



NEWS RELEASE

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Assistant coaches named for Junior and 13-15 National Teams.

OTTAWA – The coaching staff for both the Junior and 13-15 National Teams have been finalized with the hiring of assistant coaches for both teams.

Nathalie Lagrange and Laurel Hindle (nee Alexander) will work alongside head coach Jennifer Tregale with the National Junior Team, while Elena Podolsky and Khadija Cutcher will assist Chantal Vallieres with the 13-15 Team.

“I am pleased to welcome these four coaches to our National Team program,” said Denise Sauve, National team Program Head Coach. “I believe we have chosen the best candidates to round out our coaching staff for the National Junior Team and the 13-15 National Team. With their abilities they will be able to support one another, share and exchange ideas in an effort to obtain the best possible results during the 2009 season.”

Lagrange, a native of Quebec, has extensive coaching experience and is currently working as a coach with Montreal Synchro. Lagrange’s strengths include developing choreography and assisting athletes to perfect their techniques.

Hindle, a former National team member, currently coaches with the Calgary Aquabelles and is working on her Level IV Coaching Certification. Last season Hindle worked as an assistant with the 13-15 National Team who won three gold medals at the UANA Pan American Age Group Championships.

The 13-15 Team will be working with Podolsky who has over 25 years of coaching experience. Last season Podolsky, a native of Russia, coached the National Junior Team at the FINA Junior World Championships held in Russia.

Cutcher will round out the 13-15 Team coaching staff. Cutcher has worked with teams from all over the world including Yugoslavia, Jamaica and most recently the United States. Her creativity and passion will be a valuable asset to the team.

This summer the Junior Team will be competing at the UANA Junior Pan American Championships in Huntersville, North Carolina, while the 13-15 Team will be competing at the 2009 Comen Cup in Belgrade, Serbia.

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About Synchro Canada

Synchro Canada is the national governing body for the sport of synchronized swimming in Canada.

Synchro Canada fosters the pursuit of excellence while developing athletes, citizens and ambassadors of the sport of synchronized swimming at all levels.