

MEET SPEEDO SYNCHRONIZED SWIMMER OF THE QUARTER

Fall 2007 Volume 15 Number 3

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# synchro

SWIMMING USA



TEAM USA FINDS A  
**SILVER LINING**  
AT THE 2007 FINA WORLD TROPHY CUP

**PLUS**

Rising to the Challenge From Grassroots to Olympic Games. **PAGE 11**

U.S. Masters Championships Invade Tucson. **PAGES 18 and 19**

# Team USA is a Sure Shot



Brooke Abel makes walking on water look easy with the help of her teammates.



If you spend any time traveling to Japan within the next year, you might see some familiar faces. Earlier this summer, the Pan American Team took a day off of training to pose for two print ads endorsing the Canon Sure Shot Camera. The ads will run in Japan only; however, Team USA was the only country chosen to appear in the ad campaign.

The photo shoot took place at the Clarke Memorial Swim Center at Heather Farms Park in Walnut Creek, Calif.

70th Anniversary

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Team USA enjoys Rio with Head Coach Tammy McGregor and Manager Denise Shively. Photo contributed by Team USA.

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On the cover: Team USA poses with its silver medals after the free combination routine. Cover Photo Contributed by Team USA.

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# Letter from the President

## NOTE FROM PRESIDENT GINNY JASONTEK



Dear Friends,

Wow! It does not seem possible that Christmas is around the corner but time flies, doesn't it? Everyone is so busy right now – coaches and athletes creating new routines, judges attending trainings and clinics and coaching certification is underway. Staff and volunteers are working day and night to prepare the Directory and update the Rulebook, especially those appendices! I want to take this opportunity to thank all of you who attended the USAS Convention and worked diligently in every committee meeting. So much was accomplished in so many areas. Your participation and contributions are greatly appreciated.

The Collegiate sub-committee has been very active since convention, preparing documents, a power point presentation, and a DVD with collegiate highlights. Members are actively working to grow new programs and thereby maintain our Emerging Sport status with the NCAA.

The Judges' Board is creating the revised curriculum to align with the new levels of judging. The purpose of the revision of judges levels is to compress the structure and thereby allow judges to move through the levels more quickly, responding to our need for more judges at the zone, national and international levels. I hope you will take a few minutes to visit the website and view the current Tech Talk and the new Appendix G.

Congratulations to our Olympic Team on their outstanding performances at the FINA World Trophy Cup in Rio de Janeiro, Brazil. It was truly exciting to see our athletes on the victory stand with their third place overall finish that included points obtained from a fabulous second place swim in the Free Combination routine! Yes, we are on the road to Beijing! Following the Trophy Cup, I assisted FINA Chairperson Ulla Lucenius with the FINA Judges School which USSS hosted in Fort Lauderdale. We had over 60 participants from North, Central and South America as well as a group from Germany! Seven schools were held worldwide so that all FINA Judges were trained with the same curriculum and by the same instructor. I believe that this training provides a strong foundation for judging skills. Among the scholars were ALL of our U.S. FINA list judges and I am grateful for the personal sacrifices you made to attend and take the test. Thanks to Laura Mase' for the excellent organization and Barbara McNamee for her technical genius.

Then it was on to Coaches College in Colorado Springs – an event that always motivates us and presents us with new ideas and techniques. I know that in this issue you will hear more in-depth reviews of the event, but let me say that the keynote speaker, Sue Enquist of UCLA, was truly inspiring and provided a great beginning to the weekend. Thanks to our sensational staff members – Laura LaCursia, Laura Mase', Stephanie Crocker and our new Education Director Kevin Warner – and to our talented national coaching staff for a great educational experience.

The Board of Directors will meet in January and will create a new strategic plan that will address the mission and the goals of United States Synchronized Swimming. We look forward to sharing these plans with you and including you in the further development of this ambitious project. If you have suggestions regarding the strategic plan, feel free to contact Board members.

Wishing you and your families "Happy Holidays" and a wonderful New Year!

*Ginny Jasontek,*

*President on behalf of the Board of Directors*

## FOUNDATION UPDATE

Members of the Founders Society took a break from the business of the USA Synchro Convention to enjoy the fine food, impeccable service and breathtaking views of the Summit House restaurant in Fullerton, California.

The highlight of every Founders Society Dinner is recognition of those who have made a commitment to Synchro by making gifts or pledges to the USSS Foundation. At the 2007 dinner, Trustee Carol Valles presented mementos and the thanks of the entire organization to new members ANA Synchers, Jeanette Chase, Mike Dunwiddie and

Sheila Wright. Special recognition went to new member Joyce Lindeman, who joined the Founders Society at the Silver Level. Carol also offered heartfelt thanks to Karen Rosolowski, who increased her commitment to the Foundation to Gold Level.

Carol also expressed appreciation to Stu Isaac of Speedo, for his company's support of the Foundation through its matching-gifts program.

Anyone and everyone committed to Synchro is invited to join the Founders Society for its evening of dining and companionship at the Convention in Atlanta in September. Details will be forthcoming.



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# CONGRATULATIONS TO TEAM USA!

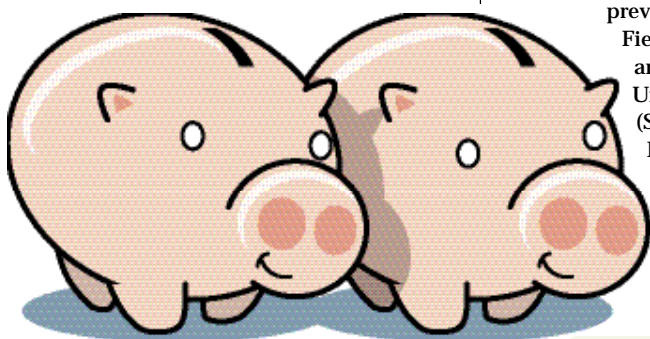
Congratulations to the 2007 U.S. National Team for taking home a silver medal and two bronze medals at the 2007 FINA World Trophy Cup.

## The 2007 U.S. National Team includes:

Brooke Abel (Fallbrook, Calif.), Janet Culp (Littleton, Colo.), Kate Hooven (Pleasanton, Calif.), Christina Jones (Fremont, Calif.), Becky Kim (Walnut Creek, Calif.), Meghan Kinney (Mission Viejo, Calif.) Andrea Nott (San Jose, Calif.), Annabelle Orme (Walnut Creek, Calif.), Jillian Penner (Seattle, Wash.) and Kim Probst (Troy, N.Y.).

## DOUBLE YOUR DONATION TO THE FOUNDATION!

For each year through 2009, Speedo will provide a contribution of \$250 to the Foundation, for every individual outside contribution equal to or in excess of \$250, up to a maximum of \$2,500 per year.



