

Hello Everyone!

Happy Thanksgiving to all! The holiday season is upon us and that means that our competitive season is just around the corner. As we look ahead to the 2010 season, let's all remember why we got involved in synchronized swimming and be thankful for the positive experiences we have had in the sport.

Our USA Synchro family lost a dear friend and valued coach and judge this week. Please keep Mary Rose's family in your prayers as she passed away November 24<sup>th</sup>; she will be deeply missed. Mary had a long history in our sport and continued to contribute by coaching in Orlando, Florida until very recently when she fell ill. Her contributions were tremendous and will long be remembered in Florida and around the country.

My best wishes to Terry Harper and Mary Ellen Wiegand who recently underwent surgeries. They are both recovering well.

First, some exciting news- our new logo has been approved by the Board of Directors. We are awaiting a branding and marketing strategy from the designers that will help us develop our new image.

To our masters synchronized swimmers: I am aware there were some challenges at this year's U.S. Masters National Championships and please know that we are working on a number of different areas to insure that next year's competition runs more smoothly. Thanks to Ashley Johnson and her team for all of their efforts in managing the event. We have learned many valuable lessons that will help us and our meet hosts run competitions more effectively in the future.

Our office staff is continuing to make adjustments on the website. I understand there have been some difficulties but hopefully we can work out the glitches and provide a streamlined and efficient website with all of the information you need.

My hope for the new year is that we can all work together to help our sport grow and to help all of us succeed in our individual roles within the sport, whether it is as an athlete, coach, administrator, parent group member, judge, scorer, or meet host, etc. In order for the sport to grow, each of us must continue to learn and grow within our own role, and we all must succeed. Just as the eight members of a team must work together to perform well, all the members of our USA Synchro team must work together for our organization to succeed.

The 12<sup>th</sup> FINA World Junior Championships will be held in Indianapolis this August. USA Synchro plans to host a first rate event, welcoming teams from around the world. If anyone is interested in volunteering for the event please contact the National Office for details.

Congratulations and please welcome our new National Team Coordinator, Gigi Grizanti. She brings years of business and organizational experience to our National Team program.

A special thanks to Jill Wright and the Canisius College Griffins Synchro Team for their time and effort in helping the United States produce the FINA video presenting all of the new figures and elements for the next four years.

The 2009 FINA Trophy will be taking place this Thanksgiving weekend in Montreal, Canada. Representing the United States will be the University of the Incarnate Word Synchro Team. We all wish them well and

thank them in advance for representing the United States. Following the Trophy Cup, will be a seminar reviewing the new figures and elements as well as a few presentations on different aspects of synchro training. I will be in attendance at both events and will get you an update at its conclusion.

If you have any suggestions for our sport, please contact me at: [president@usasynchro.org](mailto:president@usasynchro.org).

Until next time, stay healthy and keep training smart.

All the best,

Duke