



BeInSynch

Education Newsletter

APRIL EDITION • 2017

Welcome to the 2017 2nd 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.

CONGRATULATIONS TO ALL OF THE 2017 U.S. NATIONAL CHAMPIONS

INSIDE THIS ISSUE

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- Music – It's All About that Bass
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- 2017 Natl Age Group Team Trials Feedback
- The Best Advice



PHOTO COURTESY OF: JOHN MIGLIORE/MIGZ MEDIA GROUP

3rd – New Canaan Y Aquinas 1st - Santa Clara Aquamaids 2nd - Walnut Creek Aquanauts
13-15 Age Group Combo Routines

In order to succeed, we must first believe that we can.

-Nikos Kazantzakis

UPCOMING EVENTS

- 4/19 –
Grade Level 2 Testing
Lodi, NJ
- 4/26 – 5/1
Grade Level 1&2 Testing
Lewisville, TX
- 4/29 –
Grade Level 1&2 Testing
Wayzata, MN
- May 21 –
Grade Level 2&3 Testing
Kansas City, MO
- 6/21 – 6/24
Synchro America Open –
East Meadow, NY
- 6/30 – 7/8
National Junior Olympic
Championships –
Riverside, CA

Ignite Your Inner Passion!

This summer USA Synchro will be holding three **National Talent Camps!**

The camps are being held:

13-14 – July 9th – 15th (CA)

15-16 – July 17th – 23rd (CA)

13&U – July 25th – 31st (CA)

Guest Coaches this year for the age group camps are: Andrea Fuentes (Spain), Reem Abdalazem Bossaty (Egypt), Olivia Zhang (China), Kristina Makushenko (Russia), Fred Pasqualin (France) & John Ortiz (USA/Canada).

Some invitations have already been sent, but we are also accepting applications. You can find the applications on the website under Team USA – Natl Talent Program.



SAVE THE DATES COACHES COLLEGE

Next fall we will be running two Coaches Colleges –
August 17th – 20th, Spire Institute in Cleveland, OH.
August 24th – 27th, Olympic Training Center in Colorado Springs.

As you already know – starting the next competitive year (2017-2018), new rules, figures, elements and any judging changes will be introduced. You won't want to miss out getting a jump on all of the new information.

National Elite Camps

USA Synchro is excited to announce that this summer we will be holding two **Elite Camps** for Junior and Senior level athletes.

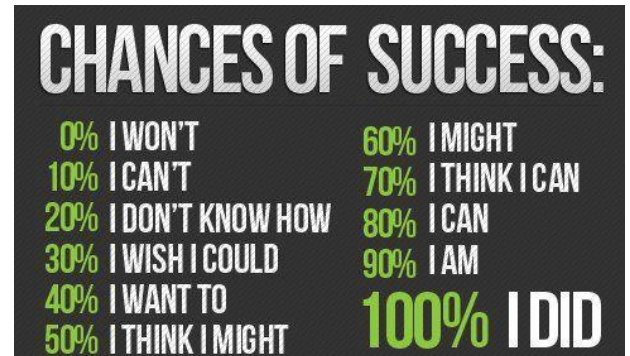
The camps are being held in Las Vegas, NV:

Aug 1st – 6th

Aug 7th – 12th

Join our Elite Camp Coaches: Bill May, Benoit Beaufils, Ludivine Perrin-Stsepaniuk, Suzanna Fernandez, John Cartin & Raman Stsepaniuk for an incredible experience.

Invitations will be sent out soon. Or you can find the applications on the website under Team USA – Natl Elite Program.



Association & Regional Clinics

With thanks to the USA Synchro Foundation, we are excited to offer Associations and Regions the opportunity for a **free clinic** with National Team and 2016 Olympic Duet Squad member, Alison Williams!

The two day clinic focus is: **S.T.E.P. Support Scull, Thrusts, Extension & Power!**

Contact shari@usasynchro for more information and to schedule your clinic now!





GENERAL INFORMATION ABOUT THE U.S. CENTER FOR SAFESPORT

LAUNCH, LOCATION & GOVERNANCE

The U.S. Center for SafeSport is a national nonprofit organization providing education, resources and training to promote respect and prevent abuse in sport. The Center is located in Denver, Colorado, and will open in March 2017.

