



COMPETITIVE PROGRAM GUIDE

2009 – 2010

1.0 WELCOME

The executive of the Nepean Synchro Swim Club would like to extend a warm welcome to all swimmers, parents and coaches, both to those who are returning and to those who are new to the competitive program.

This guide outlines how the club runs and what to expect from the upcoming season. Please keep it accessible so you can refer to it during the swimming year and bring it with you to all meetings. We hope it addresses many of your questions about the sport and the club.

Synchronized Swimming develops a high level of physical fitness. The girls develop team and club spirit; they gain poise and confidence as they gain experience. It is the sincere belief of the Nepean Synchro Swim Club that assets such as time management, dedication, hard work, competitiveness, self-confidence and discipline ought to be fostered in each athlete. It is also recognized that these qualities will be of great value as "life skills" after the athlete has retired from the sport.

The strength of the club lies in parent involvement. We encourage all of you to get involved with your child's sport and the club. Every family is encouraged to volunteer during the season and is required to volunteer when our club hosts a meet.

2.0 EXECUTIVE MEMBERS FOR 2009-10

Marlene Cross	President		
Julie Chin	Vice-President		
Kathy Plaunt and Denise Moore	Treasurers		
Kitty Runions	Registrar/Secretary		

3.0 VOLUNTEER COMMITTEE LEADERS FOR 2009-10

Sue Tinneberg	Recreational Program Coordinator		
Michelle Van Tol	Pool Administrator		
	Banquet & Events Committee Leader		
	Fundaising Committee Coordinator		
Cheryl Williams	Routine Suit Organizer		
Johanne English	Advertising Coordinator		
Julie Chin	Travel Coordinator		
Heather Sommerville	Club Clothing Coordinator		
Erika Radack	Equipment Committee Leader		
Marlene Cross	Website Manager		
Laura Smith	Club Merchandise Contact		

5.0 REGULAR PRACTICES

Team practice schedules will be posted on the Nepean Synchro Website monthly. Any changes to this schedule will be noted on the website as well. The monthly schedule will also be forwarded via email. Please read these calendars carefully as schedules can change throughout the month.

Please have your daughter on deck with her bathing suit on and all equipment with her 10 minutes before practice starts. All athletes, regardless of the sport, have to stretch and mentally prepare themselves before the practice begins. This cannot be done if a swimmer arrives when the practice begins. Long term strength is maximized and injuries are prevented by stretching before entering the pool.

All swimmers must wear a head cap, goggles & nose clip at each practice. Nose clips and Nepean Synchro head caps are available for purchase from your coaches at both pools. Every swimmer is required to bring a water bottle or sport drink to each practice to maintain proper hydration during practice.

If you need to speak with your daughter's coach, please do so **prior to or after practice.** Parents should not be on deck during practice.

Attendance: Attendance at all practices is compulsory unless your daughter is extremely ill. With minor ailments (ie. a cold) it is expected that swimmers will attend each practice and watch from the deck. If your daughter must miss a practice for any reason, you are required to notify the coach by phone or email prior to the start of practice. Synchronized Swimming is a team sport, and therefore attendance by all team members is crucial if the practice is to be productive. When a swimmer is absent, the coach must spend time at the next practice going over any new skills learned or changes to the routines with that swimmer before the team can progress to the next step. No practices are to be missed 3 weeks prior to each competition.

5.1 COMPETITIVE PRACTICE SCHEDULE 2009-10

Regular Team Practices will begin on Saturday, September 26th. Practice schedules will be made available by the Pool Administrator and will be e-mailed to parents and posted on the Nepean Synchro website. A typical schedule is provided below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WB 4:30-6:00 pm 13-15 B 13-15 C Tier 6 6:15-7:15pm Pilates 13-15 C Tier 6	WB 8:00-10:00pm 13-15 A Tier 6 8:00-9:30pm Duet	WB 4:30-6:00pm 11-12 A 11-12 B Duet 6:15-7:00pm Pilates 11-12 A B	WB 4:30-6:00pm Duet Solo Duet Splex 8:15-10:00pm Tier 6 13-15 A B C 7:00-8:00pm Pilates 13-15 A B	WB 4:00-6:00pm Open Figures	Splex 11:00-1:00 Various Teams (each team swims every second or third available Saturday per month) Pinecrest 5:45-7:45PM Open Figures	Splex 6:30-10:30am Duets/Tier 6 6:30-7:30am All Teams 7:30-10:30 am

WB = Walter Baker
 Splex = Nepean Sportsplex

All teams have ½ hour of land drilling on Sundays from 10:00am to 10:30am and one pilates class/week prior to or following a weekday practice. **There are many weekends when we lose our pool time at the Sportsplex due to other aquatic events. Please ensure that you check your e-mails and the website regularly for the latest practice schedules.**

5.2 STAR TESTING

Star testing will only be required for those swimmers new to competitive who have not yet attained their Star 3 and for Tier 6 national stream swimmers. All star testing will be done before the end of December during our regular practice time. Please ensure your daughter comes to practice well rested.

