



BeInSynch

Education Newsletter

4TH QUARTER EDITION • 2018

Welcome to the 2018 4th 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.

HOW THE JOURNEY BEGINS



2016 Olympian, Anita Alvarez, inspiring a generation of young swimmers at the Tonawanda_Aquettes annual water show.

"One of the things I love most about sports is the ability to have everything on the line and have to perform on that day. It's an amazing feeling when you do, and even when you don't -- just having the opportunity to put it all out there is a chance very few people get."

- Elana Meyers Taylor, 2-Time World Champion & 3-Time Olympic Medalist in Bobsled

INSIDE THIS ISSUE

- SafeSport – **Important Information & One-on-One Policy**
- Improving Ankle Extension & Stretching Technique
- Release & Stretch Tight Hamstrings
- 2020 Olympic Qualification
- Spin an Exercise & Water/Land Bingo
- Concentration, the Key to Athletic Excellence
- Take Care of the “Bling”
- The Secret to Coaching Success
- Develop Your Critical Eye as a Judge

UPCOMING EVENTS

| | |
|---|---|
| 11/30-12/2 Level 2 CCP Andover, MA | 12/8 – 12/9 CCP Level 2 San Francisco, CA |
| 11/30-12/1 Grade Level Testing 1-5 Buffalo, NY | 12/8 Grade Level Testing 1-3 Los Angeles, CA |
| Nov 30 – 12/1 Grade Level Testing 3-5 New Canaan, CT | 12/8 Grade Level Testing 1-2 Webster, TX |
| Dec 1 Grade Level Testing 5 Flagstaff, AZ | 12/15 – 12/16 Grade Level Testing 1-5 Norton, MA |
| 12/8-12/9 2019-2020 Junior Natl Squad Trials Las Vegas, NV | 12/15 – 12/16 Grade Level Testing 1-5 Scottsdale, AZ |
| | 1/19 – 1/21 2019 13-15 & 12&U Age Group National Team Trials- Phases 1-3 |



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. .

IMPORTANT: If your expiration date is in 2018 (refer to the posted SafeSport completion or CCP lists), you will need to take the Full Course by December 31st, 2018 and the Refresher Course in 2019. If you took the Full Course in 2018, you will be required to complete the Refresher course in 2019.

Please use this link and access code to complete the 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 Center for SafeSport, ALL individuals listed on USA Synchro’s required list, MUST complete the Full SafeSport course as soon as possible!



ONE ON ONE **COACHING POLICY**

Below you will find some of the new policies for One-on-One Coaching from the Center for SafeSport, which will soon be adopted by USA Synchro. All Adults (Coach, Chaperone, etc) will be expected to follow these guidelines. More information, including policies concerning communication with athletes & social media, will be available on our website in the next few weeks.

- One-on-one interactions between minors and an Adult (who is not the minor’s legal guardian) at a facility are permitted, if they occur at an observable and interruptible distance by another Adult.
- Isolated, one-on-one interactions between Minors and an Adult (who is not the minor’s legal guardian) at a facility are prohibited, except under emergency circumstances.
- Meetings between Adults and Minors at a facility may only occur if another Adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another Adult.
- If a one-on-one meeting takes place in an office, the door to the office must remain unlocked and open. If there are windows, blinds or curtains, these must remain open during the meeting.
- Individual training session between Adults and Minors are permitted at a facility if the training session is observable, and interruptible by another Adult. The Adult must obtain written permission of the minor’s legal guardian in advance of the individual training session. Parents, Guardians, and other caretakers must be allowed to observe the training session. Permission for individual training sessions must be obtained at least every six months.

LEVEL UP

Thank you to Daniella Garmendia & the In The Zone Camps for creating this great land training video to help train athletes in a FUN way for land-based skills!

Enjoy and “Level Up”!
<https://youtu.be/AyFOgK1fzac>

Videos to Enjoy



“I Will Not Stop”, click [here](#)

“Inside the Mind of Champion Athletes”, click [here](#)

2018 Comen Cup (13-15 Age Group – Seville Spain)
– Russia’s Combo, click [here](#)



Association Admin Chairs have calls with the Executive Director and Education Director once every quarter.

Zone Admin Chairs have calls with the Executive Director every month.

