

201 S. Capitol #901  
Indianapolis, IN  
46225



**Olympic Games**

**Gold Medalists**

1996 Team

1992 Solo, Duet

1984 Solo, Duet

**Silver Medalists**

1988 Solo, Duet

**Bronze Medalists**

2004 Duet, Team

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**Silver Medalists**

1999 Duet, Team

1983 Team

1979 Solo, Duet

# U.S. Synchronized Swimming *Press Release*

March 31, 2006

Contact: Taylor Payne, 317-507-3410

## Junior National Team to be Named in Minneapolis

*Speedo Junior National Synchronized Swimming Championships Set to Begin*

**Indianapolis, Ind.** – The University of Minnesota Aquatic Center will be the home of the 2006 Speedo Junior National Synchronized Swimming Championships which will be held April 6-8 in Minneapolis, Minn.

More than 300 elite athletes ages 14-18 will vie for Junior National Titles in the solo, duet, trio and team events. Also up for grabs will be 10 spots on the 2006 U.S. Junior National Team which will be named at the conclusion of the meet. The Junior National Team will go on to compete in the X FINA Junior Synchronized Swimming World Championships October 26-29 in Guangzhou, China.

The **Riverside AQuettes** (Calif.) will be looking to defend their 2005 title and will be led by 2006 National Team I member **Brooke Abel** (Fallbrook, Calif.) Other top clubs competing include the **Walnut Creek Aquanuts** and the **Santa Clara Aquamaids**, both from California.

Top routines will advance to the 2006 U.S. National Championships which will take place April 26-29 in Ft. Lauderdale, Fla.

Tickets will be available on Thursday and Friday for \$3 and on Saturday for \$7. Three-day passes can be purchased for \$11. Children age five and under will be admitted free of charge. Following is a schedule of events, along with an invitation to the "Synchro Challenge." For more information, contact Taylor Payne, USSS Media Relations Director at 317-237-5700 or on-site at 317-507-3410.

*USA Synchronized Swimming provides leadership and resources for the promotion and growth of synchronized swimming, to achieve competitive excellence at all levels and to develop broad based participation.*

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# U.S. Synchronized Swimming *Press Release*

March 31, 2006

Contact: Taylor Payne, 317-507-3410

## Synch ... Or Sink!

*Local athletes offer "clips-on" challenge to ambitious media!*

Does your media outlet have a hands-on sports reporter who does not mind getting his or her feet wet?

Perhaps he or she is an aggressive sports veteran who will go to great lengths for the inside scoop on a local sporting event. Maybe you've got a *macho man* who likes to show off during office softball games and can not turn down a chance to put his athletic talents to the test.

Then consider this a bare-bones, knockdown, drag-out challenge! The buoyant media member will receive a great experience and an even greater story. The unsuccessful reporter will receive a visit to the bottom of the pool!

U.S. Synchronized Swimming, in conjunction with the 2006 Speedo Junior National Championships, issues a formal challenge to any and all media outlets to **try synchronized swimming** (under the close supervision of lifeguards, of course). Swimming alongside participants will be several of Stanford's top-rated athletes.

Even the most confident reporter who scoffs at any athletic event that does not involve helmets or physical contact will become a new person after swallowing a few gallons of water. Just ask Matt Lauer and Al Roker or Olympic gold medalists Mary Lou Retton, Kerri Strug or Summer Sanders, who all accepted the challenge. Even syndicated columnist Dave Barry tried "Synch or Sink" and was a born-again aquanaut. The experience prompted Barry to exclaim in the *Miami Herald*, "**This is the hardest sport in the world!**"

The media challenge will take place at the University of Minnesota Aquatic Center. Private challenges may be arranged at any time during the event by contacting Taylor Payne at 317-237-5704 or on-site at 317-507-3410. Wear your swimsuit and water wings. We'll provide a nose clip, cap, goggles, and ... CPR.

The challenge is held in conjunction with the 2006 Speedo Junior National Championships being held at the University of Minnesota Aquatic Center, April 6-8, 2006.

To RSVP for "The Synchro Challenge," or for more information on the 2006 Speedo Junior National Championships, contact Taylor Payne at 317-237-5704 or on-site at 317-507-3410.

Come see why *Inside Sports* named  
**Synchronized Swimming**  
one of the world's five TOUGHEST sports!

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# U.S. Synchronized Swimming *Press Release*

March 31, 2006

Contact: Taylor Payne, 317-507-3410

## 2006 Speedo Junior Synchronized Swimming Championships

### TENTATIVE MEET SCHEDULE

Start	End	Event	
<b>THURSDAY, April 6, 2006</b>			
AM 8:00	8:15	Jr. Team Trials Phase IV – Lap swimming only	
	8:15	8:30	Jr. Team Trials Phase IV – Figures warm-up
	9:05	10:30	Jr. Team Trials Phase IV – Figures competition
	10:45	11:15	Figures warm-up – first group
PM 11:20	6:00	Figure competition	
	6:00	9:00	Team practice with music
<b>FRIDAY, APRIL 7, 2006</b>			
AM 8:00	8:30	Lap swimming only	
	8:30	8:45	Trio warm-up – first group
	8:50	12:35	Trio Competition
PM 1:00	1:15	Solo warm-up – first group	
	1:20	4:30	Solo competition
	5:00	5:30	Team warm-up – first group
	5:35	8:30	Team competition
<b>SATURDAY, April 8, 2006</b>			
AM 8:00	8:30	Lap swimming only	
	8:30	8:45	Duet warm-up – first group
	8:50	12:20	Duet competition
PM 12:20	1:30	Break	
	1:30	2:00	Trio, Duet Finals warm-up
	2:10	2:25	Parade of Athletes
	2:35	3:35	Trio Final
	3:45	4:45	Duet Final
	5:00	5:45	Solo, Team Finals warm-up
	6:00	6:50	Solo Final
	7:00	8:00	Team Final
	8:15		Awards

###

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