



NEWS RELEASE

Synchro Canada announces 2009 recipients of the Athlete Achievement Awards

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OTTAWA – Synchro Canada is pleased to announce the recipients of the 2009 Athlete Achievement Awards.

This year five different athletes have been recognized for their exemplary contributions to the sport of synchronized swimming, the community, their academic careers and life outside Synchro.

Laurie-Anne Bedard was selected as the recipient of the Outstanding Contribution to Synchronized Swimming Award. An avid Synchro swimmer for 11 years Bedard's passion for the sport is immeasurable. Her personal desire for the sport led to her volunteering with a Synchro club in Phoenix, AZ where she worked as a coach and choreographer. So impressed with her abilities Bedard was invited back again this summer. Bedard also worked extremely closely with the younger swimmers of the Synchro Elite Club in Quebec City who look up to her as a mentor and a friend.

Holly Ediger and Katie Lovatt were both selected as recipients for their Outstanding Contributions to the Community.

Lovatt, a native of Burnaby, BC, is extremely active in her local community working with the Burnaby SPCA where she walks dogs and fosters kittens. She has also been a longtime participant in a UBC research study on childhood asthma and last year donated her hair to the organization "Locks of Love", a charity that makes wigs for children with cancer.

Ediger is recognized by her peers as a caring and dedicated individual. The Winnipeg, MB, native has worked with the Medically Fragile Orphanage in Thailand where she volunteered as a live-in child care worker. She has also donated time to the Juvenile Diabetes Research Foundation, the White Ridge Community Centre and tutors students at her high school.

Nicola Allen was selected as the recipient for the Outstanding Academic Achievement Award.

A first-year student at the University of Alberta in the Faculty of Physical Education and Recreation Allen has maintained a 3.7 grade-point-average while working part-time and training in Synchro for 20 hours a week. Following her graduation from high school the Edmonton, AB, native was awarded a scholarship to attend university. Allen plans to pursue a career in sport medicine after completing her degree.

The final award recipient was Laurel Perrot who received the Outstanding Curricular Award. Not only is Perrot an accomplished synchronized swimmer, but she is also a competitive swimmer and swimming coach, a member of her high school basketball team, gifted piano player as well as a peer-tutor in chemistry and math. The Edmonton, AB native is known for her ability to multi-task and shine in the face of a challenge.

Synchro Canada would like to congratulate all its award recipients and wishes them much continued success in their future endeavours.

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About Synchro Canada

Synchro Canada is the national governing body for the sport of synchronized swimming in Canada.

Synchro Canada fosters the pursuit of excellence while developing athletes, citizens and ambassadors of the sport of synchronized swimming at all levels.