Send Jennifer all Assoc Chairs & Minutes of all Assoc Meetings – jennifer@usasynchro.org

Send all Grade testing results to shari@usasynchro.org

Late fees have increased for registering athletes for Grade Level testing, as all registrations have to be entered manually by the office. Forward any questions concerning late registrations to jennifer@usasynchro.org



New Website Postings

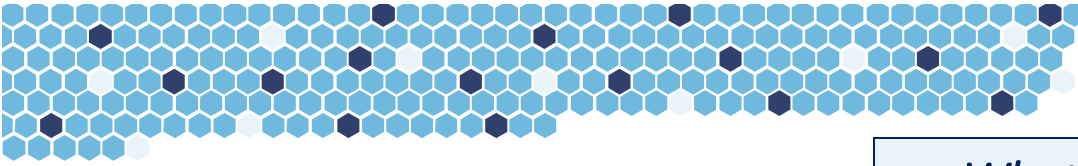
- * Jr Natl Team Training Squad Trials Procedures, Music, Videos and Counts – [Updated Information](#)
- * Age Group Trials Skills Manual/Procedures – Music, Videos and Counts – [Updated Information](#)
- * Mixed Duet Trials Skills Manual/Procedures – Music, Videos and Counts – [Updated Information](#)
- * Grades: Latest Versions of Manual, Scoresheets, Level 4 & 5 Videos, Assessor Tests, Certified Assessor List, List of Athlete’s levels
- * CCP & SafeSport Lists as of 12-1-18 (will be posted 12-4-18)
- * Updated Appendix E as of 10-16-18
- * Updated Appendix W as of 11-27-18
- * Long Term Athlete Development (LTAD) Explanation for Parents

Great Reads



“What Youth Sport Parents Need to Know About Muscle Cramps”, click [here](#)

“Are you a Blockbuster Coach, or are you a Netflix Coach?”, click [here](#)



IMPROVING ANKLE EXTENSION

Ankle mobility is not only important for speed swimmers, but for synchro swimmers as well. The link below has some great videos and tips for improving ankle mobility and ankle extension. [Click here.](#)



IMPROVING STRETCHING TECHNIQUE



When you perform your stretches remember that you have two legs and two feet. So keep both tight and nice and watch that both feet are on points. Also, keep your back as flat as possible and your eyes straight ahead, not towards the knee.

Instagram: [victorcanogym](#)

[@offlimitscamps](#) [#basics](#) [#warmingup](#)

What are the Vertical's 5 Forces?

What we all want in a vertical is, above all, to have the maximum height, but we must not forget that the judges also look at verticality, stability and staying in place when necessary.

Most problems are fixed if the base is correct and we understand as a basis to have our main tool (the body) placed correctly and exercising the right forces.

It is useless to scull well if the body is not where it should be, therefore, we are focusing on the 5 most important forces that we recommend to do in a vertical and in another article we will talk about the support scull.

#1 – Feet to the sky: Try to touch beyond the roof of the pool – to the sun! The legs will save you a lot of effort and this is the most important force of all that we say today. Make your legs help you to have height instead of being a weight for your arms!

#2 – Tummy inside: Belly touches the spine to stabilize the abdominal belt. Is one of the keys to stability and to help the body not to move with the scull.

#3 – Rotation of the legs: This important position in ballet is important for the placement of the butt in the vertical. Without separating the toes, only rotating slightly outwards with the idea of squeezing the heels a lot. You'll see that you put the gluteus much better and it helps you to keep your balance.

#4 – Tight gluteus: This force is essential to compensate the strength that you do with the abdominals inward and allows you to maintain balance and verticality.

#5 – Head towards the ground: To ensure balance and stability, the elongated head towards the ground is very important. We often have it out of the vertical and it does not help us in this way. Especially when you start on spins!

www.synkrolovers.com

FOOT MASSAGE TO RELEASE AND STRETCH TIGHT HAMSTRINGS

Tight hamstrings and a foot massage? The correlation doesn't seem to be obvious immediately, but they are surprisingly connected.

