



FOR IMMEDIATE RELEASE

Synchro Swim Ontario announces Coaching Team for Ontario's Junior and Senior Provincial Teams

Toronto, ON – February 17, 2006 - Synchro Swim Ontario is pleased to announce the coaching team for the 2006 Ontario Provincial Junior and Senior Synchronized Swimming Teams.

Julia Warren was hired as Head/Mentor Coach for the 2006 Ontario Provincial Junior and Senior Synchronized Swimming Teams in January and joining the team for the Senior Program will be Elena Podolsky as Assistant Coach and Kristy McDonnell as Apprentice Coach. The Junior Team will see Jennifer Shaver as Assistant Coach, Katie Hammond as the Apprentice Coach, and Liz Simmie as Junior Team Manager

“Synchro Swim Ontario is pleased to be doubling our Provincial Team Program this year,” said Synchro Ontario Executive Director, Leslie Makins. “In doing so, we are increasing coach capacity through mentorship and training at the high performance level.”

Athlete selection to the 2006 Junior Provincial Team continues this weekend during Provincial Championships in Toronto where athletes will participate in Phase II of Provincial Team Trials. Senior Team Trials will take place Sunday, April 2 in Toronto, along with the final phase of Junior Team Trials.

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