

18 May 2009
Contact: press@nvnsynchro.com
Phone: 703-449-3803
Web: <http://www.nvnsynchro.com>

FOR IMMEDIATE RELEASE

NEREIDS PROPELLED TO SYNCHRONIZED SWIMMING NATIONALS

The Northern Virginia Nereids synchronized swimming club finished their competitive regular season - and propelled themselves on to Nationals - May 17, 2009 at the Regional Championships in Alexandria, Virginia. Despite the expansion of competition to the best of the region - Region A of the South Zone encompasses five states and the District of Columbia - the Nereids performance was nearly identical to last month's association championships. As a team, the Nereids medaled in 20 of 21 events they entered, including 14 gold, eight silver, and five bronze.

Besides the medal count, all nine age-group level Nereid solos, duets, trios, and teams qualified to advance to the eSynchro Age Group Championships to be held in Gainesville, Florida starting the last week of June. The age 13-15 Intermediate team, swimming to the music from the HBO series "Rome", ended their competitive season with their best swim of the season, taking home first place in that category. Each girl also served up strong figure scores, with four swimmers placing in the top eight (as well as claiming gold and silver). The 11-12 Age Group team dominated their competition, not only taking the top 4 spots in figures, with all seven swimmers placing in the top 10, but also taking gold in all routines entered. The team, trio, and duet were clean and well-executed swims, allowing them to beat their local and regional competitors by sizeable margins.

The 13-15 Age Group team, swimming to the soundtrack from the movie "300", also had their strongest swim of the year, earning the silver medal as well as their entry into Nationals. The 13-15 Age Group small routines also had amazing swims throughout the day; both the duet and trio took home 3rd place, also earning spots in the June championship event. In the 16-17 Age Group, Nereid stars Kara Gadeken and Julia Peters took gold-silver in figures respectively, and led Nereid routines to gold in all divisions (solo, duet, trio, and team).

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. 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 head coach Colleen Haddow at headcoach@nvnsynchro.com.

###