

ANA Synchers Weekly News
May 29, 2008

HELP PROMOTE SYNCHRONIZED SWIMMING!

Attached please find a synchro flyer for a SAMPLE synchro class for new swimmers interested in seeing what synchro is all about. Please pass along to your friends and encourage them to attend. Free class is June 17th, so get the word out!

SYNCHRO BANQUET:

By now, all swimmers and families should have received the electronic invitation to the Synchro Banquet to be held at Salvatore's in Lawrence on Friday evening, June 13th. The Banquet will run from 6-10 PM, not 5-9 pm as stated on the invitation. It is important to RSVP by June 3rd to Marie Potts (mpotts719@verizon.net) to let us know if you will be able to attend. Salvatore's needs the final headcount by then.

Team liasons will collect \$ for guest meals and coaches' gifts.

IMPORTANT HOTEL INFO - ACTION REQUIRED:

Hotel Info for June 7-8 Zone Meet in Westfield, NJ

Attached is the list from the Crowne Plaza with our room confirmation numbers and reservations (Fri only, or Fri and Sat nights). Based on the arrival times for the meet (see Genia's instructions below), please review and confirm with the hotel if you need to make any changes to your reservations. Note: the room type designations are TDBN = two-double beds, non-smoking and KEXN = King bed non-smoking. Most people have called in and have put their reservations on credit cards - if you have not done so yet, please call the Crowne Plaza Hotel Sales contact, Kathy Ann Falzon at 732-587-1051 M-F from 8:30-5:30 pm. If our rooms are not all confirmed by next Wednesday with personal credit cards, she will release the rooms under our block. Should anyone have questions, please contact Maria Crockett 781 325-2022.

IMPORTANT NEW JERSEY MEET DETAILS:

For ALL intermediate, 11-12 Age Group and 13-15 Age group swimmers:

Dear swimmers and families, please find details for the Zone meet in NJ:

General note: it may be very good to have a team cooler for this meet - it is loooong and the girls will need snacks, lunch and dinner. I recommend a cooler for Intermediate swimmers for Saturday, and a cooler for Age Group swimmers (all 17 of them) for Sunday. Some of you have experience coordinating it and I know most find it very helpful. Please coordinate among these 2 groups if this is what you would like to do.

SATURDAY JUNE 7 - ALL INTERMEDIATE SWIMMERS:

ALL Intermediate trios arrive at 6:00 am gelled with hair piece pinned in routine suits

(Caitlyn, Lily, Rachel, Georgina, Melissa, Jillian, Juliet, Lacey, Lindsay)

ALL Intermediate duets arrive at by 7:20 am gelled with hair piece pinned in routine suits
(Angela M, Angela Z, Jessica, Monica)

ALL remaining intermediate swimmers arrive by 9:30 am in black suits (with blue ANA suits over)-
you don't need to be gelled, you will gel right after you finish your figures, and before the team
competition in the afternoon.

Figures competition will start 15 minutes after solo event is done - tentatively this may start
around 10:00 am. Since we don't have qualified solos in this meet, this will be the time for our
swimmers get some food, change into black suits with blue ANA suits over, and get some rest.

After the figure competition, all intermediate swimmers will have a break for about 1.5 hours.
Again, this is an opportunity for them to eat and rest. Some may need a re-gel or a touch up
(bring extra supplies). Please make sure that ALL intermediate swimmers are ready for a team
competition and back in the pool area by 4:00 pm.

Coach Emily and Coach Elise will have the girls land drill and make sure all are ready for the team
event.

Intermediate awards will take place shortly after the team event. Swimmers will NOT have time
to take a shower, but will be able to rinse off only.

Please make sure that they are ready for the awards ceremony in the proper ANA uniform.

SATURDAY JUNE 7 - ALL 11-12 and 13-15 AGE GROUP SWIMMERS:

11-12 Age Group swimmers - arrive by 10:00 am in black suits (with blue ANA suits over).

Please stay after figures are done to have a team land drill session with coach Emily, including
practicing walking in.

13-15 Age Group swimmers - arrive by 1:30 pm ready for figures (black suit, blue ANA over, etc.)

Please stretch when you get there while you wait.

Please stay after figures to land drill your routines for Sunday. Please look for Coach Genia, but
you may need to do so on your own depending on my availability - we may be busy with
intermediate team warm ups at that time. If working independently, please do team first,
followed by trios, followed by duets. You know what to do and I trust you to do it well.

SUNDAY JUNE 8 - ALL 11-12 and 13-15 AGE GROUP SWIMMERS:

ALL trios, including alternates, arrive at 6:00 am gelled with hair pieces on. 10&under trio in
routine suits, 13-15 in pink training suits.

Everyone else arrive by 8:00 to do split test station if made top 25 in figures in each 12 and under and 13-15 groups- your coaches are hoping that a few of you will be among this top group to this test, so please stretch every day.

Duets should arrive gelled (can pin hair pieces on at the pool) and in pink training suits.

Every one should plan to eat lunch during solo event. Alison - you can eat a light lunch RIGHT after solo warm ups, so please plan accordingly.

11-12 team and 13-15 team: please DO NOT take hair pieces off before awards. you should rinse off, but that is all you will have time to do.

GOOD LUCK TO ALL OF YOU! GO ANA! -Coach Genia.

FOR AGE GROUP SWIMMERS:

Parents and swimmers, please remember to follow the care instructions for the team jackets and pants (wash inside out with cold water; hang to dry). Also, some jackets may have pulls on the white lettering on the back. If the pulls need immediate repair, please contact Maria Crockett 781 325-2022. We are working with the manufacturer of the jackets and will repair them. In the meantime, swimmers please be sure that you are very careful when sitting against walls and that jackets are turned inside out when not being worn.

RECENT MEET PHOTOS:

Mike Quinn has posted photos from the Regional Meet held at the 'Y' on his website, <http://web.mac.com/scanegi> . Mike would also like to thank the swimmers for their recent note of appreciation sent to him.

FIND IT ON THE WEB -

Anything you feel you've missed recently regarding Synchro news? Check the website first www.ANASynchers.org