



BeInSynch

Education Newsletter

3RD QUARTER EDITION • 2019

Welcome to the 2019 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.

CONGRATS TO ALL JUNIOR OLYMPIC PARTICIPANTS!



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- How to Use Coaching Cues Most Effectively
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- The Six P's for Success
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UPCOMING EVENTS

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

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

10/17 -10/20
Coaches College/
All-Star Camp
(Combined)
Olympic Training Center
Colorado Springs, CO
(All-Star Camp by invite only)

★ Winning is only half of it
★ Having fun is the other half!
-Bum Phillips

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!



MAAPP (Minor Athlete Abuse Prevention Policy)

Over the last two years the landscape of our sport has changed. As we are all aware it required extreme heartbreak and sadness before we decided to make a stand against abuse. I often say that I wish it would not have taken a tragedy to bring on this action, but it has. It is our responsibility to make sure that the right actions are taken, and athlete safety is always our priority.

In partnership with the Center for SafeSport those actions take place daily at USA Synchro and today we will implement the next phase of the program. Minor Athlete Abuse Prevention Policy (MAAPP). This policy further defines who is responsible for athlete safety in our sport.

Policy Changes

First, the Center requires every NGB to implement a Minor Athlete Abuse Prevention Policy (MAAPP) by June 23, 2019. This Policy addresses risk areas that present opportunities for abuse to occur.

The Policy covers six (6) areas:

- ≈ [One-on-One Interaction Guidelines](#)
- ≈ [Local Travel Guidelines](#)
- ≈ [Team Travel Guidelines](#)
- ≈ [Social Media & Electronic Communication](#)
- ≈ [Locker Rooms/Changing Area Guidelines](#)
- ≈ [Massage and Rubdown Athletic Training Modalities Guidelines](#)

MAAPP will apply to all adults who interact with and have direct and frequent contact with minor athletes, including adult athletes. The language used in the policy is Applicable Adult. All Applicable Adults will be required to follow MAAPP.

Education and Training Changes

Second, the Center requires regular and consistent training for all adults who interact with and have direct and frequent contact with minor athletes, including adult athletes. USA Synchro’s Board of Directors reviewed and approved changes to USA Synchro’s rules related to MAAPP.

This will require all USA Synchro clubs to begin complying with MAAPP starting June 23, 2019. As a member of USA Synchro and a partner in athlete safety each member organization is required to update its policies to reflect MAAPP. You will be afforded an appropriate amount of time to reach full compliance in writing, but note that USA Synchro will require all clubs and members of those clubs to comply starting June 23. **All MAAPP details and requirements can be found [HERE](#).**

TAKE A LISTEN



Podcasts worth your time:

“What Skills are Learned in Mental Training?”, [click here](#)

“Bringing an Olympic Mindset to Everything You Do”, Michael Johnson, [click here](#)

Great Reads



“In Pursuit of Excellence” by Terry Orlick, available on Amazon.com

“How to Inspire Good Behaviour in Your Sessions”, [click here](#)

Videos to Enjoy



Your Concentration can Make or Break You, [click here](#)

Start with WHY by Simon Sinek, [click here](#)

The difference between winning and succeeding by Coach John Wooden, [click here](#)

“Changing the game in youth sports” by John O’Sullivan, [click here](#)

1st Place Free Team, Canada Open (China), [click here](#)



GOOD NEWS!

The Level 2 Coach Certification Course will be run completely online beginning in 2020.

Coaches College & the All-Star Camp will be run simultaneously this year. Date: October 18-20 at the Olympic Training Center in Colorado Springs. Main Presenters will be our National Team Coaches: Andrea Fuentes, Reem Abdalazeem, Megan Azebu, Ludi Perrin-Stsepaniuk, Kim O’Neil and Sarah Kivel.





