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Contact: press@nvnsynchro.com

Web: <http://www.nvnsynchro.com>

FOR IMMEDIATE RELEASE

NEREIDS BRING HOME SYNCHRONIZED SWIMMING MEDALS

The Novice, Intermediate, and 12 and Under Age Group teams of the Northern Virginia Nereids synchronized swimming club opened their competitive season February 22, 2009 at the Have-A-Heart Invitational in Laurel, Maryland. Top performances by the Nereids propelled them past other teams from Pennsylvania, Maryland, and Virginia, earning them medal honors in nearly every event they entered.

The 12 and Under Age Group team dominated the team routine competition, bettering both the Potomac Valley Pearls of Laurel MD and NoVa Synchro of Arlington VA by a sizeable margin to earn first place honors. Swimming to a tropical theme, the Nereids' difficulty and skill earned them the 2nd highest team routine score of the entire meet, including teams in the 13-15 Age Group category.

The 12 and Under Age Group duet of Ashley Eberly and Stephanie Satterlee and the trio of Connie Polnow, Leina Thurn, and Mikaela Voegele both took second place in their respective divisions; the trio was so close that the Nereids were placed 1st by every judge except one.

Nereids Intermediate swimmers also shone during the Have-a-Heart Competition. The 13-15 Intermediate team took home the silver medal in the team routine competition, missing the gold medal by less than one point. The team will be working hard in the coming months to perfect their routine in hopes of placing first at future meets.

The 11-12 Intermediate teams also delivered stellar performances. Swimming to the classic "Free Ride" by Edgar Winter Group, the two 11-12 Intermediate teams placed 3rd and 5th in their division. This was the first competition for many of the 11-12 Intermediate swimmers and they delivered dazzling routine swims, besting routines comprised of swimmers who have been competing for several years.

The 13-15 Intermediate Trio comprised of Roha Poputya, Erika Carlson, and Julia Guidry placed 2nd overall in that division. Of note is that Carlson (nine years old) and Guidry (ten) are significantly younger than many of the competitors in the 13-15 age group, but they rose to the challenge and delivered a silver medal performance.

The Novice Duet of Miya McDonald and Maja Guidry was the highlight of the Novice competition. This duo took home the gold medal by a sizeable margin, delivering a clean and crisp routine swum to the music of "Kung Fu Panda".

The Northern Virginia Nereids are the oldest and largest competitive synchronized swimming club in Northern Virginia, based conveniently off the Capital Beltway in Annandale, Virginia. Our team is comprised of swimmers aged 7 to 18 from all over the Washington D.C. metropolitan area. Our swimmers travel from Loudoun, Fairfax, Prince William, Montgomery, Arlington, and Alexandria counties and the District of Columbia in order to swim on our team. We invite all girls ages 7-18 to come and try out synchronized swimming with us any time! For more information, see our website <http://www.nvnsynchro.com> or contact the head coach Colleen Hadow at headcoach@nvnsynchro.com.

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