



BeInSynch

Education Newsletter

JULY EDITION • 2018

Welcome to the 2018 3rd 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.

RAISE YOUR HANDS IF YOU ARE READY FOR THE NEW SEASON TO START!



Sky high – AZD 13-15 Team
Hands up – USA Jr National Team
Jumping for Joy – MAC Synchro Duets



© Liz Corman 2018



Photo cred: Michele Kraus

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- Getting Better at Getting Better
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- Splits Warm-up
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UPCOMING EVENTS

7/25 – 7/29

UANA Pan American Masters Championships
Orlando, FL

8/06 – 8/11

UANA Pan American Age Group Championships
Riverside, CA

8/12

2018-2020 Senior Natl Training Squad Challenge
Riverside, CA

8/24 – 8/26

Coaches College
Novice/Interm & AG/Jr/Sr Tracks
Spire Institute – Geneva, OH

9/23 – 9/30

2018 USAS Convention

10/18 – 10/21

2018 US Masters Championships
San Ramon, CA



VERY IMPORTANT SAFESPORT MANDATE & COURSE INFO!!!

Starting January 1st, 2018 the SafeSport course has been reorganized into 3 - 30 minute courses. Note: ALL 3 courses must be completed! You will receive a certificate after completing each section – please do not send all of the certificates in. **Only Coaches need to send in the “SafeSport Trained” certificate to shari@usasynchro.org.** Everyone else will be listed on the Full Report, which will be posted on the website under SafeSport Resources. Below is a link that will take you directly to the course for USA Synchro.

If your expiration date is in 2018, you will need to take the Full Course in 2018 and the Refresher Course in 2019. Anyone who previously had an expiration date of 2019, 2020 or 2021 will need to take the Refresher course in 2018 and the Full Course in 2019. Anyone with an expiration date of 2020 will need to take the Refresher Course in 2019. You can find your specific expiration dates on the Coach Certification lists. The Refresher Course will be released in the Fall, 2018.

Note: Spanish and French translations of the online course are now available.

Please use this link and access code to complete the course.

Link to SafeSport course for USA Synchro

<https://safesport.org/authentication/register?token=ef4afb93-c79a-426f-92cb-0c5ce3e0a2f6>

Access Code

4CRM-NJDP-FGLI-HWGH

As mandated by the USOC, ALL individuals listed MUST complete the SafeSport course as soon as possible!

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

Videos to Enjoy

“Success Always Lies Just Beyond the *Splat*”

<https://www.competitivedge.com/success-always-lies-just-beyond-splat>

The Project Play Parent Checklist videos can be found [here](#).

“Diving Into the Unknown” by CBS Evening News 4/13/18

<https://www.cbsnews.com/amp/news/diving-into-the-unknown-student-athlete-proves-the-merits-of-hard-work/?twitterimpression=true>

Growth Mindset Intro: What it is, How it Works and Why it Matters:

<https://www.youtube.com/watch?v=75GFzikhRY0>

Great Reads

“Don’t Let Your Athletes Skip the Struggle”

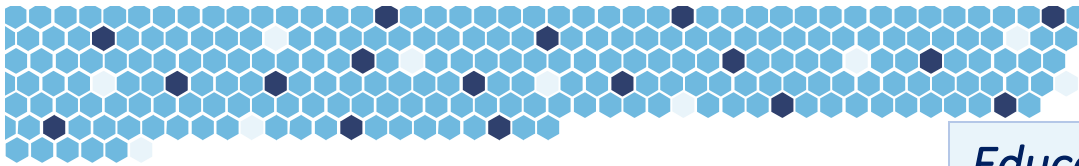
<https://blogs.usafootball.com/blog/2793/don-and-039-t-let-your-athlete-skip-the-struggle>

“Parenting and Coaching the Perfectionist Athlete”

<http://changingthegameproject.com/parenting-coaching-perfectionist-athlete/>

“Character Strengths and Excellence in Sport”

<http://positivepsychologynews.com/news/john-yearger/20070610280>



CORE AND UPPER BACK STRENGTHENING



Core Training and why to do it!

1. Strong core muscles improve performance.
2. A strong core reduces the risk of injury.
3. Better posture.
4. It improves your ability to do everyday activities.
5. A strong core is the key to flat abs.



