



BeInSynch

Education Newsletter

1ST QUARTER EDITION • 2020

Welcome to the 2020 1st Quarter 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@usasynchro.org.

INSIDE THIS ISSUE

- Pivoting for the Goal
- Figure Tips: Twists, Spins, Fishtail Element in Duets
- I'm Bored!
- Psyched Out by the Competition?
- Post Workout Fueling



UPCOMING EVENTS

Please note: some, if not all of these events may have been postponed or cancelled

March 25 th Grade Level 4 & 5 Scottsdale, AZ	April 5 th Age Group National Team Trials – Phase 3 Mesa, AZ - postponed
March 29 th Sr Natl Team Trials Mesa, AZ	April 5 th Senior National Team Trials - postponed Mesa, AZ
April 4 th Grade Level 1 & 2 Huntersville, NC	April 27 th – 29 th Grade Levels Marysville, OH
April 4 th Grade Level 1 & 2 Wayzata, MN	June 12 th – 14 th 2020 America Open Rochester, MI
April 4 th – 5 th Grade Level 1-5 Norton, Mass	June 27 th – July 4 th 2020 Jr Olympic Championships Gainesville, FL
April 1 st 12&U Age Group National Team Trials – Phase 3 – postponed Mesa, AZ	October 15 th – 18 th 2020 US Masters Championships
April 1 st – 5 th 2020 US Junior & 13- 15 National Championships - postponed	

A successful team beats with one heart.

- Sarah Jane Redmond

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 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@usasynchro.org** (do not send them to Shari Darst). All individuals completing the course will be listed on the Certifications List, which is posted under Resources on the USA Artistic Swimming website: www.teamusa.org/USA-Artistic-Swimming.

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.

The 2nd Refresher Course is now available. Please watch your expiration dates! 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.

Available SafeSport Courses

The Center for SafeSport provides a catalog of courses which include the following:

- SafeSport for Preschoolers (free)
- SafeSport for Grades K-2 (free)
- SafeSport for Middle School Athletes (free)
- SafeSport for High School Athletes (free)
- Parent's Guide to Misconduct in Sport (free)
- SafeSport Training for Adult Athletes (\$9.99)



TAKE A LISTEN



Podcasts worth your time:

“Leadership Lessons From a 10-Year Old” by Kevin DeShazon & Mark Hodgkin [click here](#)

“How to Use Visualization” by Joe Schillero & Dr. Steve Graef, [click here](#)

Great Reads



“Playing for the Love of the Game” by Glen Mulcahy, [click here](#)

“What we got wrong on Growth Mindset”, [click here](#)

“Creating Positive Sports Environments”, [click here](#)



In 1907, Australian Annette Kellerman popularized Artistic Swimming when she performed in a glass tank as an underwater ballerina (the first water ballet in a glass tank) in the New York Hippodrome. After experimenting with various diving actions and stunts in the water, Katherine Curtis started one of the first water ballet clubs at the University of Chicago, where the team began executing strokes, "tricks," and floating formations.

On May 27, 1939, the first U.S. Synchronized swimming competition took place at Wright Junior College between Wright and the Chicago Teachers' College

Videos to Enjoy



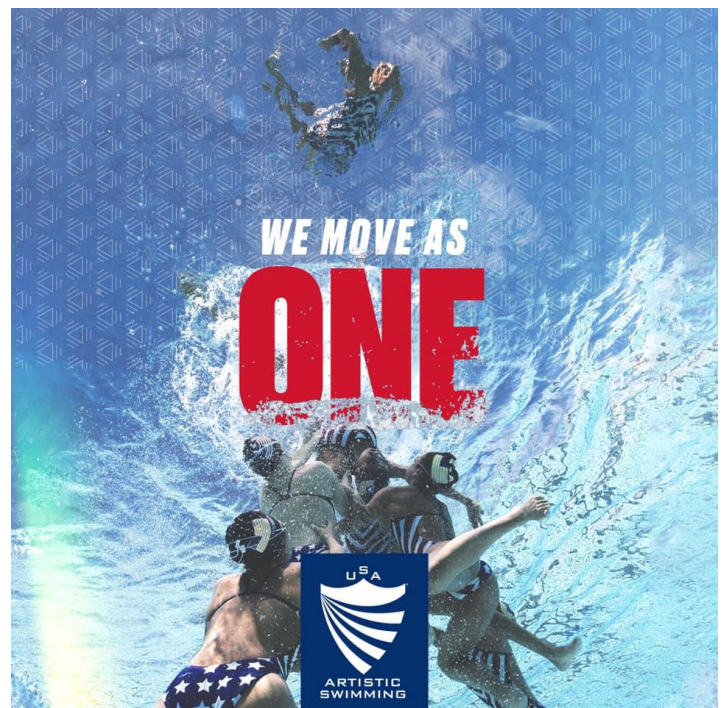
“Why winning doesn’t always equal success”, [click here](#)

