



Dear USA Synchro Family,

We just finished the 2010 eSynchro Age Group Synchronized Swimming Championships in the Town of Tonawanda, New York! Congratulations to all of our athletes who competed at our U.S. National Age Group Championship!

A big thank you to the Town of Tonawanda Aquettes for hosting the world's largest Synchronized Swim meet! You did a great job and your hospitality was enjoyed and greatly appreciated by our athletes and attendees! The "Pink the Pool" program on Saturday was a great success and a great way to give back to the community and raise awareness of breast cancer. The synchro family had three survivors present all week and many more of us who have had family members and friends touched by the disease. I would like to personally thank the Tonawanda Aquettes for showing us all how great it is to give back to the communities that support us all year long. My sincere thanks to Dorothy Sowers who fostered the development of well-rounded, giving athletes in the Aquettes program – a commitment to developing champions in life that her successors have carried on. Thank you "Dottie" for all you have contributed to synchronized swimming and the great young women you helped to develop!

We've seen some amazing Synchro over the past week! Athletes from clubs all across the United States and representing all four Zones competed with success! The first results of our measurable competencies were demonstrated by improvements in height, strength and precision in all four age groups. We also saw consistencies in basic skills.



As a result of consistent coaching and measurable competencies, we are seeing a more diverse representation of athletes from across the country in the top 50 in each age group. Continuing on this path will enable us to groom successful collegiate and national team athletes from across the country for many years as we grow The Ultimate Team Sport, Synchronized Swimming!

Additionally, we saw a diverse group of athletes from across the U.S. in our 11-12 and 13-15 National Teams which tells us that we are achieving depth in our competencies in every Zone!

At U.S. Age Groups we used webcasting for the first time so that families and clubs at home could watch and cheer their swimmers. We know that for some viewers the quality was poor but it's a start in using webcasting to market and promote the sport, offer clinics to more athletes across the country, train coaches and judges and to allow the board and the staff to conduct business without incurring the cost of travel. This will allow us to train more efficiently and at a much higher level on a broad spectrum. It will also allow us to connect with families in ways we haven't been able to do in the past.

National Team Director, Sandra Mahoney took the opportunity to run a land competencies pilot test with athletes at the U.S. Age Group Championships to further develop skills that are necessary to be competitive in the global arena. From those tests we will identify the competencies that are relevant to Synchro success. Incorporating those competencies will not only make our national teams more competitive, they will make our grass roots and collegiate programs stronger and more competitive.



We honored the 35 athletes in the 16-17 and 18-19 age groups who graduated from high school this year and will collectively represent eight collegiate synchronized swimming programs in the United States starting this fall. Congratulations and good luck to all as you move into a new stage of your lives!

Our re-branding was very strong at this meet. We had the new logo on everything from merchandise to awards and all 6 “P’s” describing who we are were in evidence throughout the competition: patriotism, power, perseverance, personality, performance and precision! And in honor of the 4<sup>th</sup> of July weekend, patriotism was clearly embraced!

Our vision to re-shape and re-vitalize USA Synchro into the dominant world leader is starting to work! We are “playing to win” and I was greatly encouraged by the results at the 2010 eSynchro Age Group Championships! And our Bronze medals at the Spanish Open in solo and duet! National Team I members Mary Killman, Meghan Kinney, and Michelle Theriault showed the world that the U.S. is gaining ground and is working its way back on top!

Next week, the Pirouettes of Texas will host the U.S. Open in Irving, Texas with over 185 entries, eight junior teams, six senior teams, and 12 combo routines. Competitors from China, Great Britain, Mexico, Dominican Republic, Korea and several Canadian provinces, the U.S. National Team and the U.S. Junior National Team and 20 U.S. club teams will be vying for titles! I am looking forward to a very high level of competition and wish everyone the best of luck!



See you in Irving!

Duke