



BeInSynch

Education Newsletter

DECEMBER EDITION • 2020

Welcome to the December 2020 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@usaartisticswim.org.

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

-Fred DeVito

UPCOMING EVENTS

January 10, 2021
2021 13-15 Age Group National Team Trials
Phase 1 – Land Skills (Virtual)

February 11-13, 2021
2021 American Open (Virtual)

March 15, 2021
2021 13-15 Age Group National Team Trials
Phase 2 – Figures (Virtual)

April 7-11, 2021
U.S. Nationals & U.S. Junior Championships
Tucson, AZ

April 11, 2021
2021 Jr/Sr National Team Trials

April 14-17, 2021
U.S. Collegiate Championships
Stanford University

April 21-24, 2021
U.S. 13-15 Championship & 12&U Invitational
Mesa, Arizona
2021 13-15 Age Group National Team Trials

June 26 – July 3, 2021
2021 U.S. Junior Olympic Championships

October 21 – 24, 2021
2021 U.S. Masters Championship

VERY IMPORTANT SAFESPORT MANDATE & COURSE INFO!!!

As mandated by The Center for SafeSport, ALL individuals listed on USA Artistic Swimming's required list (included on the last page of this newsletter), MUST complete the Full SafeSport course! **NOTE: there is a new requirement for 18-year old athletes training or competing with minors, which states that they MUST complete the course.**

The full SafeSport course is approximately 90 minutes long. New users will be presented with the single course automatically. **Only Coaches** need to send in the "SafeSport Trained" certificate to coachcerts@usaartisticswim.org. All individuals completing the course will be listed on the Certifications List, which is posted under Resources on the USA Artistic Swimming website, click [HERE](#) to see the list.

IMPORTANT: If your expiration date was in 2018 or earlier or have never completed a course (refer to the posted SafeSport completion or CCP lists), you will need to take the Full Course. After completing the Full Course, you will be required to complete a Refresher course every year going forward.

Please watch your expiration dates for SafeSport! You only need to complete ONE Course per year. Refresher courses take approximately 15 minutes to complete.

NEW: When you register with USA Artistic Swimming, you will receive instructions and the Access Code to complete the course.

New SS Refresher Course

The Center for SafeSport has now released the new Refresher Course #3. Only individuals who have completed Refresher #2 will be eligible to complete Refresher #3. Remember, you only need to take ONE course per year. (See below)

Year	Course
1 st Year	SafeSport Trained Core Course
2 nd Year	Refresher #1
3 rd Year	Refresher #2
4 th Year	Refresher #3
5 th Year	SafeSport Trained Core <i>*In Year 5, restart the four-year cycle by taking SafeSport Trained Core.</i>

Welcome to the BOD!

We would like to welcome three new Athlete Representatives to the USAAS Board of Directors...

Carrie Barton-Garten
Lauren McFall-Gardner
Emma Tchakmakjian

Carrie is a former swimmer from the Santa Clara Aquamaids and was a member of the 2000 Olympic Team.

Lauren is also a former swimmer of the Santa Clara Aquamaids and was the captain of the 2004 Olympic Team.

Emma is a former swimmer of the New Canaan Aquianas, the 2020-2021 Senior National Team and now swims for Stanford University.

Welcome Athletes – we are so excited to have you on the BOD!

Train Like a Champion

20 Minute Full Body Workout by Pamela Reif – click [here](#)

5 Minute Zumba Warm-up – click [here](#)

7 Minute Combat Fitness Dance – click [here](#)

Intense Upper Body Workout – click [here](#)



Anne Schulte, Coaches Board Chairperson, has developed a Breakeven Model spreadsheet which will help teams calculate their breakeven points for their program and for events/clinics. Check it out on the website under Resources => Clubs. Thank you Anne!

