



BeInSynch

Education Newsletter

JANUARY EDITION • 2017

Welcome to the 2017 1st Quarter Education Newsletter!
 Our goal is to share information with you from experts, volunteers, coaches and officials. If you have suggestions to be included in future newsletters, please send them to shari@usasynchro.org.

INSIDE THIS ISSUE

- ICE Program
- Music – The Beat
- Hip Injuries
- Glam Tips
- Social Media – Goals, Strategy, Success
- Visualize Success
- Here's Why Women Who Play Sports are More Successful

2017-18 JUNIOR NATIONAL TRAINING SQUAD



Impossible isn't something that can't be done. It's just something that hasn't been done yet.

-Michael Jordan

GRADE LEVEL TESTING, CCP COURSES & EVENTS

1/7 Grade Level Testing 1-4 – Las Vegas, NV	1/14 Grade Level Testing 1-3 – Berkeley Heights, NJ
1/7 - 1/8 Grade Level Testing 3&4 – Scottsdale, AZ	1/21 Grade Level Testing 1-4 – Loveland, CO
1/7 - 1/8 Grade Level Testing 3&4 – Dayton, OH	1/13 – 1/15 CCP Level 2 – Andover, MA
1/7 – 1/8 Grade Level 1 & 2 – York, PA	1/28 – 1/29 CCP Level 2 – Chicago, IL
1/7 Grade Level Testing 1-4 – Las Vegas, NV	2/4 – 2/5 CCP Level 2 – Coral Springs, FL
1/8 Grade Level Testing 3&4 – Medford, MA	2/11 – 2/12 CCP Level 2 – Bozeman, MT
1/14 Grade Level Testing 1-4 – Milwaukee, WI	3/22 – 3/25 2017 US Collegiate Nationals – Columbus, OH

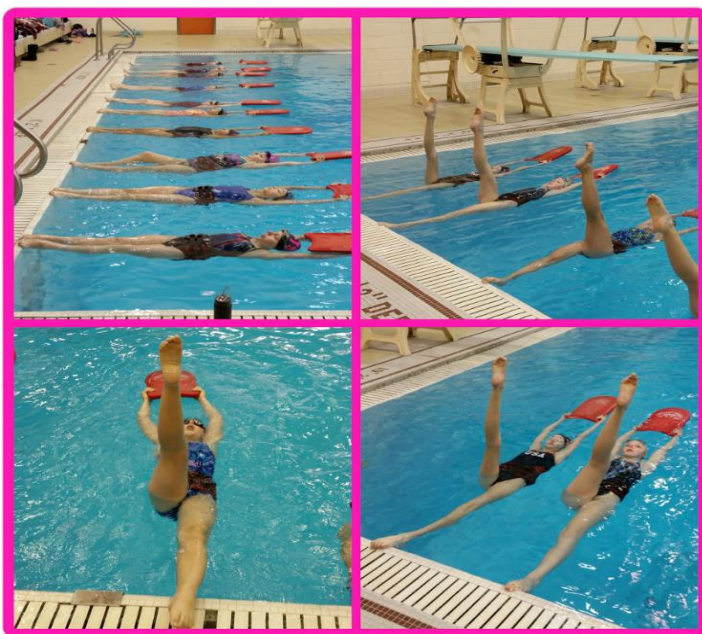
2017 National Talent Camps

We are excited to announce that this summer we will be holding 4 National Talent Camps!

The age groups will be:

12& Under, 13-14, 14-15 & Junior

More information will be coming out soon!



BALLET LEG DRILL

Courtesy of Troy Synchro Sharkettes & Calgary Elite Synchro

TEAM USOC **Coaching Newsletter**



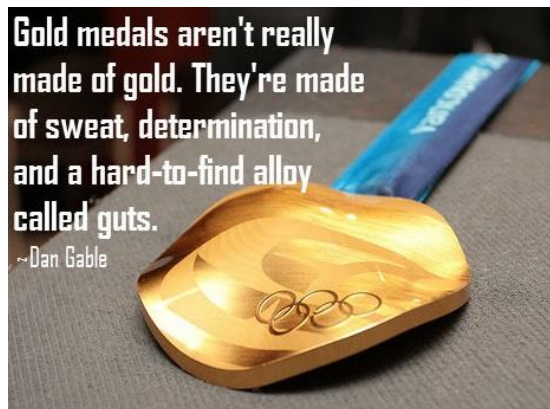
Did you know that the USOC distributes a monthly newsletter that is geared to the world of Coaching Education?

