



# BeInSynch

Education Newsletter

OCTOBER EDITION • 2017

**Welcome to the 2017 4<sup>th</sup> 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](mailto:shari@usasynchro.org).

THEY ALL START  
SOMEWHERE...



Coral Springs  
Aquacade Athlete

INSIDE THIS ISSUE

- SafeSport – Important Information
- Jumping for Joy
- 2018-2021 Figures
- Fueling & Hydration
- Shallow Water Blackouts
- How Texting Affects Athletes?
- Music – The Beat

## UPCOMING EVENTS

10/7 – 10/8 Grade Levels 1 & 2 Testing Santa Clara, CA	10/22 Grade Level Testing 1 & 2 Hamden, CT
10-15 Grade Level Testing 1-4 Aurora, CO	10/28 – 10/29 Grade Level Testing 1 & 2 Tucson, AZ
Grade Level Testing 1-4 Irvine, CA	10/27 – 10/29 All-Star Camp #1 National Training Center Moraga, CA
10/19 – 10/22 US Masters Championships Clermont, FL	11/3 – 11/5 All-Star Camp #2 The Spire Institute Geneva, OH
10/21-22 NE FL Assoc Clinic & Levels Orlando, FL	

*If it doesn't challenge you, it won't change you.*

## Judges Update Training

The 2017-18 season is the year that FINA will be reviewing & updating all of their rules, figures and elements. To stay up to date, **ALL Judges, no matter what level, are required to attend an update training before judging at any competition.**

The new changes were voted on by FINA the end of July, and USA Synchro voted on changes at the recent Convention.

The order of training for our judges will be the following:

- 1) FINA Judges School - TBD
- 2) National Judges Training - December 2<sup>nd</sup>-3<sup>rd</sup> Chicago, IL
- 3) Association/Regional/Zone Judges Training

As of right now, only the National Judges training has been set. The FINA Judges School is pending FINA's approval of the FINA Judges School in the US. Please note that only FINA Judges that also attend the National Judges Update will be allowed to give updates. Most Association/Regional updates will not be able to be scheduled until December at the earliest. A list of judges allowed to give updates will be posted.

We are very happy to announce that the Foundation has been very generous and awarded funding to help FINA and National Judges attend their training. In addition, the Foundation also awarded funding to help USA Synchro bring in trainers for Association Official's updates. Many thanks to the Foundation for this amazing support!



*San Diego Sea Star Athletes (Judges)*

## SAVE THE DATE READY, SET...SYNCHRO!!!

USA Synchro is excited to announce that we will be holding two **All-Star Camps** this year!

October 27<sup>th</sup> – 29<sup>th</sup> – Moraga, CA (just outside of Oakland)

November 3<sup>rd</sup> – 5<sup>th</sup> – Spire Institute in Geneva, OH (just outside of Cleveland)

We are happy to announce that this year the Clinicians will be Kim Probst, Head Coach Walnut Creek Aquanauts, and Olga Kouznetsova from Walnut Creek Aquanauts.

This year the focus will be on new figures and elements for 2017-2021, as well as the recipe for writing a successful routine.

For information look under Athlete Resources on the website. [Deadlines for registration is SOON!](#)



## SafeSport Webinars

From time to time the Center for SafeSport offers webinars on important subjects for coaches, parents and sport administrators. These are webinars that are being offered for your information, these courses are **NOT** required at this time, and do not go towards your SafeSport certification.

We will be forwarding these opportunities for further education in the SafeSport area to you, and do hope that you will take advantage of these very important courses.

# **SAFESPORT – IMPORTANT INFORMATION**

**THE SAFESPORT LINK WILL BE DOWN FROM NOVEMBER 1<sup>ST</sup> – NOVEMBER 6<sup>TH</sup>.**

**IF YOU ARE IN THE MIDDLE OF COMPLETING A COURSE YOU MUST DO SO BY  
NOVEMBER 1<sup>ST</sup> AS THEY ARE TRANSITIONING TO A NEW FORMAT!**

*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**

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.