Videos to Enjoy



“Let’s Train Together”, Pamela Reif, click [here](#)

Mechanics of Spinning, views from underwater (from FINA), click [here](#)

The Language of Coaching by Nick Winkelman, PhD, click [here](#) (subscribe to his channel and enjoy other sessions)

Blasts from the Past:

VISA commercial with the 2000 USA Olympic Team, click [here](#)

Freixenet commercial with the 2008 Spanish National Team, click [here](#)

TAKE A LISTEN



Podcasts/Webinars worth your time:

Uplift Fit Nutrition, click [here](#)

“Prepare to Perform” by Andrea Fuentes on preFORM, click [here](#)

“Life Lessons in Sports” by Ken Martel, USA Hockey, click [here](#)

Great Reads



Eleat Sports Nutrition, Angie Asche MS, RD, CSSD, on Instagram, click [here](#)

“The Life Lessons I Learned Through Sports – Part 1”, by Glen Mulcahy, click [here](#)

The Aspen Institute – Project Play, a library of resources helping train coaches to support the social and emotional development of their athletes, click [here](#)

WHAT ARE YOU PREPARED TO DO?

Life is full of choices.

You can perform up to the standard or below it.

You can practice overtime or leave practice early.

You can choose to have a positive attitude or a negative one.

I can guarantee:

If you persist, your chances of entering the world of success will increase infinitely.

And if you think like a Champion, nothing will stand in your way.

STANFORD WATER WORK-OUT CHALLENGE

From Megan Azebu,
Head Coach
Stanford University

Stanford is challenging all teams to try their workouts.

Be sure and tag them at @stanfordsynchro when you post your team crushing these workouts!

Choice warmup: 500 total,
mix of swim and kick

4 set of the following

250 hypoxic: breathing every
3/5/7/9/11/11/9/7/5/3 by 25

200 alternating back pull &
breaststroke swim by 50

50 alternating back dolphin &
back flutter by 25
(bonus points for hollow hold or 2
arms up on the dolphin kick)
:20 rest between rounds

8 x 50 "killers"

-40 x 50 side flutter 1 arm up,
Side eggbeater 1 arm up
-4 x 50 side flutter body vertical,
forward eggbeater 1 arm up

Warmup: 400 free, every 4th lap
backstroke, 200 alternating back
dolphin/back flutter

6 x 100

No breath fly/ free/ free/ free, 3
dives at end of each 100

Warm-up hips for eggbeater &
jumps with 50 rotary/ mobility work

6 x 50

Head up free, eggbeater (2 x 50 side
with one arm, 2 x 50 forward with
one arm forward, 1 x 50 double arm
forward, 1 x 50 double arm sideways

6 x 25

Alternating under with 4 jumps (2
single arm, 2 double arm) & 4
thrusts (normal, with 360 spin, with
bent knee, with team element),
ballet leg (R, L, doubles)

Choice warmup:

500 Reverse IM: swim/ kick/ pull/ kick/ swim by stroke

50 x 50

4 x 50: lap 1 free breathing every 9 strokes & lap 2 breathing every 11
1 x 50: backstroke recovery

4 x 50: lap 1 fly on the back, lap 2 head up freestyle
1 x 50 backstroke recovery

4 x 50: lap 1 free pull, lap 2 dolphin kick on back, 2 arms up
1 x 50: backstroke recovery

4 x 50: lap 1 free, lap 2 free no breath (flip turn into no breathing lap)
1 x 50: backstroke recovery

4 x 50: lap 1 breaststroke arms with dolphin kick,
lap 2 back flutter in hollow body hold position

1 x 50: backstroke recovery

4 x 50: all out freestyle sprint

1 x 50: backstroke recovery

4 x 50: lap 1 traveling head first in stag position, extend to split
(can use theraband for added resistance),

lap 2 unrolls across surface (to warm up thrusts)

1 x 50: rotary

4 x 50: lap 1 kick to corner, crawl, set, jump and turn 180 degrees with 2
arms up (alternate right & left shoulder back on turn),

lap 2 traveling side fishtail with join and full twist to finish lap

1 x 50: rotary

4 x 50: lap 1 on stomach flex kick over the head (touch water),
lap 2 "tick tocks" (moving forward in eggbeater, switch extended
arms side to side or forward)

1 x 50: rotary to challenge stability & coordination

4 x 50: lap 1 torpedo ballet leg, lap 2 first half of Manta Ray element to
vertical join and spin down (add one more spin each time)

1 x 50: choice stretch (shoulders & back!)