## AT&T SYNCHRO COMMUNICATOR

Visit the following link and download the AT&T Synchro Communicator. This allows synchro news alerts to be delivered straight to your desktop and includes a synchro screensaver download.  
<http://usasynchro.newtier.com/>

## WELCOME ABOARD

Please help U.S. Synchronized Swimming welcome Kevin Warner to the National Office staff. He will be replacing Laura Mase' as the Education Director. Laura will be moving on to pursue graduate school.

Kevin came to USSS from Orchard Park Elementary School in Carmel, Ind. and Lifetime Fitness in Indianapolis. He previously served as a Track and Field Coach at Lewis University and Southern Illinois University Edwardsville (SIUE). Kevin received a Bachelor of Arts from Lewis University and a Masters of Science in Kinesiology and Sport Management from SIUE. He went on to receive an Indiana

Teaching Certificate in Physical Education from Indiana Wesleyan University in 2004. He holds several USATF Coaching Certifications, including Level II- Jumps, Sprints/Hurdles/Relays, Multi-Events, and Level I- Instructor.

## BECOME A BOOSTER MEMBER AND EARN A "BEIJING BOUND T-SHIRT"

Sign up to be a Booster Member and get a "Beijing Bound" T-Shirt! You can view photos of the shirt and register to become a Booster Member by logging on to [www.usasynchro.org](http://www.usasynchro.org). These shirts will make a great gift to any Synchro fan. If you have any questions, please feel free to contact Stephanie Crocker, Membership Manager at [stephanie@usasynchro.org](mailto:stephanie@usasynchro.org).

## 2008 CALENDAR

| <u>DATE</u>    | <u>EVENT</u>                  | <u>PLACE</u>     |
|----------------|-------------------------------|------------------|
| March 27-29    | U.S. Collegiate Championships | Columbus, Ohio   |
| April 10-12    | SPEEDO Junior Championships   | Clermont, Fla.   |
| May 1-3        | U.S. National Championships   | Tucson, Ariz.    |
| June 23-July 5 | U.S. Age Group Championships  | Binghamton, N.Y. |
| July 13-19     | U.S. Open                     | Cleveland, Ohio  |
| August 18-23   | 2008 Olympic Games            | Beijing, China   |
| Sept. 21-28    | USAS Convention               | Atlanta, Ga.     |
| Oct. 9-12      | U.S. Masters Championships    | Las Vegas, Nev.  |

## IN THE NEWS

Check out the November issue of Allure Magazine. U.S. National Team Members Janet Culp and Christina Jones are featured on page 168.

Check out the Oct. 15 issue of Sports Illustrated. USSS Athlete of the Year Sara Lowe is featured on page 28 as one of the "Faces in the Crowd."



## Get In Synch!



## 2007 USA Synchro Award Recipients

### LILLIAN MACKELLAR DISTINGUISHED SERVICE AWARD:

**Carol Valles**

Given for unselfish service to the sport without thought of personal gain and with particular emphasis on working for the benefit of the athlete.

### ATHLETE OF THE YEAR:

**Sara Lowe, Stanford University**

Presented to an athlete who has made the most significant, positive impact on the sport during the most recent competitive season.

### COACH OF THE YEAR:

**Heather Olson, Stanford University**

Given to the coach that has made a significant impact on athlete performance at the highest level of competition in the last 12 months.

### AGE GROUP DEVELOPMENT COACH OF THE YEAR:

**Isabella Vasconcellos, Flager County Synchro Belles**

Presented to the coach of a club who develops athletes into finalists at the U.S. Age Group meet for the first time.

### AGE GROUP COACHING MERIT AWARD:

**Rebecca Williams, Northern Virginia Nereids**

Awarded to honor a top assistant of an established club.

### COLLEGIATE ATHLETE OF THE YEAR:

**Elizabeth-Anne Markman, Stanford University**

Selected by vote of coaches and regional athlete representatives based on the principles of sportsmanship, academic and athletic achievement.

### COLLEGIATE COACH OF THE YEAR:

**Heather Olson, Stanford University**

Selected by Collegiate Committee for outstanding achievement by a club or varsity program at the U.S. Collegiate Championships.

### COLLEGIATE CONTRIBUTOR OF THE YEAR:

**Linda Witter, Ohio State University**

Presented to an individual or organization that has made a significant impact on the collegiate synchronized swimming program.

### MAE McEWAN MASTERS AWARD:

**Bonnie Buxton, Minnesota Northern Pikes**

Presented for outstanding service to the U.S. Masters program.

### USSS HALL OF FAME ATHLETE NOMINEE:

**1996 U.S. Olympic Team**

Presented to an athlete who has won at least seven domestic titles, been a medalist in a top-tier international event and has been retired four years or more.

### USSS HALL OF FAME CONTRIBUTOR:

**Jackie McDaniel**

Given for exceptional service to the sport from a local to a national level.



### 2007 USA Synchro Award Nominees

#### USOC Athlete of the Year:

Christina Jones

#### USOC Coach of the Year:

Tammy McGregor

#### USOC Developmental Coach:

Kim LoPorto

#### ISHOF Paragon Award:

Margo Erikson

#### ISHOF Coach:

Chris Carver,  
Charlotte Davis

#### ISHOF Contributor:

Re Calcaterra,  
Joy Cushman, Don Kane, Judy  
McGowan, Barbara McNamee

#### WSF Contemporary Athlete:

Becky Dyroen-Lancer

#### WSF Coach:

Charlotte Davis

#### WSF Pioneer:

Dawn Bean

Photo by Karen Roach / www.shutterstock.com

By James Careless

## Sheryl Velez: Swimsuit Seamstress to the Stars!

You probably don't know Sheryl Velez by name, but chances are you have seen her work. Velez's custom-made synchro swimsuits have graced the U.S. National Team, plus teams from Stanford University, Walnut Creek, the Ohio State University, Riverside, Incarnate Word University and many more.

Besides her impressive credits, it's Sheryl's suits that testify to the quality and sophistication of her work. To learn more, Synchro Swimming USA recently contacted Sheryl Velez, to get the inside story on the costumer behind so many winning teams.

**Synchro Swimming USA (SSUSA): Please tell us about yourself, and how you got started making custom swimsuits.**

**Sheryl Velez (Velez):** I am a wife, mom, and grandmother and I have been sewing since I was four years old. My grandmother was an incredible seamstress who I visited every summer and we made doll clothes and crafts. She inspired me in countless ways.

I started making suits for my oldest daughter (now 35) when she began swimming for the San Diego Sweetwater Dolphins when she was 12. She needed several suits for a yearly show and I made them to save money. From there it was one request to another, and pretty soon I had a hobby turn into a business.