To sign up for the newsletter just follow the link below:
https://visitor.r20.constantcontact.com/manage/optin?v=001TaS_TGBRZa0zRcDaGEVwYNDIZkvuCI_y.

(It is a standard sign up screen so while you are signing up for the USOC newsletter, there are no scripting/symbols on the page to indicate that.)

In December some of the articles/webinars featured were:

- 10 Questions Strength Coaches Should Ask Themselves to Become Better
- Get More From Sport Campaign
- What Does It Mean To Be A TrueSport Coach?
- Why we Play: Education-Based Coaching
- TEDx: Wings are Just a Detail



COACH CERTIFICATION PROGRAM (CCP)

Beginning January 1, 2017

CCP 1 - Required for all coaches to be on deck at any meet.

CCP 2 - Required for all coaches to be on deck at any Regional, Zone and National Meet.

CCP 3 - Required for all coaches to be on deck at any Zone and National Meet.

(New this year!!!)

Everyone who currently has an expiration date of 2016 will have 1 year grace to re-take their current level course, take the next level course, or attend Coaches College.

Please do not forget that First Aid, CPR and SafeSport must be current to be fully certified.

CCP Lists are updated and posted 2 times per month, be sure and keep track of your status!

INTERNATIONAL CLUB EXCHANGE PROGRAM

The International Club Exchange program, more commonly known as ICE, is a great program for clubs to expose their athletes and coaches to different cultures, make new friends around the world all the while doing the sport you love – SYNCHRO!

The goals of the program are to foster relations between clubs in the United States and international clubs through training opportunities and exchanges between coaches, athletes, and families. International clubs are partnered with participating US clubs to visit and train together. If possible, the exchange would be further enhanced by a reciprocal visit of the US club to the international club for further training and renewing friendships. These exchanges provide clubs of various levels an opportunity to share synchronized swimming with members of the international community.

For more information and details, please contact International Relations Chair, Betty Hazle at bettyhazle@yahoo.com.

What is the vision of the ICE Program?

- *Foster friendships and encourage mutual exchange of information and ideas!*
- *Share information to help synchro grow!*
- *Share technical, training and choreography strategies!*
- *Increase synchro exposure in your hometown area!*
- *Promote your own club through sport and cultural exchange!*
- *Develop a sister club relationship with a club in another country for a synchro, cultural and educational exchange!*



Cypress Synchro Team and Jamaica



Gotham City Synchro & Club Costablanca



Freedom Valley & Shenzhen Synchro Team



ANA Synchro & Nautil Club Boucain



MUSIC - THE BEAT

By Chris Leahy

You've found it! The perfect solo! It has a powerful opening and a beautiful soft section in the middle. There is only one problem; every meet you go to, you can barely hear the music in the middle of the routine. The solution: flatten out the volume of different sections of your routine.

Before we can adjust the volume of a routine we need to know how much the volume can change during the routine. Indoor pools are 2-4x louder than outdoor pools, so we'll use indoor pools to determine the minimum volume level.

The background noise of a typical indoor pool is up to 70 dBa. This means that the minimum volume level is about 75 dBa; any quieter than that and the music could be hard to hear. At a national meet the volume level (measured at the sound table) tends to stay under 85 dBa. Any louder than this and the officials tend to remind the sound desk that they really would like to keep their hearing.

So that give us $85 \text{ dBa} - 75 \text{ dBa} = 10 \text{ dBa}$ volume range. To translate this from sound nerd terms, make sure the loudest sections of the routine are no more than twice the volume of the quietest sections.


Now that we know the volume range our music can have, how do we tell what the volume range of a routine is? The simplest way would be to use your ears: take a listen and make a note of which sections sound quieter and which sections sound louder. Having the volume in the right ballpark is generally good enough.

If you would prefer a more analytical solution you can either use a sound level meter (\$20 online) or download a sound level meter app for your phone/tablet. An app isn't as accurate as a calibrated sound level meter, but for our purposes it is close enough. Play your music through a speaker and use the app to tell which sections to adjust.

Once again the simplest way of adjusting the volume in a routine, is to do so manually. Find the sections that are too quiet and amplify them, find the sections that are too loud and attenuate them. If you would prefer a more automatic approach, your editing program should have a compressor or limiter plugin that can automatically adjust your music. Compressors and limiters can have many different settings, far beyond the scope of this article. Check your editor's documentation and online videos if you wish to know more about these settings.

If you do use a compressor/limiter watch out for over-compressing your music. If your entire routine is all at the same volume, it can make it hard to distinguish parts and the music may not sound as exciting. Using a compressor/limiter may take some experimentation before your music sound right.

