



## **FOR IMMEDIATE RELEASE**

### **Synchro Swim Ontario announces Coaching team for Ontario's Junior and 13-15 Provincial Teams**

Toronto, ON – March 13, 2007 - Synchro Swim Ontario is pleased to announce the coaching team for the 2007 Ontario Provincial Junior and 13-15 Synchronized Swimming Teams.

Mary Jane Ling was hired as the Head/Mentor Coach for the 2007 Ontario Provincial Junior Team. Mary Jane is currently completing her NCCP Level 4 certification and is an NCCP Master Course Conductor. She has extensive leadership experience with both Synchro Swim Ontario and Synchro Canada and is a valued member of Ontario's High Performance Committee. A former synchronized swimmer, Mary Jane was a 5 year member of Canada's All-Canadian Senior Team and named to Canada's first National "A" team, before moving on to coaching where she coached athletes to positions on National "A" and "B" teams. She has also achieved coaching success with club teams at National and International levels, including the Swiss Open, Loano Cup, European Age Group Championship and German Youth Championships. She was the recipient of the Synchro Canada Terry Hambrook Trophy for Most Promising Coach and the Synchro Canada Charlotte Tutte-Eyres Trophy for All-round Coach. With over 30 years of involvement in synchro Mary-Jane brings a wealth of experience and expertise to the Junior Team. Assistant Coach Katie Hammond and Apprentice Coach Vanessa Hider join Mary Jane to fill out the coaching team.

Kelly Hogan was hired as the Head/Mentor Coach for the 2007 Ontario Provincial 13-15 Team. Kelly is currently completing her NCCP Level 4 certification and has been an active participant on Ontario's High Performance Committee. A former synchronized swimmer, Kelly achieved both provincial and national success. Kelly is an established coach in Ontario and is known for her excellent coaching ability. She has coached teams to success at both the provincial and national level and has coached athletes to positions on the National 13-15 Team. With over 20 years of involvement in synchro Kelly brings a wealth of experience and expertise to the 13-15 Team. Assistant Coach Larissa Ryssina and Apprentice Coach Lindsay Duncan join Kelly to fill out the coaching team.

"Synchro Swim Ontario is pleased to be continuing our Provincial Team program for both athletes and coaches," said Synchro Swim Ontario Executive Director, Leslie Makins. "We anticipate that this will contribute our success at the High Performance level."

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