



# BeInSynch

Education Newsletter

SEPTEMBER EDITION • 2021

**Welcome to the September 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](mailto:shari@usaartisticswim.org).

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*Ryan Lochte and Breeja Larson, Olympic medalists for USA Swimming, with AWD artistic swimmers in Coral Springs, Florida.*

True champions aren't always the ones that win,  
but those with the most guts.

- Mia Hamm

## UPCOMING EVENTS

Rising Stars Camps – September 18-19, 2021  
Coral Springs Aquatic Center, Coral Springs FL

October 7-9, 2021  
USAAS Annual Convention  
Reno, Nevada

Rising Stars Camps – October 16-17, 2021  
The Ohio State University, Columbus OH and  
Texas Woman's University, Denton TX

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

Rising Stars Camp – October 23-24, 2021  
Elk Grove Aquatic Center, Elk Grove CA

November 5-7, 2021  
All-Star Camp (by invitations only)  
& Coaches College  
Canton, Ohio

## 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. Masters athletes who practice at the same pool as minors must also 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@usaartisticwim.org](mailto:coachcerts@usaartisticwim.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.**

## Background Checks

*USA Artistic Swimming is proud of a working partnership with the National Center for Safety Initiatives. It is a top priority of USA Artistic Swimming that all athletes are afforded the opportunity to learn and compete in a safe environment. USA Artistic Swimming and the USA Artistic Swimming Foundation are committed to providing a safe place for our athletes and we hope you are too.*

*According to USA Artistic Swimming's revised application of the United States Olympic Committees athlete safety policy, Background Screens are now a requirement to be a member of USA Artistic Swimming in the category you are currently registered. Life Members that act in any of these capacities must also adhere to this requirement.*

*Contact Monica Velazquez-Stiak at [monica@usaartisticwim.org](mailto:monica@usaartisticwim.org) with any questions you may have about this process.*

## RoadMAAPP



The Minor Athlete Abuse Prevention Policies (MAAPP) aim to help young athletes feel safe, supported, and strengthened—by limiting one-on-one interactions between adults and children, requiring abuse prevention training for certain adults, and promoting environments in which misconduct is less likely to occur. This animated series introduces the purpose of the MAAPP, as well as key definitions and requirements NGB members must adhere to. For more information about the Center's efforts to end abuse in sport, visit [uscenterforsafesport.org](http://uscenterforsafesport.org).

Click [HERE](#) to view the series of six easy-to-understand animated episodes.

## Train Like a Champion

HIIT by Daniella Lloyd, Great Britain Artistic Swim Team – click [here](#)

HIIT Dryland & Swim Workout with a Medicine Ball – click [here](#)

35 Minute Water Tabata Workout (shallow water) – click [here](#)



### Exciting News!!!

Information for the All-Star Camp and Coaches College has now been posted on the website under Events. Join us November 5<sup>th</sup>-7<sup>th</sup> in Canton, Ohio for an event you will not want to miss.

Athletes receive invitations to attend from the Rising Stars Camps, any and all Coaches are welcome to attend.



Junior Olympic AWD Champions – Natalie & Lia, Bay Area Synchro California

**ABILITY**  
**IS WHAT YOU ARE CAPABLE OF DOING.**  
**MOTIVATION**  
**DETERMINES WHAT YOU DO.**  
**ATTITUDE**  
**DETERMINES HOW WELL YOU DO IT.**

## TAKE A LISTEN



Podcasts/Webinars worth your time:

Life is a Team Sport, by Patricia Hollowell & Becky Pineo. A collection of podcasts by two former college teammates discuss family, faith, fitness and the lessons we learned from sport and how they apply to life. As a college athlete, you immediately have a community with your teammates. When you graduate that team isn't created for you; you have to find it. They desire to build a community for the women of sport.



## Great Reads

“Mental Toughness for Young Athletes: 8 Proven 5-Minute Mindset Exercises for Kids and Teens Who Play Competitive Sports”, by Troy Horne & Moses Horne (purchase on Amazon)

“Gold Dust: How to Become a more Effective Coach, Quickly: How to become a better communicator”, by David Mayer & Keith Mayer (purchase on Amazon)

## Videos to Enjoy



“The 4 I's of Transformational Leadership for Coaches”, by Jean Cote, click [here](#)

“The Importance of Recovery Days for Young Athletes” by John O'Sullivan, click [here](#)

2021 Chinese Nationals, click [here](#)

“Excellence” by Motiversity, click [here](#)

“Parents: When Athletes Want to Quit Sports” by Peak Performance Sports, LLC, click [here](#)



# COACH TO COACH PROGRAM

*The September sessions will be run by  
Hiea Yoon Kang*

*Head Coach La Mirada Aquabelles  
2012 & 2014 USA Junior World Team Figure  
Consultant*

