



BeInSynch

Education Newsletter

2ND QUARTER EDITION • 2019

Welcome to the 2019 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.

WORKING HARD & HAVING FUN



Pirouettes of Texas Synchro Team
at the 2019 US JR/13-15 National Championships

**What does it take to be a champion?
Desire Dedication Determination
Concentration...and The Will to Win!**

-Patty Berg

INSIDE THIS ISSUE

- SafeSport – **Updated Information & Background Checks**
- Why, When and How to Use a Foam Roller
- Nutrition for Aquatic Athletes – Synchronized Swimmers
- Eye of the Tiger
- Duet Tech Element: Fishtail
- 13-15 Figure: Seagull
- Judges Corner: Penalties
- Cultivating Community

UPCOMING EVENTS

5/24 – 5/26
2019 Synchro
America Open
Greensboro, NC

9/10 – 9/15
2019 USAS
Convention
St Louis, MO

6/28 – 7/6
2019 US Junior
Olympic
Championships
Buffalo, NY

9/27 – 9/29
Coaches College/
All-Star Camp
(Combined)
Olympic Training
Center Colorado
Springs, CO
(All-Star Camp by
invite only)

7/14 – 7/18
National Talent Camp
Olympic Training
Center
Colorado Springs, CO
(by invite only)

10/10 – 10/13
US Masters
Championships
Tupelo, MS

VERY IMPORTANT SAFESPORT MANDATE & COURSE INFO!!!

Starting **April 15th, 2019** the SafeSport course was combined into one 90 minute training. New users will be presented with the single course automatically. If you have already started the 3 module course you will not have access to the single course, you will continue with the 3 modules that you started. **Only Coaches need to send in the "SafeSport Trained" certificate to coachcerts@usasynchro.org.** All individuals completing the course will be listed on the Full SafeSport Report, which will be posted on the website under SafeSport Resources (this report also includes Background Check statuses).

IMPORTANT: If your expiration date was in 2018 or earlier (refer to the posted SafeSport completion or CCP lists), you will need to take the Full Course ASAP. After completing the Full Course, you will be required to complete the Refresher course every year going forward.

Please [click here](#) and use the access code below to complete the SafeSport course for USA Synchro

Access Code: 4CRM-NJDP-FGLI-HWGH

As mandated by The Center for SafeSport, ALL individuals listed on USA Synchro's required list, MUST complete the Full SafeSport course as soon as possible!



BACKGROUND CHECKS

USA Synchro is proud to announce a working partnership with the National Center for Safety Initiatives. We have taken important steps to ensure the highest level of safety within our programs for the youth participants and also for you, who make the programs a success. It is a top priority of USA Synchro that all athletes are afforded the opportunity to learn and compete in a safe environment. USA Synchro and the U.S. Synchronized Swimming Foundation are committed to providing a safe place for our athletes and we hope you are too.

According to USA Synchro's revised application of the United States Olympic Committees athlete safety policy, Background Screens are now a requirement to be a current member of USA Synchro in the following categories:
Instructor, Professional, Level 1 & 2 Official and Life Members.

One of these steps is the implementation of a standardized approach to background screening for our Coaches, Judges and Volunteers through the National Center for Safety Initiatives. This includes a comprehensive background screening using the Center's Check It Twice™ product and a simple "Red Light/Green Light" clearance report, issued in accordance with the Recommended Guidelines® published by the National Council of Youth Sports. This is part of a national movement toward the standardization of safety programs for youth-serving organizations in this country.

USA Synchro's background screen partner NCSI has made the process easier for everyone. [\(CLICK HERE\)](#) to complete registration.



