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## PRESS RELEASE

### Walnut Creek Aquanuts Synchronized Swimmers Head to Olympic Trials *Olympic training squad to be named in Ohio, December 12*

**Walnut Creek, December 2, 2006:** The 2008 U. S. Olympic Team and the 2007 Senior National Team Trials for Synchronized Swimming will take place on the campus at The Ohio State University, December 10-12. Among the thirty-five competitors will be eight members of the Walnut Creek Aquanuts consisting of Becky Kim, Maria Koroleva, Karen Meyer, Olivia Morgan, Annabelle Orme, Jillian Penner, Kim Probst, and Deborah Shim.

The goal of each of these swimmers is to be among the twelve that will be named to the 2007 Senior National Team which will represent the U. S. at the 2007 World Championships in Melbourne, Australia March 17-24. A final round of competition in April will reduce the twelve to nine who will compete at the 2007 Pan American Games and the 2008 Olympic Games.

Tammy McGregor, a two-time Olympian and Gold Medalist and Gail Emery, Aquanut Founder and five-time Olympic Coach, will be on deck to coach the girls in Ohio. According to McGregor, "This will be the most rigorous Olympic Trials in the history of our sport. A new component has been added called "The 75" where the athlete's strength and endurance will be put to the test in a 75 meter series of technical elements followed almost immediately by a four-minute solo routine swim. The judges goal is to identify those athletes who can stand up to the intense training schedule that they will face preparing for the Olympics."

McGregor and Stephane Miermont, a former member of the French National Team and Cirque du Soleil "O", recently coached U. S. National Team 1, with members Kim, Orme, Penner and Probst in Moscow, Russia at the FINA World Trophy Cup where the U. S. won the gold medal in the combo competition, the first time anyone had beaten the Russians since 1996.

The public is invited to an exhibition of the competitive routine which will take place at the Aquatic Center at Heather Farm Park in Walnut Creek on Saturday December 9, 2006 at 11:00 am.