*USA National Team Coach/Consultant  
since 2011*

*2021 13-15 National Team  
Assistant Coach*

## *Topics for October Sessions*

### *Webinar #1 – Sunday, October 3<sup>rd</sup> at 4:00 pm PST*

- ❖ *Flexibility and extension – splits, back, shoulders, knees and feet.*
- ❖ *All levels – beginners through advanced.*

### *Webinar #2 – Sunday, October 17<sup>th</sup> at 4:00 pm PST*

- ❖ *Figures – Basics & Techniques*

*Due to the individualized work with each coach,  
enrollment will be limited to 10 coaches per  
session, so register now [HERE!](#)*

*Cost for 1 month is only \$75!*

*Registration for the October  
Session is now open.*

*Step 1: First 1-1/2 hour webinar/workshop will be held.*

*Step 2: Coaches attending (attendees) will be assigned homework following the webinar/workshop.*

*Step 3: Attendees will send in their homework for review by the presenter.*

*Step 4: The presenter will review the homework and will send feedback to each attendee.*

*Step 5: The 2<sup>nd</sup> webinar/workshop will be held.*

*Step 6: Attendees will be assigned homework following the webinar/workshop.*

*Step 7: Attendees will send in their homework for review by the presenter.*

*Step 8: The presenter will review the homework and will send feedback to each attendee.*

# SO YOU WANT TO BECOME A JUDGE?

USA Artistic Swimming is in need of Judges at all levels. Please see below to find out how you can get the process started for becoming a judge. It is suggested that athletes also complete the judging courses as it is a great way for them to understand the inner workings of the judging process. Plus, it is another great way for them to be involved in the sport!

## REQUIREMENTS

All judges must be members of USAAS at the appropriate level:

- ≈ Levels 1F, 1, 2F and 2 – minimum of Official Level 1/2, or Athlete.
- ≈ Levels 3F, 3, 4JO and 4 – minimum of Professional or Life Member.

Current in SafeSport

Successfully completed the NCSI Background Check (parental consent required for minors under 18 years of age).

## STEP 1: ONLINE OR IN-PERSON TRAINING

All individuals must complete an online or in-person training before taking their test. If the online course is chosen as the option, a webinar is also required.

Training for Level 1F and Level 1 can be found [HERE](#)

Training for Level 2F and Level 2 can be found [HERE](#)

Training for Level 3F and Level 3 coming soon

Training for Level 4 can be found [HERE](#)

## STEP 2: 2021-2022 TESTS

After completing training, a test for Levels 1F, 1, 2F and 2 may be taken online or in-person.

Tests for levels 3F and 3 will be offered at Convention and at Zone competitions.

Tests for level 4 will be offered ONLY at Convention and Sunday afternoon after Coaches College this year.

**Registration for Levels 3F, 3 and 4 Judge Training and Testing at the 2021 Convention, can be found [HERE](#).**

## STEP 3: PRACTICE JUDGING

Upon completion and passing of the appropriate test, practice judging is required. For Levels 1F, 1, 2F and 2, your Association Officials Chair will help you with this when your competitions resume. For Levels 3F and 3, your Zone Officials Chair will be your contact. And for Level 4, Linda Loehndorf the USAAS Judge Administrator will arrange it.

For the exact events you will need to practice judge, please reference Appendix G, which can be found [HERE](#).

## STEP 4: ORALS/MENTORING

The last step in becoming a Judge is Orals/Mentoring. This is only required for Levels 3F, 3 and 4. You will be given information by your Zone Officials Chair or the USAAS Judge Administrator for this last step. You may also reference Appendix G for the specific requirements.

Updates to figures, elements and judging will begin in the 2023 competitive season.

All judges are required to attend a judge update training in 2022 to remain current. More information will come out about this in the fall of 2022.



# A BEGINNER'S GUIDE TO THOUGHT STOPPING IN SPORT

By Team Restoic

It is so easy to let negative thoughts affect your sporting performance. That moment in baseball when the batter hits the ball high in the air and you are underneath it. You've practiced this, you know what to do, you've done it 100 times before.

"I'm going to drop this," you think before the pitcher throws. The ball soars toward you – an easy catch – but you drop the ball.

Next time the ball goes in the air you are praying it doesn't come to you because your confidence is now shot and that negative thought has been confirmed and is front and center. It feels like you will never catch a ball again. It's self-fulfilling.

So, what's happening?

## Stopping Negative Thoughts

These negative thoughts are coming up at the worst moments, throwing your confidence and making it less likely that you'll succeed. Once one negative thought is found to be true, more follow it, and they often become self-fulfilling prophecies.

## What is Thought Stopping?

At its simplest, thought stopping is literally saying "Stop!" the moment you recognize a negative thought, often while simultaneously imagining a stop sign. The idea originated among sports psychologists in the 1950s trying to help athletes nullify negative "I can't do it; I'm going to fail" thoughts and prevent those negativities dominating their cognitive processes and adversely affecting their performance.