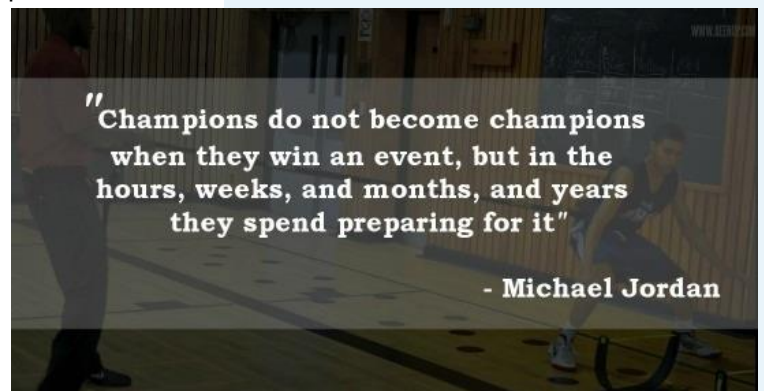
Questions? Suggestions? Rants about sound people falling asleep at meets? You can reach Chris at leahycm@gmail.com.



Intermediate
Routine times are
now the same length
as 12&U Age
Group Routines!
Solos – 2:00 min
Duet/Trio – 2:30 min
Teams – 3:00 min



*Ida & Maggie,
Novice Duet
San Francisco
Merionettes*



- Michael Jordan



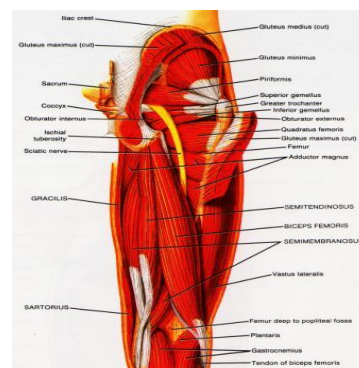
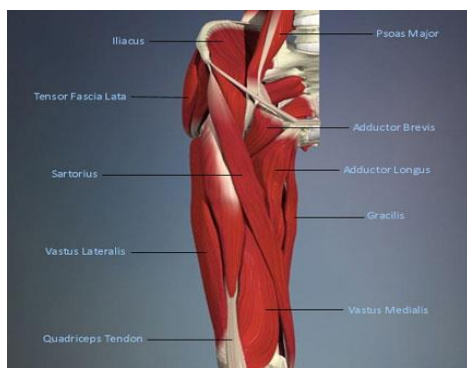
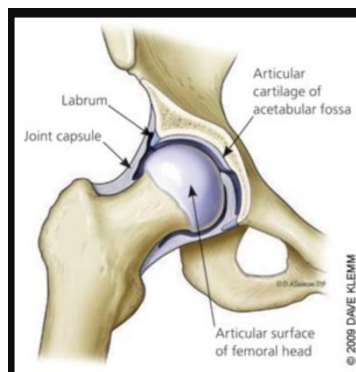
Prepared By Selina Shah, MD, FACP, Team Physician USA
Synchronized Swimming

Hip Injuries in Synchronized Swimmers

The hips are essential to synchronized swimming especially because of their role in the eggbeater. In this article, we review the anatomy, function, common injuries, and two exercises.

Anatomy and Function

The hip is a ball and socket joint, similar to the shoulder. It is one of the most complicated joints in the body. Several muscles attach around the hip allowing all of the complex motions that the hip can perform: internal rotation, external rotation, flexion, extension, adduction (moving towards center), and abduction (moving away from center). Everyone has slight variances in terms of how deep or shallow the hips socket are, how the ball and sockets are shaped, and at what angle the balls sit in the sockets. All of these variances can affect each individual's flexibility, range of motion, and strength.



The hips are essential to synchronized swimming especially because of their role in the eggbeater. In this article, we review the anatomy, function, common injuries, and two exercises.

Common Injuries

Having the right balance of muscle strength and flexibility is difficult and often imbalances can lead to injury.

Synchronized swimmers can experience groin pain (pain in the front part of the hip). Pain in this region can either be due to problems outside of the joint or inside of the joint. Generally problems inside the joint are more serious. The pain from both inside of the joint and outside of the joint can feel similar, so determining the actual cause of the pain can be difficult without seeing a trained physician such as a sports medicine physician to diagnose the problem.