**SSUSA: How many suits do you make annually, and who for?**

**Velez:** I currently make about 700-800 synchro suits a season. My clients range from Club teams all over the country to USA National Teams. Some of the clubs include the Walnut Creek Aquanuts, Riverside Aquettes, Los Angeles Synchro, Merquas of Irvine, San Diego Sweetwater Dolphins, San Dieguito Synchro, Cincinnati Synchrogators, Brecksville Blue Dolphins, Pennsbury Falconettes, Troy Sculpins, and Buffalo Swimkins. I also sew for several collegiate teams, including Stanford University, the Ohio State University, University of the Incarnate Word, Wheaton College, University of Alabama at Birmingham, Canisius College, William and Mary, George Mason, University of Illinois, University of Hawaii (youngest daughter Lisa is one of the coaches). I sew for teams in Canada, Puerto Rico, and Aruba as well.

**SSUSA: What do you make your exceptional swimsuits out of?**

**Velez:** I use the same materials all of us use. I like a fabric with very good four-way

stretch. Tricots are my favorites for lining, basic fabrics.

I am lucky enough to live in Southern California and within driving distance of the garment district in downtown L.A. You can find just about everything you would want or need. I also order from a company in New York, which has wonderful metallic and hologram fabrics.

**SSUSA: Where do you get your design ideas?**

**Velez:** Some designs come from the swimmer ordering the suit. I have gotten some of the best ideas drawn by young swimmers on notebook paper. Others are a result of Internet searches looking for theme ideas. Google Images is great, and books/magazines are also very good. There are times when I use the talents of two good friends, who are very talented artists. I can sew really well, and draw the basics. They can turn an idea into a work of art.

They [the suits] are all constructed basically the same way. I start with a whole suit lining front and back and build the suit design on it. After all the appliqué work is done, I cut away the unneeded lining.

**SSUSA: Are there some suits you just can not make?**

**Velez:** I don't think anything is impossible. I have made suits with 30 different fabrics on each suit and it was a team of eight.

The only thing I refuse to make are suits with under wire built into them. Years ago I made suits for our local Leisure World (Retirement Community) team and they were insistent on girdles and under wire...it was not fun.

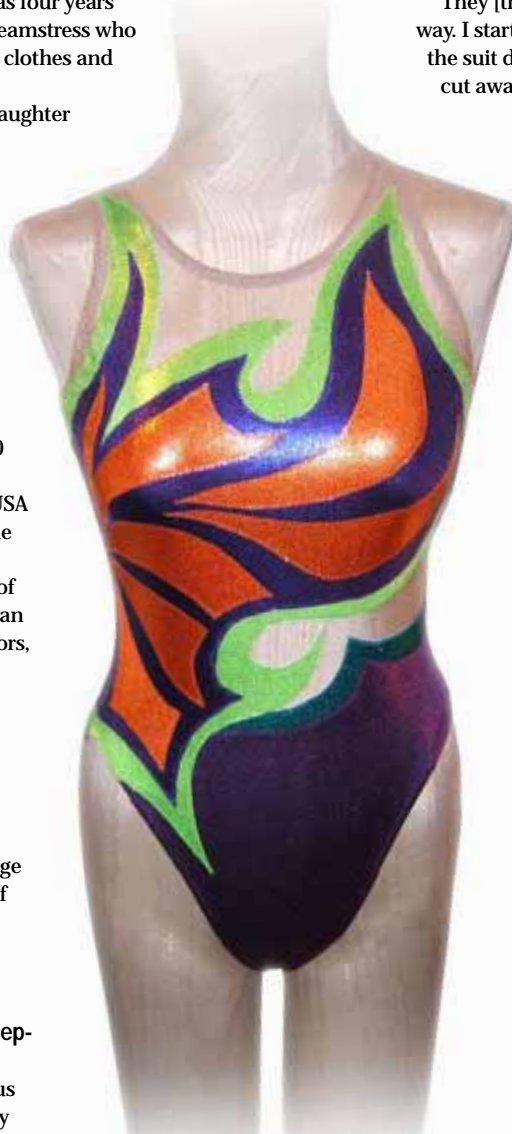
**SSUSA: What are the most common errors people make in designing swimsuits?**

**Velez:** The most common error made is in body length. The drawings are not to scale and the assumption is there is a lot of room in body length. With the legs cut so high, the side seams are really quite short; most people want a lot happening on the front of the suit but there just isn't room. That and the front does not relate to the back; it's almost like two different suit styles – one for the front and one for the back.

I also hate it when the pattern does not match at the side seams. I very much like the front to flow in to the back. That said, I always tell my swimmer designers to draw what they feel and we can work out the details. Most of the problems are fixable and both of us can be happy with the results.

**SSUSA: What kinds of suits do you like best?**

**Velez:** I like fully lined suits. I like the weight of them. They just feel substantial. I like smoothness at the turned elastic and carefully



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## The many suits of Sheryl Velez



down appliqué work. I am very particular about finish work. All of this works out to be a well built suit.

**Fit:** A good fit is when the word back from the swimmer is that it fits like a glove and is the most comfortable suit they have ever had. The swimmer is the one who will let you know what a proper fit is for them. I personally like them snug with no wrinkles of extra material. That is not easy because 90 percent of the swimmers I sew for, I have never seen. I guess they let me know the fit is good, because they keep coming back.

**SSUSA:** Finally, what is your favorite suit, out of all the ones you have made over the years?

**Velez:** I don't think I have a favorite suit. I have made thousands of suits over the last 23 years. Every year I think they get more complex and so the possibilities are endless. I have a mannequin that wears a 30-32 really well and I try the suits on her before they leave the sewing room. There have been many times that I put the suit on the mannequin and stood back and knew it is a good one. That suit was my favorite at least for that day.

## Congratulations Corey Friedrich!

## You are the SPEEDO Synchro Swimmer of the Quarter!



Corey Friedrich

Corey Friedrich, who swims for the Tallahassee Serinas Synchronized Swim Team of Tallahassee, Fla., has earned SPEEDO Synchro Swimmer of the Quarter honors. She was nominated by former Serinas Head Coach Karen Norris.

Corey has been involved in synchronized swimming for over eight years. Along with excelling at the sport, she has also served as a motivator by mentoring younger swimmers to help them improve their technique and performance skills. She has also been very instrumental in assisting with team fundraisers and club events. Former Head Coach Karen Norris describes her as "an outstanding role model for our sport."

When she is not practicing her synchro skills, Corey volunteers time with her church and has served on three mission trips. She also finds time to volunteer at the Florida Baptist Children's Home.

Corey is a member of the National Honor Society and served as the Historian this past year. This role has allowed Corey to create fundraisers and organize meetings as well as capturing Honor Society events on film. Corey is also a member of the Spanish National Honor Society, Fellowship of Christian Athletes and was also the Spirit Captain of the Lawton Chiles High School Swim Team. Corey is currently a freshman at Florida State and hopes to become a licensed Social Worker.

