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FOR IMMEDIATE RELEASE

NEREIDS COLLECT MORE SYNCHRONIZED SWIMMING MEDALS

The Northern Virginia Nereids synchronized swimming club continued their competitive season March 22, 2009 when they hosted the Spring Fling Invitational in Annandale, Virginia. Top performances by the Nereids propelled them past teams from Laurel Maryland and Arlington, Charlottesville, and Norfolk Virginia. Nereid swimmers medaled in 14 of the 15 events they entered, including 11 gold, five silver, and four bronze.

The long hours and hard work put in by the Nereids 13-15 Age Group team really paid off; they crushed their rival Potomac Valley Pearls, taking the gold medal by a full 10-point margin.

The 12 and Under Age Group duet of Ashley Eberly and Stephanie Satterlee and the trio of Connie Polnow, Leina Thurn, and Mikaela Voegelé both took gold in their respective divisions, improving noticeably on their silver-medal performances of last month. The 13-15 Age Group trio of Chelsea Hartanto, Kayla Plecity, and Alli Kokulis took silver but were within 0.6 points of the gold-medal Pearls.

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 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.

Nereids Intermediate swimmers also shone during the Spring Fling competition. The 13-15 Intermediate team took home the gold medal, bettering the Tidewater Aqua-Aerials by four points. 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 1st and 2nd in their division.

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 swimmers travel from Loudoun, Fairfax, Prince William, Montgomery, Arlington, and Alexandria counties and the District of Columbia in order to swim on our team. Synchronized swimming is an Olympic sport that promotes fitness, self-discipline, camaraderie, fun, and friendships like no other girls' group can. We invite all girls ages 7 to 18 to come and try "synchro" any time! For more information, see our website <http://www.nvnsynchro.com> or contact the head coach Colleen Haddow at headcoach@nvnsynchro.com.

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