(The complete Hip Injuries article can be found in the Coaching Resources section of the website)

GLAM TIPS

From Mariya Koroleva, 2012 & 2016 Olympian

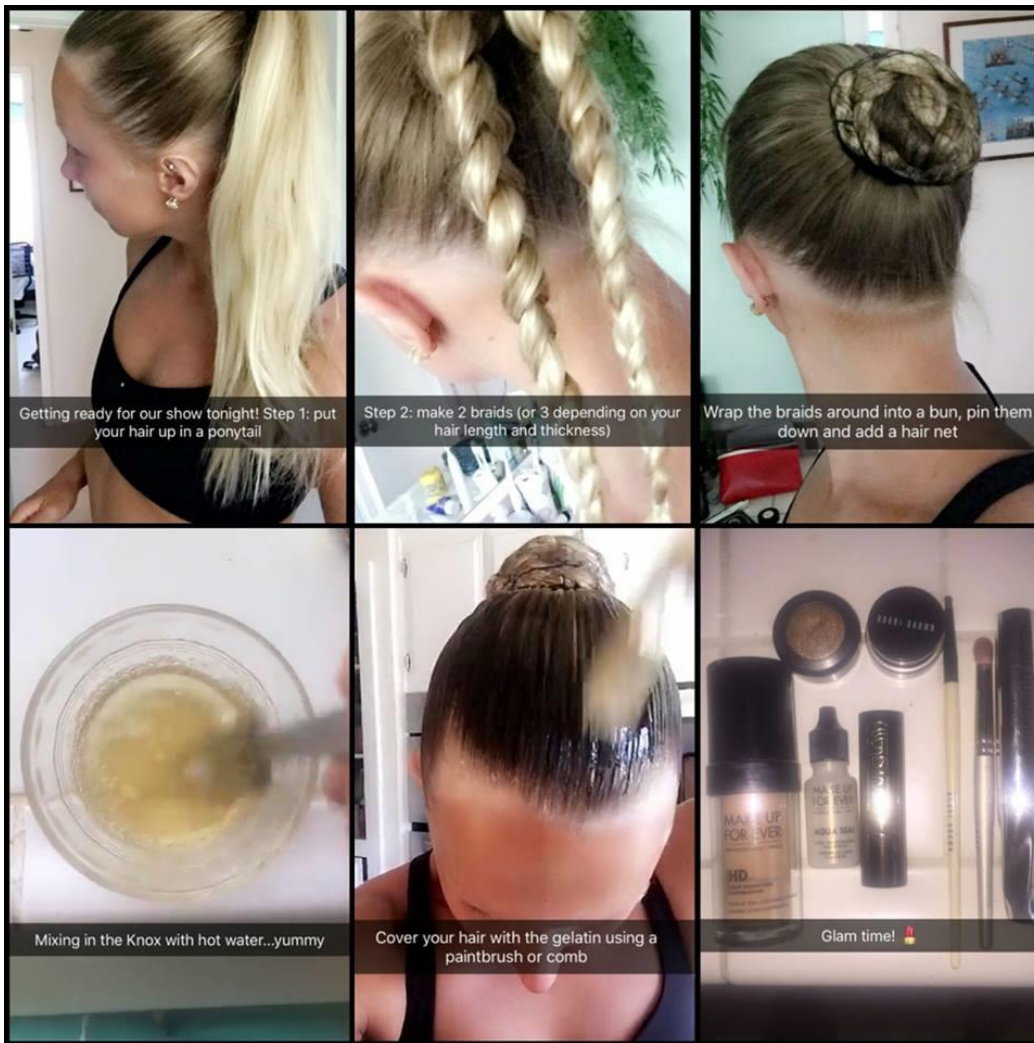


Photo 1 - To begin, put your hair up in a high ponytail. I like to get my hair wet so it's smoother and then use a thick bristle brush to brush out the bumps. If my hair tie is loose I sometimes use two so that the ponytail is nice and tight. If it's even a little loose, the whole headpiece will be moving around in the water, which is not very comfortable.

Photo 2 - Next, separate your hair into 2 or 3 parts and braid each piece. My hair is thin so I only do two braids but if yours is thicker you may want to do more. I tie the ends with a clear rubber band so it's not bulky when you make the bun.

Photo 3 - Twist each braid around and pin it down with hair pins as you go. I do one braid at a time and then make sure that the bun is even. Then I put the hair net around the bun and pin it down as well. I use a lot of hair pins because nothing looks worse than hair falling out of a bun during a competition swim!

Photo 4 - Because my hair is thin, I usually only use 3 packs of Knox if I need to have my hair up for an entire day and 2 if I only need it up for a few hours. When I mix the Knox I add the water in slowly and mix with the back of the paintbrush. It's easier to control the thickness if you add the water in gradually and then your Knox won't be too watery.