Tight hamstrings muscles is a common problem among athletes and non-athletes. We sit too much. We live stressful lives, hunching over at the desk or in the traffic. We have a bad posture: rounded back, head forward, slouchy shoulders, tilted hips. The entire kinetic chain is connected and if some elements are too short or too weak, it will throw off the entire kinetic chain.

Shortened and tight hamstrings may cause lower back pain, that is common knowledge. But, did you know that tight hamstrings can also cause problems in your feet, such as plantar fasciitis? A lot of athletes, tennis players, runners and others suffer from it. How is that possible?

What is even more impressive is that if you have ever tried to stretch your hamstrings, day in day out... (well, I wonder who really stretches them so diligently and so regularly... but let's assume...) And there is not too much progression and results? Maybe they feel a little bit better and looser for short time, but then as soon as you start doing something, they tighten up again.

You do also the myofascial release on the foam ball or Rumble roller. It helps a lot too, but it is hard to roll the tight hamstrings because it is not too easy to apply sufficient pressure to go deep enough. And even when you do and help yourself, the hamstrings tighten up soon again.

Soon, you will learn a secret that may help your stubborn hamstrings forever.

Massage your feet!!!

You wonder what feet have to do with your tight hamstrings, perhaps?

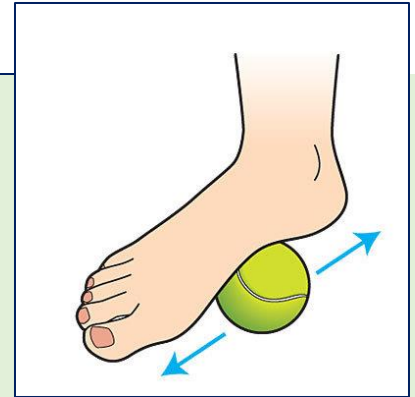
Every muscle in your body is connected to other tissues and these connections are called "tissue trains" (according to Tim Myer and his amazing [Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists](#)). Your hamstrings are directly connected to the soles of your feet, and also to many other body parts. From the toes to just above the eyes, it is one long fascia. All is connected. You can see this "[superficial back line](#)" on this 2-minute amazing YouTube video. Really, watch it, it is super cool. It will make you think about your body differently.

Your hamstrings are part of that strip and **when you release any part of the strip, you release the whole**. Maybe it happened to you before that you stretched your feet and your upper back got "cracked"—that lovely little release of tension.

So if you are frustrated with your tight hamstrings and nothing seems to help, try it from a different angle: from the bottom of your feet. When you massage the soles of your feet, you loosen the starting point of the back connective tissue train that runs all the way up your back body to the crown of your head. You may get the final release that you were searching for.

Besides, your feet are all cramped up from walking and running around all day in restrictive shoes, walking or playing tennis on hard surfaces, and just plainly being rough to them. This foot massage will feel good not just for your hamstrings, but for the feet themselves.

By Suzanna McGee, former Ms. Natural Olympia Bodybuilding Champion, currently performance coach and injury prevention specialist.



- ✚ Grab a tennis ball and stand close to a wall or something that you can hold on to for balance.
- ✚ Place one foot on the ball and put as much pressure as you can handle. It can be uncomfortable in the beginning.
- ✚ Start rolling around on that ball, in a few inch area. When you reach a painful spot (trigger point), stop on it, breathe deeply a few times until the pain dissolves. Then find another spot.
- ✚ Apply more pressure as your tissue gets looser and healthier (aka fewer trigger points).
- ✚ Roll under your toes, under your front foot, then work yourself on the entire sole toward the heel.
- ✚ Keep rolling for at least 2 minutes, preferably more. You will enjoy the feeling.
- ✚ When you can handle a tennis ball easily, you can graduate toward a golf ball. What a new experience! It is smaller and firmer, so it reaches areas in between intrinsic muscles that a tennis ball cannot reach.

OLYMPIC QUALIFICATION

Did you know that for the 2020 Olympics there will now be **TEN TEAMS** competing? Here's how the spots are decided.

Continental Championships/Host Country (5): The best five teams from each continent will obtain a spot in the team competition, including the host country. For example for the 2020 Olympic Games, Japan is automatically qualified and is the representative of the Asian continent.

For Europe, the qualifying team is determined during the European Cup of the year before the Games. For the Americas, the team is determined at the Pan American Games of the previous year as well.