The Center is governed by a nine-member board of directors, which includes subject-matter experts in the areas of abuse prevention and investigation, ethics compliance and sport administration.

MISSION, PURPOSE & VISION

Mission

To cultivate and steward a culture of dignity and respect in sport.

Purpose

Enable every athlete to thrive by fostering a national sport culture of respect and safety, on and off the field of play.

Vision

Every athlete is safe, supported and strengthened through sport

- **Safe.** Athletes are protected from emotional, physical and sexual abuse.
- **Supported.** Athletes enjoy welcome, respectful environments, and diversity is actively embraced.
- **Strengthened.** Athletes use the skills they've learned in sport to contribute to the well-being of their communities.

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Response and Resolution Office

The Center's Response and Resolution Office will investigate and resolve alleged policy violations for the U.S. Olympic and Paralympic Movements' 47 member National Governing Bodies, including USA Synchronized Swimming.

- As a member organization of the U.S. Olympic Committee, USA Synchro has agreed to adhere to the Center's policies and procedures, including the SafeSport Code, which identifies prohibited conduct and serves as the benchmark by which the Center determines whether or not a policy violation has occurred. These policies and procedures also outline:
 - Center jurisdiction and authority
 - Sanctioning guidelines
 - Reporting and confidentiality
- Resolution procedures, including investigation and arbitration Aggregate data from Center investigations will be used to identify trends and patterns across sport, strengthening national prevention efforts.

REPORTING REQUIREMENTS FOR SAFESPORT CODE VIOLATIONS

All individuals, regardless of membership with USA Synchro, are encouraged to report suspected violations of the SafeSport Code. Covered Individuals who are over the age of 18 are required to report suspected SafeSport Code violations related to or accompanying sexual misconduct. Covered Individuals who fail to report SafeSport Code violations may be subject to disciplinary action.

How to Report

Individuals should report suspected SafeSport Code violations directly to the Center.

Reporting to the Center:

- Online: <https://safesport.org/response-resolution/report>
- Phone: (720) 524-5640

Confidentiality

Although the Center cannot guarantee confidentiality, it will, to the greatest extent possible, maintain the privacy of all individuals involved in the investigation and resolution of alleged SafeSport Code violations.

More information can be found on the USA Synchro website.



LANDDRILL – MAKING IT PERFECT

What the heck are they doing? That is one of the first things many new to synchro wonder when they see a group of athletes counting & moving their arms around like crazy! But actually, landdrill is one of the most important aspects and skills to master when it comes to improving overall routine execution.

During landdrill every movement and count should be precisely defined and executed by each member. Every move should be perfectly matched. This will take a lot of time in the beginning, but the more it is practiced & enforced the easier the muscle memory will kick in – on land and in the water.

The goal for athletes is to landdrill at a higher level than they would be swimming. If the usual routine score in the water is a 6, the landdrill should be at a 9 or higher. Whether it is done at home by yourself or with teammates, it should be done with the highest level of energy, detail and quality of execution. Full engagement, both physically and mentally is very important.


Remember, landdrill is not just a way to prolong getting in that cold water or to use as a warm-up. It is also a great form of visualization. The visualization works both ways though, if landdrill is “lazy” the muscles will remember that and transfer those moves into the water.

Lastly, it is important that landdrill be done as if the athlete is in the water. This is crucial for important direction orientations, patterns and walls to face in the pool.

Always strive for that perfect 10 – in & out of the water!!!



Lindenwood
University,
Photo by Migz
Media Group



Don't be afraid
to fail. Be afraid
not to try.

General Guidelines for Perfect Landdrill

- *Don't forget to do a proper warm-up before starting the session.*
- *Watch your posture throughout.*
- *Count out loud and sharp!*
- *You don't need to walk during landdrill, instead concentrate on taking small steps for pattern changes, similar to what you would do in actual routine swimming.*
- *Working on presentation starts on land.*
- *Each movement should be precise and & sharp.*
- *Don't forget – perfect landdrill is hard! You should be working up a sweat.*
- *Spins should be performed by pivoting, not just moving arms back and forth.*

It's All About That Bass

By:
Chris Leahy

“Stomp! Stomp! Clap! Stomp! Stomp! Clap!” The beginning of Queen’s “We Will Rock You” is instantly recognizable and its bass beat drives home the energy of the song. So “more bass” == “more energy” == “higher score”, and you can stop reading now? Not quite when it comes to Synchro.....

