



BeInSynch

Education Newsletter

OCTOBER EDITION • 2020

Welcome to the October 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.

INSIDE THIS ISSUE

- Did You Know?
- Land Warm-Ups
- Breathing!
- USAAS -Diversity, Equality & Inclusion
- What if I Was Born With...
- Gliding Disc Fun!
- Stress Better



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

UPCOMING EVENTS

2020 US Masters Virtual Events –
October 15-18, 2020

November 6th – 8th, All-Star Camp
Spire Institute - Geneva, OH
Attendees: Phase 3 qualifiers from 12&U & 13-15 Age Group National Team Trials & Jr athletes who participated at Sr NT Trials

November 6th – 8th
Coaches College, Spire Institute – Geneva, OH

Dec 27th - 31st
Camp for top 16 13-15 Age Group Athletes (ages in 2021) chosen from 2020 All-Star Camp (if restrictions allow), Location: tbd

January 15-18, 2021
2021 Age Group National Team Trials
Ft. Collins, Colorado

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

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
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!

During the recent Virtual Convention the following individuals were voted onto the BOD. Please welcome....

Denise Shively - President
Ashley Johnson- VP Diversity, Equality & Inclusion
Irene Hawes – VP Olympic International
Emma Tchakmakjian – Athlete Executive Council President
Kim Kohut – Secretary

Thank you for all of your hard work to the following individuals transitioning off the BOD...

Linda Loehndorf – President
Krista Karwosky – VP Education & Certification
Ginny Jasontek – VP Olympic International
Erin King – Secretary



Former artistic swimmer from the St. Paul Stars, Amberley Shaw, has created and launched her own workout videos on YouTube. Subscribe and check out these amazing workouts, you won't regret it!

20 Minute Home HIIT Workout (Full Body) – click [here](#)

25 Min Total Core/Ab Workout – click [here](#)

30 Min Home HIIT Workout (Full Body) – click [here](#)

30 Min at Home Strength Training Workout – click [here](#)

You may have noticed that the Jr and Sr National Teams have been doing Boxing workouts, the reason is that it helps with quickness and sharpness in your movements. So try this one also:

Boxing Home HIIT Workout – click [here](#)

World Champion Bill May is doing Zoom work-outs every day to anyone interested! This work is so important for any Artistic Swimmer, so we hope anyone and everyone can join in! We are working on uploading some of the sessions to YouTube, so stay tuned for that. Meanwhile, here is the information:

Workout times(Vegas/California Time):

Monday: 7:30pm (30 min – Core, 20 min – Strength)

Tuesday: 11am (30 minutes – Core)

Wednesday: 7:30pm (30 min – Core, 20 min – Strength)

Thursday: 11am (30 minutes – Core)

Friday: 7:30pm (30 min – Core, 20 min – Strength)

Saturday: 11am (30 minutes – Core)

Sunday 7:30pm (30 min – Core, 20 min – Strength)

<https://us04web.zoom.us/j/8314560602>

Zoom ID 831 456 0602 - Password: 746700



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

TAKE A LISTEN

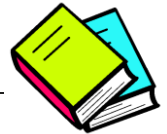


Podcasts/Webinars worth your time:

“The Champion’s Mind with Dr. Jim Afremow, Mental Skills Coach and Author”, host Dr. Cindra Kamphoff, click [here](#) (starts at 6:00 minutes)

“Race, Sport & Social Change: Learning with Team USA”, USOPC, click [here](#)

Great Reads



“7 Ways to Develop Tough, Resilient and Focused Athletes”, by Positive Performance Mental Training Zone, click [here](#)

“Wooden on Leadership: How to Create a Winning Organization”, by John Wooden. You can find the book for sale online.

Videos to Enjoy



“Using Reflection to Become a Better Coach – Part 2”, by Wade Gilbert, click [here](#)

“Mamba Mentality – Kobe Bryant”, click [here](#)

Results & Videos from the Greek National Championships, click [here](#)

Blasts from the Past:

1984 USA Olympic Duet, Candy Costie and Tracie Ruiz-Conforto, click [here](#)

1992 USA Olympic Soloist, Kristen Babb-Sprague, click [here](#)

2004 USA Olympic Team Free Routine, click [here](#)

BREATHING!

