



BeInSynch

Education Newsletter

MARCH EDITION • 2021

Welcome to the March 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.



INSIDE THIS ISSUE

- Coach to Coach Program
- The Judges Corner
- Creating a Relational Coaching Environment
- Workout Fun – TheraBands
- Great Advice: Abby Remmers, Sr NT
- Teamwork: How to Make the Most of the Parent-Coach Dynamic
- Why Hard Work and Sacrifice?

UPCOMING EVENTS

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

April 15-17, 2021
U.S. Collegiate Championship
Stanford University

April 21-25, 2021
2021 13-15 Age Group National Team Trials,
U.S. 13-15 Championship & 12&U Invitational
Mesa, Arizona

April 25-28, 2021
2021 U.S. Junior & U.S. National
Championships – Mesa, Arizona

May 22-23, 2021
Junior and Senior National Squad Trials
Moraga, California

June 26 – July 3, 2021
2021 U.S. Junior Olympic Championship
Colorado Springs, Colorado

October 5-10, 2021
USAAS Annual Convention
Reno, Nevada

October 21 – 24, 2021
2021 U.S. Masters Championship
Las Vegas, Nevada

The attitude with which we approach the situation can determine our success or failure.
- Peyton Manning

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.

Thank you USAAS Foundation!

We would like to thank the USAAS Foundation for their ongoing support of USA Artistic Swimming and their members. The Foundation is comprised of a group of very dedicated volunteers who fully support all members of USAAS. Without the Foundation, many of the USAAS Education programs would not be able to exist.



Karen Rosolowski, President
Jeanne Struck, Secretary
Beth Borland, Treasurer
Barbara McNamee, Parliamentarian
Jill Savery, Trustee
Christine McMaster-Shah, Trustee
Brad Terry, Trustee

Sandra Mahoney, Trustee
Joe Alwan, Trustee
Judy McGowan, Trustee
Grasy Noriega, Trustee
Margaret Mahoney, Trustee
Steven Davis, Trustee

The Foundation gives grant money to youth, collegiate and masters teams as well as USA Artistic Swimming every year.

For information on the online application process go to the USASS Foundation [website](#).

The Grant Application Period for the 2021-2022 season will open on May 1, 2021 and close on July 31, 2021. "Like" and follow the USAASF Facebook page for notice when the 2021-2022 Grant Application Period opens!

Train Like a Champion

Senior National Team Trade Secrets, click [here](#)

Balance Exercises for Basic Positions & Figures – click [here](#)

Land Workout for Figures & Positions – click [here](#)

Full Body Stretching Routine for Artistic Swimmers – click [here](#)



Exciting News!!!

USAAS will be including a separate event for Male Solos at the 2021 Junior Olympic Championship!

The new Rising Star camps and clinics will be introduced summer/fall of 2021 – be on the lookout for more exciting news coming about these programs!

TAKE A LISTEN



Podcasts/Webinars worth your time:

“Dancing on the Water: How One Coach is Propelling Inclusion in Synchronized Swimming”, by Ashley Johnson, click [here](#)

Great Reads



“The Champion’s Mind: How Great Athletes Think, Train and Thrive”, by Jim Afremow, PhD

“The Art of Motivation for Team Sports”, by Jim Hinkson

“The Ultimate Book of Inspiring Quotes for Young Athletes”, by Michael Stutman and Kevin Conklin

ON THIS TEAM

We are helpful

We achieve goals

We have fun

We are courteous

We are patient

We are friends

We are successful

We work together

WE ARE A TEAM

Videos to Enjoy



Secrets of Olympic Champion, Watch & Improve Sessions by 2-time Russian Olympian, Anastasia Ermakova.

Lesson #1, Foot Points (Flexibility)”, click [here](#)

Lesson #2, Foot Points (Strength & Sharpness)”, click [here](#)

Lesson #3, Ballet Leg”, click [here](#)

Lesson #4, Vertical Position”, click [here](#)



COACH TO COACH PROGRAM

May sessions run by Kristen Smidstra –
Walnut Creek Coach

June sessions run by Hiea Yoon Kang – La
Mirada Aquabelles Head Coach, and 2021
13-15 AG National Team Asst 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!