5.4 TRAINING CAMP

During the month of September the coaches will assess swimmers and assign them to teams. For returning swimmers, the coaches will also use last season's year end swimmer evaluation and coach recommendation when making these decisions. Teams will be announced towards the end of training camp.

6.0 GUIDELINES FOR SWIMMERS

1. All practices are mandatory. A swimmer may not be absent without permission of the team coach.
2. Swimmers should come to every practice eager and willing to work hard and learn new skills.
3. More experienced swimmers are expected to give help and encouragement to less experienced swimmers.
4. Swimmers are responsible for picking up and taking home all club information that their coach may give them at practice.
5. Swimmers and parents should be checking their email daily
6. Swimmers should support all other swimmers and coaches within the club.
7. Swimmers should respect their coaches' decisions and remember that they are the coaches and that they have more synchro experience. Any concerns should be brought to the attention of Head Coach and/or the executive.
8. All swimmers must be appropriately dressed in full club tracksuit (unless told otherwise) and be well-behaved at all competitions and club-related events.

6.1 GUIDELINES FOR PARENTS

1. Act as support for your daughter.
2. Ensure that your daughter arrives 10 minutes prior to required practices.
3. Ensure your daughter has all necessary equipment at each practice.
4. Make sure that all required fees are paid on time.
5. Take an active role in the club.
6. Give support and encouragement to all swimmers and coaches in the club at competitions.
7. At all times, interactions with swimmers other than your daughter should be limited to giving encouragement. Unless you are a chaperone at an away meet, you are asked not to verbally discipline any swimmer other than your own. If you have major concerns regarding another swimmer, you should inform the coach (but please understand that coaches will not discuss any swimmer other than your own with you.)
8. Try to arrange your family schedule so that your daughter is able to handle her school work and her sport, have some leisure time and get sufficient rest.
9. Check your emails daily and reply when requested to do so, so we know you have received the information.
10. Respect and support the coaches' decisions. You, as parents, play an important part in your daughter's ability to respect her fellow swimmers and coaches, and this role is pivotal.
11. Remember that all parents working on behalf of the club are volunteering their time for the benefit of all swimmers.

6.2 TEAM MOMS

After the teams have been finalized, team coaches in conjunction with the executive will chose 1 mom for each team who will act as a helper to the coach as well as be responsible for communication between the team, coach and executive. Duties include but are not limited to: forwarding of e-mails, collection of money, distribution of merchandise and assisting

the coach with swimmer supervision, meals, hair and make-up at in-town competitions. This mom will also act as the team chaperone at out of town competitions if they are available.

7.2 COOMPETITIVE REGIONS

Synchro Swim Ontario Competitive Regions:

East Region:	Durham Synchro Gloucester Synchro Kawartha-Trent Synchro	Kingston Synchro Nepean Synchro Ottawa Synchro
West Region:	Brant Synchro Brock Synchro Burlington Synchro Guelph Synchro	K-W Synchro London Synchro Tillsonburg Synchers Waterloo Regional
Central Region:	Granite Club Synchro Markham Synchro Mississauga Synchro Olympium Synchro	Toronto Synchro Variety Village Synchro York Synchro
North Region:	Sault Y Synchro Sudbury Synchro	

7.0 IMPORTANT DATES

7.1 MEETINGS AND SHOWS

1. **Parents meeting** (for clothing, fees, etc.) will be Wednesday September 30th, at 7pm in the Food Court at Walter Baker
2. **Christmas Competitive Demonstration & Parent/Swimmer Pot Luck Brunch** – Sunday December 20th from 9am – noon
 - All competitive teams & duets demonstrate their routines
 - Pot luck brunch after practice for coaches, swimmers and one parent.
3. **Year-End Watershow** – Saturday May 1st from 7- 9pm
 - all recreational and competitive routines take part

7.3 COMPETITIONS FOR NEPEAN SYNCHRO CLUB PROVINCIAL STREAM

1. **Gloucester Invitational Ltad/Figure Meet**
Date: February 6th, 2010

Host Club: Gloucester Synchro
Location: Sawmill Creek Pool
Type of Meet: Ltad and Compulsory Figures

2. Waterloo Invitational Meet

Date: February 13th, 2010 (travel Friday and Sunday)

Host Club: Waterloo

Location:

Type of Meet: One day routine meet

- **3. East Regionals**

Date: April 9-11

Host Club: Nepean Synchro

Location: Nepean Sportsplex

Type of Meet: Routine and figure meet

- **4. Ontario Tier Championships**

Date: May 27-30

Host Club: Waterloo Synchro

Location: Olympium Pool, Etobicoke

Type of Meet: Routine and figure meet

All teams and top 4 duets from Regional Trials advance to Tier Championships

There is the possibility of one other invitational meet (date and info not yet available). As always, if you are planning travel during the competitive season (January to June, please double check dates with your daughter's coach or the club executive prior to booking)

7.4 COMPETITIONS FOR NEPEAN SYNCHRO CLUB TIER 6 TEAM

1. Provincial Trials

- **Date:** January 23-24
- **Host Club:** Gloucester Synchro
- **Location:** Nepean Sportsplex

2. Provincial Championships

- **Date:** Feb 20-21
- **Location:** Etobicoke

3. East Divisionals

- **Date:** March 11-14
- **Host Club:** Synchro Elite
- **Location:** Quebec City

4. Espoir Championships

- **Date:** June 2-8
- **Host Club:** Montreal

8.0 COMPETITIONS

8.1 FIGURE GROUPS

Will be posted on the Nepean Synchro web-site when they are available from Synchro Ontario.

8.3 ROUTINE BATHING SUIT CARE

Routine bathing suits are more fragile than a regular speedo type practice suit and therefore extra care is required. They need to continue to look good until the end of May and are not to be worn for anything other than a show or competition unless otherwise told by your coach.

Please follow the guidelines below carefully otherwise the bathing suit will fade and not look the same as the rest of your team's suits. If you find any sequins on the suit have come lose after a competition, please sew them back in place before the suit is worn again.

1. After swimming each time, lay the suit flat on a towel and roll the towel up carefully and place in your swim bag. Do not roll the suit into a ball when it is wet or the colours will run onto each other.
2. After each use rinse only in warm water (not soak). Do not ring the suit out, just hang to dry.
3. Do not wash in your automatic washer
4. Never wash with any type of detergent, even soap for fine washables.
5. Hang to dry on a hanger where the suit won't touch any other clothing.
6. Keep the suit on a hanger in a cupboard during the year, never in your swim bag.

It is not easy to replace these suits, so please take good care of them

8.4 IN-TOWN COMPETITIONS

When competitions are in Ottawa, your team coach will e-mail your daughter's schedule in the week prior to the competition. Swimmers are required to follow the team itinerary. You can expect that your daughter will be at the pool most of the weekend so please do not plan any other activities for her. The schedule will include not only the times the team is competing in routine and figures, but also land drill and stretching times, time to do hair and make-up, cheering for some other Nepean routines, and perhaps a team meal or get together. Sports etiquette is an essential part of any sport, and all swimmers are expected to support team mates and club mates. Please refer to Sports Etiquette section at the end of the handbook for further information. It is extremely important that all swimmers are well rested going into and during any competition. The coach will also impose a bedtime curfew on competition weekends.

8.5 OUT OF TOWN COMPETITIONS

When competitions are out of town, the club plans all aspects of the trip: transportation, hotel booking, meals, and schedules while away etc. We typically travel by chartered bus but on occasion ask a few parents to drive the swimmers and coaches in their personal vehicles. Swimmers must travel to meets with the team and can not leave with parents until the end of the meet. For security reasons, parents are required to provide written notice to the team's chaperone if they are driving their child home from a meet.

Costs for out of town competitions are invoiced separately prior to the meet and include transportation, accommodation, meet fees and coaches' costs. Money (in smaller bills) is to be brought separately for food. An estimate of food costs will be provided.

The swimmers find out of town meets a lot of fun and it is a great bonding experience for individual teams as well as for the club. The girls room with other girls from their teams and we try to ensure that as many Nepean swimmers as possible watch Nepean's teams/duets and cheer them on. We typically have 1 mom stay in each room with the youngest team of swimmers, whereas other teams stay with their team mates with their chaperones nearby. This is a great time for the girls to get to know one another and have some fun outside practice times.

While out of town, the coaches set each team's itinerary and all swimmers & their parents are expected to respect this schedule. Team chaperones are responsible for the well being of the swimmers while away. Parents, who attend the meet on their own, are there as spectators and are requested to respect the chaperone's role in caring for their daughter and in following the coaches' itinerary.

Before each out of town meet we discuss rules with all swimmers. All swimmers are expected to behave in a mature manner and respect all adults attending the meet (coaches & chaperones). We also go over good food choices while away. A parent's information meeting is also held before each competition which outlines the trip itinerary, hotel information and cost.

