



PODOLSKY, PICHE AND KULESZA NAMED 2008 CANADIAN JUNIOR SYNCHRO TEAM COACHES

OTTAWA, November 20, 2007 - Synchrono Canada is pleased to announce the team of talented coaches selected to lead Synchrono Canada's National Junior Team to the 2008 FINA Junior World Championships in Russia. Elena Podolsky will take on the Head Coach role, joined by Lyne Piche and Kasia Kulesza as assistant coaches.

Podolsky started building her impressive coaching resume as Head Coach of the Central School for Sport Excellence in Moscow, Russia from 1982-1990, including four years working with the U.S.S.R. National Junior Team.

Her more than 25 years of coaching experience, includes many coaching roles at several Canadian synchro clubs, including Olympium Synchro (1990-1998 and 2005-present), and Optima Synchro (1997-2005, the last 6 years as Head Coach). A fully certified NCCP Level III coach and current Level IV candidate, Podolsky achieved success as Head Coach of the Ontario Canada Games team in both 2003 and 2007. Podolsky was also awarded the Susan Eon Trophy for Most Promising New Coach in 1996.

She also exercised her coaching expertise on the international stage as a coach of the Greek National Synchro team from 2000-2004 and as a flexibility consultant for Canada's 2004 Olympic Synchro team. Since 2003 Podolsky has held a variety of Canadian national coaching positions including Assistant Coach for the Junior National Team that attended the 2004 World Championships in Moscow, Assistant Coach with the 13-15 National Team that attended the 2005 Comen Cup in Athens, Assistant Coach for the Junior National Team attending the 2006 Junior World Championships in China, and 2007 13-15 National Team Head Coach.

Podolsky has generously volunteered her knowledge of our sport as a member of Synchrono Canada's Long-term Athlete Development steering committee, and as a flexibility consultant at numerous national and international coaching seminars and camps.

As the Canadian Junior Team prepares for the Junior World Championships in Russia, Podolsky will depend on assistant coaches Lyne Piche and Kasia Kulesza for their respective coaching expertise. Piche, a coach with 27 years of experience, started her career at Aquana Synchro. In 1988, Piche moved to Dollard Synchro where she stayed for nine years, the last three of which she occupied the Head Coach position. From 1997 until 2001, Piche achieved remarkable success at Alliance Synchro. She returned to Dollard Synchro in 2003, and has been there since.

As Head Coach of Quebec's Canada Games team, Piche led the team to the 1991 and 1995 Canada Games. She also acted as Assistant Coach in 2007. She began to hone her skills as an international coach in 1991 as National B Team Assistant Coach, and returned to that role in both 1993 and 1995. In 1998 she acted as Head Coach for the Venezuelan duet at the World Championships. She took on the role of Canadian National 13 -15 Head Coach in 2006, and Co-Head Coach in 2007.

Podolsky and Piche are joined by Assistant Coach Kasia Kulesza. As an athlete, Kulesza represented Canada on the National Team from 1992 to 2000. Her athletic accomplishments include a silver medal in the team event at the 1996 Olympic Games in Atlanta, and a gold

medal in the duet event at the 1998 Commonwealth Games, as well as numerous international titles. Since hanging up her noseclips in 2000, Kulesza has become a full-time coach at the Montreal Synchro Club, coaching many athletes to spots on national teams. In 2006 and 2007, Kulesza assumed the role of National B Team Assistant Coach.

Synchro Canada is the national governing body for the sport of synchronized swimming in Canada. We support the development of synchro athletes, officials and coaches at all levels. Speedo is a proud sponsor of Canada's national synchro teams.

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