Watch for registration opening in April for the May session.

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.



THE JUDGES CORNER

Judging Clarifications for Figures & Routines

Spins in Figures & Technical Routine Elements

Clarification on Spins:

Continuous Spin => any 180° deviation (more or less) in the exact required number of rotations would receive a zero.

Combined Spin => any difference in the amount of rotation of descending and ascending spins as well as direction of rotation as described will result in a zero.

180° & 360° Spins => any deviation of $\frac{1}{4}$ plus or minus the specified amount of rotation, will result in a zero for that figure.

For example, if a 180° is required and the swimmer completes 135° (3/4 of the rotation) or LESS or 225° or MORE, the score would be zero for that figure).

A zero will be awarded if a continuous spin does not continue underwater.

Review Videos

Only Official Videos may be used to review for penalties. The review is done by the Referee, and their decision is final.

If there is no official video, the Referee will make the final decision as to any penalties or if a zero will be given.

Other Clarifications

Piking in Swordfish/Swordtail figures => For the beginning of the Swordfish and Swordtail, if the swimmer does a Pike Position past 45°, a zero is given. For deviations with some lesser amount of pike, the deduction system we have is used (this is a design error in most instances). Please note: this is a guideline, it is not in the FINA Manual.

Head Placement in Swordfish/Swordtail figures => if starting with head up, it must stay that way. If the figure begins with the face in the water and the leg starts to bend, the head may not be lifted (usually to take another breath). If the head is lifted, they will be given a zero.

Technical Elements performed out of order => if the order is performed as #1, #2, #4, #3, #5 – element #3 would receive a zero, the others would be scored as normal.

Elements not performed parallel to the side => in Solos, Duets & Trios technical elements must be performed parallel to the side of the pool. A 0.5 penalty is given by the Referee for each element not performed parallel.

FIGURES

12&U Age Group Figures – click [HERE](#)

13-15 Age Group Figures – click [HERE](#)

ELEMENTS

All FINA Junior Elements – click [HERE](#)

All FINA Senior Elements – click [HERE](#)

CREATING A RELATIONAL COACHING ENVIRONMENT

By Dr Sophia Jowett

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. It is the bedrock of the *sporting partnership*.

Be Open – offer information, show you have nothing to hide, don't omit, mask; openness is reciprocated.

Keep Confidences – keep secrets imparted to you. No gossip is allowed. NEVER blab someone else's story.

Display loyalty – protect your athletes, be on their side both in their presence and absence.

Be competent – display your skills to gain your athletes' admiration and respect.

Be neutral when placed in difficult situations – don't choose sides until you have all the facts.

Be reliable/consistent/predictable – if you make promises you cannot keep, your athletes will think you are not dependable.

Honor your promises – if you make promises you cannot keep, your athletes will think you are not dependable.

Do not belittle the promise – however small you think it is your athletes may think it to be significant.

Be honest – not always easy.

Speak from the heart – focus on the person; by doing this you make clear you don't judge the other.

Speak your feelings – people who only convey facts come across as cold and distant (be compassionate/understanding)

Pay attention and notice your athletes doing good things – give/receive recognition (purposeful appreciation).

Focus on individual accomplishment – it is much more powerful than acknowledging the whole group. Acknowledge an athlete in the team or squad who has done a good job in front of others.

Be as specific as possible – when you offer appreciation, describe the impact of what has been done. (For example, "You did a great job – getting the team together, organizing the equipment in ways that can be more effectively used by all. I appreciate you took the lead on that...it is making a difference in..").

When you see it, say it – timeliness is important...don't wait.

Be sincere – don't fake it.