**Great things never come
from comfort zones!**

FAILURE IS TOUGH

By Carrie Barton-Garten,
2000 Olympic Team

But how you choose to recover from failure can ultimately shape your future success.

In 2000, I had the honor of representing the United States at the Olympic Games in Sydney, Australia, in the sport of Synchronized Swimming. After 16 years of training and commitment, I had finally achieved the highest level of competition for my sport.

As our team was getting ready for our first performance, I was feeling very nervous, but I felt confident that the countless hours, 12 hours a day to be exact, and years of training had prepared me well for this moment.

As our names were called, and we walked out on the pool deck, my life-long dream of competing in the Olympic Games was coming true. However, in a matter of seconds, the trajectory of my dream changed forever.

You see, I was one second off in the very first move of our routine. For one second, while my team members were still underwater, I extended my leg out of the water. You would think that being unsynchronized for one single second would not be impactful, but during a synchronized swimming routine, a one-second mistake could cost you a two-point penalty.

Compare it to a track athlete whose body is a half-inch short of the finish line and loses the gold medal; or a swimmer who is one split second short at the wall and misses the qualifying round for the Olympic Games; or a gymnast who hops one inch forward after their bar routine and it costs them a medal; or in the business world, losing one large client deal can change the history of the organization.

For me, this moment shaped the rest of my life. But, you just might be surprised at how.

Immediately realizing my mistake, I held my leg up until the rest of the team joined in and then continued the routine in an almost flawless fashion for the next four minutes. After the routine ended and our team left the pool deck, I locked myself in a bathroom stall where I broke down because I did not want our competition to see me fall apart. I can still picture the bathroom and the chaos that erupted after, as my team had no idea that I had made such a critical mistake. These were exceptionally low moments for me, as I remember feeling a deep sadness, and a feeling of letting down everyone that had ever supported me over the years, my team, my coaches, my parents, really everyone who shared in my success and journey. The despair I felt, and this moment, is one I will never forget.

A few days later, we swam our final routine almost flawlessly, but we ultimately placed 5th. While 5th place on the world stage might not sound half bad, our team had the skills, performance history, and absolute commitment to training that was key to medaling at the Games. To our team a 5th place finish was devastating. Did my mistake ruin my team's chances for an Olympic medal? I'd like to think that it took us from 4th to 5th place, but the reality is, we will honestly never know, and this unknown transformed my thinking.

It would be an understatement to tell you that my heart was broken, not just for myself, but for MY team. This was not only MY dream, this was my TEAM's dream. I was a part of a team sport where my performance impacted everyone. That was the hardest part of this one second mistake. I loved my team, I loved my coaches, and hated the fact that I gave the judges an opportunity to take any chance of a medal away from my TEAM. But in those difficult moments, they supported me, they backed me, they lifted me up as a team should, and I have been forever thankful. They showed character and the true meaning behind the word TEAM. They are my original wolfpack, and for that I am grateful.



FAILURE IS TOUGH (continued)

So why am I telling you this now, as we approach our 20 year anniversary? I was 24 years old then and am now a 44-year-old wife, mother of two, and owner of Garten Executive Search, LLC.

With two kids pursuing their love of sports, a husband who is about to start his 16th year of teaching in the middle of a pandemic, and myself having taken a risk by starting my own company a month ago-I thought this was the ideal time to share my story of growth and perseverance. We can practice and plan for life all we want, but we must be ready to persevere and adjust when things are not perfect or do not follow the exact plan we set out for.

1. A strong work ethic is key: Having a strong work ethic prepares you for the downfalls of failure. What does this mean? I was known for my work ethic. Always, having to practice longer and harder than most. I was used to going above and beyond early on in my sports career. This prepared me to be stronger and tougher when I did fail. Just like work ethic helps you succeed; it also helps get you back up when you fail. If you do not have a strong work ethic - the game is over before you start. Set mini goals to achieve long term success, and while practice might not make perfect, it's in the practice where the lessons are learned.