Photo 5 - Some people use combs or their hands, but I prefer to use a paintbrush to put the Knox on my hair. I do two coats and then I add a little more hot water to the mixture and then do another coat at the end. Pay particular attention to the area around the back of your bun and the front side of the head if you have bangs. If I feel like my Knox is getting a little thin after warmup, I like to put in some hair clips in areas that need it. It drives me crazy if my hair is falling down during a performance so I take extra precautions to make sure that doesn't happen. It also helps to have your Knox as dry as possible before you get in for warmup because the cap will take some of it off no matter what. The drier it is before you get in, the less goeey and gross it will get while you are warming up. I wear two caps during warmup (latex on the bottom, silicone on top) so that no water gets in my cap and melts the Knox

Photo 6 - For makeup, Makeup Forever has some great cream eye shadows that are waterproof and they also sell an Aqua Seal liquid that will make any eye shadow waterproof. For eyeliner and mascara, any waterproof brand will do. I like to use liquid foundation (also from Makeup Forever) because it's more moisturizing than powder and stays on better in the water. Usually my skin is pretty dry when I'm swimming, so I mix the foundation with some face moisturizer and that helps with the dryness. I prefer using bronzer as opposed to blush because it looks a little less doll-like, but you could use either one depending on the look you're going for. After the competition, I love the Aveeno makeup wipes because they take off the makeup really quickly and leave your skin feeling moisturizer and radiant.



Goals Strategy SUCCESS!!

Before diving into social media, you want to make certain your time is well spent. Be sure you are aware of the following items.

Responsible People: Who will have the responsibility for populating, maintaining and monitoring your social media presences? Do they have skills and time? List the team members. Avoid temporary managers of your sites. Staff should have administrative privileges to all accounts and be responsible for controlling permissions and security to the accounts.

Main Goals and Strategies: What do you hope to do? Launch a campaign, promote your team, communicate externally? With athletes, media, fans and/or sponsors? Internal communications? Define your goal and list promotion tactics, ex. "We will list our Facebook URL on all print materials".

Define and Measure Your Success: What do you hope to gain? How will you know when you have it? Do you want increased traffic to your website or social media websites or to your events? More engagement with athletes, fans or alumni? Increased membership? Define success, how you'll measure it, and the tools you need to measure it.

*By Nancy Rosengard,
Vice President Membership & Marketing*



Many elite athletes routinely use visualization techniques as part of training and competition. There are many stories of athletes who have used these techniques to cultivate not only a competitive edge, but also to create renewed mental awareness, a heightened sense of well-being and confidence. All of these factors have been shown to contribute to an athlete's sports success.

Visualization

Visualization has also been called guided imagery, mental rehearsal, mediation, and a variety of other things -- no matter the term, the basic techniques and concepts are the same. Generally speaking, visualization is the process of creating a mental image or intention of what you want to happen or feel in reality.

An athlete can use this technique to 'intend' an outcome of a race or training session, or simply to rest in a relaxed feeling of calm and well-being. By imagining a scene, complete with images of a previous best performance or a future desired outcome, the athlete is instructed to simply 'step into' that feeling.

While imagining these scenarios, the athlete should try to imagine the detail and the way it feels to perform in the desired way.

These scenarios can include any of the senses. They can be visual (images and pictures), kinesthetic (how the body feels), or auditory (the roar of the crowd). Using the mind, an athlete can call up these images over and over, enhancing the skill through repetition or rehearsal, similar to physical practice.

Sources:

Bonnie Singleton, www.livestrong.com & Elizabeth Quinn, www.verywell.com

(The complete Social Media & Visualize Success articles can be found in the Coaching Resources section of the website)

Specific Training for Flexibility and Strength

By Fred Pasqualin



One of the most important facets of synchronized swimming is the land training. Below is just a small sample of what your athletes can do, either at the pool or at home. Try adding music to the exercises to make it more fun!

Specific training for splits

Using Roller Board - 20 repetitions for each leg



Modified candlestick



Start split action



Split, then back up to candlestick

Specific training for strength

Using Thera-Band - 15 repetitions for each leg



Lift hips off ground



Hips down



Return to start position

COACHES :

Don't forget to control the correct position for the leg down!
Especially the foot's contact on heel, knee up.

More exercises from Fred Pasqualin can be found in the Coaches Resources - Members Only Section of the website.

