

Try Synchro Program

Summer 2011

Join in the synchronized swimming fun and be part of the team. Learn synchro basics, figures, how to dry-land train, and perform a team routine. Programs at Gamble Nippert and ME Lyons YMCA. Contact Margaret at 513-231-2714 or email us at cincinnatiynchro@gmail.com



The Cincinnati Synchrogator Team is sponsored by the YMCA of Cincinnati. Practices are held at two locations, the Gamble Nippert (west) and ME Lyons (east) YMCA

Gamble Nippert YMCA
3159 Montana Avenue
Cincinnati, OH 45211
513-661-1105

ME Lyons YMCA
8108 Clough Pike
Cincinnati, OH 45244
513-474-1400



The Cincinnati YMCA Synchrogators are a member club of USA Synchro

Why Synchronized Swimming?

- It is fun, with opportunities to make close friendships with teammates and competitors
- It is a unique water sport that develops grace, strength, and endurance
- Synchronized swimming is competitive and motivational
- Swimmers learn life skills: teamwork, time management, respect, commitment, perseverance, co-operation
- Cognitive skills are developed including counting, memorization, rhythm, coordination, and visualization
- Synchro is fulfilling: mastery of complex skills, positions, and movements develops a swimmer's sense of accomplishment.
- Water sports are physically challenging but gentle on joints and synchro has a low risk of injury



TEAM CONTACT INFORMATION

Recruiting: Margaret Handleton 513-231-2714

Head Coach: Ginny Jasontek 513-403-5886

WEB: www.cincinnatiynchro.org

EMAIL: cincinnatiynchro@gmail.com



Synchronized Swimming The Ultimate Team Sport

CINCINNATI
YMCA
SYNCHROGATORS
EST. 1970

12 NATIONAL CHAMPIONSHIPS
32 STATE CHAMPIONSHIPS
60 COLLEGIATE ATHLETES
1 OLYMPIAN
THE TRADITION CONTINUES...

Fun Strength Character Integrity

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Cincinnati YMCA Synchrogators



TEAM HISTORY:

The original team (Synchrogators) was started at the Gamble Nippert YMCA in September 1969 by Ginny Jasontek. Their official first competition was in 1970. A second team, (SeaLyons), started at the ME Lyons YMCA shortly after. In 1993, the two teams were merged to become a metro Cincinnati YMCA team with the Gamble Nippert YMCA becoming the lead location, although the team continues to practice at the ME Lyons YMCA.

The original goals of the program are still relevant today:

- 1) **Build a strong competitive team whose staff provides quality instruction to aspiring young athletes.**
- 2) **Create an environment in which sport is a positive and challenging avenue, where young people develop the character and values to achieve great things in both sport and in life.**

These goals could not have been achieved without the support and passion of all the coaches who contributed to the program through the years. Ginny's daughter, Julie, continues this tradition and has been coaching since 1996.

Throughout the years, our numbers have remained constant – serving around 50 athletes per year with ages of 7 years old to 18 years old. We are proud of a long history of excellence and of the athletes we have nurtured who continue to serve the sport of Synchronized Swimming as judges and coaches. The Synchrogators have been Ohio Senior champions 33 times, North Zone Champions multiple times, National champions in the Junior Olympic program numerous times, National Age Group Champions in one or more age groups twelve times, Solo and Duet Junior National and US Open Champions and gold medalists at the Scandinavian Open. We have 60 athletes who have gone on to become National Collegiate athletes and All Americans and many who have made the USA National Team.



One of our team's proudest moments was watching a Synchrogator, Becky Jason-tek, earn the bronze medal at the 2004 Olympic Games in Greece



2011 16/19 A Team



Experienced Caring Coaches

Head Coach Ginny Jasontek is a former president of USA Synchro, a member of the Synchronized Swimming Hall of Fame, and a national and international judge.

All our age group coaches are highly trained and qualified, most have been college athletes, and each has several years experience with their age group or technical discipline.

Former Synchrogators regularly return to volunteer and provide additional coaching support and help with meet preparation.