SYNCHRO TIP: HOW TO TEACH A BALLET LEG



This Synchronized Swimming classic is present in figures and elements of all categories; also, is a basic position taught in early stages of the sport. The Ballet Leg is with us in our whole Artistic Swimming life and is very important to teach it well since many other movements and transitions come from it.

One of the ways most coaches use to teach it is the typical exercise where you place the foot horizontally on the edge of the pool. Even if it seems weird at first sight, I will you some suggestions on other ways much more effective, which will prevent problems in the future.

Why it is not recommended to teach it with the foot on deck?

It is easier in the beginning, because the swimmer can lift the leg easily, but there is a better pedagogical way. With the foot on the deck you teach that the weight goes on the horizontal leg instead of the arms. Once the swimmer tries it without support on the foot, the effort stays the way the swimmer learned it. What happens then? The horizontal leg sinks and the head is over the surface for balance. At that moment is when you repeat: "Foot dry on the surface! Head back!" This is the result of what they will need to unlearn to relearn in a different way. Double the work!

How to teach it without wasting time and effort.

Knowing that the support or weight relies on the arms, use jugs of foam dumbbells. The swimmer will learn to maintain the foot on the surface, as well that the effort has to be the opposite of the sensation they get from the wall. They will learn that the effort goes on the arms, stretching the neck straight and downwards while lifting the hips up.



A better way of teaching this position and very helpful for the rest of their career, is to place a floating material behind their neck. For example, a kickboard, pull-buoy or pool noodle can work. With this material the swimmer will activate the muscles necessary to build the strength that later will be used in the ballet leg making the correction much easier to obtain!



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

COACHING YOUNG ATHLETES

How to Use Coaching Cues Most Effectively

Some Types of Coaching Cues are Better Than Others

When we are teaching a child a new skill, we use cues and instructions to focus their attention on important aspects of the skill being learned.

For example, we might instruct an athlete to “keep their body tall” during a flop style high jump take-off and to “push their hips to the sky” while they are above the bar.

Many different cues can be used in an attempt to achieve the same intended results. For example, to help teach a vertical high jump take-off position, we could cue the athlete to “Keep tall”, “Hold your head up”, “Lift your eyes”, “Don’t look down” or “Jump up towards the sky”.

According to research one of the above examples is better than the others, which one do you think it is?

Internal vs External Cues

A number of studies have indicated that certain types of cues are more effective at promoting learning and improvements than others.

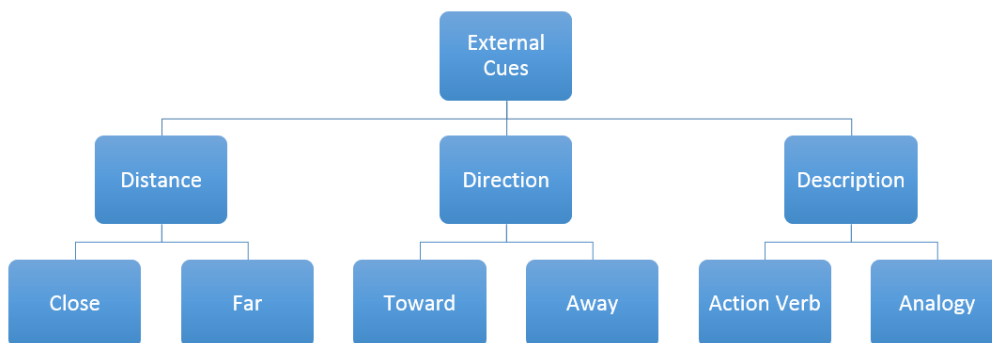
These studies have looked at the effectiveness of internal cues in comparison to external cues.

Internal Cues

Internal cues focus attention on an individual’s own body movement or muscle action.

External Cues

External cues focus attention away from the body or are targeted beyond the body on an external object.



By Darren Wensor, founder of the blog [coaching youngathletes.com](http://coachingyoungathletes.com)

External Cues
Instructions related to the effects of the learner's actions on the environment

Internal Cues
Instructions related to the learner's own body movements

Boosts
Kick by forcefully extending your knees vs explode upwards through the ceiling/sky.

