



BeInSynch

Education Newsletter

JANUARY EDITION • 2021

Welcome to the January 2021 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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UPCOMING EVENTS

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 Championship
Tucson, AZ

April 11, 2021
2021 Jr/Sr National Team Trials

April 14-17, 2021
U.S. Collegiate Championship
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 Championship

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

Obstacles don't have to stop you.

If you run into a wall, don't turn around and give up,
figure out how to climb it, go through it, or work around it.

- Michael Jordan



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 are required 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.



Welcome to the BOD!

We would like to welcome 4 new Independent Directors to the USAAS Board of Directors...

Kerhyl Gantt

Jennell Lynch

Joanne Pasternack

Stacy Chapman

Kerhyl lives in Portland, Oregon and is the Jordan North America Brand Digital Director for Nike, Inc. A former competitive athlete in swimming, she received her BA from Howard University and MBA with a focus in Marketing & Management from The Wharton School, University of Pennsylvania.

Jennell is from Charlottesville, VA and comes to us with a Master's degree in Organizational Management & Marketing & over 20 years of experience in finance, politics, technology and sports/entertainment.

Joanne grew up competing in figure skating, and also coached for 5 years. Joanne holds a BA from the Univ of Pennsylvania and a JD from Santa Clara University. She has worked for the Golden State Warriors, San Francisco 49ers and recently founded & launched the Athletes' Voices Certificate program at Harvard University.

Stacy has over 20 years of experience in the sports industry including leadership roles in brand, sports marketing, partnership activation and youth coaching education for brands like Nike and the Portland Trail Blazers. Stacy played collegiate soccer at U.S. Berkeley and now lives in Vancouver, Washington.

Welcome – we are honored to have you all on the BOD!

Train Like a Champion

Combat Fitness Dance Video, by Alesandra Stan, click [here](#)

30 Minute Core – Ab and Back Workout – click [here](#)

Artistic Swimming Land Workout, by the Synchro Girls – click [here](#) (great as a beginner’s warm-up)



Congratulations to Jr & Sr National Team Coach Anna Voloshyna on the birth of daughter Nicole!

Welcome to new staff members Alyssa Jacobs (Communication & Partnership Marketing Coordinator) and Morgan Bergquist (Membership Specialist) – we are so happy to have you!

TEAM VALUES

Honesty - Conforming words to actions.

Integrity - Doing what we say we will do by keeping promises and commitments.

Respect & Trust - Treating others the way you want to be treated; being able to depend on one another.

Pride - The satisfaction of knowing we did our best.

Spirit - Willingness to take risks to make us better.

Continuous Improvement - Always working to make performances better.

Excellence - Striving to be the best.

Strength - Recognizing that the true asset is the talent of each & every person on the team.

TAKE A LISTEN



Podcasts/Webinars worth your time:

Sports Psychology Podcasts by Peaksports.com, click [here](#)

Rising Champions – Champion Mindset Group, click [here](#)

Great Reads



“The Energy Bus, 10 Rules to Fuel Your Life, Work and Team with Positive Energy”, by John Gordan.

“Bring Your “A” Game: A Young Athlete’s Guide to mental Toughness”, by Jennifer L. Etnier

“Peak: Secrets from the New Science of Expertise”, by Anders Ericsson & Robert Pool

“Coaching Better Every Season” A Year-Round System for Athlete Development and Program Success”, by Wade Gilbert

Videos to Enjoy



“Redefining Winning in Youth Coaching, click [here](#)

“Meeting and Engaging Your Youth Sports Parents, click [here](#)

Fuel for Sport. Fuel for Life. By Jessica Isaacs, Registered Dietitian, click [here](#)

Water Polo Players try Synchronized Swimming, SELF, click [here](#)



COACH TO COACH PROGRAM

Announcing a new opportunity for coaches!

February sessions run by Tammy McGregor – Walnut Creek Coach, former National Team & Olympic Coach.

May sessions run by Kristen Smidstra – Walnut Creek Coach.

June sessions run by Hiea Yoon Kang – La Mirada Aquabelles Head Coach, and former National Team Coach.

