

201 S. Capitol #901
Indianapolis, IN
46225
317-237-5700



Olympic Games
Gold Medalists
1996 Team
1992 Solo, Duet
1984 Solo, Duet
Silver Medalists
1988 Solo, Duet
Bronze Medalists
2004 Duet, Team

World Championships
Gold Medalists
1994 Solo, Duet, Team
1991 Duet, Team
1982 Solo
1978 Team
1975 Solo, Duet, Team
1973 Solo, Duet, Team
Silver Medalists
2003 Team Combo
1991 Solo
1986 Solo, Duet, Team
1982 Duet, Team
1978 Solo

World Cup
Gold Medalists
1995 Solo, Duet, Team
1993 Solo, Duet, Team
1991 Duet, Team
1989 Solo, Duet, Team
1987 Team
1983 Team
Silver Medalists
1991 Solo
1987 Solo, Duet
1983 Solo, Duet

Pan American Games
Gold Medalists
2003 Duet, Team
1995 Solo, Duet, Team
1991 Solo, Duet, Team
1987 Solo, Duet, Team
1983 Solo, Duet
1979 Team
1975 Solo, Duet, Team
1971 Solo, Duet, Team
1963 Solo, Duet, Team
1955 Solo, Duet, Team
Silver Medalists
1999 Duet, Team
1983 Team
1979 Solo, Duet

World Trophy Cup
Gold Medalists
2006 Combo

U.S. Synchronized Swimming *Press Release*

March 22, 2007

Contact: Taylor Payne, 317-507-3410

Speedo Junior National Championships Land in Irvine

Speedo Junior National Championships Set For March 29-31

Irvine, Calif. – More than 300 elite athletes will gather at the William Woollett Junior Athletic Center, March 29-31 for the Speedo Junior National Synchronized Swimming Championships. The meet will feature athletes ages 14-18, who will vie for Junior National Titles in the solo, duet, trio and team events and will be hosted by the Southern California Association.

The **Riverside AQuettes** (Riverside, Calif.) will be in search of their third consecutive Junior National Title. Other top clubs competing include the **Walnut Creek Aquanuts** (Walnut Creek, Calif.) and the **Santa Clara Aquamaids** (Santa Clara, Calif.).

Top routines will advance to the 2007 U.S. National Championships which will take place April 26-28, in Indianapolis, Ind.

Tickets for Friday will be \$10 for adults and \$5 for students and senior citizens. Tickets for Saturday will be \$15 for adults and \$10 for students and senior citizens.

Check **www.usasynchro.org** daily for results and information. For more information, contact Taylor Payne at taylor@usasynchro.org or (317) 507-3410.

United States Synchronized Swimming (USSS) serves as the National Governing Body for the sport of synchronized swimming, appointed as such by the United States Olympic Committee. USSS is a membership-based and non-for-profit organization which services the sport from the grass roots level to the National Team. The mission statement of USSS is "to provide 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 22, 2007

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 2007 Speedo Junior National Synchronized Swimming 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 local 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 William Woollett Junior Aquatic Center in Irvine, Calif. Private challenges may be arranged at any time during the event by contacting Taylor Payne 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 2007 Speedo Junior National Synchronized Swimming Championships being held in Irvine, Calif. at the William Woollett Junior Aquatic Center, March 29-31, 2007.

To RSVP for "The Synchro Challenge," or for more information on the 2007 Speedo Junior Synchronized Swimming Championships, contact Taylor Payne 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*

2007 Speedo Junior National Synchronized Swimming Championship Schedule

Thursday, March 29, 2007	
7:00 am – 7:30 am	Lap Swimming – First Group
7:30 am – 8:00 am	Figure Warm-up – First Group
8:05 am – 3:00 pm	Figure Competition
3:15 pm – 6:15 pm	Team Practice – with music
6:00 pm – 6:25 pm	2007 Junior Trials – Warm-up
6:30 pm – 7:30 pm	2007 Junior Trials - Competition
Friday, March 30, 2007	
7:00 am – 7:30 am	Lap Swimming
7:30 am - 7:45 am	Trio Warm-up – First Group
7:50 am – 11:30 am	Trio Competition
12:00 pm – 12:15 pm	Solo Warm-up – First Group
12:20 pm – 3:30 pm	Solo Competition
4:00 pm – 4:30 pm	Team Warm-up – First Group
4:35 pm – 7:30 pm	Team Competition
Saturday, March 31, 2007	
7:00 am – 7:30 am	Lap Swimming
7:30 am – 7:45 am	Duet Warm-up – First Group
7:50 am – 11:30 am	Duet Competition
12:00 pm – 12:30 pm	Trio & Duet Final Warm-up
12:40 pm – 12:50 pm	Parade of Athletes (all participants)
1:00 pm – 2:00 pm	Trio Final
2:00 pm – 3:00 pm	Duet Final
3:15 pm – 4:00 pm	Solo & Team Final Warm-up
4:10 pm – 5:00 pm	Solo Final
5:00 pm – 6:00 pm	Team Final
6:05 pm	Awards

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