

**ANA Synchers Weekly News**  
**April 17, 2008**

**IMPORTANT SYNCHRO SHOW INFO:**

Show Flier is attached. Feel free to send to friends and family.

**\*\*Additional Volunteers needed:** If you can help out, please email or call Anne Ju ([annej33@yahoo.com](mailto:annej33@yahoo.com))

- Lighting: we need 1 for Sat. 3pm; 1 for Sat. 6pm; 2 for Sun. 3pm.
- We also need more set-up people for Friday afternoon.
- Saturday 3pm show -
  - o Set up - 4 people
  - o Clean up - 3
  - o AG Locker Room Mom -1
- Saturday 6pm show -
  - o Concession - 2
  - o Merchandizing - 1
  - o Intermediate Locker Room Mom - 1
- Sunday 3pm show
  - o Concession - 2
  - o AG Locker Room Mom -1
  - o Intermediate Locker Room Mom - 1
  - o Setup - 2

**Baked Goods** - We need donations of cookies/brownies/snacks (homemade or store-bought) for the show. Please send individually-wrapped (2 or 3 per bag/wrap) "peanut-free" items to the Y on Saturday by 2pm.

We need about 5 or 6 coolers to hold water for the show. If anyone has a large cooler that we can borrow (especially ones on wheels), please contact Nancy O'Hare ([ohare5@comcast.net](mailto:ohare5@comcast.net)). Please deliver it to the Y on Friday when you drop off your daughter for dress rehearsal. and don't forget to put your name on it!!

A detailed email will be sent out in a few days with all the information for the show and the dress rehearsal: arrival times for swimmers, what they should wear, etc. Please stay tuned. Also, if you volunteered to help, you will be contacted by the coordinator of that activity regarding your specific assignment.

## UPCOMING AND RECENT MEETS / COMPETITIONS

JUNIOR NATIONALS - Ten ANA swimmers just returned from Florida where they competed in an elite Junior National championship: Missy Andrews, Maggie Conlon, Meaghan Arsenault, Jess Mancini, Emily Stone, Sheila Cremlin, Alison Ziel, Amber Blum, Claire Rudder and Erica Potts. Just qualifying to get a chance to compete at this meet was a huge challenge. Only 4 teams from the entire east zone were represented at this national meet. These ANA swimmers made us all very proud with their performances.

Missy Andrews will be representing ANA at the most elite meet in USA: Senior National Championships in Tucson, Arizona, May 1-3. Congratulations to Missy for qualifying in the solo event.

### INTERMEDIATE MEET - SUMMARY

The coaches are very excited with the tremendous progress made by our younger swimmers.

10u intermediates took all ribbons in figures! They also won team event - Simba 1st and Nala 2nd. Katherine Gorrie won Solo. Duet of Monica and Jessica Alvarado earned 1<sup>st</sup> place. Angela McNamara and Angela Szarek earned 2nd. Trio of Caitlyn Klauer, Lily Koenig and Rachel Slade won gold, Georgina Hutchinson, Jillian Bohrer and Melissa Zhang earned 2<sup>nd</sup> place.

11-12 trio of Juliette Adams, Rachel O'Hare and Lacey Kirks earned gold. Juliette, Rachel, Lacey and Ariell Balan earned first in the team routine.

13-15 solo by Karina placed 5th, 13-15 duet Rebecca and Lindsey placed 4th. And the 13-15 team earned the 4<sup>th</sup> place award for the team routine.. Clearly the future of ANA Synchers is very bright!

NOVICE MEET - Please see attached Meet announcement

### ARTICLE ON US OLYMPIC TEAM TRAINING

Please find attached an article on the US Olympic Team training in Walnut Creek, California. Their dedication is very inspirational!

<http://www.diablomag.com/Diablo-Magazine/January-2008/Beijing-Bound/>

### 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)