**Important - When your team members go through the registration section, please have them identify who they are and with what team, for example "ABC - parent", "DEF-support staff", GHI - chaperone", etc. This will help us distinguish Coaches from other individuals in an effort to keep the Coach Certification list current and including only Coaches. If you are not affiliated, please include your association. You will find a full list of individuals who have completed the SafeSport course under Resources (both Coaches & SafeSport).**

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

If you have any questions, please contact [shari@usasynchro.org](mailto:shari@usasynchro.org)

# COACHING TIPS MANUAL

## Propulsion & Basic Skills

USA Synchro is pleased to announce that a Coaching Tips Manual focusing on Propulsion and Basic Skills is now available for purchase.

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.



**WORK SO HARD THAT ONE  
DAY YOUR SIGNATURE  
WILL BE  
CALLED AN  
AUTOGRAPH**

### *Education on the horizon...*

#### UPDATED Level 1 CCP

*(New Coaches may delay until November 1<sup>st</sup> to take the updated version of this course)*

#### UPDATED Level 2 CCP

#### UPDATED Level 3 CCP

#### JUDGES UPDATE TRAINING

*Mandatory Judges Update Training for all judges regardless of level, and all related material.*

#### Judges - Level 1F, 1, 2F, 2, 3F, 3, 4F & 4

*Study Guides & Tests.*

#### 12&U Age Group Figures

*Tips for training.*

#### 13-15 Age Group Figures

*Tips for training.*

#### 16-17, 18-19, Junior Elements

*Tips for training.*

#### PreSchool Program

*Dance, Gymnastics and Swimming program for 4, 5 & 6 year olds.*

#### BASIC LAND TRAINING MANUAL

*Tips on how to train basic land skills for beginner and intermediate athletes.*

# JUMPING FOR JOY!

Don't be afraid to branch out of the humdrum of running and try a new kind of aerobic warm-up –  
**Jump Rope!**

## HOW TO:



## HAVE FUN WITH THESE JUMPS:

**Two Feet Basic**

**Side to Side (Skiers)**

**Single Foot Hops**

**Side Rope Swings**

**Switching Feet**

**Criss Cross Feet**

**Straddle/Together**

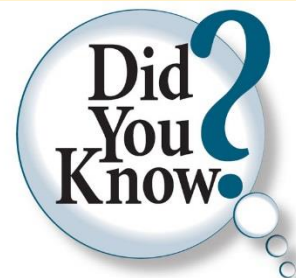
**Straddle/Feet Cross**



**Criss Cross Arms**



**Scissors**



## Why Jump Rope?

- 1. Incinerate Calories –**  
Jumping at a very moderate rate burns 10 – 16 calories a minute. According to Science Daily, 10 minutes of jump rope training is about equivalent to running an 8-minute mile.
- 2. Increase Bone Density –**  
The medium impact of jumping rope increases bone density, but isn't as hard on your joints as running because the impact of each jump is absorbed by both legs.
- 3. Jumping makes you smarter –**  
Jumping aids in the development of the left and right hemispheres of your brain, which further enhances spatial awareness, improves reading skills, increases memory and makes you more mentally alert.
- 4. Improves Coordination –**  
When you jump rope on the balls of your feet, your body connects with your mind to make "neural muscular adjustments" to help keep you balanced improving your coordination.
- 5. Because it is so much FUN! –**  
What other cardio lets you combine your childhood dreams of being in the circus, moving like a ninja and floating like a butterfly?

# 2018-2021 Figures

## Novice

### Compulsory:

- 101 Ballet Leg
- 302 Blossom (slight change in description)

### Optional:

#### Group 1

- 315 Kipnus
- 320 Somersault, Front Pike

#### Group

- 361 Prawn
- 201 Dolphin



## Intermediate

### Compulsory:

- 101 Ballet Leg
- 301 Barracuda

### Optional:

#### Group 1

- 360 Walkover, Front
- 311 Kip

#### Group 2

- 420 Walkover Back
- 349 Tower



## 12 & Under Age Group

### Compulsory:

- 106 Straight Ballet Leg (New)
- 301 Barracuda

### Optional:

#### Group 1

- 420 Walkover, Back
- 327 Ballerina

#### Group 2

- 311 Kip
- 401 Swordfish

#### Group 3

- 226 Swan (New)
- 363 Water Drop



## 13 – 15 Age Group

### Compulsory:

- 423 Ariana
- 143 Rio (New)

