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 Contributions are deductible to the extent allowed by IRS regulations.

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- \$ 1,000 **PLATINUM**
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- \$ 100 **MEDALIST**
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 We welcome all donations.

Thank You
 For Your
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 Generous
 Support!

Please return this form to:

Meraquas of Irvine
 P.O. Box 60302
 Irvine, CA 92602-6010

Tax ID# 33-0260289

We are a non-profit 50(c)(3) organization.

Swimmer's Name _____

The Meraquas of Irvine

The Meraquas of Irvine is a competitive synchronized swimming team with over 32 athletes ranging in age from 7 to 17 years. The club was founded in 1987, and is the only synchronized swimming program in Orange County. Team practices and recreational classes are held at the William Woollett Jr. Aquatic Center in the heart of Irvine. The Woollett aquatic center also serves area swimming, diving, and water polo teams such as Novaquatics and Irvine high schools, as well as the City of Irvine's Learn-to-Swim family programs.

William Woollett Jr. Aquatics Center

(WWJAC) at Heritage Park

4601 Walnut Avenue, Irvine, CA 92604
 At the Irvine High School Parking Lot between
 Yale and Culver on Walnut



The Meraquas of Irvine

www.meraquas.org
 Meraquas of Irvine
 P.O. Box 60302
 Irvine, CA 92602-6010
 Phone: (949) 903-6512
 Email: biz@meraquas.org

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your Support!



www.meraquas.org

Synchronized Swimming

Synchronized swimming became an Olympic sport in the 1980s and is quickly growing in popularity—for obvious reasons. Watching a creative, well-choreographed routine can astonish an audience, leaving viewers with a sense of wonder and admiration.

Those unfamiliar with the sport may not recognize the demands of synchronized swimming. These athletes have the power of a water polo player, the endurance of a long-distance runner, the strength of a gymnast, and the grace and elegance of a dancer. Swimmers must synchronize their movements with their teammates and the music. They must be able to execute inverted, gymnastics-like movements while holding their breath underwater. They do this in an unstable environment, never touching the bottom of the pool.

Synchronized swimming is simultaneously graceful and physically challenging. It is a demanding sport presented as a beautiful art form.

Coaching

The Meraquas of Irvine draws upon a wealth of coaching experience. Head Coach, Candy Hipp, has coached the Meraquas for more than ten years, taking numerous teams to National Championships. The team is strengthened by the quality of all its coaches: Irene Hawes, Valerie Williams, Tiffany Harless, Jared Gray, and Allison Ho. These coaches bring their



success as synchronized and speed swimmers, credentialed judges, and accomplished dancers to the team.

The Student-Athlete

The term “student-athlete” is used to describe youth who must balance the demands of being a full-time student with a being a “full-time” athlete. The Meraquas is a team of committed student-athletes. During training season, these swimmers invest anywhere between 9 to 15 hours per week at practice, depending upon their age. During the competitive season, they can be training and competing for up to 25 hours per week. These athletes are learning valuable life skills of time management, teamwork, and performing under stress. Meraquas swimmers consistently receive honors in school and have moved on to colleges and universities including Stanford, UC Berkeley, The Wharton School of Business, and George Washington University.

We urge Irvine and Orange County businesses and organizations to consider a donation to the Meraquas and support this unique, talented, and intelligent group of girls. During this difficult economic climate, many of the girls participate in fundraising efforts along with their families. On behalf of the coaches, parents, and organizers of the Meraquas, we hope you will make a donation—thereby enabling these athletes to focus solely on achieving their own personal best as “student-athletes.”

Many Thanks To Our Generous Supporters

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