

HAMDEN HERONETTES ARTISTIC SWIM TEAM

Watershow



June 17 @ 7:00 pm


& June 18 @ 11:00 am

HAMDEN HIGH SCHOOL - 2040 Dixwell Avenue

Tickets: \$12 at the door

www.heronettes.org

COACHING STAFF



HEAD COACH.....	Anna Montgomery
TEAM MANAGER.....	Patty Simell
COACHES.....	Melissa Cowan Marisa D'Amico Sarah DelVecchio Collette Lynch Rose Oblena Samantha Whitney
VOLUNTEER LAND COACHING ASSISTANT.....	Cheryl Nadzam

PRODUCTION CREDITS

MC.....	Teena Griggs (Friday)
WATERSHOW CHAIR.....	Susan White
PROGRAM DESIGN/LAYOUT.....	Cheryl Nadzam
COVER ARTWORK.....	Beatrice Brock & Patty Simell
DECORATIONS & PROPS.....	Jessica Kogut
RAFFLE.....	Cassie Sherry
CONCESSIONS.....	Trish Lewandoski
KIM MILLER TABLE.....	Patty Simell
POOL MASTERS.....	Jim Brewster & Hamden Custodial Staff

BOARD OF DIRECTORS



PRESIDENT.....	Cassie Sherry
1st VICE PRESIDENT.....	Trish Lewandoski
2nd VICE PRESIDENT.....	Cheryl Nadzam
TREASURERS.....	Anna Brock, Wai Kam Cheng-Nuñez
SECRETARY.....	Jessica Kogut
PUBLICITY & MARKETING.....	Joanne Hiscocks

Special thanks to Laura Luzzi, the Town of Hamden,
Hamden High School & the amazing custodial staff!

Welcome to our Annual Watershow

A note from the Board President

For the first time since 2018, we are back in our home pool to present to you this water show, as a celebration of our swimmers' personal and athletic achievements! These past 2 years have not been easy for the Heronettes, but our swimmers' perseverance, grit and tenacity have been palpable this year. Each swimmer has boldly risen to each occasion during the season to being the best they can be. A year of growth and development, with a team that is supportive, positive and united – I am proud to present this water show to you!

Tonight, our swimmers will show you the results of 9 months' worth of hard work, to perform rather than compete, and most importantly, share the joys of their sport with you. We are grateful to the Town of Hamden's Department of Arts, Recreation and Culture, Laura Luzzi, Hamden High School and its amazingly awesome custodial staff (that's you Jim!), our Head coach, Anna Montgomery and Team Manager, Patty Simell, The Hamden Heronettes Parents Association & Executive Board, all of our advertisers and donors and to all of the volunteers who dedicate hours of hard work to help this organization run smoothly.

Please enjoy the show!

Cassie Sherry, President
The Hamden Heronettes Parents' Association

A note from the Head Coach

This year has seen the start of a return to normal, and at the same time, several new beginnings. Having a regular in-person competitive season and normal practices in our home pool has been fantastic! This year the Heronettes have been able to offer a non-competitive training team class in addition to the competitive intermediate and age group sections and the introductory classes. While the club has returned to its old pool, it has had to respond to one new change; the updated name of the sport on a global level.

Over the decades the performance of movement in the water to music has had several names. Water ballet was an entertainment spectacle, focused on patterns made by swimmers in the water. The name changed to synchronized swimming when it became a competitive sport and started to include acrobatic moves using only the strength of the swimmers. These acrobatics, such as lifts, throws and dolphin chains, are all executed without the use of the bottom or sides of the pool! Over the years the routines have become faster, harder, and more dynamic in their choreography. While synchronization is still a major part of the sport, it's also common to see routines with different moves being performed simultaneously, or in cadenced or syncopated rhythms. In 2020 the USA national governing body of the sport voted to align with the rest of the world and change the name to artistic swimming, to better reflect the changing nature of the sport, and this year the Heronettes have as well. While we are now proudly the Hamden Heronettes Artistic Swimming Club, there will always be a place for "synchro" in our hearts!