United States Synchronized Swimming and SPEEDO are proud to recognize Corey and all that she does for her community. Keep up the hard work!



The Speedo Synchro Swimmer of the Quarter recognizes synchronized swimmers who exemplify the highest standards of academic integrity, citizenship and volunteer and community service. In honor of their recognition by Speedo, honorees receive a \$500 scholarship from USSS. Applications are available at [usasynchro.org](http://usasynchro.org) in the RESOURCES section. Apply today!



## Because the finish line is only the beginning.

The Athlete Career Program was created by the USOC's Career Services Department in partnership with Adecco, the USOC's Official Career Management Services Supplier. The Athlete Career Program provides a variety of services to elite athletes who are still training and competing, as well as U.S. Olympians and Paralympians who have retired from sport.

### Programs and services include the following:

**Personal career assistance** – work with your own career coach to assist you with everything from creating your personal career game plan, to creating a resume, to getting the job you want.

**Job placement assistance** – whether you're looking for a part-time, flexible scheduled job, full-time employment, or an internship or job shadowing opportunity, Adecco can help you find what you need.

**Career management seminars** – these seminars are broken into five topics that can be delivered anywhere and anytime to fit athletes' schedules. Topics include the following:

- **Creating Your Game Plan** (career planning assessment)
- **Building Your Team** (networking)
- **Entering the Competition** (creating a resume)
- **Game On! Are You Ready?** (preparing for a job interview)
- **Can You Be Your Own Boss?** (becoming an entrepreneur)

For more information regarding these services and the overall Athlete Career Program, please contact the USOC's Career Services Department at 800/933-4473, ext. 1

# Rising to the Challenge: From Grassroots to Olympic Games

On November 2-4, over 80 coaches from seven different countries, 36 athletes and over 20 National Team staff members participated in the USSS annual Coaches College at the Olympic Training Center in Colorado Springs, Colo. The theme of the event was "Rising to the Challenge: From Grassroots to Olympic Games," highlighting our goal and dedication to improve synchronized swimmers at all levels.

Coaches College is an opportunity for coaches of varying skills and experience levels to come together to learn and share with each other. It provides an overall perspective on how incredibly important coaches at every level make this sport a success; without the seasoned coaches, athletes would not be capable of achieving their Olympic dreams and similarly without the grassroots coaches, athletes would not create synchro goals or dreams. Together these coaches provide the tools our athletes need to rise to the challenge of conquering the sport of synchronized swimming in the world arena.

Synchronized swimming continues to develop as a sport year after year. The athletes in the pool today have to be faster, higher and stronger than athletes just a few years ago. In order to continue to rise, our coaches need to be given the best resources possible. This year, the Coaches College curriculum showcased several USOC experts, National Team coaches and consultants, as well as a special guest, UCLA softball coach, Sue Enquist. Sue kicked off Coaches College with an energetic and inspiring presentation on methods of coaching, balancing various personalities in a team sport, and much more. Sue was a first time presenter at Coaches College but came to us with over 37 years of coaching experience at UCLA, 11 NCAA championship titles and has coached former Olympic gold medalists.

The rest of the weekend followed with expert presentations by the National Team Coaching Pool as well as by Patrick Borkowski and Cathy Sellars. Patrick is the USOC Strength & Conditioning Coach for the Acrobat & Combat Sportfolio. He is currently working with our National Teams, and spoke with attending coaches about strength and conditioning and how to implement those elements into a training plan. Cathy Sellars is the Manager of Coaching for the USOC and headed an extremely informative session on peri-

odization and training design for all coaching levels.

In the pool, National Team coaches worked with talent ID and top Junior athletes from across the country on vertical height and figures. The format for figures was altered significantly at this year's Coaches College and was very well received. Both coaching tracks got an opportunity to watch NT coaches work directly with the athletes, one figure at a time. Additionally, Riverside AQuettes Head Coach Sue Nesbitt shared her knowledge on training materials. She demonstrated some of her favorite toys to use with her swimmers in and out of the pool.

Finally, we were fortunate to have two of our very own nationally and internationally ranked officials give coaches some insight into the judging world. USSS President Ginny Jasontek and USSS V.P. Education and Certification Jeanne Struck, led a phenomenal discussion bringing together two of the most influential perspectives in synchronized swimming - judges and coaches.

We were very excited to welcome international guests from six different countries. We had friends from Canada, Mexico, Jamaica, Aruba, Columbia and Chile join us for the weekend in Colorado Springs. These coaches are such an asset to Coaches College because they help to give US participants an inside look at the coaching techniques of other federations. We highlighted this at an international exchange session on Saturday night, in which our international guests had an opportunity to share some things about synchronized swimming in their country with US coaches.

Coaches College is an innovative weekend in which coaches from all over the country can come and learn, network and share their experiences with other coaches of varying experience levels. This weekend could not have happened without the tireless work and support of Laura LaCursia, National Team Director, Jeanne Struck, VP Education and Certification, and the entire National Team Coaching Pool. Many thanks also go out to our athlete demonstrators, chaperones and the entire USOC staff at the training center in Colorado Springs.

We look forward to seeing you at Coaches College in 2008! For information about Coaches College or any other educational opportunities, please feel free to contact Kevin Warner, Education Director, at 317.237.5700 or Kevin@usasynchro.org.



## Recap: Coaches College 2007

**When:** Nov. 2-4.  
**Where:** Olympic Training Center, Colorado Springs, Colo.  
**Why:** Coaching education.

Illustration by Scott A. Maxwell / www.shutterstock.com

# 2007 FINA World Trophy Cup

By Taylor Payne, USSS Media Relations Director



Team USA poses with its silver medals after the free combination routine.



Kate Hooven shows off her flexibility during the free combination routine.

Photography by Getty Images and contributed by Team USA

## The 2007 United States FINA World Trophy Cup Synchronized Swimming Team

Brooke Abel (Fallbrook, Calif.), Janet Culp (Littleton, Colo.), Kate Hooven (Pleasanton, Calif.), Christina Jones (Fremont, Calif.), Becky Kim (Walnut Creek, Calif.), Meghan Kinney (Mission Viejo, Calif.), Andrea Nott (San Jose, Calif.), Annabelle Orme (Walnut Creek, Calif.), Jillian Penner (Seattle, Wash.) and Kim Probst (Troy, N.Y.).

## Team USA Finds a Silver Lining at FINA World Trophy Cup

A little over two months after returning from the Pan American Games, the U.S. National Team returned to Rio de Janeiro, Brazil for the 2007 FINA World Trophy Cup. The second annual event took place Oct. 12-14 at the Maria Lenk Aquatic Park.



Team USA floats on top of the competition.