### Optional:

#### Group 1

- 325 Jupiter
- 437 Oceanea

#### Group 2

- 240a Albatross, ½ Twist
- 403 Swordtail

#### Group 3

- 355f Porpoise, Cont Spin 720
- 315 Seagull



Full figure & technical element descriptions and the  
2018-2021 FINA Manual will be posted as soon as available at

[www.usasynchro.org](http://www.usasynchro.org) / Resources / Coaches / FINA Resources or on FINA.org.

# Fueling & Hydration



Synchronized Swimming is an exciting, beautiful and technical sport that demands perfection from athletes. Attention to nutrition is a key aspect of ensuring a synchro athlete's body can endure the demands of training and perform at 100% of their physical potential. It is also an artistic and judged sport where level of fitness is a very important. Poor nutrition and a poor look can affect the entire team, final score and have impact on height, upside down and right side up, strength & endurance. Careful and serious attention needs to be taken to personal nutrition. Each athlete needs to be accountable and responsible for their own nutrition for themselves and their team members.

Nutrition is key to good fueling for training aimed to support an energized, lean and strong physique, but it is also a way to achieve ideal body composition. A healthy diet of quality nutrition helps support training and optimal body composition.

## Breaking Down a Healthy Diet for Synchronized Swimmers

### 7 Foundations of a Healthy Diet

- ✓ **Healthy nutrition starts with planning. Mentally or physically map out meals and be sure this food is available.**
- ✓ **Eat at regular intervals in the day. No longer than 4 hours without food.**
- ✓ **Choose whole foods vs processed foods for 90% of your diet (see below)**
- ✓ **Balance meals and snacks with carbs, protein, antioxidants and healthy fats (see plate below)**
- ✓ **A healthy relationship with food and your body. Eat for health and performance not boredom, guilt or stress**
- ✓ **Choose fluids with minimal sugar like water, milk/soy/almond beverage, tea. Avoid soda and energy drinks**
- ✓ **Enjoy "treats" in moderation, plan them and enjoy them – they taste better this way.**



**\*\*more of this article can be found on the USA Synchro website under Resources**

# Fueling & Hydration

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## Hydration

Appropriate: water or sparkling water, water with lime or lemon, water with electrolytes, Gatorade, tea, coffee, natural juices with no added sugar (in general, read the label and pay attention to the beverage sugar content), low fat/non-fat milk, soy and almond milks.

Not appropriate: energy drinks, sodas, sweet drinks, Frappuccino and sweetened commercially made coffee drinks, smoothies (unless they replace a snack or part of a meal).

### Hydration Tips for Athletes

Aim for baseline of hydration of 8-10 cups per day OUTSIDE of training.

Water, diluted juice, tea, milk, soup all count as fluid.

Listen to your thirst – it's there to tell you when you are dehydrated.

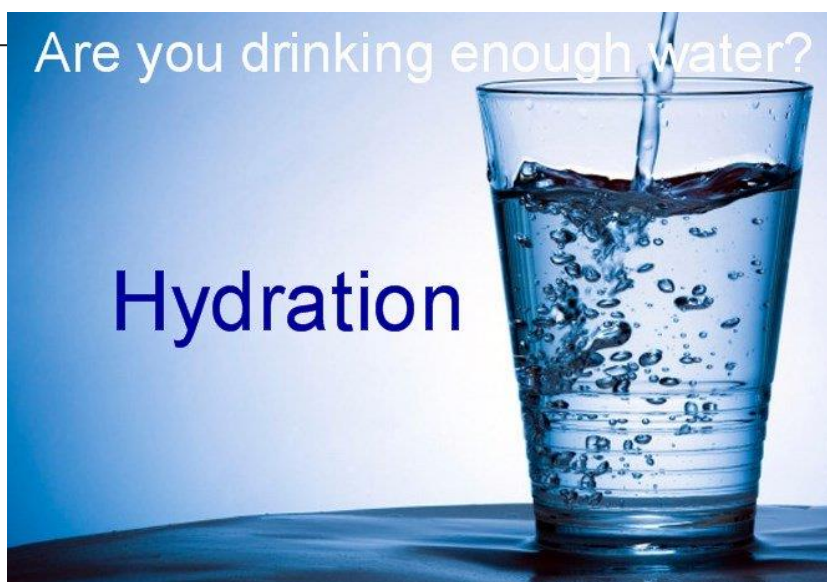
Pre-hydrate before training with 6-10oz of fluids 1-2 hours before hand.

