



Dear Synchro Friends and Family,

Congratulations to our masters swimmers who are wrapping up their 10 day FINA Masters World Championships in Goteborg and Boras Sweden. USA Synchronized Swimming was proudly represented by eight masters teams from across the United States. The Aqua Masters, The Alpine Angelfish, DC Synchronmasters, Indy Swim Fit, MAC Synchro, Ramapo Aqua Masters, San Dieguito Synchro, and the Unsyncables from La Mirada represented 31 of the 407 Synchronized Swimmers from around the world and the more than 6500 athletes competing in all five aquatic disciplines. Collectively, they've earned seven gold medals, five silver medals and four bronze medals in solo, duet, trio, and team competition. Way to go USA!!!!

A special congratulations to our World Masters Champions! We have three World Champions in the solo event: Karen Rosolowski of the Unsyncables La Mirada in the 50-59 age group, Nancy Weiman of the DC Synchronmasters in the 60-69 age group, and Lizzi Jakobsen of the Unsyncables La Mirada in the 80-89 age group. Other medalists include Leadel Bean, 2nd in the 40-49 age group, Marylou Woods, 3rd in the 50-59 age group, and Molly Baross, 2nd in the 60-69 age group. All together we had 16 soloists entered and we congratulate all of you.

World Champions in the duet 70-79 age group are Beth Carey and Motyka Miller of the Ramapo Aquamasters with 2nd place going to Penny De Meules and Lizzi Jakobsen of the Unsyncables. Congratulations to our 2 other duet medalists: 3rd in the 40-49 age group to Jenny Herrington and Mary Lou Woods and 2nd in the 50-59 age group to Molly Baross and Sylvia Subramaniam, both from the Unsyncables La Mirada. We had another World Championship in the 35-49 trio event with Leadel Bean, Lindsay Kaufmann and Karen Rosolowski from the Unsyncables and a silver medal in the 65+ to Kathy Chapman, Penny De Meules, and Elaine Rohr, also from the Unsyncables.



Congratulations to our World Champions in the team event: the Unsyncables of La Mirada won in both the 35-49 age group and the 65 and over age group with a bronze medal in the 50-64 age group.

I would also like to congratulate Charlotte Davis, our former National Team Director and Olympic Coach, on her multiple world titles in swimming.

Also, thank you to our hosts in Goteborg and Boras Sweden for your hospitality! Our athletes report that they've had a very good time in your cities and have enjoyed the cultural delights of Sweden!

Synchronized Swimming continues to be a lifelong sport! From our recreational programs to our novice and intermediate programs to our age group, collegiate, junior, and senior programs and our masters programs, synchronized swimming offers fitness, friendship and global competition for everyone regardless of age. Additionally, there are competitive programs for every skill level. Our masters programs start with 20-year-olds and are very strong across the country! Many of our masters athletes have never done Synchro before starting as master swimmers, which makes Synchro a truly adaptable sport for everyone!

As we head to Indianapolis next week for the FINA/eSynchro Junior World Championships which are being hosted by USA Synchronized Swimming, it is an honor to reflect on the levels of athletes and the global importance of synchronized swimming for athletes of all ages and abilities.

Next week we will see the top Junior athletes in the world compete. These athletes are 15 to 18 years old and are some of the finest competitive athletes in the world. It requires discipline, commitment, and whole body conditioning to be a globally competitive synchronized swimmer.

As our own Junior National Team winds down their training and finishes final preparations for competition, I wish them the best of luck. We are proud of the commitment they and their coaches have all made to train for the last several months. I look forward to seeing them in Indy!!



In addition, our 13-15 National Team, who have been training hard in Walnut Creek, California, will head to Indianapolis to serve as pre-swimmers for the FINA/esynchro Junior World Championships. This experience will not only help prepare these swimmers for the Pan American Championships later this summer in Peru but also it will help prepare these swimmers for future competitions as they may move up to our junior or senior national teams later in their careers. Our 11-12 National Team also is training in Lake Placid, NY for the Pan American Championships.

As the summer winds down and our age group and collegiate swimmers soon head back to school, I hope you are excited to begin training for the new season ahead. Your early fall training is the most important time to improve fitness levels, strength and technical skills. Set new standards for yourself and your teammates so all of USA Synchro continues to improve!

All the Best,

Duke