2. Grit and perseverance are critical: You will encounter so many road blocks when you are trying to accomplish your goals - whether in sports, life or the business world. If you quit at the first road block - the journey is over. Be ready to fail, time and time again, but develop a failure plan, a plan that focuses on utilizing your strengths to pick yourself back up and your weaknesses to learn from. My family and colleagues have heard me say over and over, you must learn to persevere. Instead of feeling sorry for yourself when you lose out on that job, why not ask yourself what you could have done differently, ask for feedback, and make changes to be better prepared the next go around.

3. The old saying, "There is no I in Team" is true. As a leader in the executive recruiting space, I have learned from every single person I have worked with. Every.Single.One. The ones like me, the ones different from me, and even the tough ones. What I get out of those different styles, conversations and advice help to make me a stronger business leader, human, and better mom. I have been so grateful to be surrounded by a diverse mix of people in my career that help me grow and learn every day. Being human is a continuum; the learning never ceases. If you are the smartest person in the room, you need to change rooms. Don't be afraid to be challenged, especially by those that think different than you.

4. A growth mindset overrides skills any day: No matter how far you get or how great you become - a growth mindset will help you to continuously succeed. I see this now more than ever in my work and in my kid's sports lives. You can be the most skilled out there, but without the mindset for continuous growth, you will stand still in your achievements.

These days, in business, in life, and as a mom who is navigating the beginning stages of a starting a new company, every day feels like an Olympic competition. But the lessons I have learned through sport and failure, have allowed me to live without regret, and to pursue my passions, without fear of failure, because failure is the moment where we have the opportunity to go from good to great!

My life has been a journey; filled with many personal and professional accomplishments, but only because I continue to grow from my failures. - Carrie Barton-Garten



GROWTH OF USAAS THROUGH NEW ATHLETES WITH DISABILITY PROGRAM

We are excited to announce USAAS has officially launched our Athletes with Disabilities (AWD) program. This is a big first step in changing the look of our organization. A look that brings a more diverse, inclusive and equitable membership to the organization. USAAS has always welcomed AWD athletes, but with creating an official program, it will allow our organization to provide the tools for AWD athletes to be successful. We are encouraging each association to participate in the expansion of the AWD program by offering meets with the AWD categories at the same time as other entries. We believe that inclusion of the AWD categories will add joy and a new perspective for all athletes at the meet. Some unique points to know about the AWD program rules:

- Routines are classified by tier level not age.
- There are 4 tier levels and the coach has the ability to choose the level in which they think the athlete will be most successful.
- A new figure was created and approved for tier 1 – Figure #100, Bent Knee Alternate.
- Figures for AWD have a progression track to continue growth, however, an AWD athlete can be in a specific tier forever.
- Awards will be given for both AWD Cognitive and AWD Physical categories, respectively.
- Athletes are allowed assistive personnel on deck during routines and figures.
- AWD may swim in an AWD category as well as a non-AWD category to promote even more inclusion.
- No level testing for AWD athletes will be necessary for those entered in AWD categories.

There are some clubs like Gardens Synchro (FL), Bay Area Synchro for AWD (CA) and 5280 Synchro Team (CO) that have had AWD athletes before the launch of this program. Coach Becky Meitin of 5280 Synchro states, “I’m excited about USAAS implementing AWD programs and competitions. Many years ago I had a blind swimmer on my college team, and it really wasn’t possible for her to compete. We currently have a deaf swimmer, and it’s wonderful to know she will have this opportunity.” After talking with our Athlete Executive Council President, Emma Tchakmakjian, she feels “so incredibly excited for the future of DEI within our organization with the implementation of the AWD program! The AWD program is so special because it gives our AWD athletes the opportunity to collaborate, engage, and share their voice for the first time ever. This program sets an influential precedent for future membership in USAAS by sharing the message that artistic swimming is a sport for everyone. I can’t wait to interact with and integrate our AWD athletes into the athlete representative community!”

If you have any questions about AWD competitive rules, meet management, starting an AWD program within your club or coaching support of AWD athletes please contact someone from the list below.