By Dr. Tegan Adams,
Sport Psychologist for the
USA National Team

Use your breath to relax, energize, focus and de-stress.

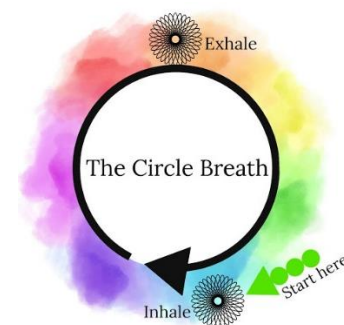
There are many benefits to strengthening your breathing skills and to learn how to use them to relax, get energized, help you to focus, and to de-stress. Holding one's breath is a necessary aspect of artistic swimming, but we often overlook that the way we use our breath outside of sport can also influence our performance. Better sleep, reduced pain, energy boosts, relaxed muscles, decreased anxiety and depression, and improved coping are some of the ways that implementing breathing can help.

Take a minute to think back to the last time you intentionally focused on your breath. Now is the time to try it out if you aren't already using this resource. I encourage folks to try different types of breathing to know what style would work, and to practice when different types of breathing exercises could be ideal. Similar to physical skills, we practice them during low stress moments at first before we expect to perform them well during high stress competition. We can't expect ourselves to effectively use breathing skills during a high stress time unless we have already practiced these skills and have them in our mental toolkit.

One of the most basic breathing skills that I love is what is called a *Circle Breath*. This simple breathing technique makes you slow down your pace of breathing by having you apply deliberate effort in each breath. You can practice it at any time, but it's important to practice it before you need it. Practice using this breath four or five times a day when you begin in order to correctly learn the breathing pattern.

Try it:

- Relax your neck and shoulders, sit up straight with feet uncrossed and on the floor.
- Keep your mouth closed, inhale slowly through your nose for two counts.
- Exhale slowly by blowing air out your mouth for four counts.
- Exhale should be twice as long as inhale (you can do without pursing lips, and can also add in a hold between inhale and exhale).



The next technique to try is the *Breath-focus* breathing. This breathing technique uses focus words and phrases. You can choose a focus word that relaxes you, helps you focus, or that is simply neutral to think about. Examples include "breathe," "toe point," "let go," or "relax," but it can be any word that helps, repeat it through your practice. You can start with a 5-minute session and can gradually increase the duration to 20 minutes. Just notice when your thoughts wander, and without judgment, bring your focus back to your word or phrase.

Try it:

- Sit or lie down in a comfortable place, close your eyes or gaze gently on the wall.
- Notice your breath without trying to change how you're breathing.
- Begin the practice of breath focus by combining breathing with your focus word.
- Imagine that the air you inhale brings waves of peace and calm.
- Imagine that the air you exhale washes away tension and anxiety.

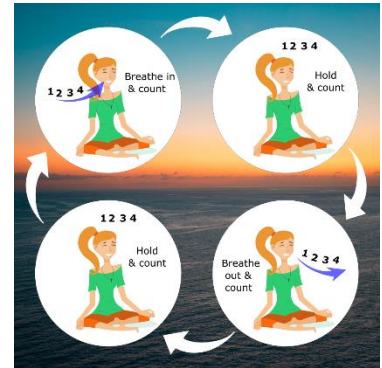


BREATHING! (continued)

This breathing technique is called *Equal Breathing*, and focuses on making your inhales and exhales the same length. You should find a breath length that is smooth and steady, and easy to maintain throughout the practice. Usually, this is between three and five counts. Once you get used to equal breathing while seated you can do it during other activities.

Try it:

- Choose a comfortable seated position.
- Breathe in and out through your nose.
- Count during each inhale and exhale to keep them equal in duration.
- You can add a slight pause between breathing if you prefer.
- Practice up to five minutes.



This final technique is *Deep Breathing*. Try these exercises when you're already feeling relaxed and rested. The goal is to try to get your breath lower and fuller in your diaphragm. Practice for 5 to 10 minutes multiple times per day if possible. Try it:

- Lie on your back with your head on a pillow if available.
- Bend your knees slightly or place a pillow under for support.
- Place your left hand on your heart and your right hand on your low stomach.
- Slowly inhale through your nose, feeling your stomach pressing into your hand.