There are not enough teams in Asia, Oceania and Africa for them to hold a regular continental championship. Therefore, their continental spot is determined by their results at the World Championships from the previous year.

At the 2019 FINA World Championships, only Oceania and Africa will have their continental spots determined, as Asia's quota is already taken up by Japan.

FINA World Championships (2): The first two teams from this competition, and not previously qualified through the continental quota, will earn a spot based on the combined results of the free and technical routines.

Should one or both of the teams already be qualified through the continental spot, then we move to the next one or two highest placed.

Olympic Games Qualification Tournament (3): The three best ranked teams at this event will obtain the last spots for the Games. The qualification tournament is usually held a few months before the start of the Olympics.

**There will now be TWENTY TWO DUETS competing.
And here is how those spots are decided.**

Team Qualification (10): Each country that has qualified a team also automatically qualifies its duet, including the host country.

Continental Championships (5): The next best ranked duets in each of the five continental championships will obtain a quota place except for the Host Country Country NOC which will be the representative of the Asian Continent.

Olympic Games Qualification Tournament (7): The remaining open positions will be allocated according to the rankings of the Olympic Games Qualifying Tournament.

QUALIFICATION TIMELINE

July 12 – 20, 2019 – FINA World Championships (Gwangju, South Korea)
July 29 – 31, 2019 – Pan American Games (Lima, Peru)
Feb/March, 2020 – Qualification Tournament (Tokyo, Japan)
July 24 – August 9, 2020 – Olympic Games (Tokyo, Japan)

THE SIX CHARACTERISTICS OF CHAMPIONS

ONE

Champions have a clear plan for success and achieving their goals.

TWO

Champions welcome challenges as a means to learn and grow.

THREE

Champions produce normal and predictable performances in very abnormal and unpredictable environments.

FOUR

Champions rehearse success on a daily basis – mentally, physically and emotionally.

FIVE

Champions value the process of success more than any particular outcome.

SIX

Most importantly, champions have a dream.

by Michael Phelps' Coach

Bob Bowman



These four women won GOLD in the 1st international synchronized swimming competition: the 1955 Pan Am Games in Mexico City. They have been inducted into the Synchronized Swimming Hall of Fame. Congratulations to: Loretta Barrious, Joan Pawson, Lynn Pawson, Dawn Pawson-Bean & Sally Phillips.

SPIN AN EXERCISE

First spin the exercise spinner. then spin the 1-12 spinner to tell how many times to do that exercise. Repeat!



Water BINGO

Put 5 ping pong balls in 2 separate bags - 1 bag has numbers 1-5, the other letters B, I, N, G & O. Pull 1 ball from each bag to choose the exercise. Continue to pull balls until a "Bingo" has been reached.

| # | B | I | N | G | O |
|----|---|--------------------------------------|--|---------------------------|-------------------------------------|
| #1 | 25 Freestyle | 25 Butterfly | 25 Backstroke | 25 Breast-stroke | 25 Head First Scull |
| #2 | 25 Torpedo | 25 Foot First Scull | 25 Ballet Leg | 25 Eggbeater | 25 Side Flutter Kick |
| #3 | 25 Double Ballet Legs | 25 Dolphin Scull | Vertical Hold - 15 Sculls | Fishtail Hold - 15 Sculls | Bent Knee Vertical Hold - 15 Sculls |
| #4 | Bent Knee Back Layout - Hold 15 | Ballet Leg Position - Hold 15 Sculls | Bent Knee Back Layout - Hold 15 Sculls | 5 Boosts | 5 Thrusts |
| #5 | Vertical Hold in Overhead Scull - 15 Sculls | Split Position Hold - 15 Sculls | 25 Yard Kick Pull Kick Over | 5 Ariana Rotations | 25 Back Flutter Kick |

