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Local Synchronized Swimming Team Starts Season with Victory

Combining high-endurance swimming, gymnastics, and dance, **SCULPINS SYNCHRO** kicked off its 2016 competition season with first-place results on January 31 at the Junior/Senior Adirondack Association Championships at Hartwick College, Oneonta. Executing precise and demanding aquatic maneuvers to the music of Adele and The Beatles, the Capital Region club earned Gold Medals in the Team Final and Junior Combo Free Routine events, besting their longtime Association rivals, the Gaviatas of Binghamton. In the Junior Duet Final, the Sculpins also scored the Silver Medal as well as fourth and fifth places.

Sculpins Synchro features swimmers from throughout the region, and Sculpins medalists from this meet include Maranda Bowers (Guilderland), Emily Bowman (Delmar), Susie Colandrea (Averill Park), Isabella Hill (Scotia), Cassie Kerner (Ghent), Sarah Konig (Castleton), Alaina Rosetti (Castleton), Michela Rosetti (Castleton), and Eleanor Warren (Guilderland). This meet's proud Sculpins coaches were Courtney Mann, Hillary Mann, and Kayla Parvana.

Sculpins Synchro is open to swimmers from elementary through high-school age, with competition organized by age level. Swimmers and spectators who'd like to see firsthand what synchro is all about are always welcome at Saturday morning "try-it" practices at the

Emma Willard School or UAlbany – contact the club’s secretary through SculpinsSynchro.org or directly at SculpinsInfo@gmail.com for details.

The next meet for Sculpins Synchro is the Adirondack Association Invitational on February 21, again at Hartwick College.



Sculpins Synchro 18/19 Age Group Team prepares to dive into their “Skyfall” routine during Saturday’s competition at Hartwick College.

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