The competition was based on artistic impression and consisted of the duet, team, and combination routine events.

Reigning Pan American Duet Champions Christina Jones and Andrea Nott, started off the competition with a bronze medal performance in the duet (96.666). The pair shared the medal stand with Russia (98.334) and Spain (98.000).

During the team competition, Team USA performed its "mime" routine for the final time. The performance earned a mark of 96.000 and a bronze medal. Spain scored a near-perfect 99.667 en route to knocking off top ranked Russia (99.000) for the first time ever in a major international competition.

On day three, Team USA entertained the audience with its free combination routine which earned a silver medal spot on the podium (98.667). Russia proved to be golden with a

99.000 and Spain captured the third place position with a mark of 97.333.

Russia finished the competition in the top point position with 296.333 points earning the overall Trophy Cup title. Spain claimed second place while the United States secured the third overall spot.

The U.S. National Team was named in April of 2007. The Team solidified its Olympic Games berth by earning gold medals in both the team and duet events at the 2007 Pan American Games. Team USA consists of:

Brooke Abel (Fallbrook, Calif.), Janet Culp (Littleton, Colo.), Kate Hooven (Pleasanton, Calif.), Christina Jones (Fremont, Calif.), Becky Kim (Walnut Creek, Calif.), Meghan Kinney (Mission Viejo, Calif.), Andrea Nott (San Jose, Calif.), Annabelle Orme (Walnut Creek, Calif.), Jillian Penner (Seattle, Wash.) and Kim Probst (Troy, N.Y.).



Andrea Nott (front) and Christina Jones (back) perform their duet free routine.



Team USA performs its mime routine.



Andrea Nott (front) and Christina Jones (back) demonstrate their deckwork.

## 2007 FINA World Trophy Cup Results

### Duet

- Anastasia Ermakova / Anastasia Davydova, Russia, 98.334
- Gemma Mengual / Andrea Fuentes, Spain, 98.000
- Christina Jones / Andrea Nott, United States, 96.666
- Saya Kimura / Maya Kimura, Japan, 95.000
- Manila Flamin / Federica Tommasi, Italy, 93.000

### Team

- Spain, 99.667
- Russia, 99.000
- United States, 96.000
- Japan 95.333
- Italy 93.667

### Free Combination

- Russia, 99.000
- United States, 98.667
- Spain, 97.333
- Italy, 94.333
- Brazil, 92.333

### World Trophy Overall Ranking

- Russia, 296.333 points
- Spain, 295.000 points
- United States, 291.334 points
- Japan, 282.555 points
- Italy, 281.000 points

## Let the Child Athlete Have Fun

Without a doubt, two of the most obvious characteristics of athletic participation are competing and winning. Surprisingly, these components are not why children say they participate. According to kids, the primary reason for sports participation is for fun. Next, young athletes enjoy improving their skills followed by making friends. Conversely, the reasons children give when they want to stop participating in a sport are other interests such as: a problem with the coach, increased pressure to perform better, and the sport is no longer “fun.”

Interestingly, why do we, as a society, continue to place so much emphasis on the importance of winning... at any cost?

This unexplained pressure has pushed many athletes into extreme behaviors such as over-training, steroid use, and aggression on and off the field. Parents play an equal role in deciding whether or not their children reap the many benefits of being involved in sports or they, the parents, become the negative facilitators by entangling their children into society's love affair with winning at all cost. Children particularly enjoy participating in sports because of parental involvement. This involvement has the ability to bring families closer together as well as strengthening family unity. I hope this article will provide parents with guidelines to make a child's participation in a sport just what it should be—fun!

The first component to examine involves the coach, parent, and athlete, which is known in the sports world as “the athletic triangle.” Participants of this group can interact in complex ways and their relationship can have significant consequences on the psychological development of the child or athlete. The most effective role for the parent is to act as “an advisor” for their children by giving advice, helping, and supporting all aspects of sport involvement. Consequently, there is very little room for coaching within this role. If the role of coach and parent are intertwined, the results will cause conflict, confusion, and tension between all involved, especially for the child. Any coaching by the parent must be regarded as complementing or supplementing what the official coach is trying to accomplish with the team.

Why would a parent's purpose be to upset a coach and be viewed as a threat to the credibility and authority of that coach? The team is the undisputed territory and responsibility of the coach. One effect is the resentment your child may feel by being embarrassed in front of

teammates. This resentment by the child towards the parent inadvertently affects the athlete's relationship with his or her coach. Interestingly, children see their parents as parents and not as coaches. Children deal with interpersonal relationships by neatly labeling or categorizing everyone as to who they are and what they do. The parent will be confusing the child as to who you are – parent or coach.

How can one make the best of this sometimes poorly defined athletic triangle? First, help your child by remaining a low-profile encourager and supporter. Further help by acting as a facilitator instead of a controller. The parent as facilitator efficiently creates a balance in the life of the child.

A parent/facilitator is supportive when the team loses and bolsters morale, helps set realistic goals, and lastly is simply there when needed.

### Attitude and Support

Moving beyond the athletic triangle, the following paragraphs provide a guide to some of the do's and don'ts as a parent of an athlete. The intent is to provide you with some assistance in understanding the broader picture of when child and sport interact. The “do's” include: a positive attitude, a support system, providing an opportunity for growth and development, and proper conduct at a competition.

First, a child forms an opinion about himself, his performance, and the outside world based on the attitude demonstrated by his parents. More than that, a positive attitude from a parent communicates all the following: I care for you. You are important. I am interested in you. You are special. A few ideas to help a parent implement a positive attitude are to:

1. Recognize and comment on any progress, increased effort, and distinguished action
2. Compliment your child right after a meet
3. Ask what they enjoyed most about the meet
4. If your child is disappointed, remind them of their goals and how you may be able to help achieve them

Second, a support system is defined as a unit of people who support an individual regardless of the outcome. This unit also shares common dreams and goals. A support system is the strength provided by family members in helping one another and the parents are the foundation on which it stands. There



Illustration by Jessica Halverson / Sport Graphics

is a balance between an overly involved parent (pushy means pressure) and one that is not involved at all. The following is a list of behavioral steps for the parent to be the support system your child strongly desires:

1. Discuss what the sport entails
2. Attend as many meets as possible
3. If you cannot attend, have your child describe the sequence of events later
4. If possible have the meet videotaped
5. Keep information on the season—pictures, scores, personal notes, etc.
6. When possible volunteer to assist with the duties of the team

#### **Growth and Development**

Another “do” is to provide the opportunity for growth and development. This goal may appear to be an easy task but, all too often, it is ignored or neglected. Frequently, there is conflict between the talented versus the untalented children in sport. A painful position is the untalented athlete who loves a particular sport. If this person is your child, the frequency of disappointments, frustrations, and failures is great. The only solution for the parent is to provide your child with as much growth and development as possible. The following is a list of specific behaviors to help provide growth and development:

1. Learn about the sport from coaches, athletes, trainers, managers, and other parents. Find out from them what it takes to be successful in the sport
2. Provide training aids whenever they can be of value
3. Attend practices of other teams on various levels
4. Attend or watch athletic events with your child and discuss what is involved in being successful
5. Consider private lessons for your child

Finally, another “do” is to follow proper conduct at a meet. You can do this by following these simple steps:

1. Remain seated in the spectator area
2. Do not yell instructions or criticism to your child (coach's job)
3. Do not make derogatory comments to teammates, athletes from other teams, officials, judges, or administrators
4. Do not interfere with the coach (relinquish responsibility for your child for the duration of the meet)

#### **Attitude and Pressure**

In opposition, there are many potential behaviors as a parent of an athlete that can be considered “don'ts”. A few primary ones that will be discussed are: a critical-negative attitude, creating pressure, stressful family interactions, and overemphasizing the importance of winning. First, a critical-negative attitude can be a very destructive force in a child's growth and development. It can restrict behavior, limit creativity, and create chronic anger. Parents are often unaware that they are being critical or punishing. Moreover, most parents do not intentionally badger their children. A few specific recommendations for dealing with this issue include:

1. Avoid comparisons to siblings, other athletes, or yourself as a child
2. Do not publicly discuss your child's performance—it can be the greatest dislike and fear for your child
3. Keep track of the frequency of your negative or critical remarks

The second “don't” is to avoid creating pressure. Sport participation automatically places the family in a difficult situation because your child becomes a showpiece where others can view the good as well as the bad performances. This situation can create a large amount of pressure for your child. Some suggestions to keep the amount of pressure on your child in check include:

### **ABOUT THE AUTHOR**

Annie Henry Franzia competed in synchronized swimming from 1982 to 1994 and swam for the Quincy, Mass. YMCA Nagettes, the Arizona Aqua Stars, and finished her career with the Santa Clara Aquamaids. Because of her struggle with the mental aspect of the sport, she obtained her master's and then her doctorate degree in physical education; sport and exercise psychology. Annie is also a certified personal trainer/strength and conditioning coach. If you are interested in her services, she may be contacted via phone or email @ (860) 966-0077 or anniefranzia@yahoo.com. In the meantime, look for upcoming articles on various sport psychology topics. Please feel free to contact Annie if you have a topic you would like covered.

1. Acknowledge accomplishments outside of sport
2. Be open about the pressure of athletics and life
3. Teach your child ways to relax, concentrate, and how to develop a positive attitude
4. Avoid talking about the importance of a competition and your expectations about their performance
5. Do not make a display of your child as a star athlete

Another “don't” to consider is creating stressful family interactions. Examples of some stressful interactions for your child are:


1. Performance criticism
2. Pre-competition lectures
3. Guilt over large sums of money spent on training, traveling, etc.
4. Unrealistic parental expectations.

#### **Winning is Not Everything**

A final “don't” to consider is overemphasizing the importance of winning with your child. Often, this is competition misinterpreted. Without realizing it, parents begin to sacrifice their child's welfare and growth for the opportunity to win a game, be on a championship team, or win a medal. Instead, parents should try not to confuse the medal with a positive growth experience. In other words, winning should not be defined in terms of won-lost records but in terms of maximum effort and making improvement. This approach can be extremely difficult, not only for parents, but for some kids as well. If you as the parent can focus on the full experience of sports participation with your child, it will maximize their enjoyment and chances of deriving the many benefits of being an athlete. Another reason for de-emphasizing the “winning at all cost” philosophy is that it will help combat anxiety and decrease pressure. More importantly, by focusing on controllable effort (effort given) rather than uncontrollable outcome (winning), it will separate your child's feelings of self-worth from the competition outcome. In turn, this will help overcome fear of failure. If you teach your children they are never “losers” when they give maximum effort, you will find that your kids are much more inclined to be successful athletes and individuals.

In conclusion, it is very important to remember the parent is a role model. How one acts becomes a standard and, in turn, your child may practice the same parenting skills in later years. Your child's involvement in sports is for growth and development as well as enjoyment. Always keep in mind the first reason children participate and continue to be involved in sports is to HAVE FUN. Thus, as the parent, you are the mature overseer.

## Recording and Editing Music to Achieve Better Audio Results



Modern technology has made the process of editing music for synchronized swimming infinitely easier. Available editing programs also provide tools that allow edited music to be tailored to meet the requirements of the environments of practice and competition. I offer the following tips, based on experience gained through editing on the computer for the last 10 years. I have also spent time consulting with Ed Kaminski, the USSS Sound/Equipment Manager, and Ed Harper of Oceanears, who has a wealth of knowledge and experience from the sound equipment manufacturer's viewpoint.

For the playback team, an extremely narrow dynamic range is ideal. That means that the difference between the loudest and the quietest passages should be minimal and the average level of every entry's music should be the same. However, dynamics are a crucial element of attractive music so a compromise must be made. If the playback team is able to take your CD and play it without having to adjust the volume during the routine, you have succeeded. The following tips should help you to achieve this goal.

One other important note to remember is that both Kaminski and Harper request separate CDs for each routine, clearly labeled with the swimmers' names, and club name.

Ideally your swimmers will be able to hear their music throughout the entire routine without changing the volume at practice.

## Tips for your music:

- I leave one second of silence at the beginning of each music file. Of course, I have also seen entries requesting three seconds of silence at the beginning. I leave eight to 10 seconds of silence at the end of each music file for safety's sake.

- Record your music at sample rate 44100, and record in 'mono,' not stereo. Music is played in mono at meets. For reliable playback, save music files as WINDOWS PCM.wav if possible to make your CDs. This has a higher bit rate and consequently higher quality sound than mp3.

- I have experienced problems with skipping when I have made an audio CD directly from an mp3 file. The problem was solved by first converting the mp3 file to .wav format. The reason for this is not clear but I share it because skipping seems to be a problem at meets. Files compressed in mp3 format are smaller and are suitable for e-mailing and for recording on iPods, etc.

- Pay attention to recording levels as sound is recorded. Distortion cannot be removed later.

- Record with peaks unclipped and with peaks no higher than 80 percent of maximum or near -2db to avoid other distortion. My program has a line at 90 percent or -1db. I have found better results in music quality with peaks slightly lower than that upper line.

- If recording a single instrument or voice, the upper volume limit on your recording may need to be lower. A single instrument or voice can sound very distorted

at 80 percent. Use your ears and listen for distortion,

it may not show up visually as clipping, but does sound like clipping. Make a sample CD and listen for distortion in a player other than your computer because this effect seems to be player related. Re-record at a lower level if necessary.