8.6 SWIMMER'S RULES FOR OUT OF TOWN COMPETITIONS

TRAVEL:

Bus: Please try to keep the noise to a level, which will not distract our bus driver and stay seated while the bus is moving as much as possible. When stopping for a meal, team chaperones are responsible for all swimmers at the restaurant and help with payment of meals etc. Upon arrival at the hotel, the girls are informed of their room assignment and where their team chaperone's room is located. A rooming list and itinerary will be posted in each room so swimmers know where team-mates, coach and chaperones are staying as well as the bus and competition itineraries. Each room will have a key, and the chaperone will have a copy in case one gets lost or misplaced.

WHILE AT THE HOTEL:

- Your team chaperone and coach are responsible for you on this trip. Even if your parent is at the competition, you must follow and respect your coaches/chaperones rules and requests.
- Please let your chaperones know where you are at all times.
- You will not be permitted to leave with a parent while on any away trip.
- For safety reasons, your chaperone will keep your money and health card with them.
- You will have a curfew – you must abide by this.
- There will be no running or yelling in the hallways or lobby; always be appropriately dressed when out of your room.
- Only other swimmers, coaches or parents from Nepean Synchro are allowed in your rooms
- When in your rooms, keep room door locked at all times
- Prior to leaving, please ensure someone from your room has the key
- Stay with your team at all times! Always have a buddy.
- No phone calls between rooms (except to chaperone's room) and no long distance calls from your room – you may bring phone cards or cell phones
- Follow the itinerary posted in your room, keeping track of time, and be ready to go when asked.
- Double check your swim bag to make sure you have everything you need for the pool
- Never leave the hotel building without permission
- At the end of the trip, please make sure that your room is neat and tidy and without damage
- Never leave your room after curfew. You may contact your chaperone by phone if you need her.

WHILE AT RESTAURANTS AND OTHER PUBLIC PLACES

- Always wear full club tracksuit unless we tell you otherwise.
- While showing team spirit, remember to always be polite and respectful towards staff and other patrons at restaurants.

WHILE AT THE POOL

- Stay together with your team at all times. Your coach will have land drill and stretching times scheduled so bring a watch so you know what time it is.
- Your coach will decide which events your team will attend to cheer on Nepean's routines.
- Never leave the pool building for any reason without knowledge and permission of your coach and chaperone
- Make sure your belongings are labelled and keep things in your swim bag. It is the swimmers responsibility to keep track of their belongings.
- Remember – you are an athlete. Always look and act respectful. While cheering on our club, respect other athletes and officials.

Please remember to speak to your chaperone or coach if you have problems of any kind while we are away. They are there to help make this a positive experience for all of you, one to remember for a long time to come!

8.7 WHAT TO BRING TO COMPETITIONS

PLEASE NOTE - while at all competitions swimmers should always wear their full Nepean Synchro Track suit (black pants, jacket & Nepean Synchro t-shirt) unless told otherwise. When travelling, swimmers may wear black yoga pants with their t-shirt & jacket if they wish but don't forget to bring your club track pants in your swim bag.

1. Zip lock bag with your name on it with money for food and your health card. – Give to chaperone before you get on the bus please (out of town)
2. Any medication you may need (in Ziploc bag to give to chaperone except puffers for asthma which should be kept in your swim bag)
3. Full track-suit (pants, jacket, t-shirt, sweat shirt if you have one).
4. Watch
5. Phone card for long distance calls or cell phone if you wish (out of town)
6. Pillow (if you want it on the bus)
7. Alarm clock (out of town)
8. Activities for the bus/car – playing cards, games, books, I pod etc.
9. Nepean Synchro swim bag packed with all swim gear:
 - Team/duet bathing suit(s)
 - Black bathing suit
 - Nepean Synchro spacing suit (blue/black swirls)
 - Towels (at least 2 or 3) including 1 smaller one to roll bathing suit in
 - White & Nepean Synchro head caps
 - Nose plugs (3), goggles (in good condition)
 - Pool sandals
 - Hair stuff - elastics, hair nets, hair comb, lots of bobby pins {open and closed}, gel {minimum of 4 packets/swimmer/routine}, container to mix gel and paint brush for applying gel to hair
 - Head piece(s)
 - Sport drink (s), bottled water, juice
 - Healthy snacks to eat at pool (see list)

PLEASE NOTE – all clothing should be labelled and everything kept inside the swim bag at the pool. Swimmers are responsible for their own belongings.