“How to use Failure as a Teaching/Learning Moment on the Field and in Life”, by Tony Abbatine, [click here](#)

“Snacking”, [click here](#)

“Role Modeling Sportsmanship”, by Travis Tygart [click here](#)

2020 French Open (all solos, duets & tech teams) [click here](#). All routines can be seen on finatv.live



PIVOTING FOR THE GOAL:

How to help athletes through mid-season adjustments

By: TrueSport

<https://learn.truesport.org>

A recent study found that children today are under significantly more pressure to be 'perfect' than past generations. If you are halfway through the season and it's not going the way you hoped, it's also easy for you and your team to fall into a slump. When the goals you set at the beginning of the season are suddenly unattainable. How can you and your athletes find motivation to keep going?

As a coach in this tough environment, you can show athletes that not reaching a goal isn't the end of the world. Rather, it's a chance to re-focus and pivot towards a new, more attainable goal.

Frank L. Smoll, PhD, a sport psychologist and professor at the University of Washington, explains how you can help your athletes learn to pivot from their original roadmap and make mid-season adjustments that will help them realize their new goals.

- 1) Explain that progress is success too.
- 2) Talk about goals early and often.
- 3) Set different types of goals for one season.
- 4) Ask 'What if results didn't matter?'
- 5) Provide constant feedback.

Smoll concludes, "It's great to have an overarching goal for the season, but even legendary football coach Don James once explained that he would have a season goal for the team, backed up by a massive binder of smaller, broken-down goals for each player for the season."

It might seem a bit extreme to keep a full binder for a high school sports team, but make sure that each person on the team has individual goals that aren't related to the team's overall performance. That way, even if the season's primary goal isn't being met, you're able to pivot to focus on individual goals so athletes recognize how their hard work and dedication led to meaningful achievements.

***You can find the entire article in the Resources area of the website.*



SMART GOALS



Examples of performance goals:

- => I will complete my strength training program 3 days/week.
- => I will watch videos to review my performance after practices and competitions.
- => I will complete 5 mental run-throughs of my routines and figures every day.

Key lessons from process goals:

- => Athletes can completely control whether or not they engage in these activities.
- => Engaging in these activities will lead to improvements in each of the specified areas of performance and these improvements will increase the likelihood of achieving the outcome.
- => Each of these goals provides a specific standard of proficiency and a specified time for achievement.

FIGURE TIPS FROM COACH ANDREA

TWISTS

1 - The most important part of the row is that your **body is locked** and **extended**. The head pulls down and the feet towards the sky. Abdominal and buttocks very connected to stabilize the body and thus not move it with the movement of the row.

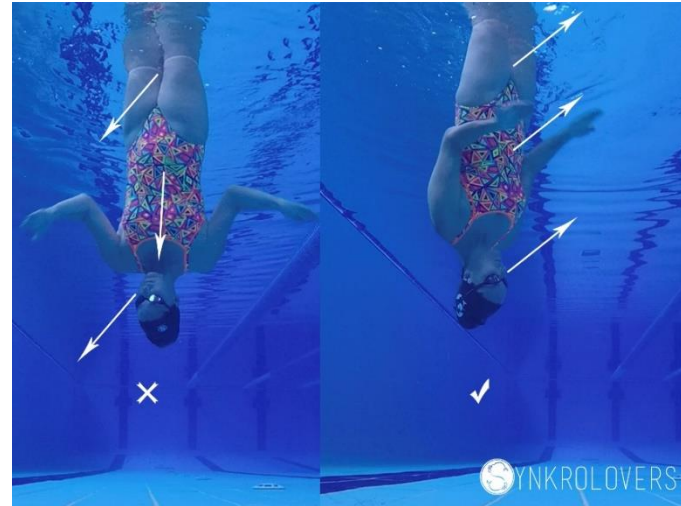
2 - **Sculling with equal force when you open than when you close:** if not when you boots and you see the unstable turn!