Thrusts
Move as fast as possible vs accelerate like a rocket taking off.

Posture
Retract and depress shoulder blades vs stand tall with a proud chest.

Which kind of cue is best?
The research indicates that while internal cues are very commonly used by coaches, it is external cues that are more likely to promote motor skill learning and performance improvement in an athlete. Therefore, in the above example, according to this research, “Jump up towards the sky” is the cue most likely to work best.

LAND WARM-UP ROUTINES

| ABDOMINAL STRENGTH | With 3 sec pause during abdominal position | 12 years old and under | 13- 15 years old | Juniors | Seniors |
|--|--|------------------------|------------------|-----------------------|-----------|
| INSTRUCTIONS -extended legs with extended toes -extended arms -control of abdominal position | <i>Number of repetitions</i> | 20 | 25 | 30 | 30 |
| COUNT | ONE | and hold 1,2,3 | and TWO | and hold 1,2,3 | |



| CONCENTRIC AND EXCENTRIC STRENGTH FOR ARCH POSITION | Dynamic Count | 12 years old and under | 13- 15 years old | Juniors | Seniors |
|--|------------------------------|------------------------|------------------|-------------------|-----------|
| INSTRUCTIONS -extended legs with extended toes -extended arms -control of abdominal position | <i>Number of repetitions</i> | 10 | 20 | 20 | 30 |
| COUNT | ONE | TWO | THREE | AND ONE... | |



By Fred Pasqualin
 USA Synchro Talent Camp
 & 12&U NT Coach

More of these exercises can be found at
www.usasynchro.org in the Members Only area under Coaching Resources.

The Six P's for Success

By Bob Byard

Let me make a few suggestions as you build, monitor or revise your "plan of attack" for the new training and competitive season. There are a few things that can make your focus and efforts more rewarding and your goals more realistic and attainable. Think about the following:

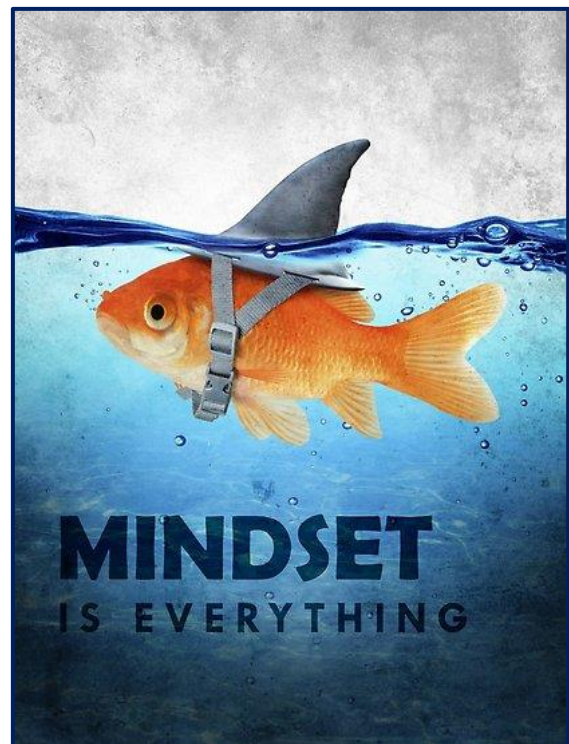
Don't only plan the distances, types, and intensity of workouts of your upcoming training season. An integral part of athletic success is to think about why you are training and racing. Understand the significance of how your competitive philosophy and personal values guide (or misdirect) your physical efforts. The success of the upcoming season will not be dictated solely by times, distances or heart rate levels, but more importantly by mental attitude, motivation and commitment - what I call the six "Ps". They show themselves in every pursuit: **Perspective, Preparation, Persistence, Patience, Pace and Pride.**

Bottom line? Know why you do what you do and what satisfaction you get out of it. Realistically plan how much effort you can expend and stick to it. Don't expect instant success - you've got to work on your weaknesses, while not ignoring your strengths. Draw satisfaction from the fact that you did your best honestly and with respect for others. Follow these tips and you can definitely make the most out of your training and racing this year.