8.8 HAIR GELLING INSTRUCTIONS

Supplies you will need:

- Knox gelatine from the grocery store. You will require 4-6 packages per gelling.
- Hair net (same colour as hair)
- 1" paint brush (like a basting brush) to paint the gelatine onto the girls hair
- Lots of bobby pins – both the open and closed kind
- Hair comb (circular and is zigzagged, which is used to pull the bangs back and keeps some of the loose ends in. The spikes go into the hair to hold it in place).
- Hair elastics – large and small – the same colour as swimmer's hair
- Plastic bowl to mix gelatine in

Instructions:

1. Pull the hair back into one ponytail. Hair must be pulled tightly and lay flat on the head with no bumps. The coach will advise you where on the head the ponytail should sit (depends on the head piece).
2. Depending on the thickness of the ponytail, create 2-3 tight braids.
3. Wrap the braids around to make a tight bun. Use open bobby pins to pin in place as you wrap each braid.
4. Wrap the hair net around the bun to keep in loose ends. You can usually wrap the net 2 to 3 times around the bun. Apply more bobby pins to hair net.
5. Use a hair comb if your daughter's hair is layered or she has bangs (zigzagged thing). The comb should sit midway between the bun and the hairline. Most girls wrap this around their heads twice.
6. Mix the Knox gelatine with boiling water (approximately ¼ to 1/3 cup per batch) to the consistency of a cake batter. Try not to get air bubbles and lumps in the Knox gelatine (If this happens, skim the surface with a spoon to remove, or the girls' hair will look white when it dries on the head). (If you have never used Knox before – this stuff smells – it is supposed to!)
7. Using your paint / baste brush, use a painting motion to 'paint' the Knox gelatine onto the girls' hair. Brush from scalp towards the bun all the way around the head. The idea is to keep going around the girls head until you get a thick even coat of gel in there. Make sure the bun is well saturated. Make sure you get all the little wispy hairs around the hairline when painting the girls hair. If gel drips onto the face or neck use a hot wet cloth to wipe off.
8. Immediately attach the headpiece (If you wait too long, the gelatine will dry and become like a helmet – and then you never get that head piece on there!); be sure to use lots of bobby pins to attach the headpiece securely. Open bobby pins work best when securing the headpiece into the bun, closed for the outer edge of the headpiece.

9. When the girls are done swimming their routines, they will want nothing better than to wash this out of their hair. It often takes 2 or 3 shampoos and combing through with lots of conditioner to get it out of their hair depending on length and thickness, etc., but their hair sure is shiny afterwards!

8.9 SNACKS FOR COMPETITION

Healthy snacks provide fuel, which helps your body during competition by providing energy when you swim. The following is a list of acceptable snack foods you can bring to any competition. If your coach or chaperone finds you making unhealthy food choices, they will take this food away for the duration of the competition. Please remember that you should only eat foods your body is familiar with at meets, do not try anything new or you may get an upset stomach.

Please note that Synchro Ontario request that those attending events refrain from bringing peanut/nuts and related products to the facility

- Sport drink(s) and water bottle(s) – minimum of 1 for each day of the competition
- Granola bars, Nutri Grain bars, Special K bars, Oatmeal to go Bars
- Fresh/dried fruit/yoghurt covered fruit/pretzels
- Vegetables
- Apple sauce/fruit cups/baby food
- Water bottle/Gatorade/juice boxes (all swimmers should have at least one sport drink each day they are competing)
- Fruit Muffins
- Dried cereal/trail mix
- Yoghurt (keep in a cooler with an ice pack)
- Snack Mix (shreddies/pretzels/dark chocolate chips/trail mix/dried cranberries)
- Pretzels, unsalted/low fat popcorn
- Arrowroot cookies, unsalted crackers (e.g. Melba Toast), Graham Crackers, fig bars, ginger snaps

While at restaurants while competing the following is a list of foods you should NOT order:

- High fat foods such as french fries, soft drinks, chips

You may choose things such as:

- Chili
- Baked potato
- Soup
- Sandwiches
- Salads
- Chicken strips, chicken burger or hamburger
- Bagel
- Fruit
- Milk, chocolate milk, juice, water

If in doubt, check with your coach before ordering. When you are finished competing you may order what you like to eat (within reason) as we don't want any sick swimmers!

