

132 E Washington St.  
#820  
Indianapolis, IN



**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  
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1991 Solo  
1987 Solo, Duet  
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**Pan American Games**

**Gold Medalists**

2003 Duet, Team  
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1955 Solo, Duet, Team  
**Silver Medalists**  
1999 Duet, Team  
1983 Team  
1979 Solo, Duet

# U.S. Synchronized Swimming *Press Release*

November 2, 2009

Contact: Taylor Payne, 317-507-3410

## U.S. Synchro Masters Championship Concludes in Coral Springs

*The Unsyncables of La Mirada Win Overall High Point Award*

**Coral Springs, Fla.** – Over 275 synchronized swimmers gathered in Coral Springs this past weekend for the 35th annual U.S. Masters Synchronized Swimming Championships. The four-day event took place at the Coral Springs Aquatic Complex and featured some of the world's top masters synchronized swimmers ranging between the ages of 20 to 85+ years old. Athletes competed for overall team and individual titles in the solo, duet, trio, team and combo events.

The Unsyncables of La Mirada took the Overall High Point Award with 144.5 points, marking the eighth High Point Title the Unsyncables have claimed in 12 years. MAC Synchro took second place with 82 points while Breathless of Dublin Ohio took third place with 78.5 points. Thirty-three teams competed in total.

Synchronized swimming requires a combination of strength, precision, grace and teamwork, which proves to be a preferred fitness activity for older adults by leading sports medicine professionals.

The Aquacades Booster Club and the City of Coral Springs served as the local host. Complete results can be found at [www.usasynchro.org](http://www.usasynchro.org). For more information, contact Taylor Payne at [taylor@usasynchro.org](mailto: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*

November 2, 2009

Contact: Taylor Payne, 317-507-3410

## Synch ... Or Sink!

### *Local athletes offer "clip-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 2009 U.S. Masters 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 Coral Springs Aquatic Complex. 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 2009 U.S. Masters Championships held in Coral Springs at the Coral Springs Aquatic Complex, October 22-25.

To RSVP for "The Synchro Challenge," or for more information on the 2009 U.S. Masters 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!

*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*

## FINAL MEET SCHEDULE all events start with age group 80

Start	End	Event
<b>9:15</b>	<b>9:35</b>	<b>Tech Solo warm-up first group</b>
9:40	11:30	Tech Solo Competition
<b>11:45</b>	<b>12:05</b>	<b>Free Solo warm-up first group</b>
12:10	4:30	Free Solo Competition and Awards
4:30	6:30	Figure warm-up, Competition and Awards

### Friday, October 23

<b>AM 8:00</b>	<b>8:30</b>	<b>Open Pool</b>
<b>8:30</b>	<b>8:50</b>	<b>Technical Duet warm-up first group</b>
8:55	11:30	Technical Duet Competition
<b>11:45</b>	<b>12:05</b>	<b>Free Duet warm-up first group</b>
12:10	5:30	Free Duet Competition and Awards
<b>5:30</b>	<b>8:00</b>	<b>Team practice with music (1 time thru in order of draw starting with age 70,20,30,40,50,60-age 70 starts practice only. Events start with age 80!!!)</b>

### Saturday, October 24

<b>AM 7:30</b>	<b>8:00</b>	<b>Open Pool</b>
<b>8:00</b>	<b>8:20</b>	<b>Technical Trio warm-up first group</b>
8:25	9:55	Technical Trio Competition
<b>10:00</b>	<b>10:30</b>	<b>Technical Team warm-up first group</b>
10:35	12:15	Technical Team Competition
<b>12:30</b>	<b>12:50</b>	<b>Free Trio warm-up first group</b>
12:55	5:00	Free Trio Competition and Awards
		Banquet at Hard Rock Hotel and Casino (time to be determined)

### Sunday, October 25

<b>AM 8:00</b>	<b>8:30</b>	<b>Open Pool</b>
<b>8:30</b>	<b>9:00</b>	<b>Free Team warm-up first group</b>
9:05	12:00	Free Team Competition
<b>12:00</b>	<b>12:20</b>	<b>Free Combination Routine warm-up</b>
12:25	12:40	Free Combination Routine Competition
12:40		Team and Free Combination Routine Awards, High Point and May McEwan Awards

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