Attendees will participate in the month-long program and will be given assignments which will be reviewed by the Presenter during the month. Registration will be for the full month.

Other Presenters and topics will be announced at a later date.

Due to the individualized work with each coach, enrollment will be limited to 10 coaches per session, so register now!

Cost for 1 month is only \$75!

Registration deadline for the February session is February 5th!

Register [HERE](#)

Topics for February sessions:

Session #1, Saturday February 6th 4:30 pm Pacific Time

Writing a Land and Water Warm-Up. This session on how to write a land and water warm-up will help you identify the necessary components, make it specific to the type of practice you are preparing for, add variety, monitor progress, establish standards and other essential concerns.

Session #2, will be the week of February 21st

Coaching Support Scull. This session on coaching support scull, will give you tools to explain proper support scull, how to identify and fix incorrect techniques, how to train support scull for maximum height and endurance and other necessary steps for development.

Topics for May sessions:

Land Training Program Ideas for All Phases of the Season (exact date tbd) This session will include discussion on what types of land training to do during all phases of the season, including how to write an efficient land program and exercise instruction.

Sport-Specific Strength and Conditioning Exercises (exact date tbd). This session will focus on exercises specific to training all aspects of the sport including injury prevention, lifts, figures and routines.

Topics for June sessions:

Flexibility and Extension (exact date tbd). Splits, back, shoulders, knees and feet! Coaches will be hands free when working with athletes on their splits, as athletes will use their own body weight. Exercises will cover all levels from beginners to those that are advanced in their flexibility skills.

Basics for Beginners/Novices (exact date tbd). This session will go through all the basics when coaching beginners/novices. Fun drills and skills to draw them into the sport and keep them engaged.

I AM A COACH BECAUSE.....

I am a coach because of the kids and the passion I have for the sport itself.

There is no other feeling quite like helping young athletes further develop their natural persistence, determination, discipline, dedication, resilience, work ethic, heart, leadership skills, connection with, and respect for others, not only in competition, but in life!

5 STEPS TO BECOMING A BETTER ATHLETE

By Patrick Dunham

Not too long ago, most people stopped being athletes during their teenage years or soon after college. Some athletes would go on to compete professionally, but that was very rare. However, today's modern athletes are breaking that traditional mold. Now there are a number of types of athletes who are working professionals who also pursue their athletic goals and dreams. No matter the sport or the goal, the recipe for improving and success is very similar.

1. **Write Your Sport Goals Down**

Want to improve your half-marathon time, deadlift more weight or earn a championship win? It does not matter exactly what your goal is, what is important is how you plan on achieving it. By writing it down, you can revisit that goal in the future, either as a reminder of what you need to do to achieve it or as a motivator to get it done!

2. **Eat Right!**

Just because you might work out more than the average person does not mean that you can forgo healthy eating habits and gorge on junk food. You have to eat right. I am always weary of diets, templates and other cookie-cutter food plans. Take some time to do your research and look up credible, educated and scientific sources for advice. Avoid the fly-by-night food blog!

If you want legitimate one-on-one nutrition counseling, seek out a registered dietitian. Registered dietitians hold at least a bachelor's degree or higher in an accredited nutrition and dietetics program, and they are also required to pass a national exam and most will have supervised practice experience in various health care settings. They can safely advise you about your nutritional needs based on your health, medical conditions and athletic goals.

3. **Train the Basics**

Successful athletes and coaches will agree that you are never too good to practice the basics for your sport. Quarterbacks and pitchers still warm up their arms with basic throws before games, runners practice their stride and pace and martial artists practice their footwork, body positioning and drills.

A good way to work it into your routine is to start and finish your training session with those basics. Make an effort to take five minutes before and after training to put it into practice.

4. **Visualization**

In sports psychology terms, visualization or imagery involves using all of the senses to create or recreate an experience in the mind. This is a powerful tool that can help to identify what you did incorrectly in previous performances and how you will fix it in the future.

