



Synchro Ontario announces 2008 Provincial Team Coaching Staff

Toronto, ON - March 14, 2008 - Synchro Swim Ontario is pleased to announce the 2008 Provincial Team Coaching staff who will lead five provincial teams in summer competitions and training camps.

Mary Jane Ling returns this year as the Mentor Coach for the Provincial 12 & Under A and B teams and the Provincial 13-15 B Team. Mary Jane will provide guidance and support to the Head Coaches of these teams during the development and implementation of their training programs. Mary Jane has over 30 years experience in synchro as an athlete, coach, and official, and is currently the Head Coach of the York Synchro Club.

This year the Provincial Junior Team will be led by Amy Caskey. Amy is a former National Team athlete (1995, 1998-2003) who has turned her talents to coaching. Amy was the Apprentice Coach for the 2007 Canada Games team, and currently coaches with the Granite Club. Amy will be joined by Lindsay Duncan as the Assistant Coach. Lindsay is the Head Coach of the London Synchro Club and is currently pursuing her Phd at the University of Western Ontario in Kinesiology, specializing in Sport and Exercise Psychology. In 2007 Lindsay was the Apprentice Coach with the 13-15 Team.

Coach of the 2007 13-15 Canadian Champions Kelly Hogan will once again lead the 13-15 Provincial A Team. Kelly has over 20 years of experience in synchronized swimming, is a Level 4 Coach, and currently coaches with the Olympium Synchro Club. Kelly will be joined by Debbie Laanep as Assistant Coach. Debbie was the Assistant Coach of the 13-15 Provincial Team in 2007 and currently coaches at Olympium Synchro.

Jennifer Scott is new to the Provincial Team Program this season and has been hired as the 12 & Under A Team Head Coach. Jennifer is the Head Coach of Burlington Synchro and is currently pursuing her Level 4 Coaching Certification.

Head Coach of the 13-15 B Team will be Katie Hammond. Katie is on the York Synchro coaching staff, and is leading their 13-15 team this season. Last year Katie was the Assistant Coach of the Provincial Junior team and the 12 & Under team, and in 2006 was the Junior team Apprentice Coach.

The 12 & Under B Team welcomes Vanessa Hider as Head Coach. Vanessa is the Head Coach of the Brant Synchro Club and was the Apprentice Coach with the 2007 Junior Provincial Team.

Provincial Team Trials will take place Saturday, April 26th at the Alder Street Pool in Orangeville where athletes will be selected to the five provincial teams.

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