



Dear Synchro Family,

We have just completed our second Skills Competition and Clinic at the New Canaan, Conn. YMCA. Thank you to the YMCA, host club the New Canaan Aquianas and coaches Krista Bessinger and Jen Muzyk for their time and effort for making the event successful. With more than 50 swimmers and nearly 20 coaches from as far away as Texas, Illinois, and Florida, we had representatives from many clubs in the East, South and North Zones.

Having the land and water competencies already is helping to improve the basic skills and training of many of our swimmers. They have provided direction and inspiration for many swimmers and coaches. As we move into the competition season in the next several months, keep focusing on these basic skills because they are the foundation for our future success. In conducting the two competitions and clinics, we have learned where we can make some adjustments to improve the process of testing and will be working on these in the months ahead.

Thanks to our evaluators Sandra Mahoney, Gigi Grizanti and Kevin Warner from our national staff along with Genia Gillan, Stephanie Raftery, Jen Muzyk and Karen Josephson. The water clinic conducted by myself and Karen Josephson along with Genia Gillan while Kevin Warner and Becky Dyroen-Lancer instructed the swimmers and coaches on land, showed that we have a lot of great talent across the country. Thanks to the ANA Synchers and New Canaan Aquianas for the soccer game afterwards- what a great ending to a fun weekend!

Congratulations to the Cypress Swim Club and New Canaan Aquianas who represented the U.S. in competition in Jamaica. Coaches Jen Muzyk of New Canaan and Patricia Jones of Cypress reported that they had a terrific experience with lots of media coverage and great success in the competition.



Congratulations to our Masters competitors who began competition last Thursday in La Mirada, California at the 2010 U.S. Masters National Championships. With more than 250 competitors from 20 to older than 90, this competition demonstrates that synchro truly is a sport for all ages.

Recently, we have had some serious health issues among our USA Synchro family. Please keep our friends in your thoughts and prayers in the weeks and months ahead.

All the Best,

A handwritten signature in black ink that reads 'Duke Zielinski'. The signature is written in a cursive, flowing style.

Duke Zielinski
President
USA Synchro