

B8 February 18, 2010 Carmel Valley News

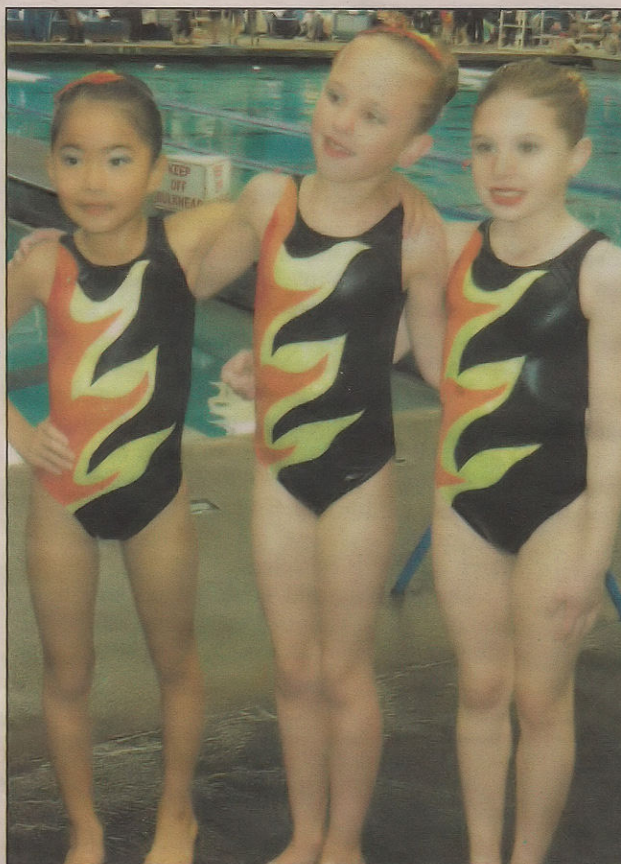
Synchronized swimmers win big in Cerritos

San Dieguito Synchro had a very successful trip to the Southern California Association Invitational in Cerritos. The local synchronized swim club sent swimmers to the regional meet, bringing home 11 team medals.

The swimmers competed against top teams from throughout Southern California. They took first place in 10 & Under Novice trio, 11-12 Intermediate team and 13-15 Age Group Team. The 11-12 Age Group duet, 11-12 and 13-15 Intermediate teams, and 13-15 Age Group duet took second place awards. Their 16-17 Age Group solo, 13-15 Age Group trio and Novice team took home bronze medals, rounding out a great weekend for the club.

This was San Dieguito Synchro's first competition of the year and head coach Barbara Strenk was pleased with her swimmer's performances. "It was a great way to kick off our meet season! The girl's have set some pretty high goals for themselves this year, including making it to the U.S. Nationals in New York. This was a solid first step."

San Dieguito Synchro was formed in 2004 and now



The winning "Novice Trio" comprised of San Diego Synchro's three youngest swimmers (ages 7- 8).

has over 50 junior swimmers ages 7-16. The team practices year round at Cathedral Catholic High School in Carmel Valley. They're always looking for enthusiastic swimmers to join them. For more information visit www.sdsynchro.org or contact Barbara Strenk at (760) 633-3034.