The biggest problem with bass is in indoor pools. Low frequency sounds can build up, especially in small rooms, impacting the clarity of the music and making it hard to hear the melody. At which point your routine goes from being a strong, powerful piece of music to the equivalent of one of those cars whose subwoofers rattle your fillings from 50 feet away. Which is probably not the effect you want to have on the judges.

A lot of bass generally takes a lot of electric power compared to higher frequencies. In some cases this can overload underwater speakers causing them to cut out during a routine, and swimmers usually start complaining when they have to do another swim-through because the music cut out 3/4ths of the way through their routine.

Even more fun: The amount of bass also depends on your speakers. A 6” speaker won’t produce as much in the way of lower frequencies, compared to a 15” speaker. So what might sound fine on your practice system might sound totally overwhelming at a meet. And what about underwater speakers? Most underwater speakers don’t produce much sound below 200 Hz. So things like kick drums or a tuba can be harder to hear underwater (you might hear the harmonics but not the fundamental frequencies). On a related note if you’ve ever had swimmers who can count a section of music on land but not in the water, the reason may be that it is harder to hear the beats underwater.

So bass is bad and you should avoid it in Synchro routines? Not quite... Bass still gives energy and power to your music. How much you should have depends on the goals/theme of your routine, your music, and even the pools you might be competing in. Many routines in indoor pools would benefit in cutting out a bit of bass. However, at the end of the day, it comes down to your personal preferences.

For those of us who don’t do their cutting in studios (everyone), determining what a routine might sound like on speakers than can reproduce low frequencies can be challenging. One option is to listen to the music on good headphones (not earbuds) since they tend to have decent bass response. Another option might be to use a home theatre system with a subwoofer. If neither of those options work, many music editing programs have a “plot spectrum” option that shows how loud each frequency is.

So how do you cut down on bass in your music? The easiest way would be to use a High-Pass filter (also called a Low-Cut filter). These allow you to select a frequency to start cutting and amount to cut. A 3-6dB cut might not be that noticeable, while a 24dB cut would remove a lot of the bass. The starting frequency depends on your music and how much of the low frequencies you want to cut out. Frequencies below 60Hz tend to be felt more than heard. Cutting frequencies above ~120Hz might not be a good idea as you are starting to approach the fundamental frequencies of some instruments and voices. If you wish to cut a specific frequency, using equalization (EQ) might be a better approach.

Questions, comments, rants about underwater speakers cutting out? Send an email to leahycm@gmail.com



The 2017 Synchro America Open will be held in East Meadow, New York. This competition has now become a part of the very exciting FINA Synchronized Swimming World Series.

Please note the following changes:
*Combos MUST have 8-10 athletes.
*There will be a .5 deduction for every swimmer fewer than 8.

WELCOME TO COACHING HANDBOOK

A great tool for new Coaches has been posted on the website under Coaches Resources.

This Manual has great information for all coaches such as:

- Memberships & Insurance
- Marketing your Program
- How to Start a Club
- Equipment Needed
- Novice Requirements
- And much, much more!

Thank you to Anne Schulte and her committee for all of their hard work!



POST-WORKOUT RECOVERY

by Tara Coghlin Dickson, MS, RD, CSSD



For athletes training and competing full time, a solid nutrition protocol for recovery is vital to ensure optimal performance and training. Training volume, timing and intensity determines importance of the timeliness of your recovery. For hard daily training, research indicates timing proximity of recovery refueling and rehydrating to training is important to optimize recovery. For moderate training (daily single sessions) timing is also important however recovery can be successfully achieved easily within 24 hours following training.

Having a strategy, planning and preparing in advance are vital to successful recovery. Identify and pack your recovery food/beverages the night before or prepare and organize them Sunday for the week. Determine a plan that will work to help you succeed in your recovery plan.