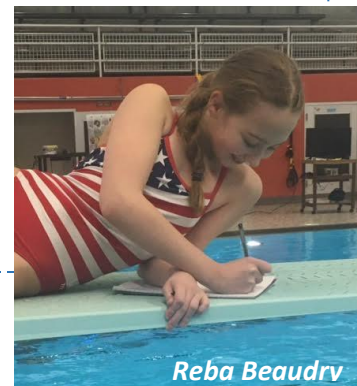
Decide what you want.
Make a plan.
Write it down.
Work at it.
Every.
Single.
Day.

The Importance of Journaling

A journal provides an athlete with a place to set goals, reflect, grapple with issues, keep track of training ideas, and record results as well as plan, scheme, ponder, rant, question, draw, and rejoice. As with Team Notebooks, there is no one right way to utilize these books. Athletes may use their journal writing for motivation and focusing, where some may use a journal as a workbook and focus on the technical aspects of the sport.

You can give your athletes prompts or provide them with these ideas to record in the journals:

- Goals - yearly, monthly, weekly and/or daily
- Corrections
- Reflections/Feelings
- Practices/Training Sessions
- Nutrition
- Positivity
- Hopes/Dreams/Desires
- Competition Analysis
- Weaknesses/Strengths
- Pre-Season Thoughts



These Athletes from St Paul Stars are proud to show off their journaling skills



For Parents

Developed for parents of athletes, this course addresses important topics around recognizing, preventing and taking action against misconduct in sports, from a parent perspective. This course, which takes about half an hour to complete, helps parents become active participants in creating safe, positive sports environments for their child.

<https://training.teamusa.org/store/details/8>

We would like to ask that all parents who come into contact with athletes at any time complete this course.

All chaperones, team and association BOD members soon will be required to take the entire course. That link is:

<http://training.teamusa.org/accounts/register>

More information on the SafeSport course can be found in the Coaches Resources section of the website.

GRADE ASSESSORS

****Reminder****

Please refer to the most current list posted in the Coaches Resources (Long Term Athlete Development & Grades) area of the website, to make sure Assessors being used for your Grades competitions are current.

Assessors will be taken off the list because of lapsed certifications (First Aid/CPR), please check to see if your name is on the list.

SUBMITTING ASSESSMENT RESULTS

All scoresheets must be turned in within 1 week of a grades testing.

Please email to shari@usasynchro.org

THE GRADE LEVELS 1-4 MANUAL IS AVAILABLE ONLINE!

The latest edition of the Manual, dated **9-27-16, v4.3** can be found in the Members Only Section of the website.

UPDATED SCORESHEETS ARE NOW AVAILABLE ONLINE!

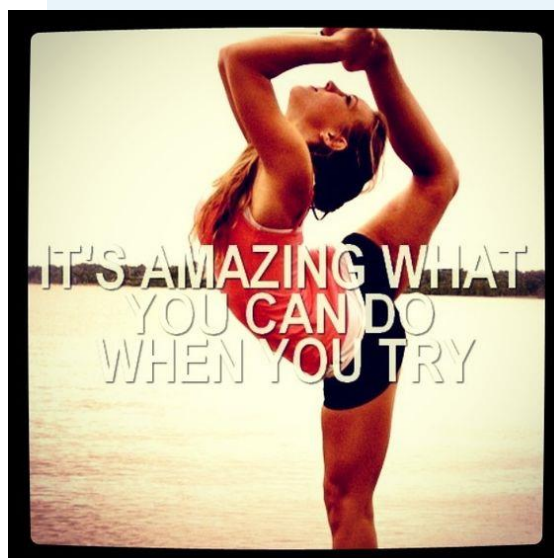
PATCHES FOR GRADES

Patches are available for Levels 1, 2 & 3.
Only \$4.00 each!



GRADE REQUIREMENTS FOR 2017

US Nationals—Grade Levels 1, 2, 3 & 4
National JO's – Grade Levels 1 & 2



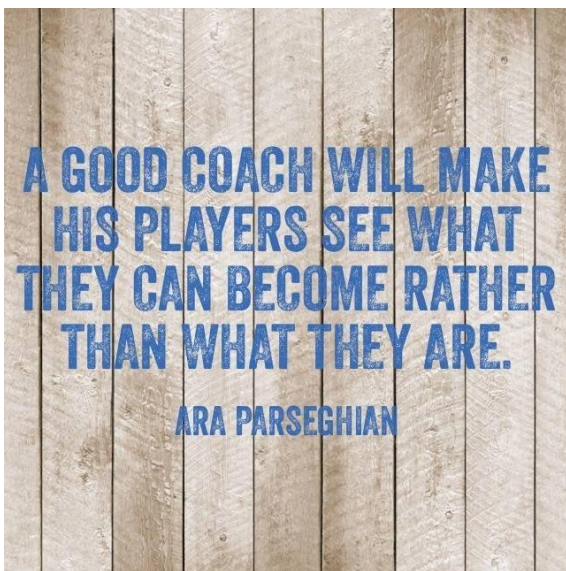


Lift to Split

From a surface arch, lift one leg over to a split while feet are on the wall, keep arms overhead holding on to a kickboard.
 Courtesy of The Online Synchro Coach

