



## PRESS RELEASE



### **Jamaican Born US Coach Ashley Johnson for Island Aquatics Coaching and Synchro Workshops**

Island Aquatics Synchro Club will be hosting a synchronized swimming development workshop on December 15 to 20. Jamaican born head coach Ashley Johnson of the Coral Springs Aquacades Synchro Club will be the facilitator of both the coaching and synchro workshops designed to develop the skills of the intermediate and senior swimmers as well as the junior coaches attached to the club.

Coach Johnson has been with Aquacades for 6 seasons but this is her 3rd season as the club's head coach. She started her synchro career in South Florida at age 12 and competed locally and nationally in the US for 6 years. She became a judge at 17 but felt that the best place for her was to be a coach.

As a coach, her strengths are choreography, creativity and teaching; which explains her degree in Elementary and Secondary Education. In the 2 short seasons that she has been the head coach, Aquacades have received the Senior South Zone High Point Trophy two consecutive seasons, qualified 7 swimmers to Senior National Team Trials, and placed 10 routines in the top 8 at Age Group Nationals. Currently Coach Ashley is a level 3 zone judge and is on her 2nd assignment towards becoming a part of the age group 11-12 US National Team Coaching Staff.

Coach Johnson has had a strong association with the Island Aquatics Synchro Club, the first synchronized swimming club in Jamaica. She has conducted previous development workshops and the club has participated in the Florida Gold Coast Invitational meet in March 2008 where the team of 13 swimmers won six medals (2 gold, 1 silver and 3 bronze).

Coaches interested in attending the synchro coaching workshop may contact 322-SYNC or email [islandaquaticssynchro@gmail.com](mailto:islandaquaticssynchro@gmail.com)

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