



MEDIA RELEASE

Synchro Swim Manitoba

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FOR IMMEDIATE RELEASE

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Gold for Winnipeg Woman at World Masters Championships

WINNIPEG - Khadija Cutcher, 35, took the Gold Medal at the World Master Aquatic Championships in Perth, Australia on April 23, 2008. Cutcher represented Winnipeg's own Winnipeg Synchro Club and Synchro Swim Manitoba at the Championships.

Khadija Cutcher, a former U.S. National Team member, has been Synchro Manitoba's High Performance Coach since 2003. She made the decision to compete at the World Championships as it was an opportunity to not only compete again on the world stage but also was an opportunity to travel to beautiful Australia.

The World Master Aquatic Championships are held once every two years and bring together athletes of all ages in synchronized swimming, speed swimming, water polo and diving. Cutcher won the gold in the solo event in synchronized swimming in the 30-39 age category.

Cutcher says she "had a blast" at the event. She says, "It is so great to see all of the athletes involved in the competition from all over the world. They are all so excited to be active and to watch others train & compete." She couldn't believe the multitude of stories at the competition. "There was this woman in the change room from California and she said that this is her first competition in 40 years (she was also a diver). Some of the athletes even are competing in multiple disciplines like synchro and speed swimming. They all inspire me to keep active and to keep doing what I love to do."

Cutcher is doing exactly what Sport Manitoba and Sport Canada support – "Canadian Sport for Life". Being "active for life" and participating in the sports that you love throughout your life. "She inspires me! She shows us all that age is irrelevant to go after

your dreams...the zest for life that she has is contagious!” say Allison Gervais, Executive Director of Synchro Swim Manitoba.

Cutcher was recently named Head Coach to the U.S. 13-15 National team for the 2008 International Competition Season. Cutcher is currently the coach of the Winnipeg Synchro Tier 7 Junior Team. Her team of eight is the reigning Provincial champions and silver medalists in Western Canada.

Winnipeg Synchro has Masters programs for people of all ages and all abilities. “It is great fun and something different from the regular gym routine” says Gervais. For more information on Winnipeg Synchro and its programs, please call 204-793-1071 or visit the website www.winnipegsynchro.mb.ca. For information on Synchro Swim Manitoba, please visit www.synchro.mb.ca or call 204-925-5693.

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