Another benefit of visualization is that you can go through many different competition scenarios in your mind, creating different sequences and reactions in regards to performance. It may be easier to start visualizing your performance in general situations to start, becoming more and more detailed as you learn to put your visualizations to work on the field.

5. **Cross-Train**

Having a strong base in your sport is very important, but so is cross-training. Cross-training can help promote recovery, improve your overall fitness and ward off injury. A good place to start with cross-training is by working on several components of fitness, such as strength, aerobic endurance, muscular endurance, speed, balance, flexibility and agility.

And don't forget to believe in yourself!



5 TIPS FOR BUILDING A STRONG RELATIONSHIP BETWEEN A COACH AND AN ATHLETE

From Ohio University

A team's success is largely measured by its season record; however, successful coaches understand that forming strong coach-athlete relationships is just as important as achieving wins. Establishing relationships with athletes helps a coach understand what motivates or drives each individual. It also highlights a personal, caring approach on the part of the coach—demonstrating that the coach sees the player as more than just a ticket to victory. Creating a relationship with each athlete helps improve overall team morale in addition to helping ensure the team will accomplish its goals.

Yet there are other benefits associated with creating strong coach-athlete relationships. For example, athletes may find they can communicate their frustrations and their ideas with the coach, and in turn, the coach can create a better strategy through understanding the athletes.

The ability to create coach-team relationships is a unique skill that coaches must develop. It takes problem-solving, patience, understanding, and mutual trust—and it is the coach who must lead the way in creating intra-team bonds.

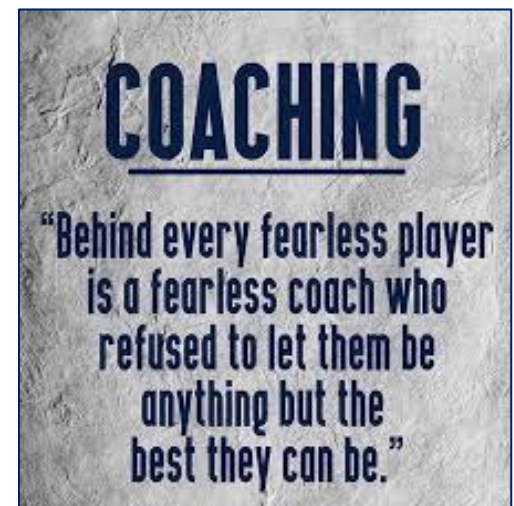
There are several skills coaches can develop that can help them form strong ties with their athletes. Examples include communication skills, an ability to use positive reinforcement, the ability to gain trust, and a willingness to make themselves available to athletes who need advice or encouragement.

Five tips for strong relationships

1. Communication
2. Positive Reinforcement
3. Genuine Interest
4. Availability
5. Trust

Other tips for forming positive coach-athlete relationships

1. Develop Positive Relationship Skills
2. Be Aware of Negative Relationship Characteristics
3. Focus on Developing Effective, Successful Coach-Athlete



The entire article can be found [here](#).

WELCOME TO THE USAAS DEI ATHLETE AMBASSADORS

Please join USAAS in welcoming our new Diversity, Equity and Inclusion Ambassadors! Please see below for a few words from the athletes who will be joining us as leaders in this area.

Jade Michalowski: Pennsbury Falconettes - On one of the DEI Webinars we talked about Allyship, what from that call can you take back to your club and zone?

"Being a part of the DEI webinars has given me the knowledge to share the importance of ally ship with my team and zone. I will communicate to my team that ally ship is advocating for others that are underrepresented with full support. One of the ways I can help my team practice ally ship is making sure that everyone's voice is heard at practices and meets. I will stand up against inappropriate behaviors and I will support the person being underrepresented. By doing these things I will have a positive influence on my team and help to create an open communication environment."

Colleen Hoyt: New Canaan YMCA Aquianas - You have been a part of 2 DEI Athlete webinars, would you recommend others to join and why?