There are different ways to incorporate each of these techniques depending on the need. Circle breathing is the foundational breathing skill I always recommend starting with. It can be used in conjunction with performance, or also helping to manage daily life. Using the breath focus can help you to focus in on a technical aspect in your performance, or to help you ignore distractions and focus in on your breath. Equal breathing can be particularly helpful during times of heightened anxiety or when you notice shortness of breath or other physiological signs of anxiety attacks. Finally, deep breathing can be helpful as a daily or regular practice for general well-being and improved mental health.

I hope you'll try these techniques to see how they might help you manage stress, improve your mood and overall well-being. Breathing is one of my favorite tools because once we master it we have it available to us at all times, no matter where we are! Like anything new, it takes practice for mental training techniques to become natural and easy to implement when needed. If you have questions or want support in developing your own mental training skills, please contact me via email at dr.teganadams@gmail.com.



USAAS & DIVERSITY, EQUALITY & INCLUSION

On June 11, USA Artistic Swimming publicly pledged to become a stronger ally in the fight for equality. As an organization, we recognized and acknowledged the lack of diversity, equality and inclusion. Since that time, we assessed the changes that are necessary so we can follow our motto and Move As One towards a racially equal and diverse organization at all levels of USAAS.

1) The Board of Directors recognized the topic of diversity, equality and inclusion as a sensitive issue and prioritized the initial steps required to improve USAAS. A newly created position, VP of DEI, will serve on the BOD to oversee the development of programs that educate, equate and include members without regard to gender, race, ethnicity, culture, religion, sexual orientation, age, socio-economic status, geographical location, beliefs, or levels of mental or physical ability. The VP of DEI was elected during the September Convention, **congratulations to Ashley Johnson!**

2) An Interim DEI Chair and Taskforce was developed to implement and complete the job description for the VP of DEI, committee codes/procedures, established a Protest Policy and revised hiring practices have been adopted to be added to USAAS Rulebook.

3) A Diversity Open Forum call for People of Color was held to allow athletes, parents and coaches to speak openly of racial injustices and inequalities experienced within our sport. This initial conversation between the organization and the members provides a basis for rules and protocols to be established to prevent further discrimination in the future.

4) The CEO and Interim DEI Chair consulted with a Diversity and Inclusion leader to determine the necessary changes in infrastructure of the organization to create a more inclusive environment for all members of USAAS.

5) Continual research for methods to remove barriers and improve the accessibility of members to USAAS at all levels.

6) Our Director of Education and Interim DEI Chair have been working closely with the USOPC on weekly calls with Ashland Johnson, a Civil Rights Attorney and Founder of Inclusion Playbook. The plan for the future includes implementing many practices and policies that are currently being used by the MLB and other major leagues sports to create a diverse, equal and inclusive environment for all.

We want to thank USAAS members for supporting the necessary bold steps of change and look forward to their continued participation as we move forward as organization that prioritizes a sport that does not allow anything less than equality for all. We want to continue this work and welcome all support and suggestions to better USAAS for all our members, (just a reminder our work is not done yet).



WHAT IF I WAS BORN WITH...?

By Andrea Fuentes
USA Senior National Team
Head Coach

When I have the opportunity to talk with any swimmer in the world, a lot of them tell me they have the dream but they are short/don't have extended legs/not flexible/not strong enough/...

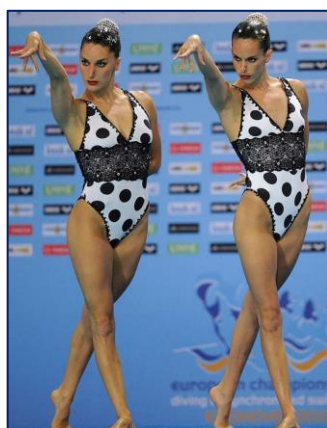
Of course it will be much easier to born with the perfect body shape and qualities, but GOOD NEWS: we are very lucky to have access to another big talent: the mind!

