



Dear USA Synchro Friends and Family,

What a great competition at the U.S. Open in Irving, Texas! Thank you to the Pirouettes of Texas for hosting a great event! Thank you and congratulations to meet manager Beth Evans for running everything smoothly and efficiently. We all appreciated your hospitality and efforts to keep everyone comfortable in the heat!

All of us in attendance were treated to some great performances by our own Junior National Team and National Team I in addition to our foreign competitors from China, Mexico, Korea, the Dominican Republic and the three Canadian provinces of Alberta, British Columbia and Quebec. The number of competitors was significantly higher than last year and the caliber of swimming was incredibly high. Our 2010 U.S. Open was a high caliber international competition and I believe we can continue to attract high level national and international competitors in the future.

Congratulations to our National Teams, to all our U.S. Open champions and to all of our U.S. clubs that competed. All of our athletes from National Team I to the Junior National Team and our club athletes faced stiff competition from our foreign guests. Our athletes held their own and I'm proud of each of them! I believe that by competing against some of the best in the world, we will raise the level of performance at all of our clubs.

After watching the amazing Chinese team, it became more apparent than ever that we need to wholly adopt the "sport science" of synchronized swimming in order to get back on the podium as a team. Not only did the Chinese team come with well choreographed and prepared routines, their coaches and trainers were constantly monitoring them to determine what needed to happen individually for each swimmer to maximize their athletic performances. It was incredible to watch and really drove home the need for USA Synchro to start adopting a new training approach for our athletes not only to maximize athletic performance but to also minimize injury to our athletes. Our athletes are priceless and we need to adopt globally accepted standards of high performance training to gain a competitive edge and maximize the athleticism and overall well being of our athletes. This is the foundation for which I was elected to the job of President of USA Synchro and I'm more committed than ever to make this transition for our athletes and for the global health and growth of synchronized swimming. My goal in synchronized swimming has always been to approach coaching, techniques and training from a scientific viewpoint. Not only will "science" help our elite

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athletes improve, but also science will help broaden the base of skilled athletes across the country and even the playing field. It may be a difficult transition for all of our current coaching culture to learn and apply the complicated scientific principles to their training regimens, but it is a must for us to compete against countries like Spain, Canada, Russia and Japan who have been using sport science in developing their training programs for more than 20 years. For example, implementing periodization plans for our elite level swimmers is critical in order for them to continue improving throughout a training period and to taper effectively so they achieve maximal performances at the specified dates of their most important competition. This is the reason we observed the Chinese taking blood samples of the swimmers after their routine swims at the US Open.

The U.S. Open served as a good dress rehearsal for the FINA/eSynchro World Junior Championships and we are addressing issues that arose; namely, better training for our judges on how to use the three score scoring system on The Colorado Timing System, training our runners and volunteers, and making sure our communications with coaches, judges, officials and volunteers are clear and easily accessible. In addition, we are addressing the reliability and quality of the sound system.

We have an exciting two months ahead of us with the 13<sup>th</sup> FINA World Masters Championships 2010 in Sweden July 27- August 7, the 12<sup>th</sup> FINA/eSynchro World Junior Championships 2010 coming up August 11-15 in Indianapolis and the FINA World Cup in Changshu, China, Sept. 13-19! I know our athletes are working as hard as they can to prepare for these competitions and I continue to work on their behalf!

Go USA Synchro! Good luck to all of our masters synchro swimmers who are traveling to Sweden to represent the USA!

See you in Indy!

Duke