"100%! I would recommend others join as many DEI Athlete webinars as they can! In the DEI Athlete webinars, we discuss an array of topics that are extremely critical points in our artistic swimming community, that affect everyone. The webinars are a chance to voice your opinions and educate yourself on these pressing issues, with other athletes. The webinars are an open place for everyone, and are super informative, so join the next one, I guarantee you'll gain something from them!!"

Temi Oladeji: Pennsbury Falconettes - As an African athlete, where do you see your role as an Athlete Ambassador for our organization for the Black community?

"As a black athlete and an ambassador, I feel that my role is to make sure that black people feel welcome. I know from experience that sometimes black people feel like they are outcasts in many places. It's very hard to sometimes go to competitions and see that you are the only black person there. I want to help black people feel like they can come to Artistic Swimming and that it's a safe place for them. They should see that their talents and skills are what makes them special, their skin color shouldn't be what sets them apart from other people. Black people should feel comfortable showing off their natural hair and their skin color. We shouldn't feel like we need to change ourselves to be respected or "fit in". I want to give black people the representation they deserve."

Zoe Tomlinson: MAC Synchro - With the inclusion of Athletes with Disabilities, how do you think on a local level you as an ambassador can support these athletes?

"The Athletes with Disabilities (AWD) program is a new, but growing, addition to the Artistic Swimming community. I personally swim at one of two clubs in my state, Oregon, so it is incredibly important that we, as a club, start showing support to AWD EARLY. We can set goals of creating local Artistic Swimming AWD sectors within our state, normalizing athletics in the disabled community as a whole, or solely raising awareness for our sport! Once the program expands, being an ambassador on a local level would mean ensuring an inclusive, but not overwhelming, introduction. Artistic Swimming is so special to me, and my goal as a DEI Ambassador is to provide ALL persons the opportunity to have the same wonderful experience as I have been lucky to have. I am beyond enthusiastic to see the community grow as various implications and expansions are formed in the AWD program. I am so excited to be a part of it!"

Continued on
next page



WELCOME TO THE USAAS DEI ATHLETE AMBASSADORS

(CONTINUED)

Courtney Elhart: Charlottesville Swans - On one of the zoom calls we talked about building community and culture. As an Ambassador, how you want to help build this?

"It's crucial for any collaborative community to have not only diversity in thought, but diversity in practice. To build off of the already established culture of our sport, we need to engage athletes of all ethnicities and all walks of life in a conversation that pursues growth of inclusivity, and questions aspects of artistic swimming that have become normalized. This is because we, as a national program, now have the ability to recognize and partake in creating a climate where all athletes feel safe, all athletes feel encouraged, and all athletes can feel a sense of belonging instead of being divided by their differences. As Ambassadors we help stimulate this ideal community by representing participants in Webinars, considering and putting into writing the goals of our constituents (through the new USAAS Bill of Rights), and generating fresh ideas that lend to strengthening our sport."

Anya Zhang: Ohio Coralinas Synchronized Swimming Club - What does it mean to you to be appointed as the 1st group of USAAS Athlete Ambassadors of DEI?

To me, being a part of the first group of USAAS DEI Athlete Ambassadors is just phenomenal. It means that artistic swimming is taking significant steps in making sure all swimmers feel included, accepted, and celebrated - inside and outside the pool. As the first group of Athlete Ambassadors, it's our job to have set the tone in the fight for improved equality and have a positive impact on the rest of the artistic swimming community. I've always been passionate about inclusion and breaking stereotypes, so it's an honor to be a part of the DEI movement and a role model in forging change. Artistic swimming has always been my safe space, and I want to help make artistic swimming that safe space for my fellow athletes from across the country, no matter their ethnicity, body shape, religion, or gender. I've heard many swimmers share their encounters with discrimination and exclusion, and while this is heartbreaking, these stories show that we are beginning to acknowledge inequality and taking great strides to make USAAS more inclusive. This is just the tip of the iceberg, and I am excited to see what DEI will accomplish in the future."

Gabriela Perez: Palm Beach Coralytes - As a Latina in a heavily populated Hispanic area, how do you feel your role as a DEI Athlete Ambassador will impact and embrace other people of color?

