



Bozeman Stingrays

Synchronized Swimming Team

A Handbook for Swimmers And Their Parents

www.bozemansynchro.org

Revised September 2018



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Welcome to the Bozeman Stingrays Synchronized Swimming Team!

Synchronized swimming is an exciting and challenging sport. It is a great opportunity for graduated levels of competition, for having fun and for improving aquatic athleticism!

The Bozeman Stingrays Synchronized Swimming Team is a club that was incorporated in 1997, although synchronized swimming has been at the Swim Center since 1974. *This club team is funded through monthly activity dues, corporate sponsors, fundraising and private donations.*

The Club currently has team of swimmers (the Stingrays) ranging in age from 10 to 17, a coaching staff, an elected Board of Directors comprised of team parents, and an Executive Director. The club operates from a set of Bylaws updated and adopted annually. The Board meets monthly and all parents are welcome and encouraged to attend. We encourage you to check our website (www.bozemansynchro.org) periodically for important information as well as join our closed facebook group for team members, personal friends and family **only**. The Club utilizes an online announcement and communication system to inform members of upcoming events and to track availability for specific dates as well as to make online payments.

Our mailing address is Bozeman Stingrays P.O. Box 911, Bozeman, MT 59771 and the phone number is 406.518.1209. For general inquiries, email synchro@bozemansynchro.org.

MISSION STATEMENT

To provide opportunity for self-development and life skills through competition, teamwork, good sportsmanship, striving for excellence, and self-discipline.

PURPOSE

To promote the skills of synchronized swimming.

GOALS AND OBJECTIVES

1. Promote good swimming skills and physical fitness.
2. Teach sportsmanship and teamwork.
3. Teach living skills: positive communication skills, goal setting and achievement of those goals, time management, setting priorities and making commitments.
4. Develop poise, self-confidence, and self-esteem.
5. Promote synchronized swimming as an athletic sport.
6. Provide levels of competition that meet the needs of all swimmers.

IMPLEMENTATION

We establish a tier-level team structure in which a swimmer's level is determined by the coaching staff based upon a criteria of skill, experience, and interest. Due to the varying financial and time commitments at each level, parent acceptance of the swimmer level is required. The coaching staff will develop a practice schedule that will enable swimmers to meet individual and Team goals. All swimmers will compete at the Montana Association meet. Opportunities will be provided to swimmers wishing to, and eligible for, competing in other meets. Each swimmer will be required to complete an annual club registration form, a USA Synchro membership form, a waiver/release of liability, Code of Conduct form, a Handbook acknowledgement, and a concussion statement. Each swimmer will be required to have a sports physical form signed by a physician (or a parent-signed waiver in lieu of this requirement).

THE SPORT OF SYNCHRONIZED SWIMMING

United States Synchronized Swimming, Inc. (USSS or USA Synchro) is the organization that governs the sport in the United States and establishes standards for competition. The Bozeman Stingrays, as a team, and every athlete, coach and judge are members of USA Synchro. A portion of the registration fee covers a swimmer's USA Synchro annual membership. The Club is responsible for registering swimmers with USA Synchro once the Club has received a swimmer's completed and paid registration. An athlete must be a member of USA Synchro in order to compete. We strongly encourage parents to join also, as they are then covered by insurance while working at meets (Friends of Synchro memberships can be purchased at USASynchro.org for \$35).

Synchronized swimming is organized into three basic levels of competition. The levels are State Association, Regional/Sectional, and National. Swimmers are also divided into the categories of: Novice, Intermediate, and Age Group (advanced) and then within each category by age and or ability. Some meets are designed just for one particular swimmer level, while others are open to all. Our Montana Association meets occur in Montana, currently held in Bozeman as we are the only Montana team. It is at our Association meet that the Intermediate and Age Group athletes qualify for our Regional meet. The Regional meet usually occurs in Oregon or Washington in May and is where the Age Group athletes qualify for Junior Olympics. Junior Olympic competitions are held at predetermined locations throughout the country (JO's were held at Miami University, Oxford, OH in June 2018).

At a meet, novice and intermediate level swimmers are judged on figures and routines. Age Group level are judged on technical elements of routines. Figures are basic elements of synchronized swimming and are performed individually in front of a panel of judges and are judged on difficulty and how well the swimmer executes the figure. At a meet each novice and intermediate level swimmer will be judged on an individual basis on four required figures. Awards are given for figure scores in each level, and in each age group within that level. Figure scores are factored into routine award placing also, with routine scores and individual figure scores each counting 50% of the total score.

