



For Immediate Release

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### ***Synchro Alberta Announces the Hiring of the 2011 Canada Winter Games Coaches***

**EDMONTON, AB:** Synchro Alberta Executive Director Jennifer Byrne Luzia is pleased to announce the hiring of the 2011 Canada Winter Games (CWG) coaches, Jennifer Tregale and Laurel Hindle. Tregale and Hindle will take over in September of 2010 in the development of our 2011 Canada Winter Games Team. From Byrne-Luzia "I am extremely proud and excited to be able to name these two remarkable ladies as the coaching staff for the 2011 Canada Winter Games. We are very lucky to have such talented and experienced coaches within our province to develop our athletes for the upcoming Games and I have no doubt that they will do us proud."

**Jennifer Tregale** is the-Head Coach of the Calgary Aquabelles and has been coaching for 22 years. This is the fourth time Tregale has been to the Canada Winter Games as a coach, her second time as a head coach and she has been named to National team coaching positions four times since 2007. Jennifer was the 2009 Head Coach of the Junior National team that won figures, Duet, Team, and Combo at the UANA Junior Pan American Championships. In 2008 Jennifer was the Head Coach of the National B team that participated in the Swiss Open where they won two silver medals, one in the solo and one in combo and two bronze medals, one in the team event and one for duet. Jennifer consistently has athletes from her club named to participate on National Teams!

Jennifer Tregale has this to say about this opportunity, "I am looking forward to leading this team. We have a group of extremely talented and hard working girls to work with. My years of experience with Laurel will allow us to bring this team to be the best they can, quickly. We have high goals set for these girls and I look forward to the challenges that go with a team of this caliber."

**Laurel Hindle** is a National Age Group Coach with the Calgary Aquabelles. She started coaching in 2004 after a successful career as an athlete, making it to the National Team level. Hindle's proudest coaching moment to date was winning her first coaching gold medal at nationals: The 2009 Tier 6 Combo ("The Little Mermaid"). In 2008, Laurel was the assistant coach to the 13 - 15 National Team, which won gold in all events; she then assisted with the 2009 Junior National Team that won Gold in Figures, Duet, Team and Combo. Laurel has a BA Degree and is currently working towards her Level 4 Coaching Certification and she is the Swimmer Development Chair for Synchro Alberta.

"I am so thrilled to have been selected to coach the 2011 CWG Team! I am looking forward to working with Jenn T. and our amazing Alberta athletes. Going to the CWG back in 1999 is one of my fondest memories as an athlete and I am really excited to go now as a coach and share in this amazing experience with the athletes!" says Laurel Hundle.

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**For additional information contact:**

**Team or Synchro Alberta information:**

Jennifer Byrne Luzia, Executive Director  
Synchro Alberta  
11759 Groat RD N, Percy Page Centre  
EDMONTON AB T5M 3K6  
PH: 780.415-2644  
Cell: 780. 919-1754  
Email: [jluzia@synchroalberta.com](mailto:jluzia@synchroalberta.com)

**Media Contact:**

Debra Ward  
Prof Writer Pty.  
Cell: 780.991-5811  
Email: [profwriter@shaw.ca](mailto:profwriter@shaw.ca)

*Synchro Alberta's mission is to lead and develop people in the sport of synchronized swimming in Alberta, through their vision to lead the nation in all aspects of the sport of synchronized swimming.*