TAKE A LISTEN



Podcasts worth your time:

“Crock-Pot vs Microwave Concept and Development of Today’s Student Athlete”, [click here](#)

Sports Coach Radio, [click here](#)

Great Reads



“Think Like a Warrior: The Five Inner Beliefs That Make You Unstoppable”, [click here](#)

How to Master New Skills with ‘Deliberate Practice’, [click here](#)

Videos to Enjoy



Ask a Ballerina - Theraband Exercises for Toe Points, [click here](#)

The Women’s Movement (Bauer), [click here](#)

Some creative inspiration: Zurcaroh, [click here](#)

“Why we choke under pressure – and how to avoid it” by Sian Leah Beilock, [click here](#)

2nd Place 12&U Age Group Team Routine (Russia), [click here](#)



PROFESSIONAL MEMBERSHIPS ARE REQUIRED FOR:

=>Coaches - required for deck access at Regional, Zone & National competitions. Note: Coaches who are only going to be on deck at Association level competitions may have an Instructor Membership.

=>Administrators

=>Officials/Judge Level 3 and above

=>Club Representatives

=>Association & Zone Officers

=>USA Synchro committee chairs, USA Synchro committee members and all members of the Board of Governors

=>Contractors and Consultants to USA Synchro

Professional category includes a complimentary Competitive Athlete category membership.

20 things all great athletes desire to do:

1. A desire to get better and improve everyday.
2. A desire to improve their mindset/self talk everyday.
3. A desire to do the extra work away from set practice time.
4. A desire to understand more and ask more.
5. A desire to prepare better than their opponents.
6. A desire to improve their nutritional habits.
7. A desire to improve their weaknesses.
8. A desire to get to practice before time, not on time.
9. A desire to get the right people around them.
10. A desire to master the basics and fundamentals.
11. A desire to improve their daily lifestyle habits.
12. A desire to spend more time in the gym getting stronger.
13. A desire to improve their sleeping and recovery habits.
14. A desire to embrace struggle and challenges head on.
15. A desire to outwork their opponents.
16. A desire to do the small things incredibly well.
17. A desire to bring the right attitude to practice everyday.
18. A desire to never be afraid to take risks.
19. A desire to communicate and listen better.
20. A desire to never quit and always keep fighting.



WHY, WHEN AND HOW TO USE A FOAM ROLLER

In recent years, foam rolling has gone mainstream. Once a self-massage technique used only by professional athletes, coaches, and therapists; foam rolling is now an everyday practice for people at all levels of fitness. There is a reason for the popularity of this self-massage technique: it's simple and it works!

With the (usually foam-based) cylindrical muscle rollers now widely available in a variety of design and firmness levels, there is never been a better time to start. Here is what you stand to gain if you haven't tried foam rolling, and how to do it better if you've already started.

What is Foam Rolling?

Foam rolling is also called myofascial release. But what is fascia? And why do you want to "release" it? Fascia is the thin tissue that connects our muscles. Think of it as your body's internal packaging—it helps muscle groups cooperate as integrated units. When it is healthy, fascia is flexible, supple and glides smoothly over your muscles. But binding in your fascia can form for a variety of reasons, such as muscle injury, inactivity, disease, inflammation, or trauma. Even just sitting at a desk all day can get your fascia "gummed up" and stiff.

How to Foam Roll?

It is better to be too soft than too hard. It might feel tender as you roll through the tissue but it should not be agonizing. To keep it simple and systematic, I like to divide the muscle that you are rolling into three segments – bottom, middle and top. Give each section a few passes up and down, move onto the next one, and then finish off by giving the entire length of your muscle a pass over.

With each pass through the muscle group, you can then work deeper into the tissue for more release. It is very possible to find several trigger points throughout your body. When you hit a spot that's especially painful or tight, pause here and try to relax. Give it time and the muscle should release – anywhere from 5 – 30 seconds. For more precise areas, try something like a lacrosse ball or tennis ball. As you get to know your body, and how it responds to foam rolling, you may go shorter or longer as needed.

The rest of this article, with more information & exercises, can be found at www.usasynchro.org in the Members Only area under Coaching Resources.

Why is foam rolling beneficial for athletes?

