



**05 August 2009**

## **PRESS RELEASE**

### **SYNCHRO SWIMMERS OFF TO PANAM GAMES IN NORTH CAROLINA**

A three-member Synchro team will depart the island on Tuesday, 11 August 2009 to participate in the 2<sup>nd</sup> UANA Pan American Junior Synchro Championships to be held in Huntersville, North Carolina, 13-15 August 2009. The team comprises Michelle-Ann Gabbadon, Shannon March and Tashna Smith-Edwards. March and Smith-Edwards will compete in the Solo category while March will team with Gabbadon to compete in the Duet category. The competition, intended for junior synchronized swimmers from National Teams between the ages of 15 and 18, consists of Solos, Duets and Team categories in Figures, Routine and Free Combination from participating National Federations.



L-R March, Gabbadon, Smith-Edwards

In addition, Coach Amanda Eyre and Judge Tanya March, who are accompanying the team, will participate in a Coaching and Judges Clinic during the competition. The focus of the clinic will be the new FINA rules, figures and technical elements.

Synchronized Swimming is the combination of swimming, dance and gymnastics incorporating athletic grace, poise and strength in its performance in the water to music. The sport was first introduced to Jamaica over 10 years ago as the brainchild of Katherine Lim Sang former National Synchro Coach and founder and head coach of the only synchro club in the Island, Island Aquatics.

The team members are members of the National Synchro Squad and have competed at local and international competitions including the CARIFTA and CISC Games.

Submitted by:

Faith Palmer – 332-6319