- After listening through your recording, do all your editing to achieve your end result with correct time length.

- CDs have inherently very little noise, consequently the recordings you buy use great dynamic range. In other words, your music has very loud and very quiet sections. When you look at your recording before adjusting levels, those levels may reach 80 percent of the maximum allowed in the louder parts, and go way down to 10 percent or less in the quieter parts.

- Music should be audible at meets without adjustment during play. Some music will require many adjustments. You will need to pull down the peaks, amplify the whole recording to bring the level up, and then pull the quiet parts up even more. First, highlight the section of music you want to change. On

'Cool Edit,' there is a feature called 'amplification envelope.' This feature can be used to pull down peaks in the music (I usually pull them down to 80 percent of the original) and to pull up the level in the quieter parts. With this, set the 100 percent level to the center

horizontal line of the window, and then draw an amplification curve with dots. The curve always begins and ends at 100 percent. Using this feature, peaks can be pulled down and quiet parts can be amplified without an abrupt change in level. Many adjustments are required on some pieces of music.

It is time-consuming but worth every minute. A reasonable goal is to raise the level of the quieter passages nearer to 50 percent of maximum or near -6db.

- Ideally, your swimmers will be able to hear their music throughout the entire routine without changing the volume at practice. If adjustment is necessary during practice, repeat the previous step. This may take several tries, but for team competition, your swimmers need to hear the music above the other splashy sounds and above the cheering of the crowd.

- If you have found in the past that your music seems to sound quieter than the music of other competitors, then perhaps your recording has too much bass. 'Cool Edit' has a 'filters' section with a choice called 'bass cut.' I have used this with success if the music inherently has a lot of bass. With the big speakers used at meets, you will still hear enough bass and your decibel limit (Ed uses a meter to measure sound levels) will be used by higher frequencies and sound louder overall. I save the original recording and make a copy with 'bass cut.' Then you have a choice when you turn your music in. Usually you can tell in the earlier events if your music seems quiet. Then choose the 'bass cut' CDs to turn in for competition.

Pay attention to recording levels as sound is recorded.

Music should be audible at meets without adjustment during play.

Modern technology has made the process of editing music for synchronized swimming infinitely easier.



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Photos by Kenny Krug, Start to Finish Photography

A soloist takes center stage at the 2007 Masters Championships.

## U.S. Masters Championships Flood Tucson with Swimmers

### Unsyncables take lead, Buxton wins award

The 2007 U.S. Masters Championships held in Tucson, Ariz., marked the 33rd time the annual event has taken place. The Championships provides an opportunity for top masters swimmers from all over the nation to compete for titles in the solo, duet, trio, team and combo events. The event took place at the University of Arizona Recreation Center Pool and was hosted by the University of Arizona Splashcats.

Congratulations to the Unsyncables of Southern California (Los Angeles, Calif.), which took home the overall High Point Team title with 124 points. The Unsyncables own six U.S. Masters High Point Championships (1997-99, 2001, 2004, 2007). MAC Synchro (Portland, Ore.) took home second place with 110 points while the Dayton Synchronettes (Dayton, Ohio)



A duet shows off its moves during competition.

finished in the third place position overall with 97 points.

Congratulations to Bonnie Buxton of the Minnesota Northern Pikes for receiving the 2007 Mae McEwan Award! This award is presented for outstanding service to the U.S. Masters program.

An advertisement for the website www.esynchro.com. The website address is displayed in three colored circles: 'www.' in a green circle, 'esynchro' in a purple circle, and '.com' in a blue circle. Surrounding the circles are various swimming-related terms: 'apparel', 'education', 'clinics', 'equipment', 'gear', and 'inspiration'.

# 2007 U.S. Masters Championship Results

## SOLO

### 20-29

1. Ymajahi Brooks, UNS, 68.917
2. Kimberly Hurtarte, UNS, 67.917
2. Jill Hansen, MNM, 65.668

### 20-29G

1. Heather Freer, SSS, 77.334
1. Elizabeth Maga, DTS, 70.417

### 30-39

1. Aurore Simonnet, RES, 77.584
2. Carolyn Pullen, MMA, 72.834
3. Lisa Graham, CBL, 62.334

### 30-39G

1. Shannon Kelly Jones, UNS, 74.167

### 40-49

1. Kristen Ferraro, CBL, 69.251
2. Sylvia Subramanian, UNS, 66.417
3. Sandy Allen, MSM, 62.918

### 40-49G

1. Ruth Thompson, MSM, 71.834

### 50-59

1. Becky Meitin, ALP, 67.501
2. Lee Casidy, DCM, 65.500
3. Janet Jankowiak, DTS, 64.668

### 50-59G

1. Nancy Weiman, DCM, 75.834

### 60-69

1. Sue Bessette, RAM, 64.417
2. Elizabeth Knowles, BLS, 66.417

### 60-69G

1. Penny DeMeules, UNS, 71.001
2. Pam Edwards, Unaffiliated, 68.251

### 70-79

1. Jeanne Carlson, DTS, 58.667
2. Joy Dahlgren, RES, 58.000

3. Amy Hicks, DTS, 57.250

### 70-79G

1. Nanette Zack, ASM, 58.584

### 80-89

1. Lizzie Jaakosben, UNS, 60.668
2. Evelyn Dowling, PBC, 58.000
3. Louise Wing, NES, 55.251

## DUET

### 20-29

1. L. Miro, V. Morgan, ASM, 71.251
2. A. Emmerich, N. Tota, DCM, 63.834

### 20-29G

1. E. King, S. Moorman, MMA, 77.584
2. M. Brown, L. Kaufmann, UNS, 74.084
3. A. Kidder, M. Wilson, TUS, 73.918

### 30-39

1. M. Stanton, K. Tussey, RMS, 72.668
2. J. Rossi, S. Susac, SSS, 69.084
3. J. Concepcion, R. Mohammed, RAM, 65.334

### 30-39G

1. B. McCall, K. McCall, SFT, 70.001
2. C. Foster, L. Meier, SEA, 69.084

### 40-49

1. L. McGhie-Stoermer, C. Stabile, PWS, 68.001
2. K. Ferraro, C. Pema, CBL, 67.917
3. J. Cavagnaro, J. Lexa, MMA, 63.167

### 40-49G

1. M. Adams, M. Kreill, DTS, 72.834
2. K. O'Leary, A. Simonnet, REM, 72.001
2. K. Freer, O. Molotilova, SSS, 71.167

### 50-59

1. L. Pollock, J. Starling, MMA, 67.750
2. N. Bliss, C. Brooks, CBL, 65.001

3. M. Reid, J. Vigeland, MMA, 62.334

### 50-59G

1. L. Cassidy, N. Weiman, DCM, 69.584
2. S. Mills, D. Tulley, RES, 65.918

### 60-69

1. B. Buxton, C. Parliament, MNM, 60.418
2. S. Bessette, L. Soles, RAM, 60.168
3. B. Carey, C. Motyka-Miller, RAM, 59.000