Land BINGO

| # | B | I | N | G | O |
|----|--|---|--|---|----------------------------------|
| #1 | 10 Frog Jumps | 10 Crunches | Balance with Bent Knee Hold - 15 seconds | Balance with Straight Leg Hold - 15 seconds | Bridge - Hold 5 Seconds |
| #2 | Candlestick Position - Hold 10 Seconds | Hollow Body Position - Hold 20 Seconds | V-Sit Position - Hold 10 Seconds | Headstand - Hold 5 Seconds | Pike Stretch - Hold 20 Seconds |
| #3 | 5 Push-Ups | Leg Swings - 10 on each Leg | 20 Side to Side Jumps | Ballet Leg Position on Ground - Hold 20 Seconds | V-Sit Position - Hold 10 Seconds |
| #4 | Plank Position - Hold 20 Seconds | Straddle Position Hold on Wall - 1 minute | Split Position Hold - 30 seconds | Balance Y Hold - 15 seconds | 20 Squats |
| #5 | 10 Single Leg V-Ups | 10 Double Leg V-Ups | Balance with Bent Knee Hold - 15 seconds | Run in Place - 1 minute | 20 Jumping Jacks |

BE CREATIVE!!

CONCENTRATION, THE KEY TO ATHLETIC EXCELLENCE

By Dr Alan Goldberg—
Competitive Advantage

Concentration is the key to athletic excellence. All too often an athlete or team's faulty focus gets them into hot water performance-wise.

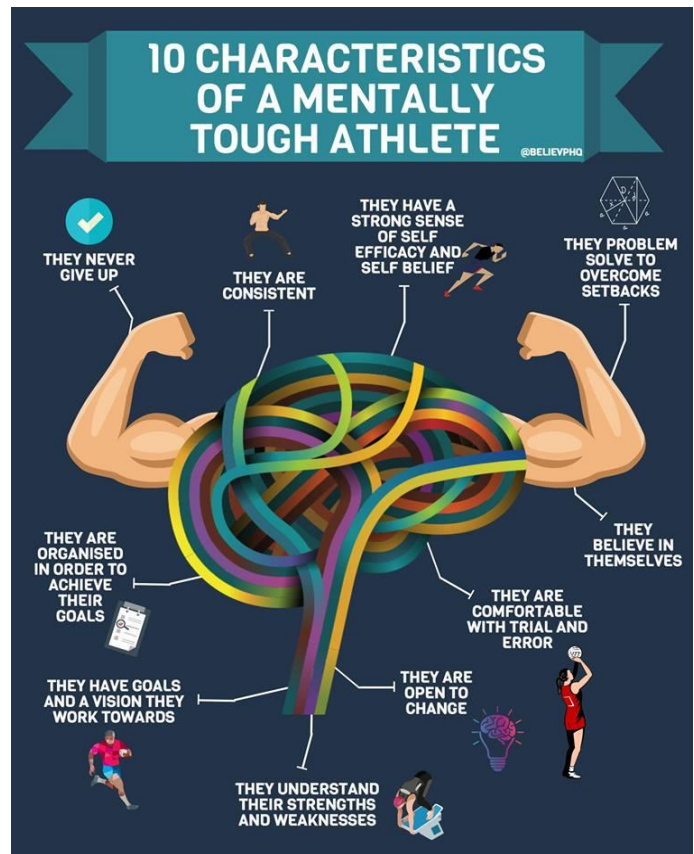
One important aspect of concentration is being able to stay focused on what YOU are doing. When athletes stop focusing on themselves and instead begin to think too much about the competition, then choking and performance problems are the end result.

“Concentrate on YOU for peak performance”

If concentration is the key to athletic excellence, then mistakes in concentration are the primary reason that athletes struggle performance-wise. Choking, slumps, performance problems, fears and lack of self-confidence can all be traced to the athlete's mental mistakes in focusing. If you want to develop mental toughness and start performing more to your potential, then you have to begin to learn how to better control your focus of concentration. In particular, you had better learn how to keep your concentration squarely focused on you and what you're doing. Let me explain.

Just about every athlete has had the heart-warming experience of getting psyched out or intimidated. You know the story. You are feeling good about yourself and your game until you catch a glimpse of the opponent(s). Maybe they are bigger, faster, stronger, better, smarter, etc. than you. Perhaps they have a more snazzy, expensive warm-up than you. Maybe it's the matching backpack so professionally strung across their shoulder or that they have the very latest in equipment. Perhaps, you notice that they are using that new, high-powered, under-arm deodorant. Whatever it is about them that you think gives them the competitive edge over you, the sight of this opponent begins to strike terror into your little heart. You start to break out into a cold sweat. Your confidence drains suddenly to empty. Your knees turn into Jell-O and your arms and legs feel like lead. And the weirdest thing of all...You just can't seem to stop focusing on them! You are like a deer in headlights. Are you ever in trouble!

