



WE MOVE AS
ONE

Collegiate Synchronized Swimming
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Presented by:



Megan (Azebu) Abarca
Stanford University
Collegiate Chair



Holly Vargo-Brown
Ohio State University
Technical Chair



Liz Gerdin
University of the Incarnate Word
Program Development Chair

Purpose Statement

“The purpose of the collegiate programs is to initiate and improve intercollegiate athletics programs for student-athletes and to promote and develop educational leadership, physical fitness, athletics excellence and athletics participation as a recreational pursuit. In addition, collegiate programs strive to uphold the principles set forth by USA [Artistic Swimming]. The main goal of the Collegiate Committee is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to the collegiate membership and serves as a guide for the preparation of legislation.”



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Collegiate Synchro 101

- Collegiate Synchro is a Winter Sport
 - Championship season runs from January-March
- The annual Collegiate National Championship features the top athletes from both Club & Varsity programs
- Maximum squad size of 20 athletes per school at CNC
- The Overall Title is earned through: Solo, Duet, Trio, Team & Technical competition
 - Max 2 countable entries in each routine event
 - Free Routines only, no Tech programs
 - Each athlete must compete in 1 of 4 Technical categories ranging from A-D
- All schools follow the NCAA Division I General Rules
 - Why?!

Overall Point Chart

CO 3.2 Scoring Systems:

CO 3.2.1 Collegiate Competition and Overall Institution Awards: The following scoring system is used for any Collegiate competition as well as determining the Overall Institution Awards at the U.S. Collegiate Championship.

Place	1	2	3	4	5	6	7	8	9	10	11	12
Event												
Cat. A	12	11	10	9	8.5	8	7.5	7	6.5	6	5.5	5
Cat. B	10	9	8	7	6.5	6	5.5	5	4.5	4	3.5	3
Cat. C	8	7	6	5	4.5	4	3.5	3	2.5	2	1.5	1
Cat. D	6.5	6	5.5	4.5	4	3.5	3	2.5	2	1.5	1	0.5
Trio	16	14	12	11	10	9	8	7	6	5	4	3
Duet	15	13	11	10	9	8	7	6	5	4	3	2
Solo	14	12	10	9	8	7	6	5	4	3	2	1
Team	18	16	14	13	12	11	10	9	8	7	6	5



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Collegiate Synchro

**Varsity
Programs**

**Club
Programs**

Club

- Student-run, on-campus organizations with rules that vary from institution to institution
- No athletic scholarship available
- Some level of financial commitment or fundraising may be expected
- Time commitment will vary: typically <20 hours/ week in-season, may be as few as 4-8 hours
 - Minimum of 3 dates of competition
 - Must attend the Regional Championship to qualify for the Collegiate National Championship
- Wide range of skills
 - Some athletes may first learn synchro through their club program
 - Some athletes may have National and/or Olympic level experience
- New clubs welcome!

Club Programs: 2020- 21



The possibilities are endless...

- Club synchro can allow athletes to balance a passion for synchro with other pursuits
 - Explore & experience all that your university has to offer academically, athletically, and otherwise
- Learn from teammates
 - Many club teams offer a wider range of skill levels than Varsity programs
 - Athletes have a wide variety of backgrounds
- Compete for your school on a national level!
 - The opportunity to travel for competitions with teammates will create memories to last a lifetime!
- Focus on sportsmanship, teamwork, and leadership skills
- Find a group of like-minded student-athletes to offer you support and a sense of community throughout college
- Expand your professional network through alumni connections
 - Rich history of club programs

Don't count them out!

- In their first year of existence, Club programs have:
 - Competed at Collegiate Nationals
 - Competed in Trio & Duet Event Finals
- Club Synchro athletes:
 - Represented their country in the Olympic Games & World Championships
 - Won the Overall National Title
 - Been named to National Teams
 - Remain involved as integral parts of the USAAS community
 - Coaching
 - Masters
 - Judging

Varsity

- May offer athletic aid
- Supported by athletic department
- Time commitment ranges throughout year: 20 hours per week with 1 day off during season
 - Minimum of 6 separate dates of competition
 - Must attend the Regional Championship to qualify for the Collegiate National Championship
- Support services such as Strength & Conditioning, Athletic Training, Sports Nutrition, Sports Psychology, Academic Advising available through Athletic Department

