



Synchro Swim Ontario Names Head Coach and Athletes to Regional Training Centre – Ontario

Toronto, September 12, 2018 – Synchro Swim Ontario (SSO) is very pleased to announce **Manny Wu** as Head Coach and Technical Specialist at the Regional Training Centre – Ontario (RTC-ON). Reporting to the SSO Executive Director, Manny will be responsible for the leadership and management of SSO's RTC-ON programs (Senior, Junior and NextGen).

Growing up in China, Manny represented her country on the National Team at several world championships and the 2004 Olympic Summer Games. She began her coaching career in China, coming to Canada in 2008. Manny has been the assistant coach at the RTC-ON since 2015. She achieved her level 4 NCCP qualification in 2017. Manny was the 2017 Canadian Junior National Team Head Coach and an assistant coach in both 2015 and 2016. Most recently, she was Head Coach of the 2018 Canadian 13-15 National Team, which won gold in solo, duet and team, as well as claiming the top 3 positions in figures at the 2018 UANA Pan American Artistic Swimming Championships. Manny's coaching philosophy involves working together as a team and making everyone accountable and responsible for their own and team roles. She believes a professional, positive, competitive, and structured learning environment will help athletes to achieve their maximum potential.

SSO is also pleased to announce the athletes who have been named to its 2018-2019 RTC-ON athlete pool. The RTC-ON opened in September 2015 at the Toronto Pan Am Sport Centre (TPASC) and is a model in high-performance development for artistic swimming intended to ensure a steady stream of qualified athletes and coaches are being trained to standards required to achieve podium success on the world stage at Olympic and World Championship events. Previously managed by Canada Artistic Swimming (CAS), effective with the 2018-2019 competitive season the RTC-ON is officially an SSO program representing the pinnacle of the SSO High-performance Athlete Pathway.

The 2018-2019 athletes are:

NAME	YEAR	CLUB
*BARRETT, Catherine	Senior	St-John's (NL) Sea Stars
ENNS, Marissa	1 st - Junior	Olympium Synchro
*FINN, Scarlett	2 nd - Junior	Granite Synchro
*GOSSLING, Flynnne	2 nd - Junior	Granite Synchro
GRAY, Charlotte	1 st - Junior	Granite Synchro
HUGHES, Caroline	1 st - Junior	Granite Synchro
KNOTT, Mayah	1 st - Junior	St-John's (NL) Sea Stars
*REIGNER, Jaiden	Senior	Fredericton Synchro
*SPOTT, Emma	2 nd - Junior	Variety Village Synchro

*Returning member from 2017-2018 RTC

The RTC-ON provides athletes with high-performance coaching, world class facilities, as well as an enhanced daily training environment with access to Integrated Support Team (IST) services provided by sport scientists, sport medical experts and sport performance (including nutritional) professionals. A collaborative effort between SSO, CAS and the Canadian Sport Institute Ontario (CSIO), the RTC-ON is managed by an oversight team that includes **Kara Heald**, Chair, RTC-ON Executive Committee, **Mary Dwyer**, SSO Executive Director, **Julie Healy**, CAS Chief Sport Officer, **Catrine Klein**, Treasurer, **Mary-Jane Ling**, SSO board representative, and **Manny Wu**, RTC-ON Head Coach. Other key personnel involved in the day-to-day operations who are integral to success include **James Brough**, CSIO High Performance Athlete Development Advisor, and **Mary DiCaro**, organizational change expert. Additional support coaches and experts will be assigned as required.

We extend our thanks to the Ontario Ministry of Tourism, Culture and Sport, which provides funding for CSIO's Ontario High Performance Sport Initiative (OHPSI) and is an important partner of SSO and the RTC-ON program.