Isn't it interesting that after spending all this energy on your opponent, your performance tends to go down the old tubes. That's because 95 out of 100 athletes get knocked off center by focusing too much on their opponents. It is the MAJOR cause of psych-outs and intimidation. If you're in that rare 5% and you always do better by concentrating on the opposition, then keep doing it. For the rest of you, listen up! Why, on earth would anyone in their right mind concentrate on something that makes them nervous, kills their confidence and destroys their game? Exactly...for NO good reason!



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

Take Care of the “Bling”!

To keep your routine suit looking good, there are some simple rules to follow.

Never roll your wet routine suit up in a towel and stuff into your bag. We all know that there is a very good chance that you will not take it out right away when you get home and what happens to a wet suit that sits in a towel too long? The material will get funky and the elastic will lose its snap.

Do not sit directly on the deck surface in your routine suit. The deck is rough and bad for your suit – sit on a towel instead.

Never shampoo your hair while wearing your routine suit. The shampoo will leave dull streaks on metallic material and will remove color. Bring an old suit to shower in.

No matter how desperate you are for a dry suit, do not even think about putting your suit in a dryer! The suit material and all embellishments are affected by the heat!

Some facilities have suit spinners, these are not okay for your beautiful routine suits, even if you turn them inside out. Sequins, beads and rhinestones can get caught in the small holes. And the spinners are made for regular spandex, not for metallic, velour and other specialty materials that some of our synchro suits are made out of.

Knox your hair before you put your routine suit on and let the knox completely set. If you don't have that luxury, make sure that you are completely covering your suit. If you have already made the mistake of doing this, do not peel it off! Try to wash it off gently with warm water!

Do not ever stuff your suit and headpiece into your swim bag. You are taking the chance of forgetting about it – material can “bleed” and if in your bag long enough they will mildew and you will never get that out. Try using hanging bags that will allow the air to circulate.



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, 2 & 3.
Only \$4.00 each!

Go to www.usasynchro.org

Events Registration / Merchandise

Patches for Level 4&5 are now available!

Contact shari@usasynchro.org to order.



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

The Secret to Coaching Success: How Long is a Piece of String?

By Wayne Goldsmith

www.warriormindcoach.com

Everyone's looking for coaching secrets.

Have you ever asked someone an open question and had them answer, "how long is a piece of string?"

Guess what? There is an answer to this question.....

How long is a piece of string?

And that answer is "A Piece of String is Twice as Long as it is from one end to the middle". And so it goes with coaching. Experienced coaches are often asked "piece of string" questions by young coaches desperate to learn the coaching secrets of the sport and the mysteries of the "masters". Some of the most common "piece of string" questions asked by young coaches are:

- ≈ How many training sessions should we do each week?
- ≈ How do you know if an athlete is really talented?
- ≈ What's the favorite drill?
- ≈ What's your favorite training set?
- ≈ How much gym work do your athletes do?

Because, as a young coach, you believe the secret to success lies somewhere in the combination of training sets, periodization, programming and workload management. In other words you believe the secret to success is a "what" – it is a thing you can see or read, copy, replicate and achieve the same level of success as the "whats" originator: that there's a bunch of coaching secrets you can look-up, find, buy, borrow or steal and you'll become the coach you dream of becoming.

Short cut – quick fix mentality: Everyone's looking for Coaching Secrets!