TEAMWORK: HOW TO MAKE THE MOST OF THE COACH-PARENT DYNAMIC

By Dr Frank Smoll, PhD

To many youth sport parents, practices don't look or sound like they did 20 years ago. There's less screaming, kids aren't running wind sprints after making mistakes, and parents are expected to take a more active role. Some see this shift as a sign coaches have become too soft and kids too coddled, but research does show that kids learn more and perform better when coaches, parents, and athletes work together harmoniously.

Frank Smoll, PhD, a sport psychologist at the University of Washington, says, "There's more awareness now, compared to 20 years ago. Parents are a big part of the equation. Parents and coaches each have responsibilities to one another."

A CULTURE OF MASTERY

According to Dr. Smoll, [research shows](#) young athletes achieve the objectives of youth sports better when coaches and parents both focus on mastery and effort more than wins and losses. By creating a mastery-based motivational climate, the emphasis is on skill development, achieving personal and team success, giving maximum effort, and having fun.

In contrast, an ego-based climate emphasizes outcomes at the expense of psychosocial development. Mistakes are met with punishment, and anything but winning is viewed as failure.

What about competing and winning? In a mastery approach, winning is sought, but viewed as a consequence of teaching and supporting athletes to perform at their best. In this process, both parents and coaches play critical roles.

HOW COACHES CAN SUPPORT PARENTS

Just as coaches need players to buy-in to their approach, they also need to gain cooperation from parents with sometimes dissimilar views. To do this, Dr. Smoll recommends a pre- or early-season meeting with all the parents, with or without players present. In addition to logistical information like times, dates, equipment, etc., coaches should:

- ✚ Clearly inform parents about their coaching methods.
 - Smoll adds, "Coaches should present simplified summaries of research demonstrating the effectiveness of the mastery approach, rather relying on 'because I said so'".
- ✚ Outline parental commitment is essential for the coach to do his or her job, such as:
 - Accepting the coach's authority as the leader of the team.
 - Pledging to support children after disappointments without expressing embarrassment, shame or anger.
 - Exercising self-control and adhering to socially-acceptable standards of conduct.
 - Being engaged. Attending some practices and competitions when possible; asking kids about their experiences, not just the outcomes.
 - Letting kids make their own choices, including whether to participate at all.

Coaches should also encourage parents to provide them with both positive and negative feedback at appropriate times, including during the pre-season meeting.

HOW PARENTS CAN SUPPORT COACHES

In addition to fulfilling the above requirements, parents can contribute by:

- ✚ Reinforcing the coach's interactions with other parents who act in ways that cause [performance anxiety and fear of failure](#) for young athletes.
- ✚ Avoiding "sideline coaching," or yelling instructions to athletes that may confuse or contradict the coach's instructions.
- ✚ Correcting mistakes with a "sandwich approach."
 - Start with a compliment, provide instruction on what to do next time, and end with a positive statement.
 - Example: "You ran your routes well. If you bring your hands up sooner, you'll be ready for the ball. You'll keep getting better at it with more practice."

Dr. Smoll sums it up by saying, "In youth sports today, everyone plays an important role, and if open lines of communication are created, harmony can be maintained among coaches, parents, and athletes."

The Parental Role in Developing Young Athletes
@BelievePHQ

Throughout a child's development the greatest influence on their sporting career will be their parents. On and off the pitch sport parents must be aware of their behaviours, as they can have both positive and negative effects on their child's sporting development.

BE A ROLE MODEL AND LEAD BY EXAMPLE

Allow your child to take part in a range of sports

Emphasise a "Can do/ Don't Give Up" attitude towards sport

Tips and Advice

Children need to know that they make their parents proud regardless of outcomes

Encourage, be supportive and don't criticise your child

Listen to your child and allow them to have fun

Focus on development and enjoyment

Help your child to understand the life lessons they can learn from sport

Try not to coach your child as it undermines what the coach is teaching

REMEMBER! Be a positive sport parent

Work alongside the coach and support staff to provide your child with a positive experience

Allow your child to be themselves. Don't keep telling them what to do. Allow them to be creative and use their imagination

Avoid focusing on outcomes and only on winning

GREAT ADVICE!

