

COACHES BIOS

Michelle Kelly – Head Coach, Tier 6 Co-Coach, Tier 4 High Performance Coach, Tier 2 Assistant Coach

Hello, folks! It is a real treat to be serving you again as head coach. Plans for this year are well underway and I'm excited about the team of coaches, the line up of programs, the athletes, and the experts we have arranged for this season. It should be outstanding! This will be my fourth year as head coach for the CWC Sea Sprites, and 5th year as coach with the Sprites. This will also ring in my 13th year of coaching in the province of Alberta. I have previous coaching experience with the Calgary Aquabelles, Edmonton NOVA Synchro, Calgary Killarney Synchro, Calgary Jewish Centre, and Calgary Aquamums and as head coach for the Synchro Alberta Wildrose Development Camp and Tier 1 / 2 Fall into Synchro Camp. My swimming history is with the Calgary Aquabelles. For the past three years I have also served as coach development representative on the Synchro Alberta Board. I am thrilled to still be involved in this beloved sport.

Outside of the pool I work as a pediatric physical therapist. In this vein I work privately, in the community treating children with neurological impairments and developmental delay. I also coordinate and a paralympic sport program for children with cerebral palsy at Mount Royal College. And I serve as a research assistant to a few other projects out of Mount Royal College and the University of Alberta.

On a more personal note – I love spending time outdoors (especially in Switzerland!!)...and my favorite candy is jellybeans.

Please know that I welcome your questions and concerns via email or phone. I regret that I am not in the Sprites office all the time, however I do appreciate your messages. If you would like to discuss issues with me in person – I am pleased to do so at a pre-arranged meeting time .



Rachael Tipper – Assistant Head Coach, Tier 6 Co-Coach

Hello everyone and welcome back to another exciting year. This will be my 14th year coaching. My past coaching experience involves coaching with the Sea Sprites for 9 years and 4 previously in Okotoks. I am pleased to be coaching the new National Tier 6 crew this year, as well as once again serving the club as Assistant Head Coach.

Off the deck, I am a teacher with the Calgary Board of Education. I am teaching a wonderful Grade 1 class at Eugene Coste Elementary, in the south of Calgary. When not coaching or teaching I am competitively involved with horses in the Dressage circuit, and once in a while get to enjoy time with my wonderful husband!

I am very excited about this season and I look forward to re-connecting and/or meeting with you all this fall. Here's to a fantastic 2006/2007 season. If you have any questions please do not hesitate to give me a call at 819-1092.



Meegan Truss – High performance Director for rec to Tier 3, Tier 6 BR

I began my life in the synchro world with the Sea Sprites in 1988. I swam with the club for 3 years before moving to the Calgary Aquabelles and swimming there for 5 years. After being water logged for that long I was very excited to become a coach and share what I had learned with young athletes. I began

coaching with the Sea Sprites in 1997 and coached here for 5 years before moving to the Aquabelles and coaching there for 3. I retired in 2003 and have since completed my degree in Political Science. Two of my most notable accomplishments included Team Gold at the 2000 Alberta Winter Games and Team, Duet and Solo Silver at the 2003 Canada Winter Games. I am looking forward working here at the "Sprites" again and inspiring young athletes and coaches.



Shayna Nackoney, Tier 4 COMBO, Tier 6 A la carte coach

Hello all! My name is Shayna Nackoney. I swam with the Calgary Aquabelles from 1995 until the end of my Synchronized Swimming career in 2004. I swam as member of the Canadian National Team for seven consecutive years, as well, as member of the 2004 Canadian Olympic Team. After retiring from amateur swimming, I spent two years performing with Cirque du Soleil's top selling show "O". Outside of the pool, I'm studying broadcast journalism at Mount Royal College. Along with coaching and pursuing my education, I work as a producer and assistant editor with Spruce Meadows Television. I'm thrilled to be involved with the Sea Sprites again this year! See you at the pool!



Shannon Benson, Tier 4 TEAM coach, Tier 2-3 Bonus Routines

Hello Sea Sprite swimmers and parents! I hope you are all looking forward to another great year of synchro and I couldn't be more excited to get started this fall! For those of you who do not know me, my name is Shannon Benson and this will be my third year as a coach at the Sea Sprites. I am a long time Sea Sprite athlete myself, as I swam at the Club for the majority of my competitive synchro career before training at the Tier 7 level with the Calgary Aquabelles. In addition, last year myself and a friend spearheaded the idea of creating the University of Calgary's first ever Synchronized Swimming Club! As the founding president, I am very excited to report that we had an excellent debut by placing third at University Nationals! We hope to continue our success this coming season, as well as build the club in years to come. This year I will be entering my fourth year at the U of C and hope to pursue a Masters in Education upon completion of my undergraduate degree. In my spare time, I enjoy cooking and baking, running, travelling, shopping, reading, watching the Flames games, and spending time with friends!