Key Recovery Nutrients

Carbohydrate- 1 gram per kilogram/half a gram per pound body weight. Sources: fruit (fresh, dried, leathers), fruit smoothies, fruit bars, bread, crackers, pretzels, cereal bars, cereal, rice, quinoa, sweet potatoes/potatoes/yams, couscous, pasta, graham crackers, sherbet, etc.

Protein- 15-20grams high biological value from whey protein which contains leucine, the muscle protein synthesis trigger. Sources: greek yogurt, cheese, cottage cheese, sports bars, chocolate milk, certified whey protein powder, ie **BiPro** (USA Synchronized Swimming sponsor)



Fluid- Drink 24oz for every pound lost during training. Post workout beverage choice should be one which has more carbohydrate than sports drinks. Sources: juices, nectar, chocolate milk, smoothies. They provide more electrolytes including potassium as well as carbohydrate and vitamins which enhance recovery better than fluid replacement drinks which are more dilute and designed for use during exercise. If paired with a carbohydrate choice, sports drinks can work in a plan for recovery.

Electrolytes- if you crave salt you probably need it to replace losses. Salt loss can be easily replaced in a meal or snacks. Sprinkle a little on food or choose salty foods. Sources: soups, vegetable juices, salted pretzels, crackers, sports drinks, broth, pickles, baked potato/sweet potato chips.

- Helping with cell damage and inflammation are fruits, vegetables, whole grains, fish, nuts, olive oil, tart cherries and tart cherry juice.
- Championed as a recovery agent, chocolate milk provides fluid, electrolytes (sodium and potassium), carbohydrate and protein as whey protein. Athletes find it well tolerated, readily available, inexpensive and easily transportable.

[\(The complete Post-Workout Recovery article can be found in the Coaching Resources section of the website\)](#)



Easy as



Social Media Best Practices: It is as simple as 1-2-3 and ENGAGEMENT Matters

Plan content that uses all 3 Social Media Platforms: Facebook, Instagram & Twitter

Photos are more engaging on all 3 platforms, including Twitter.

Shorter posts (120-140 characters) garner more engagement.

In general content on Facebook and Twitter should be for your adult audience (for example parents and alumni) and Instagram should be for your athlete audience (for example Junior Olympic or Collegiate).

In your posts, “ask” to share (Facebook) or retweet (Twitter) or Like (Instagram) to increase engagement and the audience you will reach.

Do Follow USA Synchrono on all 3 platforms.

Tag USA Synchrono be adding @usasynchro to your social media posts. Use our #Hashtags.

Posts with Hashtags get 2x the engagement but caution on using too many. Keep them consistent, relevant and keep current on what is trending. (#WeAreUSASynchro is a hashtag that identifies that we are one team, #RoadToNationals is a hashtag for posts that share content on the journey to a national competition.

Tweets on Friday, Saturday and Sunday have a higher CTR (click through rate). Why does this matter? It means that your message is getting through the clutter of social media and a positive impact on our engagement (a good thing)!

By Nancy Rosengard,

Vice President Membership & Marketing



We are proud to announce that **SINCHRO by Paola Tirados** has become a sponsor for the USA Synchrono Rising Stars Program.

Take advantage of the SINCHRO app and the awesome SINCHRO products!

- Official FINA Rules and Regulations Book - Incorporates video illustrations filmed above and below water, in each of the positions and basic movements, FINA 2013 - 2017 Figures Group and "SINCHRO Tips". You will also find strokes, propulsion and transitions that are not in the FINA Book, but which are necessary for any figure, routine or choreography.

- Measurements - In the App you will also find a new tool to improve the quality of swimmers’ training sessions, both live and by choosing specific parts of the exercises. It allows you to review and quickly correct athletes by analyzing angles, distances and heightsthrough a series of guides that facilitate a quick visualization of minor failures and mistakes.

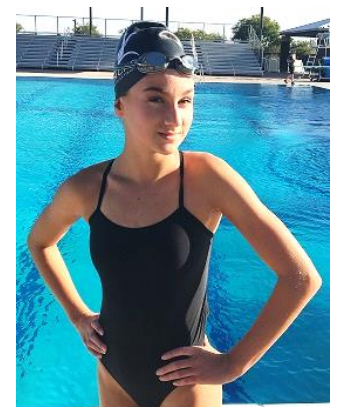
-Stay up to date with Events from all over the world.