I am so very proud of every one of these athletes! The swimmers who have stayed with the club over the past few years of many challenges, and the new swimmers who have taken a chance on this amazing sport. It's been a pleasure to coach these talented artistic swimmers.

Please enjoy the performances, and feel free to cheer loudly and often!

Anna Montgomery
Hamden Heronettes Head Coach



Mission:
to develop artistic swimmers at all levels into
competitive athletes, confident performers,
and compassionate teammates.

2021-2022 TEAMS

18/19 AGE GROUP TEAM

Beatrice Brock
Ashley Jeon
Emily Kogut
Jade Lee
Elle Nadzam
Kylie Oblena-Williams
Laney Sherry
Lydia White
Samantha Lewandowski



13/15 INTERMEDIATE TEAM

Ruby Banks
Lexi Booth
Lia Dunford
Zoey Hume
Mei-Lin Nuñez



NOVICE TRAINING TEAM

Chloe Butts
Josephine "Josie" Dooley
Belle Ingraham
Elizabeth "Zee" Lang
Allyson Shipman
Eliza Stewart



INTRO CLASS SWIMMERS



Yuiza Arce Sanchez
Mia Castellano
Isabella Castillo
Sofia Guillen
Viktorija Janusaitis
Rachel Phinney
Samantha Ung
Stephanie Ung

MEET OUR GRADUATING SENIORS



We'll miss you!

Beatrice Brock



Beatrice joined the Hamden Heronettes Training Team in 2016 and has been with the team for 7 years. She is presently on the 18/19 Age Group team. In addition to being a competitive swimmer Beatrice has helped in designing some of the team routine suits and designed this year's Water Show logo. In her spare time Beatrice enjoys movies, video games and web novels. She will be graduating in June from Middletown High School and plans on going into costume design.

Ashley Jeon

Ashley joined the team in 2017, taking our Intro class and swimming in our Water Show that year. She has been swimming competitively for 5 years. Ashley has helped coach our summer intro class and has also assisted with some of this year's classes. She has been dealing with some medical issues and is unfortunately not swimming in this year's Water Show. She enjoys drawing, watching TV, and tutoring children in her spare time. Ashley will be graduating from Cheshire High School in June with plans to study finance at Colgate University.



THANK YOU TO OUR AMAZING COACHES

Intro Class

Intermediate

Head Coach

Age Group



Marissa



Collette



Anna



Sarah



Rose

CIT - Coaches in Training

Melissa

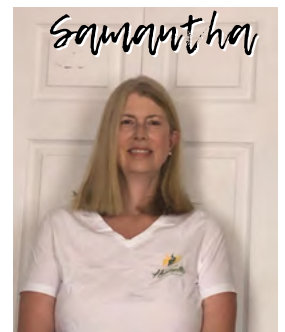
Samantha



Beatrice



Emily



2021-22 AWARDS



Hamden Heronettes Holiday Figure Meet

Training Team

11/12 Age Division	1 st Place Elizabeth (Zee)
	2 nd Place Josie
	3 rd Place Eliza
13/15 Age Division	1 st Place Allyson
	2 nd Place Chloe
	3 rd Place Isabelle (Belle)

Intermediates

10 Under Age Division	1 st Place Zoey
11/12 Age Division	1 st Place Mei Lin
	2 nd Place Lia
13/15 Age Division	1 st Place Samantha
	2 nd Place Ruby
	3 rd Place Alexis

Age Group

1 st Place Laney	5 th Place Lydia
2 nd Place Jade	6 th Place Elle
3 rd Place Emily	7 th Place Beatrice
4 th Place Ashley	8 th Place Kylie

"Doing the best at this moment puts you in the best place for the next moment."

OPRAH WINFREY
Media Mogul

Congratulations to our Age Group Swimmers

Injury & illness did not stop the Hamden Heronettes from an excellent performance at the East Zone JR/SR Championships!!

Junior Team Technical Routine
7th Place -Beatrice, Emily, Jade, Kylie, Lydia
Junior Team Free Routine
8th Place- Beatrice, Jade, Kylie, Lydia

WORK HARD & BE
PROUD OF WHAT
YOU ACHIEVE



The Hamden Heronettes Intermediate Team went for Gold at the Connecticut Association Championships!!!