Aim for a hydrated urine color before synchro (#1 or #2) on the urine chart.

Bring a water bottle on deck filled with water, sport drink or diluted sport drink and place it somewhere visible, and aim for 3-4 gulps every 20 minutes approximately.

Hydrate after training with at least 8-16 oz. of fluids and use urine color as a guide.

To evaluate fluid losses, athletes can weigh themselves before and after training (wearing same items, either wet or dry, to maintain consistency) calculate the difference and replace each pound lost with 10-16oz fluid. Next training session, incorporate that additional volume of fluid to your training session.



HOW TO AVOID

# SHALLOW WATER BLACKOUT

Never hyperventilate

Never ignore the urge to  
breathe

Never swim alone

Never play breath-  
holding games

No repetitive underwater  
laps. One lap, breathe.

[WWW.SHALLOWWATERBLACKOUTPREVENTION.ORG](http://WWW.SHALLOWWATERBLACKOUTPREVENTION.ORG)

## WHO IS AT RISK

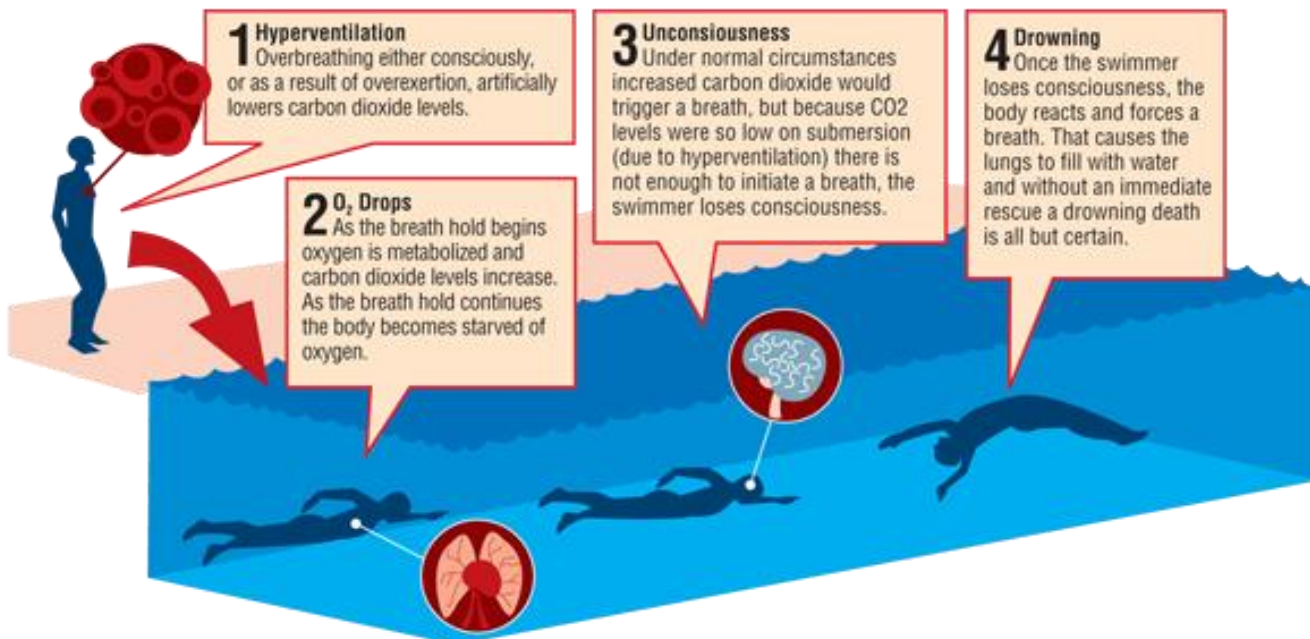
- *Swimming athletes who train and perform in swimming pools, particularly those who practice hyperventilation.*
- *Swimmers who are physically exerted.*
- *Swimmers who are not closely observed while engaged in breath-holding.*
- *Swimmers who consecutively perform a repeated hyperventilation/breath-holding routine.*
- *Swimmers playing breath-holding games.*
- *Breath-holding swimmers who have unknown and underlying medical causes, i.e. long Q-T, RyR2, seizures, etc.*
- *People who practice holding their breath in a pool while floating face down or sitting on the bottom. Since the individual is already in a state of relaxation, SWB becomes nearly impossible for an observer to detect.*