Routines are a combination of strokes and figures performed to music. Routines can include teams (4-8 swimmers), duets, solos and combos (typically 10 swimmers). They are ranked by a panel of judges, who assign a score from 0 to 10 (perfect). Routines receive 3 scores: execution, difficulty, and artistic impression. Routine types include both Free and Technical. Free routines do not have required elements thus the term "free." The Technical routines will have a series of elements that must be executed in the prescribed order at some point during the routine. Required figures and elements become increasingly more difficult as the swimmers move to the more advanced swimming level.

FREQUENCY OF MEETS

Throughout the year the team will participate in several meets. Dates and times are set in the Fall by the USA Synchro, Region A meet committee, and the Montana Association Committee. A schedule will appear on the club website and in online communications.

MEET PARTICIPATION REQUIREMENTS

Synchronized swimming is a TEAM sport. The athletes spend a large portion of practice time focused on learning and practicing their team routines TOGETHER in preparation for competition at meets. Due to the team-dependent aspect of synchro, athletes are expected to participate in meets.

The number and type of routines (solo, duet, team and combo) chosen for each athlete will be at the discretion of the Head Coach and the coaching staff. The swimmers' skills, best interests and all special circumstances will be taken into consideration.

TIME INVOLVEMENT AND PARTICIPATION

Depending on the level of participation, the swimmers practice 2-5 days a week for 2 hours per session. Coaches' and other team members' schedules will determine practice. During preparation for a water show or meets, extra practice times may also be scheduled. A routine sports physical by a licensed professional is recommended every year for every swimmer. Each swimmer will be required to have a sports physical form signed by a physician (or a parent-signed waiver in lieu of this requirement). This form is due by the first day of practice.

COMMUNICATIONS

The team will contact you via our online communication/announcement system or by email. Please check your email frequently for important club info. Additionally, the coaches may periodically send information to you regarding practices, pool closures, etc. A swimmer directory will be made available to each family and can be found on the Club's online communication/announcement system. Monthly board meetings are held and are a great way for parents to participate and keep up with the activities of the team.

SWIMMER LEVELS

NOVICE

Participation at this level requires the ability of a swimmer to be able to swim the width of the pool without assistance. The time commitment is 2 practices per week (Mon/Wed 4-6 pm). The focus at this level is to have fun and develop basic synchronized swimming skills and a love for the sport. **Additional Commitments:** Montana Association Meet, Water Show, and Training Clinics.

INTERMEDIATE

Participation at this level requires approval by the coaching staff. The time commitment is 3 practices a week (Mon/Wed/Th 4-6pm). **Additional Commitments:** Montana Association Meet, Water Show, Regional Championship, Grades Level Testing and Training Clinics. These athletes may have the opportunity to attend other invitational meets. These opportunities will be presented to the athletes and parents for decisions on whether to participate.

Grades Level Testing is a USA Synchro development assessment and training initiative that is designed to monitor the general athletic skills required for all synchronized

swimmers. The swimmer will be assessed a fee for the Grade Level assessment, which will cover the cost of the USA Synchro testing (currently \$15 for Level 1 and \$20 for Level 2) plus the additional pool rental cost and coaching pay). An athlete may retake a level as many times as needed and once attained, grade level certifications never expire. Beginning in 2019 all athletes must pass Levels 1 & 2 to compete at National Junior Olympic Championships.

AGE GROUP

Participation at this level requires a high level of commitment and a high level of skill. An athlete requires approval by the coaching staff to participate at this level. The time commitment is 4 days per week (Mon-Th 4-6pm). Additional land and/or water training time may be scheduled by the coach. **Additional Commitments:** Montana Association Meet, Water Show, Regional Championship, Training Clinics, and Junior Olympics. These athletes may have the opportunity to attend other competitions. These opportunities will be presented to the athletes and parents for decisions on whether to participate.

RESPONSIBILITIES

The Bozeman Stingrays cannot exist without the mutual cooperation of the athletes, parents, and coaching staff. Outlined here are the responsibilities of each of these.

