



Dear Synchro Family and Friends,

As we begin this exciting week in Indianapolis, we welcome the world to the 2010 FINA /esynchro Junior World Championships. Thank you to Carol Valles and Ginny Jasontek, our meet managers. Thank you to Linda Aton from Indy Synchro who has put in countless hours. Thank you to Taylor and Jordan from our USA Synchro office who have worked tirelessly for much of this year on helping to organize and manage this event. We appreciate their efforts and the efforts of many more who have helped prior to the event and who will help during this week. This event is a representation of USA Synchro to FINA and to all of our guests from around the world.

USA's Junior National Team has been training hard under head coach Kim Wurzel-Lo Porto (2000 Olympic Team and current Head Coach at the University of the Incarnate Word), assistant coach Sue Nesbitt, and manager Nicole Querze. They are ready for the week ahead. Our Junior National team hails from across the United States including Arizona, California, Colorado, Nevada and Michigan! Good Luck! I'm very proud of each of you and your work ethic these past few months.

GO USA SYNCHRO! Morgan Boneberg, Emily Burkhart, Elizabeth Davidson, Alyson Haylor, Phoebe Jen, Taylor Kitayama, Heidi Liou, Lauren Nicholson, Margo Sargent, Katie Spada, Raena Sumiyoshi and Alexa Tchekmarev! You've come along way and we're very proud to have you representing the United States at the 2010 FINA/esynchro Junior World Synchronized Swimming Championships!

Good luck to our 13-15 National Team as they debut their routines as pre-swimmers this week. 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- we are proud of all of you!

Stay up to date with results from this week's competition here on [usasynchro.org](http://usasynchro.org) and send your best wishes to our teams!

All the Best,

Duke