If you want to become a great coach, a coach who is recognized as an innovator, a coach who is lauded as a leader, a coach who is seen as taking their sport to an unprecedented level of performance, forget the "whats"

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

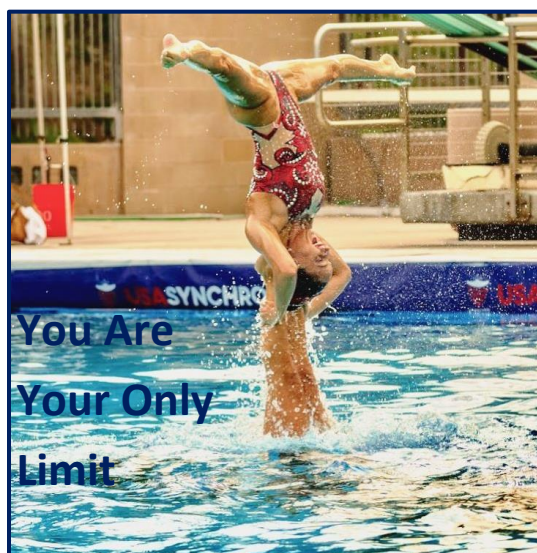


Photo by Ludmilla Goot

USING VIDEOS TO DEVELOP YOUR *CRITICAL EYE* AS AN ARTISTIC SWIMMING JUDGE

By Heather Archer,
Canadian FINA A
Judge & Evaluator

Judges want and need to expand their knowledge of the sport of Artistic Swimming off the pool deck and typically do so by watching video performances on line from the comfort and convenience of home. Video is a powerful and versatile tool for new, developing and experienced judges to keep up with changing trends, innovations and influences in our sport. They can also help us gain a wider understanding of Artistic Swimming, as it is performed and judged at different levels, and in other parts of the world, when we watch them with a Critical Eye. Improve your Critical Eye and increase your judging performance by:

1) taking the learning gained in courses and clinics and applying it by practice judging using videos (figure and/or routines). This can be as simple as deciding what you are going to judge, watching performances, reviewing the FINA Marking Scale, identifying the correct score category and selecting the score that best fits for each one. It can be even more valuable if you can later access the actual scores awarded by the judging panel of the event to see how your scores do or don't align.

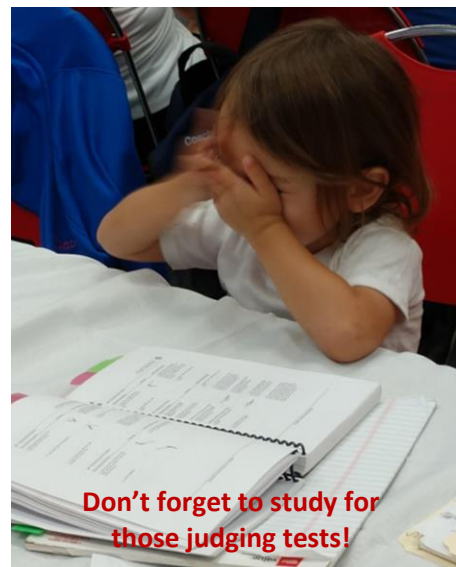
2) focusing on areas where you feel your Critical Eye is not sharp enough. Perhaps you feel you are not analysing Difficulty as well as you would like, or your Evaluation ratings tell you this! Possibly you feel very competent using the FINA Marking Scale in the 5-7 range in Figures and Routines but going into the 8's or higher terrifies you. Or you feel you are not giving certain criteria enough attention when you formulate your score...like Music Interpretation within your Artistic Impression/Impression score in Routines.

Many of you who have taught physical skills to learners are familiar with the whole – part- whole method. You can use this approach especially looking at parts in reviewing videos. I've used this many times to practice my Continuous Spin counting skills and to sharpen my ability to simultaneously assess accuracy of thrust actions and height achieved in Barracuda figures. Just remember, in real life judges judge the whole figure, element or routine and do not have REPLAY as an option!

Video viewing is not a perfect tool for judges – be aware that camera angle and focus don't always mirror the view the judges on the panel are seeing. And depending on who is doing the videotaping, there may be underwater and overhead shots spliced into the video. Assessing pool coverage and Manner of Presentation are other challenges judges have noted while using videos to practice judge. In watching Diving, I have often heard Announcer remind viewers that some of the camera views they see are not the view the judges see.

Look for a wide variety of videos from around the world to watch. If you focus your video practice judging extensively on a specific part of a score (i.e. Manner of Presentation, Continuous Spins), when you are on deck again, be sure that focus is not at the expense of judging all the other required criteria that is part of a score.

Your video viewing can be self-directed - something you do on your own for yourself. It can also be part of learning exercises you do as part of a judging group.



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