1. Swimmer Responsibilities and Code of Conduct

- Athletes are at all times expected to demonstrate: support and respect for fellow athletes and coaches; responsibility for personal belongings; adherence to all rules set by the club and the Bozeman Swim Center; good sportsmanship; and self-discipline at practice, meets, or other club-related functions.
- Athletes are expected to refrain from physical contact including unwanted contact resulting in harassment. Such behavior will not be tolerated. NO BULLYING - Verbal and/or Physical-- WILL BE TOLERATED!
- Absolutely NO CELL PHONE USE for texting, calls, photos or posting to social media while in locker rooms by swimmers, coaches or parents at any time while at home or away at meets. This is a standard policy to protect the privacy of all facility users.
- Article 1, Section 2 of Appendix Q of the USA Synchro Rulebook states "USSS will not accept or tolerate bullying, hazing, harassment, emotional misconduct, physical misconduct or sexual misconduct in any form by, or directed toward, any USSS member, athlete, coach, official, volunteer, employee, parent, spectator, or other person while participating in or preparing for activities or events conducted under the protection and support of USSS." Further, Article 3 states, "The entire synchronized swimming community shall work cooperatively to promote an

environment that is free of sexual, physical, emotional and verbal abuse or harassment in any form. USSS recommends that each individual participating in a USSS activity take the following precautions to help ensure a safe environment for all members, athletes, coaches, officials, volunteers and employees as recommended in the SafeSport training.”

- If an athlete’s behavior or attitude at practice becomes distracting to other athletes, the athlete will be removed from the pool. An athlete-parent-coach conference will be set up if this problem persists and if corrective action is required. Any violation of these expectations, including any risk to the health or safety of any athletes, can result in immediate dismissal at the discretion of the Board.
- All athletes must hold membership in USA Synchrono.
- Athletes are expected to attend all scheduled practices on time, prepared with appropriate swim gear: appropriate practice suit and cap, goggles, nose clips, and water bottle, and for figure competitions, a black one-piece suit and white cap.
- Attendance is recorded by the coach at each practice and reported to the Board each month. Parents will be called if their swimmer asks to be dismissed early from practice because of illness. Swimmers are strongly encouraged to miss no more than two practices a month. Please contact the coach as soon as possible if your swimmer will not be at practice. Should a swimmer’s attendance become a problem, an athlete-parent-coach conference will be set up.
- Swimmers are required to take breaks in tandem when not in direct supervision of chaperone or coach at a meet.
- Swimmers are expected to participate in fundraising efforts throughout the year.
- Swimmers will be asked to have appropriate clothing for meets. A Team Wear shopping link will be emailed to you with specific instructions.
 1. The team’s colors are royal blue, black, and white. The team uniform is black team shorts and team tee-shirt. A team shirt will be specified each year.
 2. Each swimmer is required to wear a plain black, one-piece suit and plain white cap for figure competition. The decorative routine suits and headpieces are provided by the club from suit inventory.

2. Parent Responsibilities

- Parents are expected to support the swimmer’s commitment and the goals and objectives of the club.

- Parents are expected to see that the swimmers come to scheduled practices on time.
- Parents are expected to pre-pay monthly dues in a timely manner, attend parent meetings, assist at meets, and take a turn at major and minor responsibilities in the club. This is critical to the success of the organization.
- Parents are expected to respect the coach's' authority and judgment. If you need to talk to one of the coaches, please see them AFTER practice or call them on the phone. Practice time is for the coach and swimmer to work together.
- This is a parent run organization. Supporting the organization with your time and talent is a large part of the team's success. Parents are expected to volunteer throughout the year with fundraising and Club operation. Parents should anticipate an increase in their volunteer hours as their daughter advances to the higher swimmer levels. This fundraising enables us to keep dues reasonable, to purchase additional equipment as needed and to host swimming, judging, and coaching clinics.
- Parents or legal guardians are required to disclose to the Board of any information regarding their swimmer that could impact the health and safety of other athletes or participants. Failure to disclose this information may result in dismissal from the Club

TRAVEL POLICY FOR COACHES AND CHAPERONES AND COACHES TRAVEL EXPENSES (Approved July 10, 2018)

Transportation: The form of transportation for coaches shall be determined by the majority of the Intermediate and Age Group families. All transportation expenses are covered for the coaches; air, ground and public transit, excluding recreational transportation not affiliated with the requirements of the club.

Meals and Lodging: These items are covered "by the club" (then allocated back to the families of the athletes on that trip). Meals out are paid on a per diem of Breakfast \$11, Lunch \$12, Dinner \$23 and shall be paid in advance of travel. Per diem is not paid for meals provided by the club or that are provided as part of an event.

- Coach selection for travel is approved by the majority of the families who will have athletes attending the given event.
- Coaches shall act in the fashion of chaperones, helping in all ways to facilitate the team's best interest at a given event, tournament or training, including helping in the housekeeping chores while traveling and lodging. Coaches shall act in a professional manner that portrays the Bozeman Stingrays in a positive image.