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

“National team is definitely not for the weak minded. This year more than ever we have learned how to deal with adversity in so many ways, most being obvious. Nevertheless, this team has brought me up to be a young mature woman with all of the experiences, places and people I have met. All of these things have helped me grow into a reasonable, understanding, adaptable, hardworking and caring athlete. The coaches teach you lessons that are obviously helpful during training but also help outside of the sport. It is such a blessing to have women who understand what you’re going through, lead you. Not many teens have that guidance and I am so grateful to have had that at such important ages (15-20).”



“Lastly, of course being able to stand behind the American flag internationally is such an honor. Feeling that American pride is life changing and if you have the chance to experience, take a leap of faith and go for it.”

“Hope you’re staying healthy and safe!”
Abby Remmers



WORKOUT FUN!

12 Minute Theraband Shoulder & Back Strength Workout, click [here](#)

15 Minute Resistance Band Workout for Arms
by Coach Olga Kuzhela, click [here](#)

Great Britain Strength & Conditioning click [here](#)

6 Mini Resistance Band Exercises for Hip Strength



@shape



WHY HARD WORK AND SACRIFICE?

How a dream can be converted to a goal and later become a fact.

First of all, let's clarify: Synchro is too hard to go to the pool without motivation. We don't need to go to the pool jumping of joy everyday, but the key is the answer to the following question:

Your life will be better with Synchro or without? If the answer is YES, just keep swimming, if not, your life need a change!

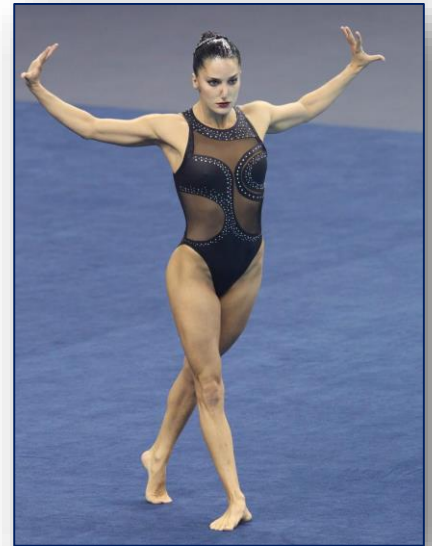
HARD WORK will only come if you have a strong YES inside. Some people want a very cool GOAL, like be in the Olympics, but they don't want to sacrifice other activities or do what it takes. What I love about life is NOBODY GIVES YOU NOTHING FOR FREE. Sometimes life can be unfair, but in general, your achievements have a direct relation with what you give. Pure balance!

Even with hard work, sometimes, the goal doesn't become a reality because we don't know HOW TO RECOGNIZE OUR STRENGTHS and we are not HUMBLE ENOUGH TO WORK ON OUR WEAKNESSES.

Our fire will be burning inside if we have a clear DREAM, but sometimes is just THE PASSION FOR DAILY IMPROVEMENT the strength that will keep us fighting.

The humans we have a particular quality: we have this STRONG DIRECTION FOR IMPROVEMENT, to overcome our LIMITS and to see HOW FAR we can arrive. It's in our DNA, we are HAPPY when we improve. And even more happy when you recognize the qualities that make you unique as a person. All of us know at least one talent that make us feel a little bit proud of ourselves. If not, think twice because I'm sure you will find it. This positive quality is a gift that nature gave you to evolve and to use. It can be anything. Recognize it and DEFEND IT. Is made in you to show, to believe and to use it to make your dream come true.

Write in a paper your strengths. Pin in your wall. To remember you are unique and capable to do ANYTHING YOU WANT. You just need to really want it.



**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 the 1st year, Refresher courses are mandatory 1 per year for 3 years after that. The cycle will then repeat with the Full Course & Refreshers.***

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.