South Florida is heavily populated with a variety of ethnicities and cultures and I truly believe it makes us all the better. I have interacted with many Hispanic swimmers and have had amazing experiences in my swimming career because of the diversity that comes with it, but I have also seen discrimination along with other issues occur in our sport. As a Latin DEI Athlete Ambassador, role model for younger girls on my team, and someone with first-hand experience of these issues, I feel my background helps me have a broader view of how I can not only better my own swim community, but also that of USA Artistic Swimming. Bringing up issues that matter and fixing them accordingly within our sport is a way to embrace everyone and make girls and boys feel welcome and excited about every aspect of the sport. My voice as an ambassador will aim to reflect the ideas of many. I am so excited to be a part of this change and new chapter for the USA Artistic Swimming Community.

Ryan Lewis: Walnut Creek Aquanuts - As a DEI Athlete Ambassador, what are you looking forward to in your new role?

As a DEI ambassador I'm really looking forward to finding ways we can make the sport and the community more inclusive and welcoming to all people regardless of race, gender, ability, or sexuality. I'm so happy to be able to work with such a hardworking group and committed leaders. I've always been so passionate about equality and social justice for all people and I can't wait to see what changes and results we can make!

*For words from more athlete ambassadors,
please click [here](#)*

CONGRATULATIONS TO OUR NEW JUDGES

Congratulations to the Menomonee Falls Dolphinettes for certifying the most new level 1 & 2 Judges in the country (a total of 9)! Below are the results of the new Judge Challenge for all levels:

Completed 1F Online Course (91 individuals)

| East | North | South | West |
|------|-------|-------|------|
| 19 | 21 | 39 | 12 |

Completed 1F Test (58 individuals):

| East | North | South | West |
|------|-------|-------|------|
| 9 | 16 | 24 | 9 |

Top Teams overall:

East – Imagine Synchro
 North – Menomonee Falls Dolphinettes
 South – Charlottesville Swans
 West – Stanford University & San Francisco Merionettes

Completed 1 Online Course (83 individuals):

| East | North | South | West |
|------|-------|-------|------|
| 18 | 18 | 35 | 12 |

Completed 1 Test (45 individuals):

| East | North | South | West |
|------|-------|-------|------|
| 7 | 11 | 16 | 11 |

Top Teams overall:

East – Imagine Synchro
 North – Menomonee Falls Dolphinettes
 South – Charlottesville Swans & Houston SynchroStars
 West – Stanford University & Scottsdale Synchro

Completed 2F Online Course (23 individuals):

| East | North | South | West |
|------|-------|-------|------|
| 3 | 10 | 3 | 7 |

Completed 2F Test (17 individuals):

| East | North | South | West |
|------|-------|-------|------|
| 2 | 10 | 2 | 3 |

Top Teams overall:

East – Tonawanda Aquettes
 North – Menomonee Falls Dolphinettes
 South – Lakeland YMCA & Dallas Synergy
 West – Scottsdale Synchro



Completed 2 Online Course (17 individuals)

| East | North | South | West |
|------|-------|-------|------|
| 2 | 10 | 2 | 4 |

Completed 2 Test (13 individuals):

| East | North | South | West |
|------|-------|-------|------|
| 0 | 9 | 1 | 1 |

Top Teams overall:

North – Menomonee Falls Dolphinettes
 South – Dallas Synergy
 West – LA AquaNymphs

If you are interested in becoming a judge the online courses are still available. We have been running webinars for each level every 1-2 months. To find information about the online courses, click [here](#).

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.

GREAT ADVICE!

When asked what advice she would give someone who wants to get on the national team, Daniella Ramirez, member of the 2021 Senior National Team, she shared the following:

“Find your reason to get up and do the hard work every day.

Figure out what your strengths are in synchro and get really good at that.

Keep working at what you need to improve on every day and celebrate the small victories.

Every last centimeter of improvement is getting you closer and closer.”