### 60-69G

1. H. Kyle, C. Schroeder, RES, 66.168

### 70-79

1. A. Denlinger, V. Stewart, DTS, 55.668
2. D. Wallen, S. Weinberg, DTS, 55.584
2. J. Carlson, S. Monce, SKW, 55.168

### 70-79G

1. P. DeMeules, L. Jakobse, UNS, 60.751

### 80-89

1. N. Bradshaw, G. Kidwell, DCM, 53.834

## TRIO

### 30-39

1. K. Knappett, M. Stanton, K. Tussey, RMS, 76.250
2. A. Buss, S. McNabb, E. Miller, RMS, 72.084
3. L. Miro, H. Seguine, I. Zografova, ASM, 68.751

### 30-39G

1. E. King, S. Moorman, L. Svrčinova, MMA, 79.418
2. M. Brown, L. Kaufmann, S. Jones, UNS, 75.084
3. A. McGeoch, C. McGeoch, B. McGeoch, CDM, 64.168

### 40-49

1. L. Beckley, A. James, H. Lurenz, WWL, 66.501
2. S. Beckner, J. Bennett, B. Meitin, ALP, 65.084
3. N. Bruey, S. Haig, L. Kimball, WWL, 61.834

### 40-49G

1. M. Adams, M. Kreill, D. Thoma, DTS, 75.251
2. K. Heumann, N. Moore, R. Thompson, MSM, 70.501

### 50-59

1. N. Bliss, C. Brooks, C. Roller, CBL, 62.500
2. S. Mills, L. Pettlon, D. Tulley, RES, 61.917
3. E. Tweeten, K. Wilhelmson, L. Wilson, RES, 59.417

### 60-69

1. L. Alt, B. Carey, C. Motyka-Miller, RAM, 61.167
2. B. Buxton, L. Netznik, C. Parliament, MNM, 60.834
3. M. Copeland, K. Navascues, J. Ulrich, DCM, 58.001

### 70-79

1. L. Ehrlich, D. Wallen, S. Weinberg, SKW, 56.168

2. M. Hulme, M. Perrin, J. Steed, MMA, 55.417

### 70-79G

1. M. Baross, P. DeMeules, M. Larsen, UNS, 58.834

## TEAM

### 20-29G

1. TUS, 76.084
2. UNS, 75.168

### 30-39

1. MMA, 75.750
2. SSS, 75.584
3. WWL, 69.167

### 30-39G

1. SEA, 76.084
2. DTS, 73.584
3. SFT, 73.250

### 40-49

1. TUS, 66.168
2. CBL, 64.917
3. ASM, 64.584

### 40-49G

1. MSM, 71.334
2. UNS, 71.250

### 50-59

1. MMA, 67.084
2. MNM, 64.417
3. DCM, 64.168

### 50-59G

1. RES, 70.667
1. UNS, 68.584

### 60-69

1. SKW, 61.584
2. DCM, 56.168
3. DTS, 55.584

### 70-79

1. MMA, 55.251

## High Point Trophy Final Standings

| Team                                  | Place | Points |
|---------------------------------------|-------|--------|
| Southern California Unsyncables (UNS) | 1     | 124    |
| MAC Synchro (MMA)                     | 2     | 110    |
| Dayton Synchronettes (DTS)            | 3     | 97     |
| The Breathless of Dublin, Ohio (CBL)  | 4     | 79     |
| Redwood Empire Synchro (RES)          | 4     | 79     |
| D.C. Synchronmasters (DCM)            | 6     | 77     |
| Ramapo Aqua Masters (RAM)             | 7     | 67     |
| Minnesota Northern Pikes (MNM)        | 8     | 51     |
| Seattle Cascades Synchro (SEA)        | 9     | 48     |
| Michigan Synchro Masters (MSM)        | 10    | 47     |

Complete Results Available at [www.usasynchro.org](http://www.usasynchro.org)

## Forbes Galleries Hosts Unique Exhibit of Olympic Proportions

“Olympic Gold: 1908-2006” is the first exhibit of its kind in the United States to showcase gold medals and personal memorabilia from over 50 of America’s greatest Olympians and Paralympians.

The exhibit opened to the public on September 28 at the prestigious Forbes Galleries (62 Fifth Avenue, at 12th Street) in New York City and continued through December 29, 2007. The United States Olympic Committee (USOC) and the National Jewelry Institute (NJI) created the exhibit to spotlight the Olympic and Paralympic achievements of some of the world’s greatest athletes and to highlight the rich history of the modern Olympic Games. The display featured the largest collection ever assembled of medals won by U.S. Olympic and Paralympic competitors for display.

Patrons visiting the exhibit saw all five of Eric Heiden’s Olympic gold medals from the 1980 Olympic Winter Games in Lake Placid, still the greatest individual performance in Olympic Winter Games history; Alice Coachman’s Olympic gold medal in the women’s high jump, the first gold medal awarded to a black female in the history of the modern Olympic Games; the medals of Nadia Comaneci, including her gold medal from the Moscow 1980 Olympic Games (Comaneci is the only U.S. citizen with a medal from those Games); all 10 swimming gold medals awarded to Erin Popovich at the 2000 and 2004 Paralympic Games; Shannon Miller’s gold medals from the Olympic Games in Atlanta and the corrective orthopedic shoes she wore as a child; and many more significant medals and personal items dating back to the 1908 Games.

“This exhibit (placed) a national spotlight on the Olympic Movement’s history through the medals won and the stories told by some of America’s greatest Olympians and Paralympians,” said USOC Chief Executive Officer Jim Scherr.

Synchronized Swimming was represented by Nathalie Bartleson’s gold medal which was captured at the 1996 Olympic Games.

“I am honored to have my Olympic gold medal displayed along side those of other great Olympians. I wanted United States Synchronized Swimming to receive the recognition it deserves as a very successful Olympic Sport,” stated Bartleson. “My medal has not been polished since it was put around my neck on the podium in Atlanta because I wanted to keep the fingerprints of every person who has ever shared in the Olympic dream by touching my medal.”

Nathalie Bartleson's 1996 Olympic gold medal was on display at the Forbes Galleries in New York City in an exhibit created by the United States Olympic Committee and the National Jewelry Institute.



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# **LOW-COST Underwater Speaker designed for Synchronized Swimming Teams around the WORLD. REAL SOUND VALUE!!**

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**PRICE: US \$625.00 plus Shipping.**

Underwater Speaker used at all USA SYNCHRO National Championships in 1999, 2000, 2001, 2002, 2003 & 2004.



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**FOR MORE INFORMATION CONTACT:**

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