



## **NEWS RELEASE**

January 27, 2009

### **Synchro Canada announces Junior and 13-15 Team head coaches**

**Ottawa** - Synchro Canada is pleased to announce the appointments of our National Junior and 13-15 Team head coaches.

Jennifer Tregale will lead our National Junior Team, while Chantal Vallieres will be working with our National 13-15 Team.

Synchro Canada is extremely pleased to have such talented and committed High Performance coaches working with our National Team athletes.

"It was wonderful to receive such overwhelming interest from so many qualified coaches to work within the National Team Program this year," said Denise Sauve, National team Program Head Coach. "I am confident that the head coaches we have hired for the Junior and 13-15 Teams will be strong leaders for our athletes and will represent Canada extremely well on the international scene this summer."

Jennifer has 21 years coaching experience and most recently coached Synchro Canada's National B Team where she led the squad to two silver medals (Solo & Combo) and two bronze medals (Duet & Team) at the 2008 Swiss Open. Jennifer also works as the head coach of the Calgary Aquabelles Synchronized Swim Club and was named Synchro Alberta's 2008 Coach of the Year.

Synchro Canada is extremely pleased to have Chantal working with the 13-15 National Team for a fifth consecutive year. Last year Chantal led the team to four gold medals at the UANA Age Group Championships. Her experience with young athletes will be invaluable to the continued success of this program. As a former National team athlete and with 14 years coaching experience Chantal has invaluable understanding of the challenges these athletes will face.

In addition to her work with Synchro Canada Chantal is part of the coaching staff with Quebec's Synchro Elite Synchronized Swim Club.

This summer the Junior Team will be competing at the UANA Junior Pan American Championships in Huntersville, North Carolina, while the 13-15 Team will be competing at the 2009 Comen Cup in Belgrade, Serbia.

For more information please contact

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*About Synchro Canada*

*Synchro Canada is the national governing body for the sport of synchronized swimming in Canada.*

*Synchro Canada fosters the pursuit of excellence while developing athletes, citizens and ambassadors of the sport of synchronized swimming at all levels.*