3 - **Alignment:** make sure that both eyes, the two hip bones and the center of the row are facing the same point.

As you can see in the photo, it is very easy (especially with fatigue) to “leave the skull behind” and arrive earlier with the body and head than with the center of the skull. To make it easier for you, divide the turn into eighths of circumference. Every time you pass the eighth line, check that the look and the center of the skull indicate the same direction!

Especially vertically, we almost always leave the right arm behind and the left one does not open enough, so when you do it try to tell yourself “open the left arm more” and you will see that it is better both to gain height and to have a better base if then come ringlets!

By Andrea Fuentes
Sr NT Head Coach
www.synkrolovers.com



COMMON MISTAKES ON SPINS

The head rotates before the rest of the body:

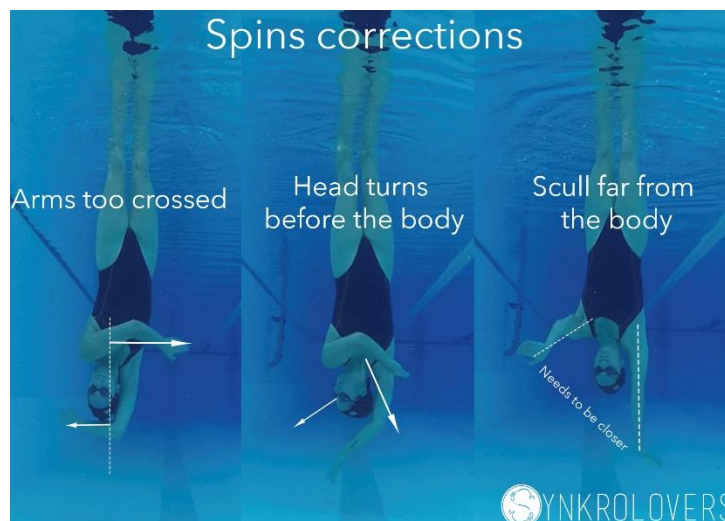
1 - It is logical if you want to see where you are going, but it goes against you. If you turn your head before (normally we don't realize this) the axis deviates and the problems begin. As it usually turns to the left, the head is anticipated to this side as well.

2 - *You cross too much:*

If the left wants to go very strong, sometimes we give a good push at the beginning and then we stay with the hand stuck too far, which loses strength and makes us again off the axis. This often causes the other hand to also cross to compensate for the left and then the entire body is crooked. Make sure you have left in front of your nose!

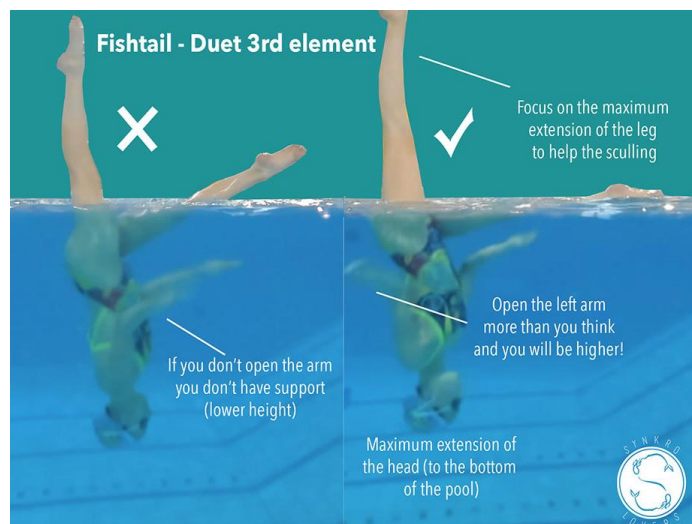
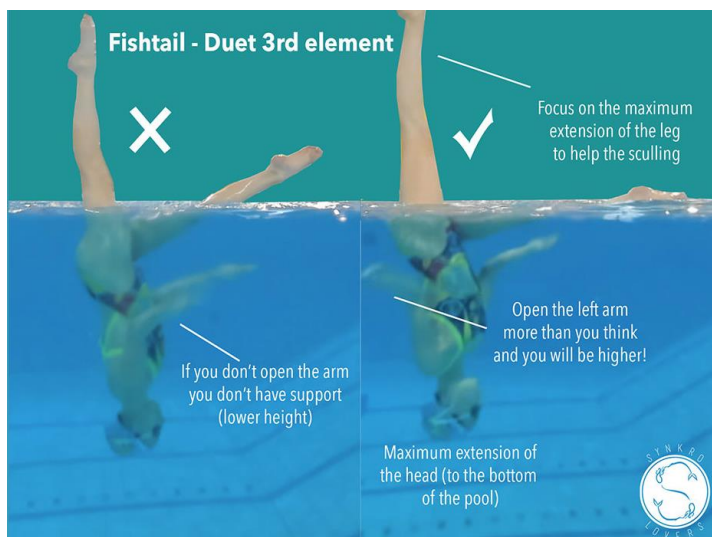
3 - *You scull too far from the body:*