For More tips, tricks and techniques, visit
 The Online Synchro Coach website:
<http://theonlinesynchrocoach.com/>

Check out the Pattern Book – it is a great tool to help
 Coaches with patterns and pattern transitions.



UNITED AIRLINES

As a member of USA Synchro, you are eligible to receive discounted flights to USA Synchro sanctioned events on United Airlines. Book now by calling the United Olympic Desk at [1-800-841-0460](tel:1-800-841-0460) and receive up to 10% off the retail fare price.

2017 Junior National Team Trials Feedback

All Figures:

*Please be aware of, and line up with the marker.

Porpoise, Twist Spin:

- *Transition slower from the Front Layout to Surface Front Pike Position.
- *Watch over-pike on the lift.
- *All athletes should do the lift in support scull, no paddle scull.
- *Spin needs to be faster.

Barracuda, Airborne Split:

- *Need more speed on the unroll and the split to close.
- *Work on Overhead Scull to be able to maintain height on 3 positions – Vertical, Split, Vertical.
- *Very few splits, they needs to be flatter and focus on extension.

Routines:

- *Focus on extension & figure height.
- *Be more precise on hitting each position accurately.
- *Work on propulsion and Eggbeater height.
- *Technical elements need work.
- *Nova – show surface arch with horizontal leg at the surface, keep the knee out of the water on the lift and keep the hips close to the surface to show height.
- *Porpoise – be careful of traveling backwards on the lift. Keep height during the twist. Stretch up and through as moving to the Split Position. Keep the body vertical in the Split Position and beginning of the walkout. Be sure to show the Surface Arch Position.
- *Manner of Presentation – be sure to use entire body, not just face.

Why Women Who Play Sports are More Successful

Beth Brooke-Marciniak, Global Vice Chair of Public Policy at Ernst & Young

According to research by Michigan State University's Institute for the Study of Youth Sports, approximately 70% of children in the U.S. are dropping out of organized sports before the age of 13. This is particularly alarming for women because studies have shown that girls who play sports are more likely to graduate from college, find a job, and be employed in male-dominated industries.

EY research shows that among senior business women in the C-suite today, 94% played sports and over half played at a university level — suggesting a strong correlation between their success in sports and their success in business. In fact, of the 400 women EY surveyed, 75% said that a candidate's background in sports positively influenced their decision to hire them. These women put a particular premium on female athletes because they know — very personally — how participating in sports can impact work ethic. So to have young women drop out of sport at an early age is not only an alarming statistic, it is a wake-up call for parents. Their girls could prematurely be walking away from something that could have a bigger long-term effect.

These statistics have caused me to reflect on my own experience as a young athlete, and specifically the role my parents played. I was a four-sport athlete in high school. I played basketball, softball, tennis, and golf. My true passion was softball, but basketball was an intercollegiate sport. I eventually decided to pursue basketball in college at Purdue and leave the other three sports behind. But my parents never tried to make me pursue just one sport. I loved the variety. I only narrowed to one sport in college when, as a scholarship athlete, it was necessary.

My father empowered me to play. He and my mother showed up to every game. They truly cared. And I loved having them there. I can't imagine a world where they weren't there. But there was never an expectation. They just loved watching me play. And I loved them watching me. Often, my father and I would discuss my performance after games, but only if I wanted to. I would ask him questions, and he would answer. We discussed ways I could improve, and he would practice with me in our backyard. He knew I didn't need to be told I had made a mistake, but rather understand how not to do it again. And he would help me with that.

