

Synchro Swim Manitoba

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FOR IMMEDIATE RELEASE

April 23, 2008

Winnipeg Synchro Team Swims at U.S. Junior Nationals

WINNIPEG- Winnipeg Synchro's Provincial Junior Champions recently returned from competing internationally at the U.S. Junior Synchronized Swimming Championships in Clermont, Florida. The 2008 Speedo Junior Championships were held April 10-12, 2008. The Winnipeg Synchro Team is coached by Khadija Cutcher and Shelley Ganske.

The team decided to swim at an international competition rather than attending the Canadian National Championships in which they qualified to compete. "We were looking for a different experience as a team this year...our team had an opportunity to perform their routines on an international stage...a wonderful experience not only as an athlete but also as young women", says Khadija Cutcher. Cutcher, a former U.S. National Team Member, is Synchro Swim Manitoba's High Performance Coach and was recently named Head Coach to the U.S. 13-15 National team. She and Ganske not only train the athletes in physical conditioning, technical skill and artistry, but also teach the team life lessons. They instil the values of working hard towards achieve personal goals, respect, professionalism and personal responsibility.

The 2008 Speedo Junior Championships hosted young women from across the United States as well as two other teams from Ontario. The Winnipeg Synchro team pre-swam figures and had excellent feedback from the U.S. judges on their skills. The team also pre-swam their team routine and were given many accolades and positive feedback from the international judges. Their scores ranged from 7.8-8.2- a personal best for the team.

Brittany Mueller, a member of the team, competed in both the solo and figures competitions. She finished 21st in figures and 9th in solo- ahead of the other 2 Canadian competitors from Ontario.

The Winnipeg team of eight are the reigning Provincial champions and silver medalists at the Western Canadian Championships recently held here in Winnipeg. The bulk of this group, all 14-18 years of age, have been training together twenty hours per week for over 4 years.

This was an experience of a lifetime for these young women - an experience that will no doubt be a wonderful memory for life. This experience was also an opportunity to grow and gain more experience as an athlete in the sport of synchronized swimming.

Winnipeg Synchro and Synchro Swim Manitoba are non-profit organizations. For more information on Winnipeg Synchro and its programs, please call 204-793-1071 or visit the website www.winnipegsynchro.com [<http://www.winnipegsynchro.com/>](http://www.winnipegsynchro.com/) . For results and information on the 2008 Speed Junior Championships please visit www.usasynchro.org/events/juniors/main_08_.htm. For information on Synchro Swim Manitoba, please visit www.synchromb.ca [<http://www.synchromb.ca/>](http://www.synchromb.ca/) or call 204-925-5693.