

ANA Synchers Weekly News
January 24, 2008

From the Coaches

Check out this link: [Olympic synchronized swimmers train in Sarasota](#)

Sarasota Herald-Tribune - Sarasota , FL , USA

The sport is **synchronized swimming**, and you would be surprised at the effort it takes to make it look effortless. "It's probably the sport that requires the ...

Attention INTERMEDIATE (10u, 11-12, 13-15) and 11-12 AG Swimmers

1. Parents are invited and encouraged to view practice on **Tuesday February 5th from 7:30 to 8:00pm**. The coaches would like to highlight the accomplishments of the 11-12AG team and Intermediate swimmers. In addition, girls from our senior and junior teams will swim small routines. **All parents** are then asked to attend a short parent's meeting following at **8pm**. The coaches will discuss the upcoming March meet and be available for your questions. Coaches will be sending an invite for a March practice--date tbd.
2. There will be **extra practices for** Intermediates and 11-12 AG on Feb 9th and March 8th at the **Lawrence YMCA** from 11:30 - 2:00pm. We ask that all swimmers attend both practices in preparation for the March swim meet. Please let coaches know if your swimmer **cannot attend**.
3. **Important Reminder about Absences-** please let Svetlana and Emily K. know when your daughter cannot attend practice or will be late for practice. Unfortunately, coaches have not been alerted in many instances. We encourage girls who are well enough to be on land throughout practice to attend the entire practice, even if they cannot be in the water that day.

VOLUNTEERS NEEDED

*****The Synchro PAG Exec Board is looking for 2 parents to coordinate a Team Pasta Supper on Friday, March 28th - no synchro (or cooking) experience required!!! Please email Marie Potts mpotts719@verizon.net if interested.**

The Reach Out for Youth Campaign, which supports YMCA community programs including financial assistance, youth and camp scholarships, local outreach services, and the ongoing development of special youth programs is having its annual phone-a-thon in April. This year, three swimmers were able to receive financial assistance for the synchro program, thanks to the Reach Out for Youth program.

Parents are needed to help with the phone-a-thon on Wednesday evening, April 2nd, from 5-8 pm. Please contact either Maria Crockett or Coach Svetlana if you would be willing to volunteer.