8.10 HEALTHY SNACKING FOR GIRLS ON THE MOVE

✓ GREAT CHOICES

-whole fresh fruit; apple banana, grapes...
-frozen fruit, canned fruits in its own juice

✓ GOOD CHOICES

-dried fruits; raisins, prunes, apricots
-canned or frozen fruits sweetened

✓ CHOOSE RARELY

-sugar coated fruits
-potato chips, corn chips, nacho chips, tortilla chips
chocolate, chocolate bars, candies containing chocolate,

-raw vegetables; carrot sticks, broccoli florets, pepper sticks	--low-fat microwave popcorn	butter, toffee or cream
-3/4 cup (175g) yogurt, try low-fat versions	-Pretzels (low salt)	-soda pop; regular colas, orange drinks...
-low-fat cheese or tofu based cheese	-commercial muffins (read labels, can be high in fat)	-full fat ice cream
--melba toasts or whole-grain, low-fat unsalted crackers, crisp-breads, flatbreads	-graham crackers, ginger snaps, low-fat arrowroot biscuits, social teas, fig bars, homemade muffins	-cakes, pies, pastries, croissant, doughnuts
-whole grain breads, bagels, English muffins, tortillas, pitas	-sherbet, low-fat frozen yogurt, fruit ice, frozen juice bar	-cream sandwich cookies, commercial cookies
-whole-grain cereal		
-popcorn without fat or salt		
-fruit juices (unsweetened)		
-vegetable juices or cocktails (low-sodium)		

8.11 BE CREATIVE WITH YOUR SNACKS!

Dip your fruit pieces into yogurt or mix pieces of a variety of fruits, add some mueslix cereal and some yogurt, toss together.

Add some cheese spread on slices of fruit.

Cut up pita bread into triangular shapes, bake in oven until crispy, and dip in salsa.

Add honey or jam between 2 graham crackers.

Melt some low fat cheese over your melba toast; add a touch of salsa on top.

Dried fruits or fruit bars can be easily stuffed in you gym bag in case of an emergency snack attack!

Freeze a juice box, put it in a lunch bag - use it to keep cut up veggies with hummus dip cool.

Who said cereals were only for breakfast, carry them around in a sealed bag, and add some dried fruit and you can snack wherever you go.

Beth Mansfield, November 2006 (S. Kostron modified for nut-free July 2008)

9.0 NEPEAN SYNCHRO MONTHLY FIGURE REQUIREMENT 2009-10

Nepean Synchro Club requires every competitive swimmer to complete extra hours of figure training per month, outside of the regular team practices. There are multiple reasons for adding this requirement, the most important is that figures are worth **50% of a team's score**, and therefore are a necessary component in every swimmer's training.

The monthly requirement for the 2009-10 season will begin in October and is as follows:

- Tier 6: 5 hours
- 13-15 teams: 4 hours
- 11-12 teams: 3 hours

We have scheduled 2 practices per week that swimmers are free to attend. These practices will be considered "*Open Figure Practices*". No team will be scheduled during this pool time; therefore every swimmer has equal opportunity of attending these *open figure practices*.

- * Friday WB 4:00-6:00 pm
- * Saturday Pinecrest 5:45-7:45 pm

In order for coaches to properly track these hours, each swimmer needs to bring her Monthly Figure Log Sheet with her to any figure practice she goes to. This form will be available on the web-site. The Log is to be handed in at the end of each month, showing that the figure requirement has been met. **This form is due at the last practice of the month.**

In order to meet this requirement each swimmer needs to do the following with their Figure Log Sheet.

- * Download and print Figure Log Sheet from web-site
- * Fill out the number of hours completed at each practice

- * Have the Figure Coach (who is present at this practice), initial that the hours completed are valid

Open Figure Practices are meant to be conducted in an efficient manner. If a swimmer comes to these practices, and does figures for 10 minutes in a 2 hours time period, and talks to her friends the remainder of the time, coaches will only sign off on the 10 minutes that have been completed; therefore, each swimmer needs to be sure she is using her time wisely.

Private-Coaching Option:

A swimmer can arrange for private figure coaching within any given month, and can use this time towards her required hours. In this event, she is to have her private figure coach sign off for the hours she completes. Private figure coaches are generally paid their usual hourly coaching rate by the parent of the swimmer hiring them. This is a private arrangement between the coach and the parent.

****If you are interested in this option, please speak to Jessica in person, email or by phone.*

Incomplete hours:

If a swimmer does not meet the required hours, she is then required to double every hour that is not completed. For example, if a swimmer is required to complete 4 hours per month and completes only 3 hours, she is 1 hour short, and therefore is required to complete 2 extra hours the following month. These two hours are to be done, on top of the 4 hours required for that month.