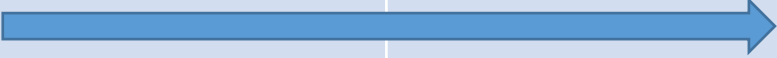
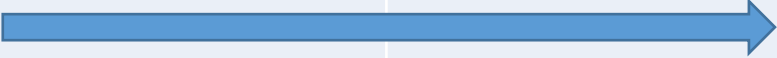
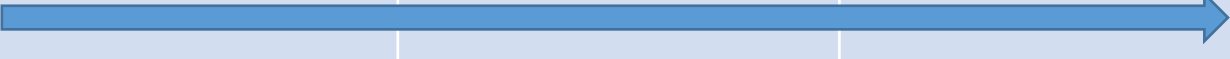
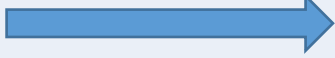

Varsity Programs 2020-21



Recruiting 101: Learn the Lingo

- **PSA:** A prospective student-athlete is a student who has started classes for the ninth grade.
- **Recruited:** If a college coach contacts you off campus, pays your expenses to visit the campus, or (in Divisions I and II) issues you a National Letter of Intent or a written offer of financial aid, you are considered recruited.
- **Walk-on:** Someone who is not typically recruited by a school to participate in sports and does not receive a scholarship from the school, but who becomes a member of one of the school's athletics teams.
- **Evaluation:** An evaluation happens when a college coach observes you practicing or competing.
- **Dead period:** A college coach may not have any face-to-face contact with you or your parents on or off the college campus at any time during a dead period. The coach may call or write you or your parents during this time.

Recruiting Timeline

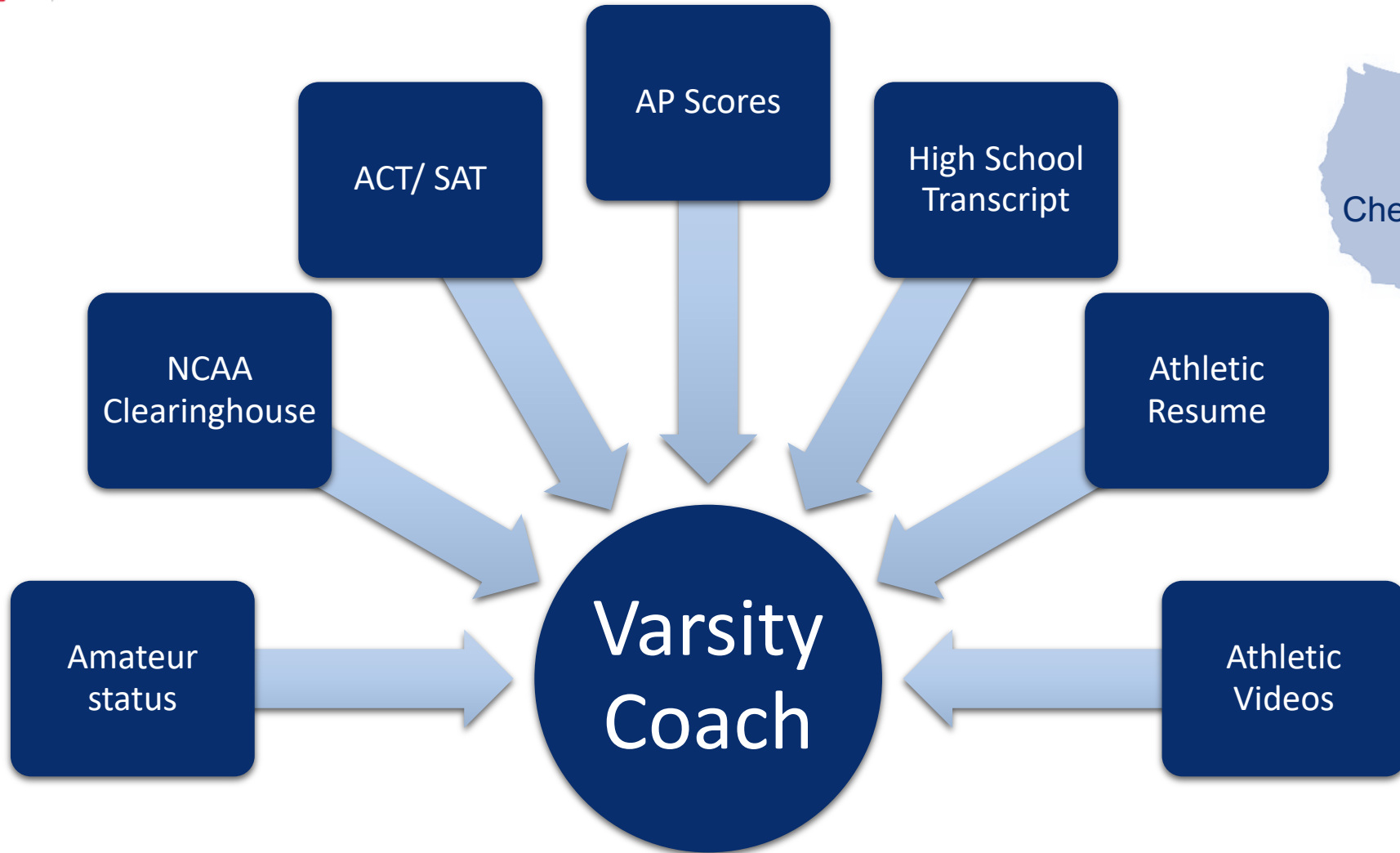
	Freshman	Sophomore	Junior	Senior
Communications	Not Permissible *May not receive calls from prospects/ parents	Telephone Calls & Electronic Correspondence Unlimited after July 1 following Sophomore year		
Recruiting Materials	Limited	July 1 following Sophomore year		
Evaluations	Permissible Subject to recruiting quiet & dead periods			
Off-Campus Contact	Not Permissible	Not Permissible	August 1 of junior year	
Campus Visits	Not Permissible	Not Permissible	August 1 of junior year	