It seems unimportant but this correction fixes many problems! Try it and you will see. If you scull far you have less control of your strength and also create currents towards your partners causing unexpected changes of position. Scull for you and for no one else!



ELEMENT TIPS FROM COACH ANDREA

By Andrea Fuentes
Sr NT Head Coach
www.synkrolovers.com



FISHTAIL – 3rd TECHNICAL ELEMENT IN DUETS

The key to making the fishtail turn is to cross the right arm a lot over the left and overly open the left one every time you open the scull. In fact it is the same trick to do for a twirl. Not only do you have to cross the scull a little, you have to cross it to the fullest.

Once we have reached vertical, if we have not opened each time the left arm to the maximum we will lack a support part and we will almost always be falling towards the left side.

Then the ringlets will also be out of the vertical line: to the same left side. This causes the lack of good running score and also slows turns (for being off-axis and creating more resistance against water). The problem of going slower in the turns is that if the music asks for speed, you will not arrive on time and also surely there will be no good synchronization with your duet partner.

Summary: A simple sculling problem can cause you imbalance (both physical and morale) and de-synchronization. Apart from bad execution and a good anger of the coach!

Solution: anticipate (especially when you are more tired) and fully open the left arm scull every time you open it!

“We will soon all look back
incredulously that athletes ever swam
without head protection of this kind

*Rowdy Gaines, Olympic Gold Medalist,
International and Masters Hall of Famer*



GAME-CHANGING FEATURES AND BENEFITS INCLUDE...



HIT Honeycomb Impact Technology® –
patented technology designed to reduce
the shock of accidental and repetitive
head strikes in the pool



TEKFIT® – designed with no wrinkles
and built for racing



DURABILITY – tear-resistant, premium
silicone that is designed to outlast
other caps

We invented the
world's only protective
swim cap® - but it does
so much more!

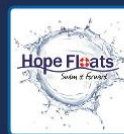


The World's Only Protective Swim Cap®

Olympic Gold Medalist,
Rowdy Gaines



Proudly Endorsed By



www.hammerheadswimcaps.com

I'm Bored!

Bored? Let's make some good use of our time! Below are some ideas to stay in shape and have fun! Be sure to do **CARDIO** warm-up before doing any of the exercises in the box on the right!

30-Minute Standing Cardio Workout: Click [here](#)

45-Minute Cardio Pilates Workout: Click [here](#)

15-Minute Core/Ab Workout: Click [here](#)

30-Minute Strong by Zumba: Click [here](#)

3-Minute Dance Fitness Workout: Click [here](#)

30-Minute Cardio Latin Dance Workout: Click [here](#)

30-Minute Hip-Hop Workout: Click [here](#)

Improve your foot arch: Click [here](#)

Foot & ankle strengthening: Click [here](#)

Foot strengthening using a theraband: Click [here](#)

Yoga block workout: Click [here](#)

Alivia D'Andrea on Youtube for Yoga/Fitness routines: Click [here](#)

10-Minute Split Stretching Routine: Click [here](#)

30-Minutes to Middle Splits: Click [here](#)

Shoulder & Upper Back Flexibility: Click [here](#)

Free Yoga Classes: Click [here](#)

IT'S ALL ABOUT THE FUN!!

Everything is more fun with a buddy!
Send your ideas to shari@usasyncho.org.



PSYCHED OUT BY THE COMPETITION?

By Dr. Wayne Goldsmith,
www.competitivedge.com

It is always fascinating to me how much emotional and physical energy gets wasted by athletes when they focus on and worry about their competitors. "I used to beat her all the time but now she's beginning to catch me!" "You know, they were undefeated last year and their lineup is even better this year. How can we possibly beat them?" "If I lose to him, I am going to be so upset with myself!"