When you are doing a highly repetitive movement such as running, swimming, or biking, you're typically overusing some muscles and underusing others—especially if things aren't in perfect balance. The muscles that get overused tend to get tight, and a tight muscle doesn't function properly. When you foam roll, you can help improve symmetrical (ideal) muscle function by 'resetting' tight areas. By taking a few minutes around each workout (and each day if necessary), you can help prevent imbalances and overuse injuries.



By Lance Watson
Training Peaks

NUTRITION FOR AQUATIC ATHLETES SYNCHRONIZED SWIMMING

From the FINA Yakult
Nutrition Brochure

Synchronized Swimming is unique among aquatic sports, combining speed, power and endurance with precise synchronized movements and high-risk acrobatic maneuvers. Athletes spend a great amount of time upside down, underwater and undertaking exercise while breath-holding.

The nutritional demands of the synchronized swimming athlete are complex due to the intense training demands and aesthetic nature of the sport. Several special challenges are faced by synchronized swimmers.

- The nature of training favors lengthy sessions in a variety of exercise modalities with limited breaks. Such a structure makes it difficult to consume adequate energy and fluid during the session. Furthermore, the underwater and upside down maneuvers may cause discomfort following food/drink intake.

Synchronized swimming is an aesthetically judged sport – making appearance and body composition a prime focus for coaches and athletes. Individuals are required to achieve a uniform “ideal” shape to achieve competition success.

Training Issues

Synchronized swimmers should aim for a well-chosen diet that is adequate in energy, carbohydrate and protein to optimize training and performance.

Achieving an ideal physique and adequate energy availability

The overzealous restriction of energy intake to achieve weight loss goals can sacrifice bone health, performance, menstrual function and other health issues. The synchronized swimmer should achieve their physique goals according to a safe and well-organized plan.

Tactics include:

- Choosing a safe and healthy body composition goal, with adequate time to achieve this.
- Consulting a sports nutrition expert to help with meeting dietary requirements and managing body composition issues.
- Ensuring that physique changes are achieved while maintaining adequate energy availability (see section on energy availability).
- Considering the timing of meals and snacks to optimize energy availability over the day, and promoting optimal nutrient support training sessions.
- Seeking early intervention at the first sign of food related stress.

The rest of this article, with much more detail, can be found at www.usasynchro.org in the Members Only area under Coaching Resources.

Eating for comfort during training sessions

Since a large percentage of training is done upside down in the water, synchronized swimmers can experience gastrointestinal upset. To relieve symptoms, the athlete should experiment with various strategies within their everyday eating plans:

=>Avoid eating large volumes of food before training sessions.

=>Avoid excess intake of high fiber foods.

=>Avoid other gas-producing foods, such as cruciferous vegetables, peppers and onions.



EYE OF THE TIGER

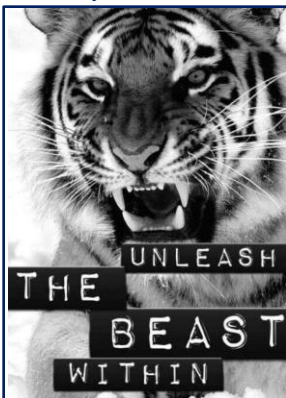
WHAT ATHLETES NEED TO KNOW ABOUT INTRINSIC MOTIVATION

Credit www.stack.com

What is motivation?

Motivation is what changes your behavior and drives your actions. A lack of motivation can leave you feeling drifting in life, while anything worth having requires motivation to get there. What or who motivates you? How does your motivation impact your approach? Do you find your motivation wavering from day to day? All of these questions are incredibly important for an athlete.

When you think of motivation, what are the first thoughts that come to your mind?



