderbirds
Synchronized Swimming Sport Club Executive
synchro.sc@ubc.ca

 facebook.com/ubcsynchro/

 [@ubcsynchro](https://www.instagram.com/ubcsynchro)



[RECREATION.CA/SPORT-CLUBS](https://recreation.ca/sport-clubs)

UBC THUNDERBIRDS SYNCHRONIZED SWIMMING SPORT CLUB



THE UNIVERSITY OF BRITISH COLUMBIA

UBC THUNDERBIRDS SPORT CLUBS

 [RECREATION.UBC.CA/SPORT-CLUBS](https://recreation.ubc.ca/sport-clubs)





UBC TSC: Your Community on Campus

UBC Thunderbirds Sport Clubs are opportunities for highly competitive students to officially represent the university in sports at the non-varsity level, to build community, and to gain leadership and sport management skills. If you trained in one of the available sports in high school, or are looking to diversify your athletic skillset find out more about how to join at sportclubs.ubc.ca.



TRAVEL FOR COMPETITION

Teams travel locally, across Canada and internationally to compete against other universities and clubs.



STUDENT LED TEAMS

Each Sport Club is managed by a team of student executives that take care of all the administrative tasks, finances, marketing, travel and safety logistics, and everything in between.



TRAIN AND COMPETE WITH FRIENDS

Most Sport Clubs athletes train and compete on a weekly basis with their teammates during the year. UBC TSC also hosts socials and events to mingle with 300+ student athletes.



THE SPORT CLUBS EXPERIENCE

“Joining UBC TSC Synchronized Swimming has been an amazing experience for me and truly enhances my time here at UBC. UBC TSC Synchro has allowed to me have so many new opportunities, from being able to practice at the brand new aquatic centre, to having the chance to travel across Canada and compete. Not to mention, making lifelong friends in your teammates, all while continuing to further your education at a top university. Whether you’ve been doing the sport for years or want to try something new, there’s a place for everyone in our UBC TSC Synchro family.”

— Jocelyn Dayal

UBC Thunderbirds Synchronized Swimming Sport Club

ACADEMICS

UBC Thunderbirds Sport Clubs (UBC TSC) is open to any Undergraduate, Graduate, or Exchange Students across all faculties and disciplines. Participants must enroll in at least 9 credits per semester (three courses) with minimum good academic standing, both semester and cumulative.

Practices/Competitions and Academics

Thunderbirds Sport Clubs athletes are students first, and athletes second. Athletes are expected to balance their sport and their academics in a responsible and organized manner. Since competition schedules may require the team to be away for competitions on weekends, athletes should look ahead to coordinate competitions alongside their academic commitments. It is ultimately up to the individual athlete to choose how to manage their time. It is important that the student works with their professors to make up for any missed assignments or exams in advance.

COMPETITION AND TRAINING

UBC TSC Synchronized Swimming primarily competes in Canada with the Canadian University Synchronized Swimming League (CUSSL) among other Canadian universities.

The team is currently made of 30 athlete, both advanced and novice teams. Any interested student can join the club and be placed on a team according to previous experience or not. Everyone will have an opportunity to compete.

Practices take place at the UBC Aquatic Centre. Each practice spans 1.5 to 2.5 hours. Depending on what team the athlete is in, the number of practices per week will range from 1 to 3 days. In January, the team competes at Westerns, followed by Nationals in February. The season ends with a year-end water show that is usually held in March.

Yearly Calendar

Practices:
September - March

Competitions:
January - February

Time Commitment

Team Activities:
6 to 10 hours per week

Individual Activities:
2 to 6 hours per week

Try-outs and Requirements

During the first and second weeks of September, the team hosts open “Try Synchro” days. Prospective athletes will be selected to either the novice and advanced team based on their skill level and level of commitment.

OUTSIDE OF THE SPORT

Fundraisers

UBC TSC Synchronized Swimming team holds several fundraisers throughout the year including bar nights, Krispy Kreme fundraisers, and event ushering at the UBC Doug Mitchell Arena.

Philanthropic Work

As part of the Thunderbirds Sport Clubs community, the Synchronized Swimming Sport Club partners with other TSC teams to help support their philanthropic endeavors. Most notably, the team works in conjunction with UBC TSC for the Annual Spin-a-Thon. This event is partnered with Right to Play, to raise awareness and funds for Aboriginal Youth in their pursuit for sports.