



To:
Erin Willson

From:
Synchro Canada
Catherine Gosselin-Després, Khadija Cutcher, and Catherine Naulleau

Date: Week of April 2, 2012
Subject: Written Warning – Weight management

This is a formal written warning letter to you regarding recent weight results and objectives with respect to the weight management protocol and your personal contract.

On March 7th, 2012 you met Catherine Naulleau and received a verbal warning, to find strategies to help you maintain better your weight in the Performance weight range. This meeting was planned regarding your weight of February 29th of 132.5lbs (5% range or your contract).

On both March 7th & 21st you were back within your range.
However on March 28th you had gone back out of your contract range again (132.1lbs).

This week, April 4th you had come back into your range and we encourage you to stay within this range for the best performance possible.

We ask you to continue consultations with the nutritionist and the sports psychologist and we will follow the evolution of your body composition weekly for progress.

If, unfortunately, there is no improvement of your body composition towards competing goals, there will be further warnings, according to the protocol procedures and there will be decisions made about your position on the team.

If you have any questions, please do not hesitate to contact Synchro Canada's High Performance Coordinator, Khadija Cutcher and/or Synchro Canada's sports nutritionist, Catherine Naulleau.



To:
Erin Willson

From:
Synchro Canada
Catherine Gosselin-Després, Kristen Brawley and Catherine Naulleau

Date: Week of April 25th

Subject: Written Warning #2 – Weight management

This is a formal written warning letter to you regarding recent weight results and objectives with respect to the weight management protocol and your personal contract.

Considering the monitoring of your weight and your body composition, you are still in the over acceptable range, *however, we note an improvement in your weight which is now at 5% of your competing weight and you achieved the goal to lose 0.5 to 1% of your weight per week.*

The objective in this time of year, although, is to be at 2% of your competing weight.

We also want to thank you for your cooperation to make all your appointments with the expert team

The next steps will be to continue consultations with the nutritionist, sports psychologist and follow the evolution of your body composition weekly for progress.

If you have any questions, please do not hesitate to contact Synchro Canada's High Performance Manager, Kristen Brawley and/or Synchro Canada's sports nutritionist, Catherine Naulleau.



To:
Erin Willson

From:
Synchro Canada
Catherine Gosselin-Després, Kristen Brawley and Catherine Naulleau

Date: Week of May 2nd

Subject: Written Warning #3 – Weight management

This is a formal written warning letter to you regarding recent weight results and objectives with respect to the weight management protocol and your personal contract.

Considering the monitoring of your weight and your body composition, *we continue to note an improvement in your weight which is now at 4% of your competing weight and you achieved the goal to lose 0.5 to 1% of your weight per week.*

The objective in this time of year, although, is to be at 2% of your competing weight.

The next steps will be for the expert team and Synchro Canada to meet and put in place a plan that will help you manage better your weight and issues that might prevent you to achieve this goal. At this point, there will also be further decision taken about your position on the team.

You will also be asked to continue consultations with the nutritionist, sports psychologist and we will follow the evolution of your body composition weekly for progress.

If you have any questions, please do not hesitate to contact Synchro Canada's High Performance Manager, Kristen Brawley and/or Synchro Canada's sports nutritionist, Catherine Naulleau.