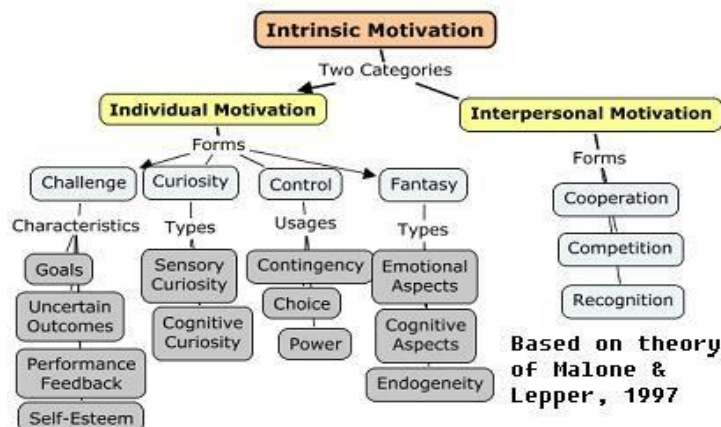
For me, I grew up wanting to earn a scholarship in a sport and eventually go pro. Not knowing any better, my "why" was simply because pro athletes made a lot of money. This is an example of extrinsic motivation. In sports, extrinsic motivation is when an athlete is motivated by rewards such as money, objects, attention and fame. Avoiding punishment is another type of extrinsic motivation. If an athlete is entirely extrinsically motivated, they wouldn't play their sport if these rewards did not exist. In sports, intrinsic motivation is when an athlete is motivated to be the best they can be simply because they want to see what they're truly capable of. These athletes truly love the game. While many athletes' motivation are a mix of extrinsic and intrinsic, and certain extrinsic motivations can increase intrinsic motivation, a significant amount of intrinsic motivation is present in the vast majority of high-achieving athletes.

Athletes like Tom Brady, LeBron James, Serena Williams and Adrian Peterson continue to compete ferociously long after they've already accumulated more fame, wealth and accolades than they could've ever imagined. Why? Because it's not about those things for them.

The Association for Applied Sport Psychology says athletes who are mainly intrinsically motivated generally see less changes in motivation over time, are less distracted, exhibit better focus, and experience less stress when mistakes are made compared to athletes who are mainly extrinsically motivated.

You can't tell me that getting up at 5 a.m. every morning to train, eat, work out or go to class are things that can be done without any motivation. There must be something deep within that drives those acts. Often, I ask the kids that come in our Athletic Gaines facilities, "What's Your Why?" The responses vary, but they often stem from being motivated by something or someone.

Your motivation impacts your approach and essentially keeps you working toward something over the long term if you stay motivated or forces you to eventually quit if you lose your motivation. Staying motivated is a constant challenge, but remembering your "why" behind your actions and setting goals (both short- and long-term) will keep you waking up at 5 a.m. for workouts, staying late after practice to run more sprints, or doing more reps than what's required in the weight room and practice. Everyone is motivated, but what you're motivated by has an impact on your work ethic and your ability to stay motivated over the long haul.



The rest of this article, with more detail, can be found at www.usasynchro.org in the Members Only area under Coaching Resources.

DUET TECHNICAL ELEMENT: FISHTAIL

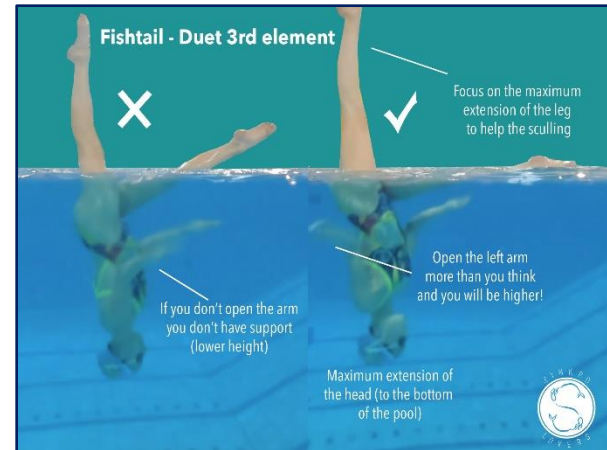
By Andrea Fuentes
Sr NT Head Coach
www.synkrolovers.com

The key to doing the **Fishtail Element** is to overly cross the right arm over the left (if you spin to your left side) and open as much as you can the left arm every time you scull. In fact, this is the same trick that you have to do in a twirl. You not only have to cross the scull a little, you have to make the widest range possible. Once we have reached the vertical, if we have not opened the left arm as much as we can we will lack support and almost always finish falling towards the left side.