Shoulder/Back Strengthening & Flexibility and why to do it!

1. Pick exercises that strengthen the upper back with the arms in the overhead, middle and lower positions to get all of the areas of the deltoids and upper back muscles.
2. Push-ups and planks are 2 of the most effective exercises to strengthen the shoulders.
3. Strong shoulders make for better vertical height.
4. Check out "20 Great Exercises to Work Your Shoulders", by Paige Waehner at www.verywellfit.com

Education on the horizon...

UPDATED Level 1 CCP

The **New Level 1 CCP** Course is available online for a cost of \$105 – the course includes a free Coaching Tips Manual!

Grade Manuals – **New!**

The new Grades Level 1-5 Manual and Pre-Grades Manual, have been posted on the website in the Members Only area.

Coaches College – **New!**

This year there will be 2 levels of Coaches College run at the same time. Novice/Intermediate & Age Group/Junior/Senior. Check out the information on the website under Coaches Resources for more details.

12&U Age Group Figures

13-15 Age Group Figures

Tips for training can be found in the Members Only area of the website under National Team Trials.

Judges – Review Sheets

Posted under Judges Resources on the website.

Judges Level 3F & 3 Training –

New!

Training tools are complete.

Please contact your Zone Officials Chair for local training. Training will also be held at the 2018 Convention.

Judges Update Training

All Judges who were not able to attend an Update Training are required to complete the online test. Please register online under Events Registration to receive your test.



GETTING BETTER AT GETTING BETTER

By Vern Gambetta,
Founder – The
GAIN Network

As coaches, we are change agents. Therefore, we must lead change, not follow or react to change. We must learn how to learn better to get better at getting better. We must get better every day. That is the supreme challenge we face today as coaches.

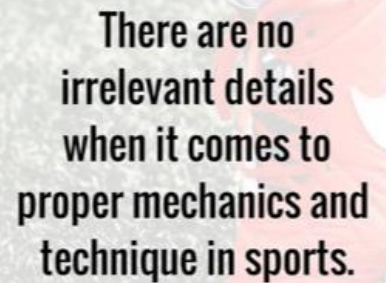
We must recognize that coaching is a creative process. What differentiates the good from the great coach is the ability to see the same athlete, the same skill, the same movement and see what others cannot or have not seen yet. Coaching is constant iteration, prototyping, tinkering to get it right for the athlete. The coaching process is not a reductionist, paint-by-the-numbers algorithm. A creative coaching process recognizes that the body is smart.

Never stop learning and challenging yourself to get better. Stay ahead of the curve and be proactive. Do not copy and follow, but rather, innovate and lead. Get out of your comfort zone.

Regardless of how many years you have been coaching, always approach what you do with a beginner's mind ("Shoshin" in Japanese). Never lose this perspective, because it is full of possibilities. It helps to see with a child's eyes. It is seeing what is actually there, as opposed to seeing what we think is there. Erase confirmation bias. Expect nothing, and you will be surprised with what you see.

Getting better, step by step –some practical pointers:

- ✚ Have a clearly defined vision and mission statement.
- ✚ Practice daily self-reflection, and make it a habit.
- ✚ Read everything you can, learn from anyone you can.
- ✚ Do it yourself – try it and feel it.
- ✚ Find a mentor both in & out of coaching.
- ✚ Go outside your sport and outside of sport – go far afield.
- ✚ Know what you know & know what you don't know.
- ✚ Learn the basics.
- ✚ Understand the basics.
- ✚ Master the basics.
- ✚ Teach the basics.
- ✚ Execute the basics flawlessly.
- ✚ Never stray far from the basics.



**There are no
irrelevant details
when it comes to
proper mechanics and
technique in sports.**

If you want your practices to be REALLY beneficial, then you have to pay attention to the important details as you go through them. You can't just have a "the lights are on but no one's home" mentality.

Far too many athletes don't work enough on building a foundation of solid mechanics/technique when they train. They ignore these little, important details, and as a result, inadvertently end up setting themselves up for failure.

In order for you to be able to play without thinking, you have to be able to trust your muscle memory. In order to do this, you have to first pay your "physical dues". Simply put, before your unconscious mind and muscle memory can effectively take over from your conscious mind you have to practice, practice and then practice some more.