(The complete article can be found in the Coaching Resources section of the website)



MAC SYNCHRO

Front L-R: Amelia Pienovi, Lilly Heydet, Lauren Bianchini, Lucy Herzig
Back L-R: Stella Lichtwardt, Mischa Aginsky, Brooke Bounds, Clare Klein,
Autumn Eddy, Devin Moore, Sadie Young

Front L-R: Michele Kraus
Back L-R: Julie Vigeland, Jeanine Cavagnaro,
Jini Miller, Franci Stavropoulos

COACHING TIPS & TRICKS

Warm-up & Stretching Program

Sara Lowe – Head Coach Stanford University &
Team 1 13-15 National Team Head Coach

13-15 National Team: Land warm up, stretching and flexibility series

Frequency: Every day before pool practices

Duration: around 20 minutes

Intensity: Each swimmer should adapt the program to their needs, depending on their elasticity and flexibility level

LAND WARM UP AND STRETCHING ROUTINE:

We always start from the top to the bottom of our body in order to not miss anything.

1_HEAD: (8 repetitions each)

Circles + Side (ear touch shoulder) + Side (chin trying to reach back)

2_SHOULDERS: (8 repetitions each)

Circles + Up/Down (fingers trying to reach the floor)

3_ELBOWS: (8 repetitions each side)

Circles

4_WRIST: (8 repetitions each side + 8 seconds holding)

Circles + Stretching hand palm

5_ARMS: (8 repetitions each)

Circles forward + Circles back + Infinite way

6_WAIST: (8 seconds holding)

Side (fingers trying to reach the side wall) + Forward + Back + Stretching Arms

7_HIPS: (8 repetitions each side)

Circles

8_KNEES: (8 repetitions each side + 8 seconds holding)

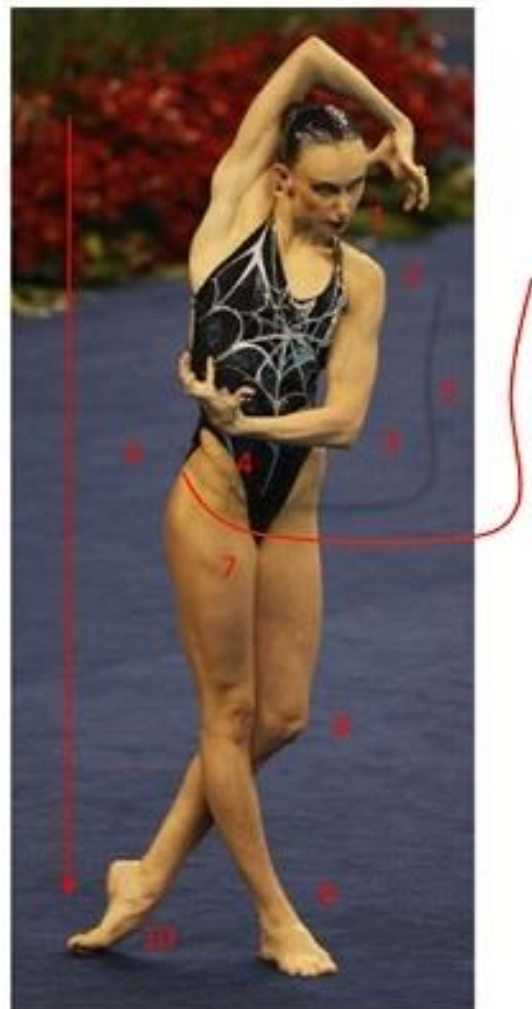
Circles + Pike Position (nose trying to reach the knees)

9_ANKLES: (8 repetitions each side)

Circles

10_INSTEP: (8 seconds holding each)

Feet in point on bent knees + Feet in point on extended knees



13-15 National Team Stretching Program (continued)

FLEXIBILITY SERIES:

LEGS: (15 seconds holding each)

_Split (be sure to have square hips)

- Forward bent knee and back extend knee
- Forward bent knee and back bent knee
- Forward extend knee and back extend knee
- Split
- Split and back bent knee

_Middle Split

- Fingers trying to reach the forward wall
- Move forward, legs 180
- "Chinese position"

BACK: (15 seconds holding each)

- Arch position with legs closed
- "Half Tortoise" Position
- Arch position with bent and closed legs, trying to reach the head
- "Half Tortoise" Position
- Arch position with legs closed and holding your arms back
- "Half Tortoise" Position

KNEES: (15 seconds holding each)

- Right leg with foot on flex against the wall and 4" above the floor (be sure the heel is touching the wall)
- Left leg with foot on flex against the wall and 4" foot above the floor (be sure the heel is touching the wall)
- Both legs with feet on flex against the wall and 4" foot above the floor (be sure the heel is touching the wall)
- Both legs with feet on flex against the wall and 4" foot above the floor (be sure the heel is touching the wall) + Stretching Arms



DON'T FORGET TO STRETCH!!

Riverside Aquettes

Emily Heath

Makaylee Cook

Ellie Stoeber

Safia Abou-ZamZam