



Dear Synchro Friends and Family,

Wow! What a summer for USA Synchro! We recently hosted an incredible FINA World Junior Championships and now our 11-12 and 13-15 National Teams are headed to Lima, Peru to compete in the UANA Pan American Age Group Championships. A special thank you to Cheryl Russell who was one of our judges at the FINA World Junior Championships! I appreciate your time and expertise as one of our international FINA judges! Thank you to you and Irene Hawes who represented the U.S. on the FINA judging panel!

Our 13-15 team, coached by Tammy McGregor (1996 Olympic Gold Medalist and current 13-15 A Team Coach at Walnut Creek) and Yuka Yeh (Walnut Creek Jr./Sr. A Team Coach) attended the FINA World Junior Championships as the pre-swimmers for our preliminary events as part of their training. Congratulations to Emma Baranski, Emily Drew, Julia Grizanti, Lorraine Hack, Alyssa Hoying, Rachel Hyon, Jamie Kuchan, Shiree Lee, Isabella Park, Sarah Rodriguez, Suying Rothrock and Marisa Tashima on your exceptional performance at the FINA World Junior Championships! We are very encouraged by your performance at this event and anticipate that you will have a successful meet in Peru.

Good luck to our 11-12 National Team, Emma Burns, Olivia Ekberg, Natalie Fletcher, Julia Li, Karen Li, Catalina Nedelcu, Marissa Ricks, Eryn Schmisser, Leilah Talukder and Arina Yu! This team is coached by Julie Thaden (National Team Coach since 1993 and Head Coach of MAC Synchro) and Sarah Lowe (2004 Olympic Bronze Medalist) and will also represent the United States at the Pan American Age Group Championships in Peru. Both teams have worked exceptionally hard to prepare for this event and I am very proud of them. They will be great ambassadors for the United States!

I also want to thank the friends and families of these athletes. Without their support, these athletes could not have trained as a team and would not be representing the United States this fall. These families and their friends have hosted multiple fundraisers to offset the costs of training and travel for these athletes. We know this has been a financial burden during this time of economic struggle in our country and we are grateful for your dedication. Your daughters are amazing!

As most of our athletes move into the fall training season, I encourage everyone to focus on overall fitness by incorporating aerobic training and overall strength training into your program, and to eat a healthy and balanced diet to better prepare



for the upcoming season! Go online to the USA Synchro website http://www.usasynchro.org/Home_3926.htm and download the testing skills for the National Team trials for all Age Groups and use these to train. You will see improvement just by incorporating these skills into your training program.

Coming up in mid-Sept., National Team I will be representing the United States at the FINA World Cup in China and our U.S. Masters Championship will be held in La Mirada, Calif. at the end of October. The annual USAS Convention will be in Dallas, Texas on Sept. 14-19. Make sure you are there to represent your clubs, associations and zones! There are some great learning opportunities scheduled as well as committee meetings, Board of Governors, Board of Directors and elections! I look forward to seeing you there!

Good Luck to our 11-12 and 13-15 National Teams in Peru! Safe Travels!

All the Best,

A handwritten signature in black ink that reads 'Duke Zilinski'. The signature is written in a cursive, flowing style.