10.0 GLOSSARY OF SYNCHRO TERMINOLOGY

1. **Artistic impression:** Artistic impression marks are awarded for choreography, music interpretation and manner of presentation
2. **Boost:** an area of highlight within a routine, which normally involves a swimmer being emerged from the water, with the work of the rest of the team
3. **Championship score:** is comprised of 50% team figure marks & 50% routine score (artistic & technical marks). The championship score determines the routines final placing at the competition.
4. **Dry land Activities:** core strength and flexibility training that is practiced outside the water.
5. **Duet:** a routine comprised of 2 swimmers
6. **Figure:** a skill performed in front of a panel of judges by one swimmer at a time (e.g. sail boat alternate)
7. **Headpiece:** a decorative item that is placed on the hair after gelling, to add artistic flare. Headpieces generally match the bathing suit.
8. **Invitational Meet:** a competition hosted by a club and not Synchro Ontario. The host club determines the events and rules (e.g. swimmers may not compete in figures at all at some meets, or perform only 2 figures)
9. **Landrill:** This is a dry land training activity that synchro swimmers do usually to music in order to practice their counts in their routines.
10. **Pre-swimmers:** Swimmers who perform figures and routines for the judges before the competitors to enable the judges to discuss criteria for the event. Pre-Swimmers marks do not count in the final results.
11. **Required elements:** in all routines there are between 4 and 6 elements that must be performed by all swimmers within the routines (e.g. element in tier 2 team is a travelling ballet leg sequence). Judges mark these elements as part of their technical scores.
12. **Routine competition:** swimmers compete in routines (team, duet, solo) and receive judges marks
13. **Solo:** a routine comprised of 1 single swimmer
14. **Spacing:** Club spacing occurs only at some meets. Each club is allotted pool time to run through routines with music. This enables the swimmers and coaches to get used to a different pool (depth, width etc.) as well as hear their team music on a different sound system. The swimmers typically wear their Nepean blue bathing suits and Nepean blue bathing caps.
15. **Team:** a routine comprised of 4-10 swimmers
16. **Technical merit:** Technical merit marks are awarded based on the team's execution, synchronization and the level of difficulty of the routine.
17. **Warm-up:** a time slot given to swimmers at practice and at meets with the hope of a swimmer warming their muscles before practice.
18. **Structures for Competitions:**
 - Provincial Age Group Competitions:**
 - Invitational meets
 - Lisa Alexander

- Regional meet
- Winter Games (Trial and Games every four years)
- Age Group Championships (provincial meet)

Tier 6 Competitions:

- Provincial Trials
- Provincials
- Divisionals (In our case Eastern Canadians)
- Canadian Espoir Championships (only Tier 6 present at this meet)

Tier 7 Competitions:

- Provincial Trials
- Provincials
- Divisionals (In our case Eastern Canadians)
- Canadian Open Championships (Tier 7 & Senior Competitors at this meet)

11.0 WEBSITES

All swimmers and/or parents should check the Nepean Synchro website weekly for club news, updates etc.

- **nepeansynchro.com**

The Synchro Ontario website has competition schedules posted as well as ongoing events within the province.

- **synchroontario.com**

Fina has figure descriptions.

- **Fina.org**

12.0 YOUR GOALS

Part A.

What is a goal?

-A **goal** is an objective that you set for yourself

-A **goal** is something that you aim towards

i.e.

1. to have flat splits
2. to have my vertical above my knees

Part B.

All goals need to be paired with a **timeline or deadline**. You will aim to achieve your goal(s) by the deadline you have decided on. If you need help deciding on when a goal can realistically be achieved, ask a coach! All goals should be written in present tense.

i.e.

1. I have flat splits by December 2nd
 2. My vertical is above my knees by October 30th
-

Part C.

Goals should always be followed by an **action plan**. An **action plan** is a list of things that you will do in order to achieve a particular goal.

i.e.

1. *Goal:* I have flat splits by December 2nd
 - a. *Action Plan:* Stretch 5 times a week, on my own time, at home when I am watching TV
 - b. *Action Plan:* Push myself extra hard during flexibility drills in practice
 2. *Goal:* My vertical is above my knees by October 30th
 - a. *Action Plan:* Focus on my support scull during position drills
 - b. *Action Plan:* Ask my coach to watch my support scull, to see if I am improving, at least 1 time each week
 - c. *Action Plan:* Push myself extra hard during position drills in practice
-

Part D.

So now that you know what a goal is, and how to write one, how are you going to decide on what your goals are? Here are some tips that will hopefully help you out.

Tips

1. Write down all the things that you want for yourself pertaining to synchro (brainstorm on a scrap piece of paper). This will help you decide on a few areas you want to set goals around.
 2. Be sure to distinguish which goals are,
 - a. personal goalsOr/
 - b. team goals
-

Part E.

Now that you have determined your goals, categorize them under the following 4 areas.

- 2 months
- 4 months
- 6 months
- 8 months

By putting your goals under these 4 categories, you will be able to distinguish which ones are the most important, the ones that will take the most time, and the ones that will require more training and practice.

Spend time on your goals. This will give you a good idea of what you want to get out of the synchro season.

Remember, if you have questions ask a coach, they are there to help you.

