

FOR IMMEDIATE RELEASE

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US OLYMPIC SWIMMERS COMING TO ROCHESTER

Rochester, NY- Three U.S. Olympic swimmers will be traveling to Rochester, NY, on **Friday, January 24, 2008** to take part in the annual **Niagara District Swimming Festival** in addition to competing at the **Niagara District Senior IMX Championship**. The Festival is a clinic that will take place **Friday** evening at **Fairport High School**. This will be conducted in conjunction with the swim meet, which will be held at the **Webster Aquatic Center on Saturday**. The Championship meet will be hosted by the **Fairport Area Swim Team (FAST)**. The schedule is as follows:

Friday January 24: Swim Festival Clinic at Fairport High School from 5:30pm – 7:30pm.

Saturday January 25: IMX Championship at Webster Aquatic Center with the first race at 3:45pm.

Olympians **Josh Davis**, **Rachel Komisarz** and **Mark Gangloff** will be giving motivational speeches on their personal swimming experiences while putting on an instructional clinic with the local swimmers. This event has become known as the Niagara District Swimming Festival, having taken place annually in the Rochester area for the past four years. The Olympians will be in the pool training along side the swimmers, giving them training pointers. Following the clinic will be the swim meet, the Niagara District Senior IMX Championships, with swimmers aged 13 and above racing for the title.

Top local male and female swimmers **Ricky Henahan (Irondequoit, NY)** and **Jenny Lewis (Pittsford, NY)** will participate in the meet this weekend. Henahan, who competes for FAST, is currently training for the Olympic Trials set to take place in Omaha, NE, in June and has been competing at the National level for the past two years. Lewis, who represents the PACK swim team of Pittsford, has raced at the National Championship in previous years. She is hoping to qualify for the Olympic Trials this spring. Both consider this meet a fine-tuning event as they work toward their individual goals.

The Monroe County Sports Commission is a proud sponsor for this event. The Sports Commission is a private, non-profit, 501c(3) corporation whose goal is to bring organized sporting events of all kinds for all ages to Rochester, New York. MCSC actively solicits amateur championships, sports related clinics and conventions. Visit www.monroecountysports.org for more information.

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