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

**IT'S ALL ABOUT
THE FUN!!**

Share your ideas with your fellow coaches. [Click here](#) to answer some questions about what you and your team do for FUN. Let's make this coming year the best ever!



Can Sleeping for 8 Hours Improve Athletic Performance?

It was still dark outside at 4:00 am when my alarm started blaring. The red and blue police lights from the street below swirled through the room of the dingy hotel just off of Lombard Street in San Francisco where I had spent the night. I could hear the sound of cars, horns, people all through the night. On top of it all..I had what some of us triathletes call the “pre-race jitters.” “Did I sleep at all?”, I asked myself as I slowly got out of bed. I prepared my instant oatmeal that I brought and drank a small cup of coffee. I finally got my gear on, put my tri bag on my back and carried my bike down the stairs and outside. I rode past the guy in handcuffs just under my window and headed for the race site. I was feeling both excited and nervous to compete in my first Escape from Alcatraz Triathlon.

In Matthew Walker PhD’s new book, “Why We Sleep: Unlocking the Power of Sleep and Dreams,” He explains why getting 8 hours (not 5, 6 or 7 hours) of sleep is key to athletic performance. Cutting ourselves short of these extra hours can have a huge impact on athletic performance, especially when the difference between winning and losing can come down to hundredths of seconds.

Through his research, Walker reveals that it is not just practice that “makes perfect,” but rather, “practice, with sleep, that makes perfect.” He explains that the term “muscle memory” is a misnomer. “Muscles themselves have no memory: a memory that is not connected to the brain cannot perform any skilled actions, nor does a muscle store skilled routines. Muscle memory is, in fact, brain memory.” It turns out that when we sleep for 8 hours, our trained physical habits, like bike riding, running, and swimming, become instinctual habits. Sleep helps automate our learned movement (athletic training), making them “...second nature-effortless...” It turns out that the last two hours of an 8 hour night of sleep, are filled with rich sleep spindles that are directly responsible for this motor skill memory and its ability to turn our hard training into effortless performance.

What could have been different for me on that race day if I had actually slept for 8 full hours?

We are very excited to announce that Sarah will be one of our presenters at Coaches College / All-Star Camp in October!

You can find the entire article in the members only area of www.usasynchro.org

By Sarah Kivel
Kivel Executive Coaching
Peak Performance

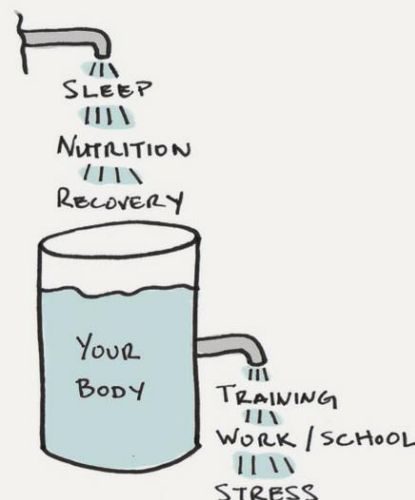


THREE REASONS WHY SLEEPING LESS THAN 8 HOURS WILL REDUCE ATHLETIC PERFORMANCE

- ✚ Physical exhausting happens 10-30% faster and aerobic output is significantly reduced.
- ✚ Higher risk of injury.
- ✚ Recovery happens faster with 8 hours of sleep.

THREE TIPS ON HOW TO GET A GOOD NIGHT SLEEP PRE-COMPETITION

- ✚ Create a sleep schedule and stick to it.
- ✚ Try not to exercise within 2-3 hours of bedtime.
- ✚ Create a dark, cool, gadget free bedroom.



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