13.0 SPORTS ETIQUETTE

A synchro swimmer:

- Supports her teammates to help them achieve their goals
- Considers how something will affect her team, rather than herself
- Knows that a team is only as strong as its ability to work together with the coach and all members of that team
- Is never rude or disrespectful to her teammates and coaches
- Swims for the success of her team and not for individual glory
- Swims because she loves synchro and not because she wants to win
- Cheers on and supports her teammates and club mates at competitions and in practices.
- Shakes the hands of her teammates and of other teams, regardless if she won.

SYNCHRO

It's the feeling you get at the end of a hard practice, when you've pushed yourself to the limits. It's the way the water feels when you get back in after time off. It's feeling like you just swam the runthrough you worked so hard for. It's knowing that you don't have to shave your legs for months at a time, and thinking of an 8:00 am practice as sleeping in. It's when you'll wear suits that are two sizes too small, shiny, and covered in sequins. It's not being able to lift your arms after practice, and knowing what it feels like to truly perform. It's muscle cramps, scratches, bruises, and 8 practices a week. It's when your coach knows you as well as your family, and your teammates are your sisters. It's seeing everyone else cheer you on during a runthrough, and knowing your team is right there with you. It's borrowing noseplugs and sharing shampoo, going through whole boxes of craquelins in one day, and clogging the shower drains with hairnets and bobby pins because everybody is madly ripping out gelatine to make it to awards in time. It's having jackets, pants, shorts, shirts, tank tops, bathing suits, caps, towels, headbands, hats, and even underwear to match your teammates. It's a collection of t-shirts and ribbons and medals, and not really being able to put into words how the competition went. It's the way you walk and the way you talk. It's something that no one else really gets because they haven't felt the feeling you get every time you wait to walk on, every time you get into your deck position; the feeling that it's now or never and you just need to go for it. It's the rush of adrenaline as you hear the whistle blow, the calming of your nerves as soon as you hit the water, the relief but exhilaration as the music finishes. It's the anticipation as you wait for your marks, and the feeling of being on top of the world as you get your best mark ever, or a medal, or a trophy. It's that indestructible cheerful mood after a good competition. It's knowing that you got up and did something each day, and even on an off day you still did something important. It's part of your identity. It's something you love, and something you hate, something you can't really explain, and don't really want to understand. It's all the friends and coaches over the years, all the practices and inside jokes, all the pictures, all the road trips, and all the memories; because synchro is more than just a sport... it's a way of life.

-Alex Cross

Competitive swimmer

Nepean Synchro

2002-2009

**Nepean Synchro Club
2009 - 2010
Team Commitment Agreement**

Athletes and parents must be aware that all practices are mandatory. Prolonged or frequent absence from practice creates difficulty for the coach and interferes with team development, rehearsals and perfection of the routine. Any absence **MUST** be reported to the coach **BEFORE** the practice either by e-mail or by telephone for a short notice absence (the coach will inform the team at the beginning of the season of her preferred method of communication). **In particular, the three weeks leading up to each competition are critical and no practice can be missed for any reason in this time leading up to competitions.**

This team commitment encompasses the entire swim season (September to June). If a swimmer wishes to become involved with any new activity (i.e. job, school sport or activity) during the swim year, the swimmer and her parent(s) must contact the team coach to discuss the commitment involved and ensure it does not conflict with practice and competition schedules.

For any extended absence a doctor's note is required detailing the illness or injury. After an injury there must be approval from parents for the swimmer to get back into the pool. Unless the illness or injury is contagious or debilitating, the swimmer is expected to be on deck during her team's scheduled practices.

Parents are asked to discuss menstruation and the use of tampons with their daughters if they are pre-pubertal. Not swimming for a week each month because of periods is not an option in a team sport where each team member's participation at every practice is vital, so it is important for our young swimmers to be psychologically prepared for this eventuality.

If the coach feels a swimmer is missing too many practices or is sitting out too often, the coach will discuss this with the swimmer and (or) the parent(s).

Swimmers must also note that the figure training commitment hours per month must be met, and properly documented during the synchro season. Figure training is not only beneficial to the team and the club, but is also an essential training component of every swimmer's personal development.

Should any issue of concern arise, the first contact is with the team coach. This should be done immediately. The coach can be contacted by telephone or spoken to in person after a scheduled practice. If the issue cannot be resolved at this level, the Head Coach or Executive can then be approached.

By signing this document, swimmers are agreeing to support this sport and to treat all swimmers and coaches within our club with equal respect. Every swimmer will represent Nepean Synchro Swim Club with pride.

We would like to thank swimmers and parents supporting this team commitment.

Your Head Coach and Club Executive

We have read and understood the Team Commitment Agreement.

Athlete: _____
Print Name Signature

Parent: _____
Print Name Signature

Date: _____