The secret here is very simple. You can't learn to "play out of your mind" without first putting in all the necessary hard work in your body. Far too many athletes cut corners in their physical training and are reluctant to put in the extra, uncomfortable training that's the foundation for being able to play without thinking.

Unless you are willing to work hard and continually push yourself outside of your comfort zone in practice, then you can't realistically expect that you'll play mindlessly in competition. Work your butt off and you will learn how to trust yourself enough to "use both feet without thinking."

**Dr Alan Goldberg – Peak Performance for Athletes, Coaches & Parents.*

**More of this article can be found on the USA Synchro website in
the Members Only area under Coaching Resources.SA**

A TASTE OF GRADE LEVEL 5

The Grade Level 1-5 Manual is now complete and posted in the Members Only section of the website.

In the Manual you will find that anything highlighted in blue are clarifications or modifications. There have been major changes made to Level 4, so please review that level carefully. You will find a document on the website that outlines all changes.

One major change to Level 4 is a combination of Speed Training Conditioning. You will see that we are trying to task the system as well as stressing the need to keep good form. Figures have been modified to align with the new 13-15 age group figures.

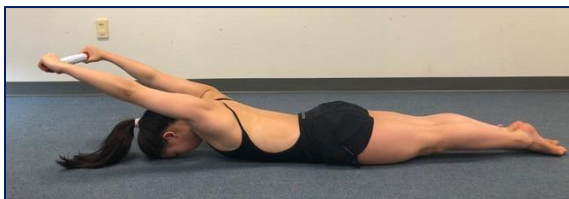
Standing Split (Needle) with Hands on a Table

Assessors will be looking for the following:
Extended legs, horizontal alignment of hips and legs, body perpendicular to the legs and lack of movement. A possible bonus can be awarded.
**Please note back is arched too much in this picture.*



Shoulder Hyperextension

This test is performed a total of 3 times. Assessors will be looking for the following:
Arm extension, distance from the ground, and time held.



Right and Left Leg Split Hold on Back

This test is performed on both legs. Assessors will be looking for the following:
Leg extension, roll-out of feet and knees, width of splits and time held.



(The complete Levels 1-5 Grades Manual can be found in the Long Term Athlete Development area of the Members Only website).

Pre-Grades Manual

A Pre-Grades manual has been developed to assist in preparation for the Grades testing. You can find this manual in the Members Only area of the website. The testing is not sanctioned or registered with USA Synchro. This is something to use as feedback within your own club.

This manual will highlight the basics required to be successful in grade testing, and as a building block for athletes just starting in the program.

Leg Flexibility

Assessors will be looking for the following:
Extended legs, head Alignment, ability to put hands on the ground.



Routine: Bat Hang

Assessors will be looking for the following:
Body alignment and extension.



Superman Hold

Assessors will be looking for the following:
Arm extension, leg extension, head alignment and time held.



22 FUN PLAYGROUND EXERCISES

Playground workout routines are awesome because you can train every muscle in your body with ease, and best of all, it's totally free!