Chris Leahy, VP Competitive Operations (leahycm@gmail.com)

Tina Boales, Head Coach of Bay Area Synchro AWD (artisticswimawd@gmail.com)

Ashley Johnson, VP of DEI (ajsynchro@gmail.com)



*All photos:
Bay Area Synchro
Club for Athletes
with Disabilities*

5 EASY WAYS FOR YOUNG ATHLETES TO PRACTICE GRATITUDE



Practicing gratitude has been a trending topic amongst mental health and wellness experts in recent years, and for good reason: This simple shift in thinking can lead to big change. According to the [American Psychological Association](#), teens who practice gratitude are more likely to be happier in general and less likely to have behavior problems at school. They are also likely to be healthier overall, [according to new research](#), and could even be [more likely to easily make friends](#).

But can gratitude also help them on the field? [TrueSport Expert Kevin Chapman](#), PhD, clinical psychologist and founder of [The Kentucky Center for Anxiety and Related Disorders](#), says yes, and explains how coaches and parents can help their athletes practice an attitude of gratitude.

#1: Understand process versus outcome

Gratitude helps ground athletes in the present moment by reminding them of the positives that are happening right now. "Depending on what an athlete is struggling with, you may find that getting them to be more attentive to feelings of gratitude is an antidote to some of the difficulties they face," Chapman says. "Anytime you have negative self-talk and thoughts, those lead to strong emotional experiences that can inhibit your performance. In those cases, it's always helpful to identify the things that you're grateful for."

"For instance, some athletes struggle with not scoring goals. Many of those athletes will focus on that negative outcome and will tend to perceive their identity as part of their results and their performance, which can result in a lot of negative self-talk. But, you can help them by reminding them why they're playing the sport, as opposed to the outcome of playing their sport. That is a simple way to get them to shift their attention to being present, being grateful, being thankful that they can play. The goal is to get them back to enjoying the game, as opposed to focusing on the future or the outcome of the game."

#2 Rewrite self-talk

"When I have an athlete who struggles with self-talk, I think it's really important to specifically identify the negative things that they're saying to themselves that are outcome-focused," Chapman says. "Once they can identify the negative self-talk, then that forms the basis to replace it with more flexible thoughts associated with gratitude."

You can work on this with your athletes by first having them list five negative self-talk phrases that come to mind for them, then identifying what they could say instead to flip the script to something more positive.

"I get athletes to focus on what they're going to say to themselves before, during, and after competition," he adds. "Statements like 'I love this game,' or 'I feel good when I focus on my own game,' can help them concentrate on those feelings of gratitude. I get athletes to memorize about five positive self-talk statements that they can easily recall in various instances during sport performance. That way, when they do have a bad performance, they can use one of those affirmations while doing some deep breathing, and then move on. And outside of the game, I want athletes looking at those statements twice a day to get them fixed in their brains."

#3 Make a cue card

Chapman recommends having each athlete make his or her own index card with a list of a few things they are grateful for, and at least one positive self-talk mantra at the bottom. "I have athletes write this out and put it in their locker, keep it in their duffel bag for competitions, or even go digital and put it on the home screen of their phone so they can see it all the time," he says.

You can also recommend that athletes make one of these cue cards on a monthly basis. New negative self-talk will constantly be buzzing in the background, so it's important to make sure that positive self-talk is regularly responding to the new stimulus.

#4 Ask the right questions

After a competition, a lot of athletes, parents, and coaches will focus on the outcome, what went wrong, and what a team can do better the next time rather than the effort and the process. "Asking athletes—and getting them to start asking themselves—things like, 'What did I learn today?' is a really good way to not only keep a process-focus, but to also focus on gratitude," Chapman says. You can also ask gratitude-specific questions, like what they were most thankful for during the game, or have them tell a teammate how grateful they were for their support. Overall, Chapman advises parents and coaches to "Allow them to experience their emotions and thoughts, just try to shift them towards a more positive pattern."

#5 Start a gratitude board or team practice

As the coach, you can create a team culture of gratitude. One way to do so, especially with younger athletes, but also with teens, is by having a large team gratitude board set up where athletes can write out one thing that they're grateful for each day. Alternatively, you can have athletes do this out loud.

