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Dear Synchro Family,

What a great weekend we had in La Mirada, California at the U.S. Masters Championships! Despite the rain in southern California, more than 250 athletes competed in eight age divisions ranging from the 20's to the 90's: two soloists in the 90-99 age group- and they are looking to see who will move up into their age group in the next few years. For the first time ever, we had a team compete in the 80-89 category. Congratulations to the team from MAC Synchro- they were the hit of the meet.

Thank you to Laurette Longmire and John Beckwith- meet managers who did a fantastic job. Thank you to Splash! La Mirada Aquatic Center: it is a beautiful facility. Thank you to the Unsyncables of La Mirada and to the age group teams of the Southern California Association who volunteered to put together a great event. The tents to shelter judges and swimmers from the rain, the signs and banners, the plants and balloons, the fencing around the pool- all made for a beautiful and professional venue. Thank you to Toby Smith, V.P. of Competitive Operations, music managers Monty Johnson and Ed Kaminski, announcer Paulette Roche, scorers Jackie McDaniel and Norma Longmire, and all of our national judges in attendance. The event ran smoothly and efficiently and concluded with a banquet where team medals were awarded. The Unsyncables hosted a raffle to benefit the USA Synchro Foundation with items donated from many of the masters teams and local businesses. I even won a raffle prize- the most sought after prize- a rhinestone studded sweatshirt from the San Francisco Tsunami. Thanks!

Congratulations to the high point team- the Unsyncables of La Mirada and their coaches, Dawn Bean, Laurette Longmire and Dominique Blanc-Laine. The second place overall team award was won by Redwood Empire and their coach, Marion Elston, and third place was won by MAC Synchro and coach Julie Thaden. Congratulations to Dale Rowena Mohammed who won the May McKewen award- an award presented for an outstanding USA Synchro Masters athlete who has made significant contributions to the masters program at the local and/or national level. I also presented plaques

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to our two most recent USA Synchro Hall of Fame Contributors: Karen Rosolowski for 2010 and Laurette Longmire for 2009. Congratulations to two deserving woman who have given of their time and expertise to synchronized swimming for their whole adult lives.

Masters synchronized swimming truly does exemplify the greatest attributes of our sport: fun, family, fitness, focus, and friendship. Many swimmers competed in our age group program, but just as many started synchronized swimming as adults and enjoy all of the physical, mental and social benefits of the sport. I would encourage all of you to support the masters teams in your area, to start up a new team if possible, and to come out to a masters competition or to masters nationals next year in Roseville, California.

Thanks Masters for a terrific weekend of synchro and congratulations to all of you for your great performances, your participation, and your support of USA Synchro.

All the best,

Duke

President
USA Synchro