- Coaches shall be paid for 8 hours of work at their regular coaching rate of pay for each full day and accordingly for each portion of other days they are required to be away from their normal lives.
- All reimbursable out of pocket expenses will be reimbursed only with receipts showing the expense.
- Common meals, required group lodging, and group ground transportation expenses for coaches shall be covered “by the club” and included in the lump sum for all athletes and coaches and chaperones. The total sum of all of the common expenses shall be allocated evenly by the number of athletes and paid for by the individual athlete’s family.
- If any family has more than one athlete, each athlete shall be counted as a team member and the family is responsible for the portion of the number of athletes in their family.
- Extra meals out, any extra activities or non-team related transportation shall be at coaches expense.

ALCOHOL USE POLICY

(Approved July 10, 2018)

Due to liability, alcohol purchases cannot be made on the Club credit card. Alcohol use by chaperones and coaches over legal age while at team sponsored events, including team dinners, will be limited to one alcoholic beverage and will be paid for by the individual, not the team.

CHAPERONING FOR THE BOZEMAN STINGRAYS

(Approved July 10, 2018)

- Chaperones shall volunteer to go to meets and other travel events (including; elective meets, training, regionals and Junior Olympics) on their own finances.
- Common meals, required group lodging and group ground transportation expenses for chaperones shall be included in the lump sum for all athletes and coaches. The total sum of all of the common expenses shall be allocated evenly by the number of athletes and paid for by the individual athlete’s family.
- If any family has more than one athlete, each athlete shall be counted as a team member and the family is responsible for the portion of the athletes in their family.
- Extra meals out, activities, and transportation shall be at chaperone’s expense. No alcoholic beverages will be purchased with the Club credit card. Alcohol use by

chaperones and coaches over legal age while at team sponsored events, including team dinners, will be limited to one alcoholic beverage.

- In the event that there are no chaperones willing to travel at their own expense the families with athletes traveling shall come to an agreement on how to equitably pay for the chaperones travel expenses.
- All chaperones must have Safe Sport Certification and be current on their dues.

3. Board Responsibilities

The Board is comprised of 4 Executive Officers: President, Vice President, Secretary, and Treasurer. Any parent can be a Member at Large by regular attendance at our monthly meetings, and involvement in Board work. General Board responsibilities include: attending monthly meetings, ensuring policies are upheld, making financial decisions, hiring, firing and overseeing coaches and executive director, raising funds, running meets, and providing training opportunities for swimmers, coaches, and judges.

4. Coach Responsibilities

- Support, encourage, and treat all members of the Club (fellow coaches, athletes, parents & facility personnel) with respect and kindness
- Maintain professionalism and discuss grievances with fellow coaches directly in a respectful manner and refrain from discussing coaching conflicts with athletes or when athletes are present.
- Refrain from cell phone use while at practice, meets or other team events and maintain focus on the swimmers at all times.
- Remember that my behavior reflects on the entire Club
- Model sportsmanlike behavior at all competitions
- Arrive at least 10 minutes before the start time of practices and ensure swimmers are able to leave on time
- Demonstrate established coaching methods that effectively lend to a positive and rewarding learning experience.
- Maintain proficiency and current in all related aspects of synchronized swimming, which include: CPR certification, First Aid, USA Synchro CCP certification, Safe Sport and concussion training as required.

- Organize athletes into appropriate groups during training, instruction, or competition sessions which will lead to efficient and effective use of pool time and will allow athletes to attain their potential.
- Assume responsibility for all Club athletes when practice starts.
- Establish performance objectives, ensure equity in training time, and maintain accurate records.
- Analyze and review with each athlete his/her progress, achievements, and deficiencies in order to improve motivation and performance.
- Meet with Stingray parents to discuss matters of interest, concern, or information relevant or pertinent to the athlete.
- Assure that Club athletes adhere to established pool rules set by the Bozeman Swim Center.
- Report ALL infractions of the team's Code of Conduct to the Board and/or Executive Director immediately.
- Decide the scheduling of practice days and use of time on land and in the water.
- Discuss with Executive Director any potential schedule changes prior to announcement to team and parents
- Place swimmers in teams based on skills and abilities according to USA Synchro Assessment Guide.
- Select, or help select, appropriate music with the assistance of the Head Coach, as needed. Novice coach/es will choreograph the Novice routine or may use existing music and routine choreography.
- Collaborate as needed with Executive Director and Board to submit all paperwork involved in entering or sanctioning a meet and provide final list of routines.
- Encourage new membership in Bozeman Stingrays in whatever ways are possible.
- Submit in writing to the Board for approval any requests for new equipment and requests for clinics.
- Collaborate as needed with Executive Director, Board, and designated person assigned to plan and execute an annual Water Show.
- Collaborative with and distribute work evenly among coaching staff, delegating work to parents when possible.