Let your team decide on how they want to start a gratitude practice together, Chapman suggests. "It depends on the athletes and it depends on what speaks to them."

Takeaway

Gratitude can be practiced just like standard skills and drills, leading to both performance and general wellness benefits.

GRADE LEVEL INFORMATION

Assessor Training & Tests for Grade Levels 1-6 – are now available online! You can find these on the website under Coach Resources => Long Term Athlete Development.

Competition Requirements for Level 6 – Level 6 will be required for athletes attending Senior Nationals and athletes participating in Senior National Team Trials beginning in the **2021-2022** season.

Competition Requirements for all Levels – There will be no other Levels released at this time and there are no other changes at this time.

Virtual Competitions – will be allowed for the entire 2020-2021 season. These may be done through live Zoom sessions or through videos. Please see the Virtual Land Testing Information document posted on the website.

Contact shari@usaartisticsswim.org with any questions.

ARTISTIC SWIMINARS

13 recorded Swiminars created by our Junior and Senior National Team Coaches are now available individually or as a package set for current USAAS Members in good standing who are residents of the United States.

Package set of 13- \$275.00, Individual videos- \$25.00

- *Extension*
- *Flexibility*
- *Positional Fitness*
- *The Secret to Improving Patterns*
- *Drills to Improve Execution*
- *Choreography (Part 1 & Part 2)*
- *Landrill*
- *Upside-Down Water Basics*
- *Sharpness*
- *Improving Your Lifts*
- *Handstands & Headstands*
- *Cartwheels, Bridges & Walkovers*
- *Tabata (Bonus if you purchase all 13)*



For full descriptions and to purchase, click [here](#). These Swiminars are geared towards any level athlete or coach.

Note: if a full package is purchased, it will count towards your Coach Certification Renewal and extend it to 2025.

22 THINGS AN ARTISTIC SWIMMER WANTS FOR HOLIDAY PRESENTS!

No early morning practices

Goggles that don't fog up or break

Infinite naps

The perfect run-through

Food, food and more food

The ability to breath underwater

To not smell like chlorine

Tons of team bonding activities

A warm pool.

Magic gell/knox that washes out easily

A recovery day

Instant splits – no stretching required

A new foam roller

Getting to wear fins for swim sets

Lifts that ALWAYS work

Caps that don't rip

Unlimited rhinestones & glitter on suits

A heated blanket or towel

100 non-breakable noseclips

A game of sharks and minnows

No more butterfly

A 10!

Starting with the first move, complete as many reps as you can in 60 seconds. Proceed immediately to the next exercise without resting, and repeat. Continue until you've finished all four moves, then rest for one minute. Do three circuits two or three days a week.



1 OFFSET-PUSHUP CROSSOVER



2 SQUAT POP-OVER



3 BULGARIAN SPLIT SQUAT



4 DECLINE MOUNTAIN CLIMBER

WomensHealth

STEP WORKOUT FUN!

1000 HIIT Step Workout, click [here](#)

Extreme Hip Hop with Phil, click [here](#)

Abs Workout with Cathe Friedrich, click [here](#)

Abs Workout with Rikki Walkden Fitness, click [here](#)



DECLINE BRIDGE CRUNCH



REVERSE LUNGE & CURL

HOW TO CREATE A RELATIONAL COACHING ENVIRONMENT

By Sophia Jowett

To be a technically good coach is one thing, but what gives the coach the “edge” (i.e., the extra effectiveness) in this unforgiving and relentless competitive sport environment is the connection developed between the coach and athlete.

It is this connection that makes a difference to technical coaching because it supplies us with the key to opening the door to our athlete’s capabilities, capacities, and potential.

This unique partnership or relationship developed between a coach and an athlete, we call relational coaching. Relational coaching is the ways coaches and athletes connect to bring about performance success and personal satisfaction.



Over the past 15 years, we have studied in depth the content, quality and functions of the coach-athlete relationship. We found that there are three key properties that correspond with the definition’s main characteristics of the interdependence of coaches and athletes’ feelings, thoughts and behaviors:

1. Closeness
2. Commitment
3. Complementarity

In this blog I have provided some tips to help you build better relationships with your athletes/participants for these key properties, which will help you to create a relational coaching environment.