## HOW TO AVOID SWB FATALITY

- *DO NOT PRACTICE prolonged breath-holding. (The ARC, YMCA and USA Swimming warn of the dangers of hypoxic training and prolonged underwater swimming although far too many still practice it. Currently NYC pools and YMCAs ban prolonged breath-holding. The National Swimming Pool Foundation warns of breath-holding games).*
- **NEVER swim alone.**
- *Underwater breath-holding should never be encouraged, but if practiced the rule of thumb for safety is: **One Breath-hold, One Time, One Lap, ONLY.***
- *Never Hyperventilate.*
- **ALWAYS supervised by a Coach!**
- *Repetitive breath-holding increases risk of SWB. If Breath-holding under water, a buddy must be next to you tapping you on your shoulder so you can signal that you are OK. Their total focus needs to be you and your safety. They should never breath-hold with you. Do not rely on lifeguards. SWB is difficult to detect above water.*

### Shallow Water Blackout: How it Happens

Prolonged underwater breathholding can be deadly, here's what happens.



SHALLOW WATER BLACKOUT PREVENTION – other sources of information

<http://www.shallowwaterblackoutprevention.org/contact/>

<https://usaswimming.org/news-landing-page/2017/02/01/loss-of-consciousness-in-breath-holding-swimmers>

## USOC COACHING EDUCATION NEWSLETTER

A newsletter is put out by the USOC Coaching Department once a month that anyone is welcome to subscribe to. Email them at [CoachingEducation@usoc.org](mailto:CoachingEducation@usoc.org) to be put on their mailing list.

Articles relevant to Coaches & Athletes are covered, as well as suggestions for books, podcasts and Ted Talks for the month.

This is a great resource for all and highly suggested to subscribe to.



Riverside Aquette Athletes



## ROLL THE DICE WORK-OUT

SET THE TIMER FOR 15 MINUTES  
*And Ready Go!*



15 HIGH KNEES  
or  
10 BURPEES



10 SQUATS  
or  
15 JUMPING JACKS



10 PUSH-UPS  
OR  
20 CRUNCHES



1 MIN WALL SIT  
or  
1 MIN FRONT PLANK



10 LUNGES  
or  
15 FROG JUMPS



SUPERMAN  
FLUTTER KICK  
or  
1 MINUTE RUN

## THE 2017-2018 GRADE LEVELS 1-4 MANUAL IS AVAILABLE ONLINE!

The Latest edition of the Manual, dated **9-20-17, v5.0** can be found in the Members Only Section of the website.

**UPDATED SCORESHEETS ARE AVAILABLE ONLINE!  
PLEASE MAKE SURE YOU ARE USING THE MOST RECENT VERSION - V5.0!**

### PATCHES FOR GRADES

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

Go to [www.usasynchro.org](http://www.usasynchro.org)  
Events Registration / Merchandise



### GRADE REQUIREMENTS FOR 2017 & 2018

**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.



Menomonee Falls Dolphinettes Athletes

## TED TALKS

### *Ideas Worth Spreading*

#### **How to Get Better at the Things You Care About**

Eduardo Briceño – Learner, leader, speaker & writer devoted to enabling a more learning-oriented world.