<h3>PRONE PLANK</h3>  <p>Place elbows in swing seat. Keep elbows under shoulders. Stay in neutral alignment by engaging core and glutes. Hips should not lift or dip. Hold for 30-60 seconds.</p>	<h3>SIDE PLANK</h3>  <p>Place elbow in swing seat. Keep elbow and shoulder in vertical alignment. Stay in neutral alignment by engaging core and glutes. Hips should not lift or dip. Hold for 30-60 seconds. Repeat on the opposite side. Challenge: Perform side leg lifts.</p>	<h3>ABDOMINAL TUCK</h3>  <p>In a push-up position, tuck in pelvis and bend your knees towards chest. Slowly straighten to starting position.</p>	<h3>ABDOMINAL ROLL-OUT</h3>  <p>Grip swing and push it outwards until body is 45 degrees from the ground. Engage core and pull back into standing.</p>
<h3>PISTOL SQUAT</h3>  <p>Raise one leg and lower body while bending opposite knee. Drop to chair height, then return to standing. Repeat on both legs.</p>	<h3>HAMSTRING CURL</h3>  <p>Lie on back, placing feet in the swing seat. Place arms by your sides for stability. Engage core and raise the hips. Contract hamstrings to pull heels towards glutes. Slowly extend legs.</p>	<h3>SWING ROW</h3>  <p>Stand with feet shoulder width apart. Lean back to 45-degree angle. Engage core and glutes for neutral alignment. Squeeze shoulders and pull to bring chest to swing. Challenge: Perform with one arm.</p>	<h3>SWING CRISS-CROSS</h3>  <p>Hold chains and lean back 45 degrees. Point toes. Cross legs over each other and alternate quickly. Contract core to keep swing as still as possible.</p>
<h3>SKATER SQUAT</h3>  <p>Stand on one leg and place opposite in swing seat. Lean forward at waist to make a "T". Place hands behind back. Bend knee and lower body until chest contacts thigh. Squeeze glutes to return to start position. Repeat on both legs.</p>	<h3>BULGARIAN SQUAT</h3>  <p>Place foot in swing seat. Maintain vertical alignment. Bend opposite knee into a lunge. Contract quad and glute to return to standing position. Repeat on both legs.</p>	<h3>PLANK-PIKE PUSH-UP</h3>  <p>From a plank position, lift hips upwards into a "V" position. Lower back to a plank.</p>	<h3>PARK BENCH PUSH-UP</h3>  <p>Hold bench with hands slightly wider than shoulders. Walk backwards – the farther back, the more challenging. Tuck elbows into sides and lower torso to the bench. Challenge: Alternate leg lifts in lowered position.</p>
<h3>STEP-UP BALANCE</h3>  <p>Place foot in swing seat. Contract quads and glutes to stand. Bring free leg in front to 90 degree angle and balance before lowering to the ground.</p>	<h3>SWING PUSH-UP</h3>  <p>Place both feet in swing seat and perform push-ups. Keep abdominals and glutes engaged to minimize swing movement.</p>	<h3>TRICEPS DIP</h3>  <p>Sit on edge of bench and grip the edge. Lift butt and walk out a few steps. Bend at elbows and lower body until triceps are parallel with bench.</p>	<h3>BENCH JUMP</h3>  <p>Jump onto bench and land with knees softly bend. Step off one foot at a time for safety.</p>
<h3>ABDOMINAL TUCK</h3>  <p>In a push-up position, tuck in pelvis and bend your knees towards chest. Slowly straighten to starting position.</p>	<h3>ABDOMINAL ROLL-OUT</h3>  <p>Grip swing and push it outwards until body is 45 degrees from the ground. Engage core and pull back into standing.</p>	<h3>SLIDE CRUNCHES</h3>  <p>Only perform this exercise if you can get a secure grip on a dry slide. A spotter may be necessary. Perform light crunches while inverted on the slide.</p>	<h3>BRIDGE SWING</h3>  <p>Grasp low rails with hands slightly ahead of you. Lift legs to hip height or higher. Hold and lower down.</p>
<h3>MONKEY BAR CLIMB</h3>  <p>Work towards doing multiple rounds and moving backwards without dropping off the bar.</p>	<h3>MONKEY BAR PULL-UP</h3>  <p>Use bar at least a foot shorter than you. Extend legs until chest is under bar. Extend arms then pull chest to bar, bringing elbows beside ribs.</p>	<h3>MONKEY BAR CLIMB</h3>  <p>Work towards doing multiple rounds and moving backwards without dropping off the bar.</p>	<h3>MONKEY BAR PULL-UP</h3>  <p>Use bar at least a foot shorter than you. Extend legs until chest is under bar. Extend arms then pull chest to bar, bringing elbows beside ribs.</p>

Now – Go Have Some Fun!!

FIXED vs GROWTH MINDSET

By Gregg Swanson

www.warriormindcoach.com

THE FIXED MINDSET

These individuals believe that their intelligence and skills are already determined and can't be changed. They think that:

- ❖ Challenges should be avoided.
- ❖ People are born with skills.
- ❖ Perseverance doesn't help.
- ❖ Challenges may show off a lack of skill.
- ❖ If individuals have to work hard, it's because they aren't good enough.
- ❖ Effort isn't really needed.
- ❖ If failure occurs, it's the fault of someone else.
- ❖ Feedback is something to take personally.

