

**Canadian Performance Coach for
Island Aquatics Synchro Camp and Coaching Clinics**



Canadian Synchronized Swimming Coach, Nina Makuch

In an effort to increase the performance levels of its synchronized swimmers, Island Aquatics Synchro Club has invited Canadian Nina Makuch to conduct synchro camps and coaching clinics from July 5 to August 13. Hailing from Victoria in British Columbia, Makuch is currently the Head Coach for synchronized swimming at the University of Victoria. She also coaches the Pacific Sport Synchro Club in the same city.

As a trained kinesiologist (sport therapist), Makuch is a certified coach and has been doing synchronized swimming since age 8. Her broad experience includes preparing athletes for competitions, choreography and also competing herself as a senior athlete. In her position as a therapist, she has assisted varsity athletes with sport injuries and has been a volunteer trainer for the Wheelchair Rugby Games in Victoria.

Makuch is looking forward to coming to Jamaica to work with the Island Aquatics synchronized swimmers. She says: "Synchronized swimming provided me with a lot of amazing opportunities and experiences and it has shaped my life and who I am today. I would love to pass on this fortune to others so that the sport of synchronized swimming can have the same positive influence on other young women that it has had on me."

The camp will take place at the National Stadium Pool complex and will include varied activities for all skill levels. In addition to synchronized swimming, there will be dancing, cheerleading and gymnastics (which will be held at the Ishimoto Gymnastics School on Fridays in July). These additional activities are crucial to the development of synchronized swimmers who need training in advanced water skills, strength and agility.

As the first synchronized swimming club in Jamaica since 1998, Island Aquatics Synchro Club has had many firsts. Their swimmers have entered and won medals in various local and regional competitions. Of note, three senior swimmers won the Prime Minister's Youth Award for Excellence in Sports in 2009. Recently, the club produced the critically acclaimed '**Music 'n' Sync**' show at the Hilton Kingston Hotel. The club has also been instrumental in introducing synchronized swimming in schools.

There will also be coaching clinics planned as part of the camp and an end of camp synchro show. Persons interested in the camp and coaching clinics may contact Island Aquatics Synchro Club at 322-SYNC (7962) or islandaquaticssynchro@gmail.com.

Submitted by: Dr Christine Gabbadon, President, 453-4721