[https://www.ted.com/talks/eduardo\\_briceno\\_how\\_to\\_get\\_better\\_at\\_the\\_things\\_you\\_care\\_about#t-157049](https://www.ted.com/talks/eduardo_briceno_how_to_get_better_at_the_things_you_care_about#t-157049)

#### **Never, Ever Give Up**

Diana Nyad - Journalist, swimmer

A record-setting long-distance swimmer, Diana Nyad writes and thinks deeply about motivation.

[https://www.ted.com/talks/diana\\_nyad\\_never\\_ever\\_give\\_up](https://www.ted.com/talks/diana_nyad_never_ever_give_up)

## **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.*

**Everyone who currently has an expiration date of 2016 will be expiring on December 31, 2017! Please make sure to complete the next level OR re-do your current level.**

Please do not forget that First Aid, CPR and SafeSport must be current to be fully certified. Send ALL First Aid and CPR certificates to [shari@usasynchro.org](mailto:shari@usasynchro.org)

## **Swordfish Drill**

Here's an exercise to bring awareness into which muscles are being used to activate the leg apart from the arms and the rest of the body.

Bring the heel as far forward over your head without sinking and hold for 15 seconds.

Coaches correct the extension of both legs, body posture and focus on separating the effort on arms and body.



Credit:  
#synchronswimcoach

# HOW DOES TEXTING AFFECT ATHLETES?

You've probably seen it yourself, those guys and girls who are physically active but walk around with a chicken head or giraffe neck.

Instead of a powerful, strong chest, their shoulders are hunched forward, their head droops down and their curved back almost gives them a hump.

It looks weak, unhealthy and unsightly – and, it undoes all their hard work.

Your neck is designed to remain vertical, supporting the weight of your skull in a perfect line from the top of your head straight down through your body to your feet.

When you look at yourself in the mirror from the side, your ear, your shoulder and your hips should all be in a straight line down to the floor. If it is unaligned and your ear is in front of your shoulders, it's a sure sign of forward head posture.

You see, the average head weighs 10-12lbs. When your head sits perfectly upon your neck and shoulders, the body naturally adapts to holding this weight.

But, if your head is constantly pulled forward, the weight of your head pulls on your neck and puts pressure on your spine.

When your head is pulled forward, the additional pressure on your neck, shoulders and back rises dramatically causing serious tissue damage. In fact, every inch your head is thrust forward from its natural position adds another 10 lbs. of stress on the neck, shoulders, back and spine.

It's why you may have developed that ugly 'hump' below your neck; to combat the stress of holding your head up, the body's reaction has been to build-up bone and fat tissue to compensate and protect the spine at the C7 vertebrae.

Forward head posture doesn't just leave you looking awkward... No matter how hard you train or how well you eat, unless you start fixing your head posture right now, it may not be possible to reverse the damage already done.

The entire article can be found at:

<http://www.forwardheadposturefix.com/?hop=ducpmn>

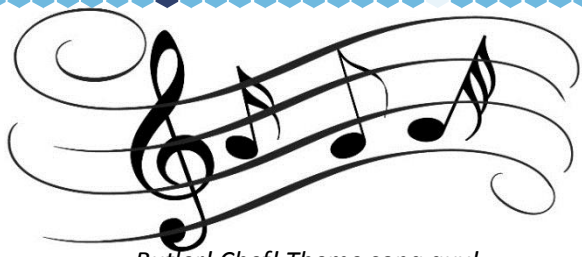
## What Texting and Smartphone Usage Does to Your Neck and Spine



Mike Westerdal - best-selling fitness author, sports nutrition specialist, personal trainer and founder of the internet's longest-standing strength site, *CriticalBench.com*