Then the spins will also be going out of the vertical line: towards the same left side. This will cause a low score in execution and moreover, slower spins (being out of your center creates drag against the water). The problem of being slower in the spins is that if the music asks for a fast speed, you won't get there on time and surely, you won't have good synchronizations with your duet partner. All bad!

Summary: one simple problem of the scull could lead to being unbalanced (both physically and moral) and unsynchronized. Apart from poor execution and a good scolding from the coach!

Solution: anticipate (especially when you are most tired) and exaggerate the opening of the left arm every time you open the scull!



13-15 FIGURE: SEAGULL

Seagull figure, a combination of balance, explosiveness and strength.

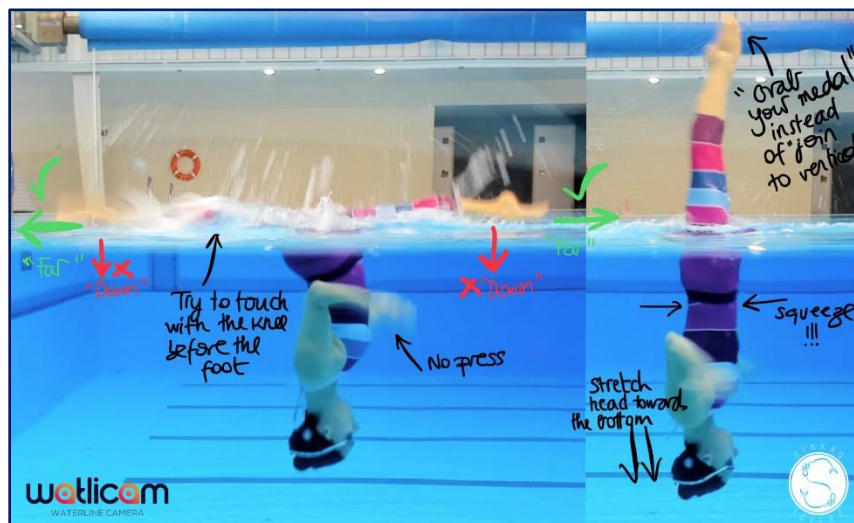
Tips:

1 – When opening to split position, do not bend the back leg, think that the leg ends through the knee. Do not try to reach the water with your foot. The only thing that has to touch the water is the back part of the knee.

2 – Instead of lowering the legs down to open split, you go far with the toes to touch both walls of the pool, so the split is much cleaner (not white water) and sharp.

3 – When joining to vertical, think that there is something on the ceiling that you want to grab with your feet. Do not try to join legs, because they will bounce and the body becomes more unstable. It is better to “catch something from above!”

4 – As always, with extension and squeezed body, everything is much easier!



THE JUDGES CORNER

Judging Clarifications for Figures & Routines

Routines

Alternates/Reserves

If you have 3 swimmers doing a duet in the 18-19 Age Group, 2 are 16-17 & 1 is 18-19. The constant is the 18-19 and therefore, qualified as & must swim in the 18-19 category.

Spins in Elements

Zeroes will be awarded for (by the ankles):

- * 45 +/- for 180 spins
- * 90 +/- for 360 spins
- * 180 +/- for continuous spins
- * Continuous spin does not continue underwater

Different Arms/Legs Performed

If swimmers perform any element with different arms or legs they will be given a zero.

Review Videos

Only Official Videos may be used to review for penalties. The review is done by the Referee, and their decision is final.

Figures

Spins in Figures

Zeroes will be awarded for:

- * 45 +/- for 180 spins
- * 90 +/- for 360 spins
- * 180 +/- for continuous spins
- * Continuous spin does not continue underwater

Review Videos

If there is no official video, the Referee will make the final decision as to if a zero will be given.