THE GROWTH MINDSET

These individuals believe that they can improve and develop their intelligence and skills. They believe that:

- ❖ They can improve upon their skills
- ❖ Skills are a result of hard work.
- ❖ Challenges offer a chance to test themselves.
- ❖ Mastery comes from effort.
- ❖ They should embrace challenges.
- ❖ They can learn from feedback.
- ❖ Setbacks offer opportunities to learn.
- ❖ Setbacks can be a wake-up call.
- ❖ Feedback can be used to help find areas that can be improved upon.
- ❖ Effort is an essential trait.



Mental strength coaches are in a unique position that allows them to help mold an athlete's mind, no matter their age. With this opportunity, it's essential for coaches to work with each athlete so they develop the growth mindset. This often comes down to the coach's values and how the coach praises athletes.

Some of the best athletes make the most mistakes. However, they aren't afraid to make a mistake. They realize that mistakes allow them to learn something that helps them achieve a higher level in the game. While this is a result of their own mindset, it also comes from the type of praise that comes from the coaches.

It's common to see parents, trainers, and coaches that believe that winning is the only thing that matters. Unfortunately, this sets up athletes to have a fixed mindset. Athletes begin to play to avoid mistakes instead of expressing their personality by trying things that may not be in their comfort zone. Taking a chance and making a mistake teaches athletes what doesn't and does work, helping them to increase their skill faster than athletes that simply work to avoid mistakes.

Athletes with a growth mindset grow, achieve, and learn far more than individuals that have a fixed mindset. Parents, trainers, and coaches need to praise the effort of their athletes instead of only praising the end result of the athlete's actions. This helps an athlete develop the growth mindset. By developing this way of thinking, it helps them succeed in their sport and in the rest of their life.

More of this article can be found on the USA Synchro website in the Members Only area under Coaching Resources.

Grade Levels 1-5!

Grade Level 5 has been completed and is posted on the website in the Members Only area under Long Term Athlete Development. **An update has been completed since first posting, you should use the Manual dated 7-1-18 v6.1.**

Grade Levels 1-5 will be required for Junior and Senior athletes attending 2019 US Junior and US Senior Nationals. 2019 US 13-15 Age Group Nationals will still have a requirement of Level 1-4. (JO's will still have a requirement of Levels 1 & 2.)

There have been some revisions made to Grade Level 4, so be sure to check for those. A document that lists all of the changes has also been posted. These changes will take effect August 1st, 2018. Scoresheets will be available in August.

Two seminars will be held at National JO's for interested Coaches & Assessors, and one at Convention during the LTAD Committee meeting. Training videos will be posted.

Pre-Grades Manual

In order to help coaches train their athletes to begin testing, a Pre-Grades Manual has been developed.

We are hoping that coaches will take the time to integrate these skills into their daily practices right away with their younger athletes. Assessing the skills is also highly recommended in order to give feedback to the athletes as they develop their skills. Scoresheets will be available in August.

You can find the Manual in the Members Only area of the website.



THE 2018-2019 GRADE LEVELS 1-5 MANUAL IS AVAILABLE ONLINE

The Latest edition of the Manual, dated **7-1-18, v6.1** can be found in the Members Only Section of the website.

UPDATED SCORESHEETS WILL BE POSTED BY AUGUST 1ST. UNTIL THEN, THE CURRENT VERSION OF THE GRADES MANUAL SHOULD BE USED.

PATCHES FOR GRADES

Patches are available for Levels 1, 2 & 3.

Only \$4.00 each!

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.

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

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

2018:

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

2019:

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



The challenges of running a meet also includes checking to see if the underwater speakers are working. Compliments to Beth Moore at the Sunshine State Games (FL) for going above & beyond!

NEW & IMPROVED CCP LEVEL 1

Starting January 1st, 2018 a new CCP Level 1 was launched. We hope you will find the course much more informative and helpful as your coaching career begins. The cost of the course is \$105.00 and includes a Coaching Tips Manual (and shipping) which will be sent.

COACHING TIPS MANUAL

This Manual, in color & full of pictures, covers areas such as Drills, Teaching Methods, Common Mistakes, the Causes and How to Correct them.

