

Lamorinda Swimmers Take Gold

Submitted by Teresa Sumiyoshi

Haley Barnes and Alex Sominsky, both recent graduates of Stanley Middle School, teamed with Heidi Homma, an Orinda Intermediate School student, to win first place in their trio at the 2007 Esynchro U.S. Age Group National Championships for Synchronized Swimming. Over 1,000 synchronized swimmers from across the nation competed in this competition which was held in Oxford, Ohio from June 23 through June 30. Qualifying to swim in the U.S. Age Group National Championships is an honor for many young competitive synchronized swimmers.

Barnes, Sominsky and Homma are members of the Walnut Creek Aquanuts and swim in the 13-15 age group. In the 13-15 team competi-

tion, the three athletes, along with Lafayette teammate Samantha Golomb, and four others took the bronze while Sominsky got silver in the duet competition.

The Aquanuts were also impressive in the 11-12 age group competitions, earning first in team, solo and trio. They came in second in the duet competition by a mere three-tenths of a point. The 11-12 team is comprised of three Lamorinda residents, Marisa Tashima of Lafayette, and Grace Moran and Tori Yee of Orinda. In addition to their team gold medal, both Marisa and Grace earned other routine awards. Marisa, a seventh grader at Stanley,



received a gold medal in trio and placed fourth in duet. Grace, in her first national competition, placed seventh in solo and second duet.

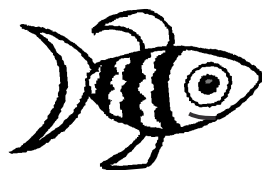
The public can watch these swimmers perform along with older and younger Aquanut swimmers in the annual swim show on August 30 through September 2 at the Clarke Memorial Swim Center at Heather Farms in Walnut Creek. The theme of this year's show will be "A Trip Down the Strip", with shows at 8 p.m. nightly.

The Aquanuts also run a summer trainee program for girls ages 6 to 11 who are interested in trying out the sport. Practices are Monday, Tuesday and Thursdays from 5 p.m. to 6:30 p.m. at Heather Farms, and swimmers get to participate in the annual swim show at the end of summer.

For more information on the swim show, the trainee program and other Aquanuts events, check out the website at www.aquanuts.org.



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