One day, a bodybuilder coach, (he was a doctor too), told me the body is a chewing gum, you can change it as much as you want, you just need CONSISTENCY and TIME. Look how the body of an athlete can become with training, it's amazing how it adapts to what you ask for!

When you have a lack of any particular talent, you can avoid it and it will stay forever or you can FACE IT and FIND ways to arrange it. Almost EVERYTHING is possible. And if it's not possible, convert it into a good thing! How?

Ex: if you are short, learn to jump and become essential in a team to be the flyer. We have the perfect example in @virginie_dedieuoff being world champion 3 times being 160cm tall! She is always my example when somebody complains about height.

Then you have other missed talents like the lack of extension, flexibility, strength... All can be solved with extra practice and more important: ON YOUR OWN. Don't wait for the coach to arrange your life, do it for yourself and it will be much more powerful and rewarding. All the best swimmers I know were working much more than what the coach was asking for. It's not a casualty they became the best! All the medals I have were tasting like glory because all the work behind the scenes, more than anything else. That feeling of "Yeah man, I DID IT!" Nobody knew how much I worked on my own to make it, insane! Now, with YouTube, it's much easier than before, you have tones of tutorials to help you. You don't even need to go anywhere or pay to a special teacher. Don't give to yourself any excuse. Go and do a plan. Fix it!



GRADE LEVEL INFORMATION

Grade Level 6 – has been created and will be available the end of this week, click [here](#). Make sure that you have downloaded the most recent version which is v7.1 as of 6-15-20 (updated 10-5-20).

Level 5 & 6 Assessor Training & Tests – have been created and will be available the end of this week, click [here](#).

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.

Level 6 Scoresheets – will be posted the end of this week.

Contact shari@usaartisticswim.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 12)*



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.

INTERNATIONAL CLUB EXCHANGE PROGRAM

The International Club Exchange program, more commonly known as ICE, is a great program for clubs to expose their athletes and coaches to different cultures, make new friends around the world all the while doing the sport you love!

The goals of the program are: to foster relations between clubs in the United States and international clubs through training opportunities and exchanges between coaches, athletes, and families, promote your own club through sport & cultural exchange and develop a sister club relationship with a club in another country.

International clubs are partnered with participating US clubs to visit and train together. If possible, the exchange would be further enhanced by a reciprocal visit of the US club to the international club for further training and renewing friendships. These exchanges provide clubs of various levels an opportunity to share synchronized swimming with members of the international community.

For more information and details, please contact International Relations Committee Chair, Betty Hazle at bettyhazle@yahoo.com

GLIDING DISC FUN!



JazPost

STRESS BETTER: HOW PARENTS CAN HELP ATHLETES GROW FROM STRESS

By Deborah Gilboa, MD

Stress automatically calls to mind negative moments in life: A difficult upcoming test, a fight with a friend or parent, global collective stress like the coronavirus pandemic, or even self-created stress about what others might be thinking. And yes, too much stress and too few resources to combat it can be a bad thing...but allowing kids to entirely avoid it actually does them a disservice.

Board-certified family physician and [TrueSport Expert Deborah Gilboa](#), MD, specializes in youth development—including stress management. Her main message to parents is that children need to experience stress in order to be prepared for later life and become effective leaders. "Our job as parents is not to protect them until they're adults. It's to ready them for adulthood. And the ability to deal with stress is one of our best tools," says Gilboa.

Here, Gilboa explains how parents and coaches can teach young athletes how to process and handle stress, rather than bulldozing it away.

Understand your response to a child's stress

"From the time kids are very small, we have to be hyper-vigilant to keep them safe: There's no more helpless creature than the human newborn," says Gilboa. "It's natural to try and control absolutely everything that you can, but that won't help your child grow and lead. Parents are hardwired to pay attention to every sneeze and cough, but then by the time our kids are adults, they suddenly need to be able to do everything for themselves."

For nervous parents, Gilboa notes that despite the scary 24-hour news cycle, in many ways, it has never been safer to be a child in the U.S.

Consider the source of the stress "Very few parents get kids into sport to win championships or trophies, we're just trying to teach them life lessons and as such, we shouldn't deprive them of chances to deal with adversity and stress," says Gilboa. This experience is especially beneficial in the semi-controlled environment of sport.

