



PRESS RELEASE #1 (23rd January, 2010)
Synchro Stars (Jamaica)
&
Amateur Swimming Association of Jamaica
wishes to advise that some of its members will be attending
2010 St. Paul Stars Synchronised Swimming Invitational Meet
St. Paul, Minnesota

WHO WILL BE ATTENDING:

Breann Campbell (10) - CISC (2008) 12 & Under Team Routine Silver Medalist
CARIFTA (2009) National Synchronised Swimming Team Member
2010 - St. Paul's Invitational: Solo (12 & under)

Ahkira Brown (9) - 2010 - St. Paul's Invitational: Duet with Monique Watson (Novice – 12 & under)

Monique Watson (10) - 2010 - St. Paul's Invitational: Duet with Ahkira Brown (Novice - 12 & under)

Giselle Tucker (14) - 2010 - St. Paul's Invitational: Solo (Novice – 13 – 15)

WHEN THE TEAM DEPARTS: TUESDAY, 2ND FEBRUARY (@ 3:35PM on #AA 628)

WHEN THE TEAM RETURNS: SUNDAY, 7TH FEBRUARY 2010 (@ 9:10PM on #AA 331)

ACTUAL MEET DATES: FRIDAY, 5TH FEBRUARY – SATURDAY, 6TH FEBRUARY, 2010

LOCATION: Humboldt Senior High School
30 East Baker St.
St. Paul Mn., 55107.

HOSTED BY: St. Paul Stars

Thoughts on the Event: The St. Paul Stars Invitational, Minnesota is an extremely important developmental meet at this time for Synchronised Swimming in Jamaica. It is the first meet since a second club has been formed and launched its drive to educate, expose and allow all who are interested to experience the world of Synchronised Swimming (regardless of the ability to pay). It will give the attending athletes an opportunity to experience some real competition prior to CARIFTA 2010 especially the novices (never competed before). This competition is not only about receiving medals (they will try their best) but about gaining skills and experience, putting the routines out there and having the girls get a chance to compete at a higher level. Attending The St. Paul's meet will aid in making the CARIFTA competition a greater and more attaining goal.

There will be a Training Camp preceding the competition where the athletes will get the opportunity to train with some member of the USA National Team, exposure to additional equipment and technique. This will give them a great advantage and confidence boost for CARIFTA 25 Games and beyond.

January, 2010

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