It is an approach to negativity not limited to the sporting arena and many people use it to help control panic attacks and anxiety, created by exactly the same negative spiral that athletes experience. Thought stopping acts to break this spiral.

Of course, you don't have to say anything allowed, it is simply the process of identifying harmful thoughts and dismissing them. Ideally, you'll also replace them with a positive thought.

## How can I use Thought Stopping in competition?

- Identify the thought
- Stop the thought
- Replace the thought with a positive affirmation

## How can I use Thought Stopping in training?

- Identify the negative thought
- Put a stop to the thought
- Challenge the thought (if you are in a training situation)
- Replace the negative thought
- Practice

## How can I get better at thought stopping?

To begin with, as with any new technique, mental or physical, progress may be slow. Saying "stop" will pause the thought sequence but that negative thought will likely reappear and have to be turned away again, and again. It will take many repetitions before that "Stop" genuinely halts that negative thought. But you have to start somewhere and thought stopping is a vital and essential tool in any sport.

Listen to what works for you. It is your mind being trained and your negative thoughts we are attempting to get rid of. So, if you find a better word than "Stop", use it. If another image instead of a stop sign helps you, use it.

Another variation that some athletes find helpful is to use a rubber band on their wrist to halt the thought instead of saying "Stop". On recognition of a negative thought, you snap the rubber band to sting your wrist and tell yourself to ignore the thought.

Thought stopping is a tried-and-true method but you have to find the best way to utilize it.

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

# GREAT ADVICE!

Senior National Team member Ivy Davis, shares her thoughts on how to balance training, school work and fun!

I'm often asked how I find balance between training for National Team, doing school work, and also managing to have a little fun. The answer is never a simple one, but what I have found to be most helpful is to set a schedule for the week, and I stay as close to the schedule as I can. I try to plan my week as best as I can and try to avoid letting my week plan me. Many times the schedule changes because of circumstances that are out of my control which encourages me to stay on my toes and ready for the changes that come our way.

A timetable keeps me from procrastinating, and helps me manage my time and organization, which are key factors to training on National Team. Especially for those of us in High School with full academic schedules.

It is very important to reward yourself every now and then. When tasks are completed is essential to have a little fun, and take a step away from the importance of school and training. We are all human, and there is enough time to enjoy life.

A few other aspects of a balanced NT experience while of course giving 100% to your team. You must fuel yourself so you are able to give 100%. Rest and good sleep are essential to training. Taking short naps right after practice helps my body recover, and is fundamental for my brain.



## WORKOUT FUN ON THE PLAYGROUND!

5 Exercises You can do at the Playground, click [here](#)

Nine More Exercises you can do at the Playground click [here](#)

Effective Workout Moves you can do at the Playground, click [here](#)

Playground Workout; your outdoor summer exercises, click [here](#)

Playground Workout: 5 Exercises to do on a Slide, click [here](#)

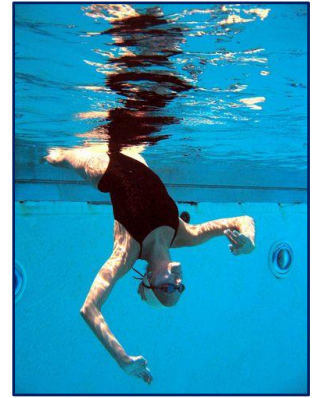
The Full-Body Playground Workout, click [here](#)

Make sure that heat & storms are not in the forecast before planning outdoor activities.



# Surface Arch Strengthening

This position requires a lot of flexibility and strength that needs to be developed on land. Land exercises should focus on developing range of motion for shoulders, lower back, hips and split as well as building strength in the upper back, glute and legs in order to perform the beginning of the figure.



## Shoulder flexibility

With a partner, work on shoulder and lower back flexibility. Whenever doing this exercise, use the “push and relax” technique to make it a dynamic exercise (push against the partner for 5-7 seconds, relax for 3 seconds and repeat). The version with the elbows bent focuses on shoulder and upper back flexibility.



## Surface arch strengthening & lifting of the leg as in Ariana and Back Walkover

Push up to arch position. The athlete simultaneously engages the glutes to lift the feet off the ground. The athlete can do sets of arch presses and lifting the legs and on the last repetition, the athlete should hold the position and start doing leg kicks without the feet touching the ground.



On the knees, the athlete arches back all the way to the ground and returns to the starting position. Repeat.



In a bridge position, one leg is extended towards the ground. The athlete lifts that leg as far as possible (maximum split range of motion) and returns to the starting position. Repeat many times on both sides. This exercise can also be done in a handstand position with feet against the wall.



# **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 1<sup>st</sup> 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 [monica@usaartisticswim.org](mailto:monica@usaartisticswim.org)