-Constantly adding and updating, so keep checking back!

#SINCHRObyPT
#SINCHROapp



*Coach Paola Tirados and
Rising Star Madi Almond - CSG*



*Rising Star
Victoria Zimm – AZD
Sporting SINCHRO gear*

LAND TRAINING

By Fred Pasqualin,
 Director Technique chez
 LYON GYMNASTE



*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!*

(4 reps) 1 - 3 4 5 - 7 8 1 - 3 4 5 - 7 8
(Extended feet, legs & arms, legs together)

(8 reps) 1 - 3 and 4 5 - 7 and 8 1 - 4 5 - 8 1 - 4 5 - 8
(Extended feet, legs & arms, legs together – switch legs each set)

(8 reps) 1 2 3 - 4 5 6 - 8
(Extended feet, legs & arms, legs together)

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

The Greatest Breakthroughs Happen When You Want To Quit

Quitting Is Not An Option



By Ashley DePaulis, MPH
Sustainable Health
Practitioner

The feelings of **overwhelm, stress and fear** can be **very disruptive when we're facing them head on**. From time-to-time, these feelings have caused me paralysis. I share this because I know it's a common experience for all of us as we stretch beyond our comfort zone.

Growing up is hard, and I laugh to myself about this because growing doesn't end once you hit a certain age or height! I thought it did, and boy I was wrong. **Growth can be painful too**. Growth can come in the form of learning to develop a new skill, implementing healthy habits, or letting go of relationships that no longer serve us, and our goals. In order to maintain balance during these growth spurts, and not be consumed by the stressful feelings we often experience, it's important to take a step back. I know your first instinct is to work harder and push harder to figure it out. After all this approach is what we're taught consistently is the formula for success. But there is another way that we don't hear about very often. While **hard work is an important component leading to success, it's half the equation. There's another piece of the puzzle that I'm going to talk about**. It's the give and take. It's the space between with time to breathe – it's when you ease your foot off the gas pedal instead of pressing harder. Taking a step back allows us to look at ways to shift our focus, ask for help, and cultivate resilience when facing adversity.

In order to maintain balance during these growth spurts, and not be consumed by the stressful feelings we often experience, it's important to take a step back. I know your first instinct is to work harder and push harder to figure it out. After all, this approach is what we're taught consistently is the formula for success. But there is another way that we don't hear about very often. While **hard work is an important component leading to success, it's half the equation. There's another piece of the puzzle that I'm going to talk about**. It's the give and take. It's the space between with time to breathe – it's when you ease your foot off the gas pedal instead of pressing harder. Taking a step back allows us to look at ways to shift our focus, ask for help, and cultivate resilience when facing adversity.

Often times we get so caught up in all the things that are stopping us – time, money, other commitments, confusion, etc. In these circumstances, **I challenge you to ask yourself these questions:**

- *What can I let go of – attitudes, beliefs, behaviors, relationships – that no longer support my goals;*
- *What do I need to help me reach my goals; and*
- *What nurtures my soul and makes me a better teammate, daughter and friend.*

Overwhelm is bound to happen with school deadlines, team obligations, and balancing a social life on top of the day-to-day grind.

The truth is you have a choice. **Choice One is to be paralyzed and retreat because of overwhelm** (fear, self-doubt, lack of clarity and poor time management are often culprits) by shrinking our energy and staying “safe” **OR Choice Two** is to surrender, make necessary changes, and have faith. And always... **give yourself permission to slow down and ask for help**. You're not a time magician and growth doesn't happen alone or overnight.

A version of this article was written in 2014 and published by Parade Magazine. It's one of my favorites, and I'm providing an update specifically for the athletes, coaches, parents, and supporters of USA Synchronized Swimming. Yet, this is a message that applies to all of us. – Ashley DePaulis

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

WE DON'T GROW WHEN
THINGS ARE EASY; WE
GROW WHEN WE FACE
CHALLENGES.

SAFESPORT

Everyone has a role to play in creating a healthy environment for our sport and our athletes. SafeSport helps raise awareness about misconduct in sport, promote open dialogue, and provide training and resources. Providing a safe environment to protect the health and well-being of athletes is a high priority for USA Synchronized Swimming.

