

**ANA Synchers Weekly News**  
**September 21, 2008**

Please note that there is a lot of information in this week's newsletter, and we have highlighted the important dates below for you to note. Detailed information on each item is then included later in the newsletter.

A formatted pdf version of the newsletter will be attached each week also if you prefer to print or read it in a cleaner format.

**CALENDAR ITEMS - PAGE 1**

**IMPORTANT TEAM INFORMATION - PAGE 2-3**

**UPCOMING EVENTS AND FUNDRAISERS - PAGE 4-5**

**MISCELLANEOUS - PAGE 5**

Calendar Item	Date and time
<i>ANA Synchers Yard Sale</i>	Saturday, September 27 <sup>th</sup> 7 am - 2 pm
<i>\$10,000 Raffle - Touchdown for Kids Event</i>	Drawing on Thursday, September 25 <sup>th</sup> - 6-8 pm event
<i>Swimmer Registration Forms Due to YMCA</i>	Thursday, September 25 <sup>th</sup>
<i>Hike For Hope - team walks for local charity</i>	Sunday, October 5 <sup>th</sup> , 12 pm meeting time
<i>Parent Meeting for 16-19, 13-15A Teams</i>	October 16 <sup>th</sup> , 7:30-8:30 pm, Andover YMCA, Room 4
<i>Parent Meeting for AG10&amp;U, all Intermediate and Novice Swimmers</i>	October 21 <sup>st</sup> , 7:30-8:30 pm, Andover YMCA, Room 1
<i>Parent Meeting for AG13-15B and AG11-12 Teams</i>	October 30 <sup>th</sup> , 7:30-8:30 pm, Andover YMCA, Room 4
<b>Duke Zielinski Clinics Scheduled</b>	November 14-16, 2008

## IMPORTANT TEAM INFORMATION - PAGE 2-3

### PARENT MEETINGS SCHEDULED -

The following Parent Meetings have been scheduled for each team:

October 16<sup>th</sup> - AG16-19, and 13-15A Team - 7:30-8:30 pm, Room 4 Andover YMCA

October 21<sup>st</sup> - AG10U, all Intermediates and Novice - 7:30-8:30 pm, Room 1 Andover YMCA

October 30<sup>th</sup> - AG13-15B, and AG11-12 Teams, 7:30-8:30 pm, Room 4 Andover YMCA

The Parent Handbook and Season Calendar, including dates for meets/clinics will be available at that time, as well as information about uniform orders/exchanges. At least one parent from each family is expected to attend this important meeting.

### Gail Pucci Choreography Clinic News

Coaches are happy to report that our Choreography Clinic on September 5-7 was a great success!

Gail Pucci is one of the National team Coaches. She lives in Walnut Creek, California and was a Head Coach for Walnut Creek Aquanuts for many years. She also coached for Santa Clair Aquamaids prior to being Aquanuts' Head Coach. For those who don't know Aquanuts and Aquamaids are the top teams in the country. Gail was also an accomplished swimmer herself, part of US National Team representing USA at International meets. She still holds more National Titles than any other synchronized swimmer in the country. We are very fortunate to have her come to work with our team for several years now. We love her choreography and are hoping to continue our relationship into the future.

Seventeen of our Senior/Junior swimmers attended the clinic and had a chance to work with Gail. Over 3 ½ days, the clinic achieved great results: our Senior Team choreography was completed, as well as four other small routines.

Thank you to all who attended and worked hard! Having Gail writing Senior routines benefits the entire team as we re-use the best Senior routines in the future for younger team members.

A separate thank you to our Parent Board for the fundraising that enables us to invite Gail to work with us and for organizing transportation for Gail and food for Coaches during the clinic.

I would like to request all members of Senior/Junior Track to land drill your new routines learned at the clinic and be prepared for the beginning of the season.

What an excellent start of the year! Go ANA!

**Intermediate and Age Group swimmers: SAVE THE DATE! November 14-16, 2008**

Duke Zielinski, performance coach for the 2008 USA Olympic Synchronized Swim Team will be coming to work with the ANA Synchers! Duke has extensive experience coaching both the mental and physical aspects of our sport, and has worked with Olympic athletes for over a decade. ANA is fortunate to have worked with Duke many times in the past. He has helped our team achieve new levels of success, while making synchro fun.

We will arrange special clinics with Duke for both our intermediate and age group swimmers. We hope that everyone will be able to participate. Stay tuned for more details on dates, times, and cost for each group.

NOTE: These clinics will be required for our Age Group swimmers. If you know of any schedule conflicts for these dates, please contact Coach Danielle ([danielle\\_dugan@yahoo.com](mailto:danielle_dugan@yahoo.com)) ASAP with specific dates and times that you are not available.