Gold- 13/15 Bollywood Team- Lexi, Ruby, Lia, Zoey & Mei Lin
Gold-13/15 Intermediate Duet- Samantha & Mei-Lin
Gold-13/15 Intermediate Solo- Samantha
Gold-11/12 Intermediate Solo- Mei-Lin
Gold- 13/15 Intermediate Figures- Ruby
Gold- 11/12 Intermediate Figures- Mei-Lin

13/15 Intermediate Figure Results

3rd Place-Samantha
6th Place-Lexi
9th Place-Zoey
10th Place- Lia

East Zone Region A Championships



Intermediate Figures

11/12 Mei-Lin 1st place
13/15 Ruby 1st place
Lexi 5th place
Zoey 8th place

Intermediate Routines

11/12 Solo Mei-Lin 1st place
13/15 Solo Samantha 1st place
13/15 Duet Samantha & Mei-Lin 2nd place
13/15 Team Ruby, Alexis, Lia, Zoey & Mei-Lin 2nd place

Age Group Routine

18/19 Solo Beatrice 1st place
16/17 Duet Free & Tech Emily & Laney 2nd place
18/19 Team Free & Tech Beatrice, Emily, Jade, Kylie, Laney & Lydia 1st place

All of the Hamden Heronettes routines have qualified to move on to the East Zone Intermediate Championships and Junior Olympics!!



Congratulations to our Intermediate Team!

2022 East Zone Invitational Results

Figures

11/12 Intermediate Figures: Mei-Lin - 3rd place
13/15 intermediate Figures: Samantha - 10th place

Routines

11/12 Intermediate Solo: Mei-Lin - 1st place
13/15 Intermediate Solo: Samantha - 2nd place
13/15 Intermediate Duet: Mei-Lin & Samantha - 3rd place
5 Intermediate Team: Ruby, Lexi, Lia, Zoey & Mei-Lin - 1st place

Congratulations to the swimmers who participated in their first ever competitive meet!!

IMPRESSIVE!

BUT NOT SURPRISING. CONGRATULATIONS!

Congratulations Samantha & Mei-Lin!!

Both participated in a Levels Assessment in New Canaan and

Samantha passed Level 1
Mei-Lin passed Level 1 & Level 2

Your teammates and coaches are very proud of all your hard work and accomplishments!!

Always amazing
to watch you
in the water,
JADE!!!
Love, Dad, Mom & Owen

¡Que hace un paz
perezoso; NADA!
We are so proud of you.
Love you **ISABELLA!**

Shine bright
and have fun Coco!!
We love you,
Mom, Dad and Owen

Have fun **CHLOE LYNN**
we are so proud of you!
Nana, Pa, Googs,
Aunt Aimee and Kaiden

EMILY-
we are so proud of your
hard work &
determination!!!
Love Mimi & Poppa

Make a splash **ZOEY.**
Our mermaid!
We love you,
Mom, Dad & Arya

So proud of you,
JOSIE, on your
first water show !
We love you--
Mama & Dad

Way to go, **ALLYSON!**
So proud of you!
Love, Mom, Dad,
Ryan & Taylor

LANEY -
Just keep swimming!
Just keep swimming!
Love you! Mom & Dad

RUBY,
I'm sad I can't be here
but I know you'll do great
Love Lyla

KYLIE
We are so proud
of you!
♥ Uncle Jeff
and Auntie Ashley

EMILY -
you continue to
amaze and inspire us!
We love you!
Mom and Dad

Go ZOEY
shine bright
like the diamond you are.
Love Auntie Charlotte

KYLIE,
eggbeater your
way down the pool.
We you!
Mommy & Daddy

Let's go
ELLE!!
Jake yelling
really loud

Way to go, LYDIA!
We are so proud of you!
Love, Mom & Dad

LANEY -
You are a
beautiful swimmer!
We are so proud!
Love, Mom & Dad

EMILY -
You are AWESOME!
Love Nick

You are doing an
awesome job ZOEY!
We are proud of you!
Love, Papa, Gram
and Titi.