USA Synchronized Swimming has made a commitment for the following individuals to complete the SafeSport free, online training:

- USA Synchro staff
- USA Synchro board members
- Individual teams - all employed and contractor coaches
- Individual teams - all support staff
- NT Coaches (Head and assistants)
- NT Volunteers
- NT Consultants
- NT Chaperones
- NT Camp - Coaches (head and assistants)
- NT Camp - Volunteers
- NT Camp - Chaperones
- National Team Committee
- IR committee
- LTAD committee
- All judges - no matter what level (1 through FINA)

Optional but highly recommended:

All judges who are not a Professional members
Coaches 15-18 years old
All clubs BOD members

You can find instructions on how to take the course in the Coaching Resources (Certification Program) area of the USA Synchro website.

If you have any questions, please contact shari@usasynchro.org

When we work as a team, we can build a game plan to make sport safe for everyone.

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!
PLEASE MAKE SURE YOU ARE USING THE MOST RECENT VERSION.**

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

LATE FEES

Please Note:

There is a \$30 late fee for applying for sanctions less than 30 days out from a competitions, and \$60 late fee for sanctions less than 7 days out.

There is a \$5/athlete late fee for registering after the deadline.

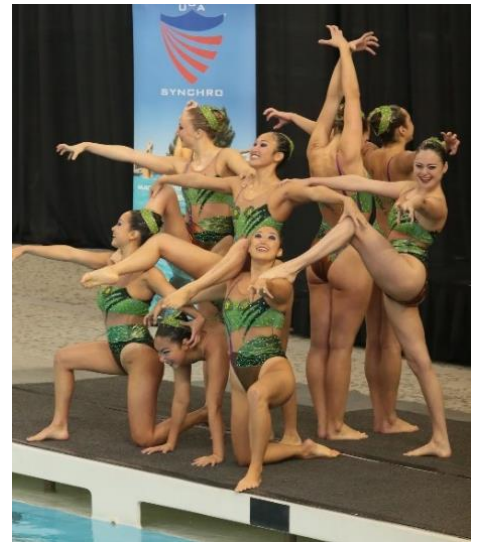
IMPORTANT FUTURE GRADE LEVEL REQUIREMENTS

There will be NO increase in Grade Level requirements for the year 2017-2018.

National Junior Olympics grade level requirements will always be only Levels 1 & 2.



Looking for ideas for your pre-school and try it synchro classes? Check out these mermaid fins available at SwimOutlet.com
How fun for girls and boys to attend an intro to synchro class and swim with the mermaids. Have your high school or master athletes share in the fun as the mermaids.



Stanford University, photo Migz Media Group

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!!!)

*****ALL COACHES MUST HAVE REQUIRED CERTIFICATES IN BY JUNE 20TH TO BE ON DECK AT NATIONAL JUNIOR OLYMPICS!!!**

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

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

Please send ALL First Aid and CPR certificates to shari@usasynchro.org

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_TGBRZaOzRcDaGEVwYNDIZkvuCl_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 March some of the articles/webinars featured were:

- Creativity and Innovation in Coaching
- Developing Good Teammates
- iCoachKids
- TED: How to Get Better at the Things You Care About



Ohio State University, photo Migz Media Group

2017 AGE GROUP NATIONAL TEAM TRIALS

Judges & Assessors Feedback on Figures, Land & Water & Skills

12 & Under Figures

Leg and foot extension pretty good, but pay more attention to it in the arch and split positions. Some athletes have very good height.

Oceanita – All athletes able to perform the surface arch bent knee position with good back and hip flexibility. Work is needed on the Back Layout Position and Dolphin start. Try not to push the body even further backwards on the lift to Vertical Position. Good Vertical Positions, but need to hold before the descent.

Barracuda – This figure needs more work, review how to do an unroll and thrust. Pay attention to the Back layout Position.

13-15 Figures

Tempo has improved. Some difficult parts are good but the basics need work – Front and Back Layout positions pike, spins and travel.

Ariana – Back Layout Positions need work. Many athletes do not know how to do a Dolphin start (please review the FINA Manual). Same comment for the last transition on Surface Arch to Back Layout Position. Split Positions have improved, but work is still needed to have 3 flat splits. Knee extension needs to be better on all 3 splits. Hip and back flexibility is much better.