I am very much looking forward to having the opportunity to get to know each of you better this year! See you at the pool!!!



Andrea Pember, Tier 2 TEAM coach, Tier 2 Bonus Routines

Hello all and welcome back! I hope everyone is looking forward to an exciting year! My name is Andrea Pember and I have been involved with Synchro for 12 years now, both as a swimmer and a coach. This will be my second year coaching, last season I had the pleasure of coaching two teams the

precompetitive group as well as the pre-tier's! I swam with the sea sprites the majority of my career, and moved on to the Aquabelles for a couple of years as well. Along with attending the University of Calgary's Business program. I will also be swimming on the Varsity Synchro Team, which gets to compete with all other Universities around the country! I am super excited about this season and cannot wait to get started and meet some new faces! See you all at the pool!



Lauren Clifford – Tier 1 TEAM coach, Tier 1 Bonus Routines, Tier 2 Bonus Routines

Hi! My name is Lauren Clifford and I swam as a Sea Sprite in the recreational program for one year and in the competitive program for eight years. Synchro was truly the best part of my childhood years and it is my hope that the swimmers I coach will gain as much from their experience as athletes as I did. I have been part of the coaching team with the Sea Sprites for the last five years. I am extremely excited to be returning as a coach in the competitive program. I look forward to getting to know an enthusiastic and talented new team of Tier 1 swimmers, as well as to working on bonus routines with the Tier 2 swimmers whom I have grown to adore so much! I feel that the Sprites will make great strides this year and that we have an exciting season ahead. Outside of synchro, I am beginning my second year as a nurse on the Mental Health Patient Care Unit at the Alberta Children's Hospital. It is a wonderful place to work and I am so appreciative of the opportunity I have had to meet many special children. I am also hoping to become a youth mentor in the next little while. I look forward to a fresh synchro season and to seeing new and familiar faces in and around the pool in the coming months!



Jacquelyn Walters, Precompetitive TEAM coach, Pre-Tier

My name is Jacquelyn Walters, I have been coaching with the sea sprites for the last 4 years and I am happy and excited to be back this fall! I swam with the sea sprites for 7 years before starting in a coaching position, and I love being part of this club. I will be starting courses at Mount Royal College this fall to eventually get into the nursing program offered at the school. I work in the emergency department at the Alberta Children's Hospital as a nurse's aide, and also as a part time nanny during the week. I love working with kids, I love teaching this sport, and I am so excited to get started this fall!

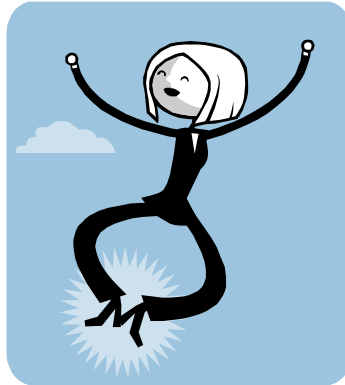


Danya Traboulsi, Precompetitive TEAM coach

My name is Danya Traboulsi and I am a first year university student majoring in Biological Sciences at the University of Calgary. I began my career as a synchronized swimmer at the age of six years old with the Calgary Winter Club Sea Sprites. I went on to swim competitively and competed at a Tier 5 level until I was forced to resign as an athlete due to arthritis in my knees. I have been coaching with the Sea Sprites team since 2004 and have coached the technical training for Tier 2 athletes as well as coaching the Synchro 1A/B/C programs for the last two years.

I am also a classically trained violinist, completing all my Royal Conservatory Music Levels, and was a member of The Calgary Fiddlers for the past three years. We traveled internationally and the group is Albertan and Canadian ambassadors.

I am continuing to pursue my classical violin training and am looking forward to sharing my love for synchronized swimming and music with my swimmers.



Christine Walters, Synchro 1A, B, C COACH

Hello! My name is Christine Walters and I will be coaching for the Sea Sprites this year. I am entering my last year of high school at Sir Winston Churchill, and have a part time job at a bakery. I swam with the Calgary Winter Club Sea Sprites for 8 years, and retired after completing the tier 5 level. The past year I co coached with the synchro 1B /1C program and I am very excited to be coaching this year. Looking forward to seeing you all at the pool!