Concentrating on your opponent and obsessing about winning will do a lot of things for you. It will get you overly nervous. It will erode your self-confidence. It will psych you out. It will GUARANTEE that you play poorly. It will contribute to your losing to this particular opponent. It will always leave you frustrated and disappointed after the game. However, what it will never do for you is increase your chances of performing to your potential.

If you are hung up on winning and losing, and too worried about your opponent beating you, then listen up! YOU HAVE THIS COMPETITION THING ALL WRONG! If your goals are to win or to beat someone else you are setting yourself up to fail. It is not about the competition. It's about YOU! Let me explain:

The father of legendary UCLA basketball coach, John Wooden used to tell his Hall of Fame son, "***never try to be better than someone else, but never cease trying to be the best that YOU can be.***" The true purpose of sport and competition is to put yourself in a situation where you try to push ***your own*** envelope, where you try to excel based on ***your own abilities and potential.*** Real winning, in other words, is NOT about the outcome of the match or game. It is about whether ***you*** played to the very best of ***your*** abilities.

I have a lot of trophies in my office from my days as a competitive tennis player. Some of these represent tournaments where I finished in first place, but didn't *really* win. That is, a number of these "championship" trophies were given to me after I played some of the ugliest tennis of my life. I had been seeded #1 and expected to win. I was terrified of losing and what people would say if I lost. As a result, I played tentatively and poorly, a mere fraction of my capabilities. I "won" first place, but the "win" brought me no satisfaction.

Being a champion means that you go out every day and ***compete against yourself.*** It requires that you stop getting hung up on the uncontrollable and misplaced goal of winning, and instead focus on ***playing like a winner.*** It requires that you focus on ***playing your own game*** instead of allowing your opponent or the game importance to dictate how you play. It means striving to be the best that ***YOU*** can be.



2020 Boys in Sync Camp

Routine Performance

How many times have you heard – Smile!?
How many times have you heard – Look mad!?

Try feeling emotions instead:

Feel Happy
Feel Joy
Feel Angry
Feel Sad

Judges want to “feel” emotions,
not just see something because
your coach told you to.

RANDOM LITTLE TIDBITS

=>An addition of individuals who are now required to complete the SafeSport course: **ALL** 18 year old athletes who train or compete with minor age athletes must complete the course.

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

=>To recertify your CCP Level you must repeat the course for your current level or higher, or attend Coaches College by the December 31st of your expiration date. (There is no Level 4 CCP at this time).

=>**All Coach Certifications should be sent to coachcerts@usasynchro.org. Anyone who is not a coach is not required to send in certifications, it will be picked up through reports that are run by the office. If you have a question about a certification not showing up on the list, contact coachcerts@usasynchro.org.**

=>**PLEASE** be aware of your expirations dates and **DO NOT** wait until the days or week before a competition to complete CCP Levels, First Aid/CPR, Safesport or NCSI Background Checks!

Post-Workout Fueling

After a hard practice, your student athlete is probably feeling exhausted and hungry—and it may be best if they do not wait until the next meal before refueling!

TrueSport Expert Kristen Ziesmer, a registered dietitian and board-certified specialist in sports dietetics, explains exactly what and when your athlete needs to eat after practice.

- ⇒ Refuel within 30 minutes of training
- ⇒ Focus on protein and carbohydrates
- ⇒ Keep easy options on hand
- ⇒ Mix up carbohydrate sources
- ⇒ Don't skip dinner

Your athletes know what foods and meals make them feel good as they recover from practice or competition, so encourage them to remain accountable for their sports nutrition. Ziesmer concludes “Remember, if you don't eat before exercise, then you're performing that much less well and you're burning even less energy. And then, if you skip that and your post-workout fueling, you often wind up over-eating later, as well as feeling extra fatigued and more susceptible to injuries and illness.”

Below are some ideas for whole-food snacks:

- ⇒ 16 oz chocolate milk
- ⇒ Turkey/ham on whole grain tortilla wrap
- ⇒ 1-2 granola bars with either a sports drink or watered-down juice
- ⇒ Recovery smoothie – made with milk, or greek yogurt & fruit (also help with re-hydration)

An Artistic Swimming Sample Meal Plan by the USOPC can be found in the Members Only area of the website.

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. **PLEASE note the new timeline for completing the Full and Refresher Courses!**

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.