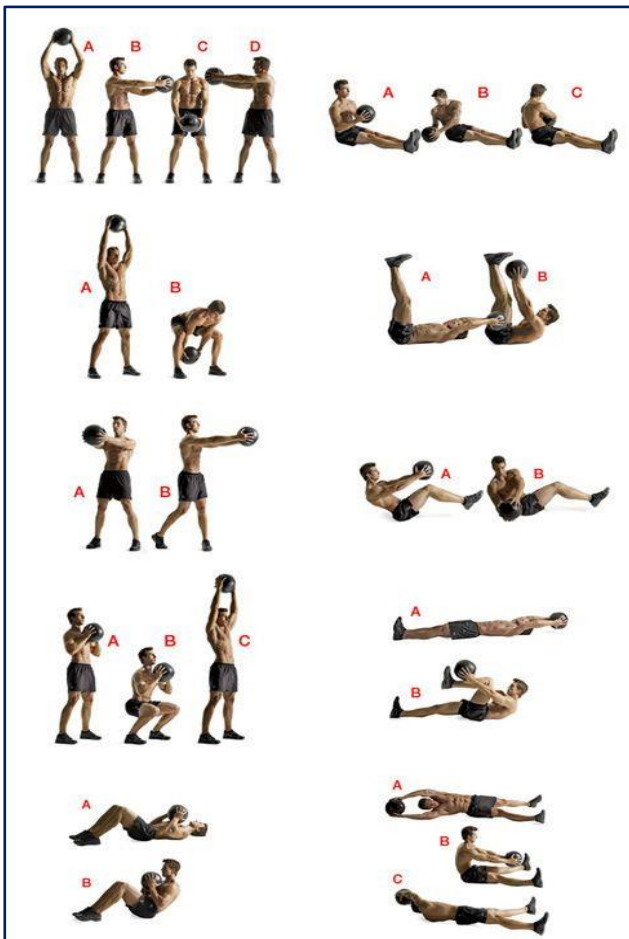


WORKOUT FUN!

Medicine Ball Work-outs for Swimmers, click [here](#)

15 Minute Medicine Ball HIIT Workout, click [here](#)

If you do not have a medicine ball, you can do these exercises with anything you have laying around your house such as canned goods or small bags of rice, OR even with no weight!





GAIN BALANCE OUTSIDE TO IMPROVE INSIDE

Although sometimes the swimmers of **Synchronized Swimming** are called mermaids, as human beings we are still animals of the land and our vital environment is solid. That we get tired more than anyone standing in a museum, but endure hours in the water without touching the wall, does not mean that our environment has changed to the aquatic. One of the very important points in the synchronized is **balance**. That is why it is important for the **Artistic Swimming** to train in the land, because it allows us to improve much more quickly the training from within. You can read some of our articles about out-of-water training like [working the abdominal](#).

The **balance** and body control is key for the Artistic Swimmers and today we will talk about some exercises that can help you a lot to improve them. They are inspired in Yoga and are extraordinarily effective.

It is important that you do not forget to warm up before starting training, remember that if you do not do it, nothing may happen today, but little by little you will be breaking small fibers that will eventually cause injuries. Warming in this case involves moving all the joints repeatedly and orderly until you feel warm. Then you can start the specific exercises to gain **balance**.

We will start with an adapted *sun salutation* in which the lateral and torsional **balance** are worked, and then standing up we will **balance** on one leg in different angles. Now more than ever, synchro is no longer about making bent knees and cranes only. If we want to have a minimum of difficulty we must add angles and torsions and therefore it is convenient to work the control of these positions!

These exercises are designed to improve **balance** and body control, this is the main goal we seek to execute and not to gain flexibility or conditioning. It is better not to lift up the leg very high if then we are going to fall. First at a comfortable height and when the control is there, then we open more. I leave you a video tutorial so you can do the live balance class next to me. The duration of the session is about 20 minutes and it is the result of a few years of experience! You can do it at home on days when you do not have training (or you are not tired) and you'll see that even if they cost you a lot at the beginning, if you repeat it you will improve very quickly!

Click [here](#) to check out the exercises (in Spanish, but easy to follow).

Andrea Fuentes,
USAAS Sr National
Team Head Coach



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.