**UNIFORM SWAP:**

Have you outgrown your symchro uniform? (jackets, pants, shorts) Would you like to be able to sell the items that are too small to another swimmer? Email Marie Potts ([mpotts719@verizon.net](mailto:mpotts719@verizon.net)). Once we have a list together, we will notify the team of the available items and sizes for purchase.

**REMINDER - RETURN REGISTRATION FORMS:**

The coaches and parent board kindly request that all registration forms be returned to the Andover Y by September 25<sup>th</sup>, prior to practices beginning on September 29<sup>th</sup>. Forms were sent electronically on September 2<sup>nd</sup>, are available on the website (see below) and hard copy forms are also available at the front desk.

## UPCOMING EVENTS AND FUNDRAISERS - Page 4-5

### TEAM EVENT-ANDOVER TOWN-WIDE YARD SALE - SATURDAY, SEPTEMBER 27th

Last year's yard sale brought in over \$500 for the ANA Synchers! This is a great way to get rid of stuff you no longer need and support the team. Here is what we need:

Items to sell - please bring directly to town park on Bartlett Street in Andover - between 7-8 am on Saturday - our reserved spot is along the town offices parking lot side - look for the ANA team banner. If you cannot drop things off that morning, please contact either Wendy Zimmerman ([zim7@hotmail.com](mailto:zim7@hotmail.com)) or Jennifer Bouchard ([jkbouchard@gmail.com](mailto:jkbouchard@gmail.com)) to arrange for pickup earlier in the week. Feel free to price things yourself - it will make for easier set-up. The more donations we receive, the more we will sell!

- Set up Help - 7-8 am
- Help staffing the ANA Tables - shifts will be 8-10 am, 10 am-noon, and 12-2 pm
- Clean-up help - 2-3 pm - items left at the end of the yard sale will be donated to charity or put in on-site dumpsters.

Swimmers - welcome and encouraged to help at the sale - wear your pink and blue!

If you can help staff the sale, please email Wendy Zimmerman with the time slot when you are available.

### DISH FUNDRAISER RESULTS:

Great news! We made \$214 from our Dish Fundraiser on Sep 10th. Thank you to all the parents that participated by buying from the Dish!!!

### TOUCHDOWN FOR KIDS RAFFLE: THURSDAY, SEPTEMBER 25<sup>TH</sup> DRAWING

Next Thursday, September 25th, the Merrimack Valley YMCA is holding it's last special event for the year, our \$10,000 "Touchdown for Kids" Raffle. We have a great event planned at the Claddagh in Lawrence starting at 6 PM with door prizes, a Silent Auction, free appetizers, a cash bar and music by the band Annafair. Someone will walk away with the grand prize of \$10,000, but we also are giving away \$2,000, \$1,000 and \$500 that evening. Tickets are \$100 a piece and can be split amongst a group of people (the Swim Team Parent Group purchased tickets last year and several synchro parents went in on tickets, as well). All proceeds raised from this event go directly towards the YMCA Reach Out for Youth Campaign. A flyer is attached with details. **Maria Crockett has one more ticket to sell as a ANA YMCA Board member. Please call or email Maria if you would like to purchase the ticket or go in on the ticket with other Synchro families ([maria.crockett@mediatek.com](mailto:maria.crockett@mediatek.com) or call 781 325-2022).** Tickets can also be purchased at any of the branch locations, or by calling Melissa O'Brien, Director of Special Events, at 978-725-6681.

### HIKE FOR HOPE TEAM EVENT ON SUNDAY, OCTOBER 5TH:

Sunday, October 5<sup>th</sup>, beginning at 1 pm at Merrimack College in North Andover. To sign up, go to [hikeforhope.org](http://hikeforhope.org) and make sure to register as a team member of the ANA Synchers team. (family members are welcome to register as well!) Help us reach our team goal of \$2,000, by walking and getting pledges/donations.

Since Merrimack College is very close to the Y, on the day of the hike we will all meet there at noon and then walk over to the campus together. Make sure to wear your pink and blue! We would like to have 100% participation because it is a good cause and is also a great team bonding experience.

Your Captains,  
Sheila Cremin, Emily Stone, Erica Potts

## MISCELLANEOUS - PAGE 5

### EXPERTISE WANTED FOR THE TEAM

We have some volunteers already to support our team website, but we are looking for additional help with [web design/updates](#), as well as a [videographer](#). If you have experience or would be willing to help out with either of these efforts, please contact Maria Crockett, [Maria.Crockett@mediatek.com](mailto:Maria.Crockett@mediatek.com)

### FIND IT ON THE WEB -

Anything you feel you've missed recently regarding Synchro news? Check the website first [www.ANASynchers.org](http://www.ANASynchers.org)