Barracuda Spin 360 – The best figure of all of them. The Thrusts are good. Pay more attention to the Back Layout Position and lining up with the marker. Back Pike Positions were too deep.

12 & Under Land Skills

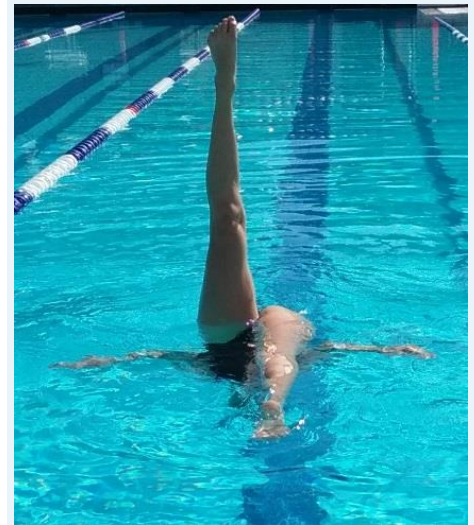
Front Planks – Focus on knee and leg extension to ensure they do not drop down during the test. Heels should be squeezed together through to ensure use of inner leg muscles. Too many rounded backs or shoulder “winging”. Focus on posture work strengthening the rhomboid muscles. Athletes need to be stable and not move even if they are shaking. Build isometric endurance especially the leg muscles which can transfer into the water.

13-15 Land Skills

Push-ups – Need to concentrate on core strength and performing the push-up correctly – quality rather than quantity. Make sure not to lock the elbows after each push-up.

Side Plank – Be careful not to drop the hips. Keep the shoulders in line on the side (not rolling forward). Keep the hips in line sideways (not rolling backwards).

(Complete feedback can be found in the Coaching Resources section of the website)



Water Synchro Skills

The judges saw a lot of imbalances in the Ballet Leg, Vertical and Fishtail Positions. Coaches need to watch from the end and pay attention to torso and arm alignment.

Support scull is not balanced on both sides.

Some athletes do not have a flat scull (parallel to the surface). The hands are being placed closer to their faces which makes them bouncy.

clear
your
mind
of
can't

The Best Advice I've Ever Heard a Swim Parent Give Their Kid

By Olivier Poirier-Leroy,
Regular contributing writer to
USA Swimming's "Splash Magazine."

Having been in and around the pool deck for almost my entire life I have seen all manner of swim parent.

You got the red-faced screamer. The parent who thinks he is the coach. The bubble-wrap optimist. The scoreboard whisperer. And everything else in between.

What do they all have in common?

They are trying to do right by their kid.

They are trying to give their young swimmer the best chance possible at making the most of their talent and ability, while also developing them into someone of character and who is resilient.

The Best 10, err, 11 Words a Parent Can Tell Their Athlete

I was strolling into the pool last week into practice when an SUV rolled up to the curb. The door swung open, and inside were the familiar frantic movements of a young athlete—running late—and his parent trying to gather the yard sale in the back seat into his swim bag.

"Are you late?" asked the parent, handful of swim towel in one hand.

"Nope, I should be able to get on deck in time," said the young swimmer, probably no older than 10. The swim bag was double checked—everything looks like it is there—and the swimmer leaned out.

"Be the hardest worker and the one having the most fun," came the parting words of the parent.

"Sounds good!" The truck door closed, and the swimmer scurried indoors, swim bag bouncing wildly off his back.

The parent's statement stopped me dead in my tracks, if not physically, than definitely mentally.

After all, this wonderful piece of advice was comprehensively powerful and gave exactly the right message: You can work hard, and have fun at the same time.

And really, isn't that all we want?

For our young swimmers to challenge themselves, to learn proactive strategies for improving and developing themselves, while also feeling the satisfaction and pride that comes along with it?

Recent research on elite athletes has shown a set of consistent traits among the highest performers. A proactive and positive approach to challenges. And parents who were not only supportive, but generally hands-off. This situation helped to foster a situation of accountability and ownership where the athlete looked inwards for motivation (the familiar intrinsic motivation).

The statement that the parent gave that day exemplified this perfectly.