All of the skills covered relate to the Grade Level Skills, and are perfect for all levels of coaches and athletes. Cost is \$35/manual. Shipping and handling, not included.

COACH CERTIFICATION PROGRAM (CCP)

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.

SafeSport is required for ALL coaches to be on deck at any time.

Please see the list of Mandatory requirements in this newsletter and on the website under SafeSport Resources.

Please do not forget that First Aid, CPR and SafeSport must be current to be fully certified. Send ALL First Aid, CPR and SafeSport (Titled "SafeSport Trained) certificates to shari@usasynchro.org

Splits Warm-up

#1 - Warm up before stretching! It is important that your muscles are warmed-up or injuries can occur. Jogging or doing some sort of aerobic exercise for 10 minutes is the minimum.

#2 - Stretch Correctly. To avoid injury, and achieve your goals, it is necessary for you to do stretches the correct way. Do not cheat and pay attention to details like hip alignment, extension of legs, etc.

#3 - Breathe. This will increase the blood flow throughout the body and helps to remove lactic acid and other by-products of exercise. Inhale through the nose, hold the breath for a second, and then exhale through the mouth.

#4 - Consistency. Stretches must be done regularly to see improvement. Stretching of some type should occur every day!

Idea: Consider doing warming up exercises after taking a shower or bath because this makes your legs warmer and your muscles more flexible.



7 REASONS YOU SHOULD START DOING YOGA IMMEDIATELY

By Chris Haigh

Yoga is an ancient practice with origins stretching back thousands of years in India. It is designed to help achieve a more positive outlook on life and a focused, permanent sense of serenity and peace. The word 'yoga' itself means 'union' and 'union with the divine'; however, many people have stripped away the spirituality and focus of yoga so that most think of it as a group of intensely athletic people putting their legs behind their heads and curling up into jaw-dropping positions.

While that certainly happens—I've actually done the leg behind the head thing a few times, but only after years of careful stretches and practice—yoga has so much more to offer than flexibility and the idea of garnering a strong body. People of all shapes, sizes, ages and abilities can do yoga and adapt it to suit their individual tastes and needs.

If you think yoga might not be for you, I urge you to reconsider. Here are seven of my top reasons why you should start doing yoga as soon as you



1. It's a great workout.

First of all and most obviously, yoga is a fantastic workout for your body. You can adapt the practices to your own speed and level of comfort. No matter which yoga exercises you choose, the practices will always be part of a great workout routine. There are some fantastic series of movements out there that are perfect for every kind of day and for every kind of person, meaning there's no reason not to start doing some yoga as soon as you can.

2. It gets you in touch with your body.

Yoga stretches and exercises are designed around the idea of moving your body to increase its strength and durability. Therefore, doing yoga on a regular basis will really get you to be much more in tune with your body and know when something is really working and when it isn't.

Of course, this isn't always a good thing, as it can be discouraging when certain exercises aren't working for your body the way they were the day before; however, it does have its benefits, and it makes improvements in your physical state that are much more pronounced and noticeable.

3. It can help your breathing technique.

A big part of yoga is the breathing exercises—or the pranayama—which are incorporated into positions and then on their own. The exercises encourage a more focused and centered way of breathing, and while they might not be something you'll do consciously every day, they're absolutely sure to provide methods of effective stress-management and generally make you feel much better.

Plus, as someone with asthma, it really helps to open your lungs and explore what it means to breath consciously. Trust me: do those pranayamas for a few weeks, and you'll feel the benefits.

4. It can improve your sleep.

5. It will improve your posture.

6. It can develop your physical and mental strength.

7. Meditation can change your life for the better.

More of this article (including some exercises), can be found on the USA Synchro website in the Members Only area under Coaching Resources.

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

USA Synchro

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

National Team

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

National Talent/National Elite Camps/Olympic Development Camps

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

National Team, International Relations & LTAD Committees

(All 18 years old and over)

Club Teams

(All Volunteer, Employed & Contractor Coaches and Chaperones)

Club Teams

(All Support Staff; includes Dance, Acrobatics, Flexibility, Swimming, etc.,
at any Training Facility)

All Judges

(Levels 1 through FINA A)

Approved Club Options/Private Invitations/ICE Program Participants

All Staff - including coaches, managers and adults traveling with the team)

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