Go ELIZA!
Love watching you swim!
All the love, Jade.

LANEY -
synchronized
at swimming.
Love, Nolan

EMILY -
You are our star!
Love Grandma
and Grandpa

JO the
intrepid mermaid
-- we're cheering for you--
Conall, Finnian
& Frances

SAMANTHA & STEPHANIE
Way to go!
Love, Grandma

Act 1

National AnthemRuby Banks

Opening NumberEntire Club

Round Table Rival

11/12 Intermediate Solo.....Mei-Lin Nuñez

Rio Carneval

16/17 Age Group Tech Duet.....Emily Kogut
& Laney Sherry

Bollywood

Novice Team.....Chloe Butts, Josephine Dooley, Isabelle
Ingraham, Elizabeth Lang, Allyson Shipman & Eliza Stewart

Round Table Rival

13/15 Intermediate Duet.....Samantha Lewandoski
& Mei-Lin Nuñez

Run Boy / Dauntless

18/19 Tech Team.....Beatrice Brock, Ashley Jeon,
Emily Kogut, Jade Lee, Elle Nadzam, Kylie Oblena-Williams,
Laney Sherry & Lydia White

Hawaiian Rollercoaster

Intro Class.....Yuzia Arce Sanchez, Mia
Castellano, Isabella Castillo, Sofia Guillen & Rachel Phinney

Intermission

What can you do during Intermission?
Support our concessions & socialize.
Donate to the Kim Miller Scholarship Fund
Bid to win an awesome themed basket.

Act 2

Marionettes

18/19 Age Group Solo.....Beatrice Brock

Calabria

16/17 Age Group Free Duet.....Emily Kogut
& Laney Sherry

Bollywood

13/15 Intermediate Team.....Ruby Banks, Lexi Booth,
Lia Dunford, Zoey Hume & Mei-Lin Nuñez

Girls Just Want to Have Fun

Intro Class Trio.....Viktorija Janusaitis,
Samanth Ung & Stephanie Ung

Round Table Rival

13/15 Intermediate Solo.....Samantha Lewandoski

Shakira

18/19 Free Team.....Beatrice Brock, Ashley Jeon,
Emily Kogut, Jade Lee, Elle Nadzam, Kylie Oblena-Williams,
Laney Sherry, Lydia White & Samantha Lewandoski

Thank you for coming to our show!

ELLE
It's only
a pneumothorax!
Just swim!
Love, M&D

Congratulations, ZOEY!
From your
synchro sister, Lydia

Yay ELLE!!!
Hope your lung holds out!
Love, Casey

CHLOE
Congrats on your
first Synchro Season!
So proud of you!
Love Emily

STEPHANIE & SAMANTHA
Keep calm
and eggbeater on!
Love, Auntie Heather

YUI
We love you!
Mama y Papa

You got this, KYLIE!
Keep swimming.
We love you,
Nan and Papi

Congrats EMILY
on another great year
in the pool.
Love Auntie Beth
and Uncle Tom

YUIZA
Keep on swimming!
Keep on dancing!
Mama y Papa

SOFIA!
Excellent job!
Keep working!

LEXI!
Congrats on
an amazing first year!
Have fun at the
Water Show!
Love, your Synchro
Sister Elle

KYLIE
Keep up the
great work!
♥Nanay

ZOEY
We are thrilled to see you
grow into a strong, graceful &
talented Artistic swimmer
Love, Aunt Rita, Miguel
& Miguel James

YUIZA
We are so proud of you!
Mom & Dad

ELLE
So happy to see you
back in the pool!
Love Babci & Dzedo

We are so
proud of you
SOFIA!