Social Media Guidelines

	Prospect	Prospect's Team, Coach or Athletics Facility	Event Involving Prospects
Friend/ Follow Social Media Profile			
Comment on Prospect's Social Media Post			
Reposting Prospect's Social Media Post			
Reposting Prospect's Social Media Post With Comment			
Endorsing, Liking, Favoriting a Prospect Post			
Associating (Tagging, mentioning) a Prospect's Profile			
Interactions unrelated to athletics, recruitment or affiliation			N/A



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Did you know?

- All PSAs interested in a Varsity program should:
 - Maintain amateur status
 - Register with the NCAA Eligibility Center
 - Complete either the SAT or ACT*
 - Prepare a high school transcript
- International Students:
 - TOEFL, TOEIC or other English equivalency preparations
 - Check individual institutions for language requirements
 - Must take ACT or SAT in order to apply*



*Special considerations due to COVID-19 may apply

Official vs. Unofficial Visits

- **Unofficial visit:** Any visit by you and your parents to a college campus paid for by you or your parents.
 - Visiting student-athlete must be prepared to cover costs
 - May not occur during a dead period
 - No limit on total number of unofficial visits
- **Official visit:** Before a Division I or II college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript and register for a Certification Account with the **NCAA Eligibility Center**.
 - Invited by host institution
 - Host institution may cover a portion or all of your expenses for visit
 - Maximum of 48 hours on campus
 - May not occur during a dead period
 - Maximum of five visits in total

Recruiting for Club Programs

- Every club program must follow the rules set forth by their individual institution
- Some clubs may be allowed to proactively recruit
- Some clubs may not be able to work with interested athletes until they arrive on campus for school
- Typically, clubs are not restricted by a maximum number of participants, so don't worry if recruiting is not possible
- Because clubs are self-funded, any visits to campus must be paid for by the athlete



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Hot Topic: Scholarship

- Aid, or scholarship, comes in many forms:
 - Merit-based
 - Athletic
 - A maximum of 8 athletic scholarships per institution are allowed
 - Outside scholarship opportunities
 - Need-based Financial Aid
 - FAFSA



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COVID-19 & College

- Current high school students:
 - Difficulties with ACT & SAT accessibility
 - Some districts and schools are switching to P/F or C/NC
- Dead period is in effect, will run through June 30
 - Electronic and phone communication still permissible



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Now What?

- Take a look at the programs available on the USAAS website
- Speak to your current or past coaches for advice
- Reach out to the program(s) that you are interested in!
- Communication is key



Resources

- Collegiate page on the USAAS website: <https://www.teamusa.org/usa-artistic-swimming/collegiate>
 - Find up-to-date contact information for individual programs
 - Find social media accounts and websites
 - Do your homework!
- NCAA Eligibility Center: <https://web3.ncaa.org/ecwr3/>
- Recruiting Survey
 - Helpful for 2020-21 recruits
 - Will be replaced by USAAS membership database moving forward

Questions?

- Email us at Collegiatesynchro@gmail.com
- Special thanks to Liz Gerdin (UIW), Holly Vargo-Brown (OSU) & Suzanna Hyatt (OSU) for their time