3. Tips for building closeness in the coach-athlete relationship.

Closeness reflects the affective bond developed between coaches and athletes and is manifested in mutual trust and respect, emotional caring and support, as well as interpersonal liking and appreciation. In our research affective closeness was thought of as the bedrock of the sporting partnership.

2. Tips for building commitment in the coach-athlete relationship.

Commitment reflects the intentions of coaches and athletes to maintain a bond or a connection that is both close and long-term. This long-term orientation toward the relationship is considered important as it takes time to develop skill and bring about

1. Tips for building complementarity in the coach-athlete relationship.

Complementarity reflects coaches and athletes’ behaviors that are complementary or co-operative. Accordingly, there are two sets of complementary behaviors that coaches and athletes show:

(a) corresponding refers to the same behaviors that the coach and the athlete are expected to display in training and competition such as, responsiveness and openness (see Jowett & Ntoumanis 2004)

(b) reciprocal refers to different behaviors that the coach and the athlete are expected to display in training and competition such as, when the coach directs or instructs and the athlete follows or executes instructions in training (see Yang & Jowett, 2013).

These two sets of behaviors are thought to determine the efficient conduct of interactions between coaches and athletes.

JAPAN'S NATIONALS

Japan recently hosted their National Championships, and the entire meet was live-streamed on YouTube. The Sr National Team swam in all four Olympic events, and showed off new choreography in Tech Team and Free Duet, plus revamped routines in Tech Duet and Free team.

Below are the replays for your enjoyment:

Technical Solos (women): click [here](#)

Technical & Free Solos (men): click [here](#)

Technical Duets (national team duet at 1:32:00): click [here](#)

Free Duets (national team duet at 2:24:00): click [here](#)

Technical Teams (national team at 58:20): click [here](#)

Free Teams (national team at 1:34:00): click [here](#)

Free Combinations: click [here](#)

Highlight Routines: click [here](#)



RANDOM LITTLE TIDBITS

=>**Expirations!** There are currently **MANY** coaches whose CCP Level, NCSI Background Checks and/or SafeSport course expires in 2020 – Please make sure to stay up to date. Send ALL certificates to coachcerts@usaartisticswim.org.

=>**To recertify your CCP Level**, you must repeat the course for your current level or higher, attend Coaches College or purchase a full package of Artistic Swiminars by December 31st of your expiration date. (Note: there is no Level 4 CCP at this time).

=>**First Aid/CPR** – Having problems finding a course to take? The Red Cross offers an online [course](#) for only \$35! For more information, click [here](#).

=>**Routine Reviews** – A spreadsheet has been created for all routine events for coaches to use as a tool when reviewing their routines. These spreadsheets will help track areas of Execution, Difficulty, etc, lap by lap. To access, click [here](#).

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 Artistic Swimming. *The FULL course must be completed 1 time, the Refresher courses are mandatory 1 per year every year after that.*

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

USA Artistic Swimming

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

National Team

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

National Talent, Olympic Development Camps & National Elite Camp

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

National Team Athletes

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

All members of all USAAS Committees, Subcommittees and Boards

(18 years old and over)

Club Teams

(Any Coaches, Chaperones, Support Staff and Volunteers who have constant and consistent interaction and/or authority over athletes,

(This includes, but is not limited to: Dance, Acrobatics, Flexibility, Swimming Staff, etc., at any national or local Training Facility)

(Any Athlete 18 years or older who practices or competes with minor age athletes)

Approved Club Options/Private Invitations/ICE Program Participants

(All Staff - including Coaches, Managers, Chaperones and Adults who have constant and consistent interaction and/or authority over athletes while traveling with the athletes, excludes Adults who are attending as fans)

All Judges

(Levels 1 through FINA A & Emeritus)

Optional but highly recommended

Club Teams - BOD members

USA Artistic Swimming 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 Artistic Swimming'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 adam@usaartisticswim.org

When we work as a team, we can build a game plan to make sport safe for everyone.