ELIZA:
To our mermaid:
do your best
and have fun!
Love Mom,
Dad and Logan

JADE
Do your best
and have fun!
From your
Synchro Sister Eliza

SAMANTHA & STEPHANIE
We are so proud of you!
Great job!
Love, Mom, Dad
& Katelyn

ZOEY
keep up the success with
The Heronettes.
Your two aunties were
national champions.
Love, Aunt Beth

Great job
STEPHANIE & SAMANTHA
with your sinking and
floating routine!
Love, Uncle Doug,
Caroline & Lindsay

Have a great
swim at the
Water Show **ELLE!**
Thx for being the
best synchro sister!
Love, Lexi

"Go KYLIE!"
Love Auntie Yen
and Uncle PJ

ELIZA
Just keep
swimming like
the fish you are!
Love Grandma
and Papa

Shine bright like
the ☆ you are, **KYLIE!**
♥ Auntie Ashley

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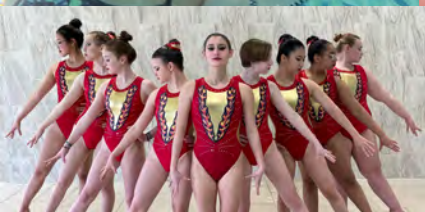
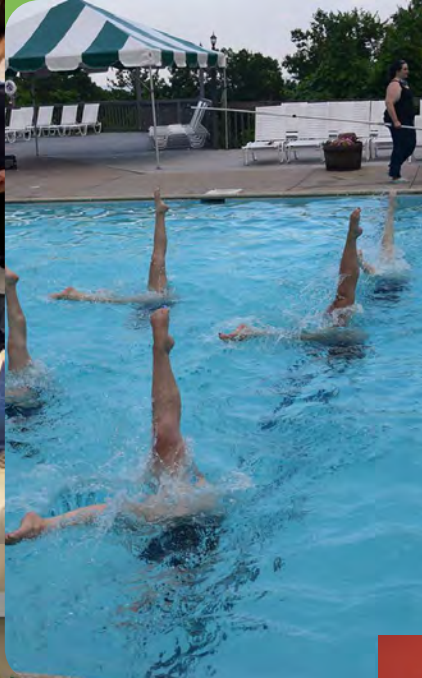
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RANK: 18

JUNIOR OLYMPIC

WE MOVE AS ONE

MOODmatcher WATER PROOF LIPSTICK

USA ARTISTIC SWIMMING

USA ARTISTIC SWIMMING FOUNDATION

TURBO

CATEGORY: Teams Prelim	ROUTINE: No. 30	EXECUTION	ARTISTIC IMPRESSION	DIFFICULTY	TOTAL
CLUB: HAMDEN HERONETTES		17.4000	24.1333	18.3000	59.3333



Please Support the Kim Miller Scholarship

**Purchase a notecard to leave a special message for your swimmer!
Notecards cost \$1.00**

Kim Miller was an athlete on the Hamden Heronettes Synchronized Swim Team from 1994-2005. She was a dedicated teammate and role model. In 2001, Kim was diagnosed with a rare form of bone cancer. She underwent chemotherapy and surgery to replace part of her femur with a titanium rod. Kim continued swimming and competed in the 2002 eSynchro Age Group Championships in Federal Way, Washington only 6 months after her surgery. She went on to swim on the collegiate level at Millersville College in Pennsylvania. In the midst of her freshman year, the cancer returned. In May of 2005, at the age of 19, Kim lost her long battle with bone cancer.

In our lobby tonight we are selling notecards for you to leave a special message to your swimmer performing in tonight's show. All proceeds benefit the Kim Miller Scholarship fund established by former Hamden Heronettes head coach Teena Griggs. This scholarship helps to ensure the memory of an incredible athlete and teammate, and also to help support the continuing career of a collegiate level artistic swimmer in the East Zone.

**Thank
you!**



NEW INTRO TO SYNCRO CLASSES THIS SUMMER AT HAMDEN HS & WALLINFORD YMCA



THEIR OLYMPIC
JOURNEYS STARTED
AT THEIR
LOCAL CLUBS

Summer
SESSIONS

YOURS COULD TOO



JOIN ARTISTIC SWIMMING TODAY
CALLING ALL SWIMMERS AGES 7&UP
(MUST BE ABLE TO SWIM LENGTH OF THE POOL)

CONTACT TEAM MANAGER
PATTY SIMELL
HAMDENHERONETTES@GMAIL.COM



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