

WAY TO GO, HERONETTES!!!



I'm sure most of you who traveled to NJ this past weekend feel the same way I do, like we are still walking on a cloud! This was one of the most exciting weekends in synchro for our club! I am so proud of all of you!

Let me show you how the East Zone Jr Championships played out:

Solos

Caitlin and April - ***Great swims in the semi-finals!***

Renee - ***Nice performance in semis and pre-swimmer for the final event!***

Duets

Grease - Erinn & Jennifer

Frankenstein - Frances & Lexi

Ricky Martin - Christina & Lauren

Swam excellent in the preliminary event!

Vivaldi - Emma & Renee **(2nd place)**

Drumline - Samm & Hannah **(7th place)**

Awesome swims - advanced into the finals!

Trios

Slumdog – Olivia, Lauren, Christina

Bora Bora – Caitlin, April, Liz

Great performances in the semi-final event!

300 – Hannah, Samm, Emma **(1st place)**

Fantastic swims – Gold medal performance in the final event!

Teams

Rock n' Roll – Lauren, Christina, Olivia, Jennifer, Erinn, Lexi, and Frances

(10th place out of 27 teams)

Rocked their way to pre-swim for the final event!

Paso Doble – April, Liz, Caitlin, Renee, Hannah, Emma, and Samm **(1st place)**

Superb performance – Proud to wear the gold during awards!

**The Hamden Heronettes were awarded the
East Zone Jr Championships High Point Trophy
for achieving the most points of any team in the competition!
GREAT JOB EVERYONE!!!**



**I'll bring the trophy to the pool tomorrow night!
See you then!
PROUDLY,
Teena**