"Those experiences of getting benched or having to run extra laps or being second string, they're all valuable life experiences even if they cause stress. Kids have to learn to put the group ahead of themselves sometimes. They have to learn to do stuff that they do not feel like doing. They have to learn to show up when they'd rather stay home."

Lead with empathy

Often, a child's stress can be lessened simply by having an adult acknowledge it and believe that it exists. While it's tempting to laugh off certain stressors for a child, you have to understand that to them, a minor stress may feel like the end of the world.

"You can't tell young people how they should feel—it's ineffective and disrespectful," Gilboa says. "As parents, we sometimes think that if our kids are stressed, we have somehow failed them already, so we try to rationalize that if a child is stressed, they're not 'really' stressed. So first, we need to recognize that our kids do have stress, despite what we may think about it."

Help them understand their feelings

Often, a child will feel stressed but not be able to articulate that emotion. As adults, Gilboa notes that we can help children work through their complicated emotions and should make sure that they feel safe sharing how they are feeling. This includes if someone is hurting them, if they are being bullied, or if they feel uncomfortable. Ensure that your child feels he can share any emotion with you without judgement or immediate action on your part.

Use low-consequence opportunities for teaching

While you may consider an argument between your child and a teammate to be a dramatic annoyance, they might consider it a major stress. These smaller issues are great learning opportunities with low risk for your child.

Rather than trying to solve the problem for the athlete by phoning the coach or the teammate's parent, use this as a chance for your athlete to learn about stress management. That may mean discussing how to confront the teammate, talking through some stress-relieving techniques like deep breathing, or even having your child speak directly to their coach.

Stress can get out of hand

"As with sport, overtraining with stress is certainly possible," Gilboa admits. "It's important to make sure you're not pushing your child too far."

"If a child experiences too much stress from too many directions without the right support and training, they could become damaged—just like someone who runs once a week would be injured if they suddenly tried to run a marathon. It's our job to help support our children to make sure they have what they need to deal with stress without over-taxing themselves."

Promote a healthy lifestyle

It is worth noting that some stress can be brought on or made worse by how your child is taking care of themselves. Stress is exacerbated by a host of physical influences, including [hormones](#) and [sleep](#). Even overindulging in junk food or drinking too much caffeine can interfere with healthy reactions to stress. The simple solution is generally healthy living: Make sure that your athlete is getting plenty of sleep, hydrating and fueling properly, and exercising enough.

Takeaway

While it is natural to want to eliminate stress for your young athlete, they need to learn to manage stress to prepare for adult life, and sport provides a perfect testing ground to hone stress-management skills.





SLOCOACH

Want to train with a USA Artistic Swimming Olympian?

Imagine sending videos of yourself to 2016 Olympian @anitaalvarez and her teaching you how to get higher boosts and straighter verticals. Are you an athlete from Florida who has always looked up to @daniellaaramirezzz or @paigeareizaga? Is @hannah.heff your synchro hero? Want to learn more from National Team Coach @teixeiralara?

@slocoach gives you the opportunity to connect and learn from your artistic swimming icons like no other program has done before.

Click [here](#) to see how it works!

Click [here](#) to meet the coaches & book a session!

Click [here](#) to learn more!

I AM A COACH BECAUSE

@staciemahoe | StacieMahoe.com

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, resiliency, work ethic, heart, leadership skills, connection with, and respect for, others, not only in competition, but in life!

RANDOM LITTLE TIDBITS

=>ALL 18-year old or older athletes who train or compete with minor age athletes must complete the SafeSport course.

=>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. (There is no Level 4 CCP at this time).

=>Juniors - The FINA TASC voted to change FINA Rule ASAG 2.2 to be 15-19 years of age for 2021 due to covid-19. TS 1.1 says Junior Nationals and Junior Opens are under FINA rules (with exceptions), so this change will automatically apply for those events for 2021.

=>Safety Tips: Returning to Sport during COVID-19 (from the Center for SafeSport) – We know you're excited to return to sport this fall, and the Center is here to help. Need a resource with tips for returning to athletics during a pandemic? Read [our helpful guide](#) for administrators, coaches, parents, and athletes on how to remain safe during practices and competitions.

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.