## Problems caused by "forward head posture"

- Constant fatigue and lack of energy
- Pain in your neck, shoulders or upper, lower and middle back
- Permanent damage to your joints, muscles, ligaments, blood vessels & nerves
- Headaches and migraines
- Poor sleep or insomnia
- Arthritis
- Impaired athletic performance
- Loss of height by 2 inches
- Looking 10 lbs fatter than you actually are
- Affects your hormonal health
- Noisy mouth breathing, snoring & sleep apnea
- Early degeneration of your spine
- Pinched and trapped nerves
- Decreased range of motion
- Lack of confidence
- Blood Flow to the Brain
- Asthma
- Decreased lung capacity by up to 30%
- Harmful effects to vision and hearing
- Jaw pain and sinus issues
- Dizziness, vertigo and balance issues
- Burdens your digestive system



# MUSIC - THE BEAT

By Chris Leahy

*Butler! Chef! Theme song guy!*

*What to swim to? Finding the right music is hard. You have to find something that sounds good, is interesting, that you can count, and that you can listen to repeatedly for an entire season. So, how do you go about finding this music?*

*Start by considering the type of routine. A solo can get away with sections that are harder to count, a team will have a much harder time. Strong music that overpowers a soloist might be fine when used in a combo. Next look at the swimmers. While it is a rule<sup>1</sup> that all synchronized swimmers must swim a Disney routine at some point, those routines tend to look cuter on younger swimmers than for older swimmers. Some music might fit one swimmer's characteristics or personality better than another swimmer. For example, my coaches keep telling me that "Once Upon a December" just won't work for a swimmer who has a 5 o'clock shadow.*

*They may have a point.*

*Now for the hard part - coming up with a theme. Almost anything you can imagine could work as a theme as long as it ties the routine together. It could be a musical-style (Afro-Jazz), a movie (Spirit), a single song (Largo al factotum), a dance style (swing), an animal (birds), or even a concept (love). The theme for one of my favorite routines was chess. The theme was expressed by having endless complex pattern changes.*

*Great! You have a theme! Time to find music to go with it. For finding music, I suggest an account with a music streaming service and a lot of time. Try to listen to a wide variety of music. Look at other sports, such as figure skating, and see what they are using.*

*The most important piece is the opening. This should be something that grabs the judges' attention and hooks them for the rest of the routine. This is the piece of music that will introduce your theme to the judges. Judges appreciate when they don't have to struggle to determine what the routine is about.*

*Almost as important is the ending. This is the piece that finishes selling the routine to the judges. It should sound deliberate and purposeful. Don't make the judges uncertain if the routine is over or if the sound system died during the middle of the routine. Plus, a few of the national judges have an almost pathological hatred of endings where the music seems to just cut off.*

*Next time we'll look at the many ways you can tie different pieces of music together. Until then, happy searching!*

*Comments?, Questions?, music ideas for me? E-mail [leahycm@gmail.com](mailto:leahycm@gmail.com)*



York Synchro-ettes



## Did you know?

Starting with the 2017-2018 season – 16-17, 18-19 and Junior Level swimmers will all be doing Technical Routines instead of figures!

Technical Routine times are:

Solo – 2:00 minutes

Duet – 2:20 minutes

Team – 2:50 minutes

Full figure & technical element descriptions and the 2018-2021 FINA Manual will be posted as soon as available at

[www.usasynchro.org](http://www.usasynchro.org) / Resources / Coaches / FINA

Resources or on FINA.org

Tech Talk with all new information from Convention will be out soon!



Nevada Desert  
Mermaid Athlete



Walnut Creek Aquanut - "Peanuts"

Jennifer Hawkins (Finance): Insurance Questions, Sanctions – [jennifer@usasynchro.org](mailto:jennifer@usasynchro.org)

Ryan Main (Membership): Registration, Club Directory, Passwords – [ryan@usasynchro.org](mailto:ryan@usasynchro.org)

Stephanie Isley (Sponsorships & Marketing): Advertisements on Website, Donations – [stephanie@usasynchro.org](mailto:stephanie@usasynchro.org)

Shari Darst (Education): Coaches Education, SafeSport, Athlete's Camps, Judges Training – [shari@usasynchro.org](mailto:shari@usasynchro.org)

Phone Number – 719-866-2219, Extension 1 for Membership (Ryan), 2 for Finance (Jennifer), 3 for Education (Shari), 4 for Marketing (Stephanie), 5 Executive Director (Myriam).

**Who Ya Gonna Call?** 