Judges: Jeanne Struck, Cheryl Russell & Gail Emery at the 2019 US JR/13-15 National Championships

BE SUCCESSFUL

- S – See your goal
- U – Understand the obstacles
- C – Create a positive mental picture
- C – Clear your mind of self-doubt
- E – Embrace all challenges
- S – Sacrifice free time
- S – Show the world you can do it
- F – Feed your focus
- U – Utilize all opportunities
- L – Learn from all failures

SYNCHRO PROBLEMS!

- A new kind of swim cap?
- New type of breath control exercise?
- Looking for their noseclips?



Cultivating Community

Successful teams are more than the talent and hard work shown in the water. They draw strength from the community that encourages and supports them – the community of family, mentors, role models, coaches and other swimmers. We all see the spectacular throws but the success of those elements depends on the cooperative support from below.

The same holds true for the team as a whole. Our swimmers learn so much from the way we build and run our associations. Lest we forget, we are developing minds as well as bodies. Good teams may learn the sport, but great teams instill integrity.

As coaches, parents, and officials we must cultivate community. We must demonstrate that the whole is greater than the sum of the parts. It is our responsibility to:

- Set examples of discipline and commitment
- Build cooperative relationships among families
- Provide mentoring and guidance
- Demonstrate the strength of camaraderie

Remember, a lift is only as strong as its base!



THE 2018-2019 GRADE LEVELS 1-5 MANUAL & SCORESHEETS ARE AVAILABLE ONLINE

The Latest edition of the Manual as well as Assessor and Scoresheets, dated **11-15-18, v6.4** can be found in the Members Only Section of the website.

PATCHES FOR GRADES

Patches are available for Levels 1-3.

Only \$4.00 each!

To order, go to www.usasynchro.org
Events Registration / Merchandise



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.

NEW: The late fee will now be 2 times the regular registration fee for registering after the deadline. So, if the original fee is \$15.00, it will cost \$30 with the late fee!

IMPORTANT!! **GRADE REQUIREMENTS** **FOR 2018-2019 SEASON**

US Nationals Jr/Sr – Grade Levels 1-5
US Nationals 13-15 - Grade Levels 1-4
National JO's – Grade Levels 1 & 2

FOR 2019-2020 SEASON

US Nationals Jr/Sr – Grade Levels 1-5
US Nationals 13-15 - Grade Levels 1-5
National JO's – Grade Levels 1 & 2

SAFESPORT – IMPORTANT INFORMATION

*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. **PLEASE note the new timeline for completing the Full and Refresher Courses!***

PLEASE NOTE: It is now **MANDATORY** for the following individuals to complete the course.

USA Synchro

(Staff, Board Members, Support Staff, and Consultants)

National Team

(Head Coaches and Assistants, Consultants, Volunteers & Chaperones)

National Talent, Olympic Development Camps & National Elite Camp

(Head Coaches and Assistants, Consultants, Volunteers & Chaperones)

National Team Athletes

All National Team Athletes currently listed in the USADA Registered Testing Pool

All members of all USSS Committees, Subcommittees and Boards

(18 years old and over)

Club Teams

(All Employed & Contractor Coaches, Volunteers & Chaperones)

(All Support Staff; includes Dance, Acrobatics, Flexibility,

Swimming, etc., at any Training Facility)

Approved Club Options/Private Invitations/ICE Program Participants

(All Staff - including Coaches, Managers and Adults traveling with the team)

All Judges

(Levels 1 through FINA A & Emeritus)

Optional but highly recommended

Club Teams - BOD members

Coaches – 15-17 years old

USA Synchro has added an area on the website solely dedicated to SafeSport. Under Resources, you will find information on how to take the course, the complete list of individuals who have taken the course, information on the US Center for SafeSport, and USA Synchro's Abuse and Harassment Policy.

SafeSport for Parents is not an accepted certification, nor is any other outside program.

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