- Take responsibility for keeping current on technical skills, synchro trends, and refinement of routines and figures.
- Participate in an annual review with Coach Liaison and members of the Board.

CONCUSSION POLICY

(Approved February 13, 2018)

The Bozeman Stingrays Synchronized Swimming Team will maintain documentation that concussion education materials have been provided to and viewed by each youth athlete and the youth athlete's parent or guardian. The Concussion Statement must be signed by each youth athlete and the youth athlete's parent or guardian and returned to the Executive Director prior to the athlete's participation in synchronized swimming for the subsequent season. The Concussion Statement form shall apply for a period not to exceed 1 year. Each coach, athletic trainer, and official participating in synchronized swimming with the Bozeman Stingrays shall complete a concussion-specific training program at least once each season.

The protocol for athlete injury is as follows:

1. Coach witnesses or athlete reports an injury received during practice/meet.
2. Athlete exits the pool and coach assesses the athlete.
3. If the athlete has concussion symptoms, the coach calls athlete's parents to inform of injury and directs parent to have the Return to Practice Form completed by a qualified healthcare provider. Coach informs parents that they need to have athlete evaluated by a qualified healthcare provider before the athlete can return to practice.
4. Coach calls the Executive Director (or designee) who will take the report and document the incident on the Incident Report Form, which will be maintained with the athlete's official club registration forms.
5. The coach and/or Executive Director (or designee) follows up with a phone call to parent within one week of incident.
6. In all cases, the athlete cannot return to practice until the Return to Practice Form is completed by a qualified healthcare provider, *noting that the athlete is medically released to return to practice.*

MUSIC SELECTION POLICY

(Approved July 10, 2018)

Music must be age-appropriate. Coaches will not choose songs with distasteful lyrics, heavy subject matter or sexual innuendo as such songs are not only inappropriate for young athletes, but they could also end up offending another athlete, family member or judge.

PHOTOGRAPHY POLICY

(Approved July 10, 2018)

The Bozeman Stingrays Synchronized Swimming Team values the privacy of its members. As such, the publishing of a photograph or digital image of a synchronized swimmer under 18 either on the club's Facebook page or in a published article or video recording (including video streaming) will only be done with parents' written consent. A parent or guardian has a right of refuse to have children photographed.

FINANCIAL COMMITMENTS

MONTHLY CLUB FEES For 2018-19 Season

Novice- \$100; Intermediate- \$160; Age Group- \$220

IMPORTANT CLUB POLICY: Registration fees and first month dues must be paid at time of registration on the online registration and payment system using a credit card or electronic check/ACH from a bank account. A discount is provided for those who wish to pre-pay annual dues in their entirety. Future payments are due on the first of the month and can be set up through the system on a individual monthly basis or automatic recurring monthly basis. Swimmers whose dues are delinquent more than 30 days will not be allowed to participate. Scholarships for monthly dues may be available from time to time at the board's discretion based on the financial condition of the club.

FUNDRAISERS

The club will have various fundraisers throughout the year and **all families are expected to help with these events**. The number of fundraisers required will be determined by the money raised at each event. If you have ideas for fundraising please share them with the Board. The **fundraising is required to meet the financial needs of the club** therefore the team reserves the right to keep careful records and give periodic updates of the hours donated by each family. Families that do not participate in these events may be assessed a fee to be determined by the Board at the start of each season.

BOOSTER CLUB FUNDRAISER: The Booster fundraiser drive is generally done in the fall of each year (but we happily accept Booster donations at any time). A club volunteer will prepare a booster letter which is distributed to the club members for use in soliciting donations from businesses, organizations or individuals. One half of these funds go directly to the operating expenses of the club and the other half go directly to the swimmer's account. The funds in the swimmers account can be used at the discretion of the family for dues, travel expenses to any USA Synchro sanctioned meet, clinics, or camp. If the swimmer leaves the team before the funds are used for that purpose they revert to the club. This is a great fundraiser to help your own bottom line while helping out the club!

BIG SISTER/LITTLE SISTER PROGRAM

Coaches will pair swimmers as the season gets going. This is a great way for the swimmers of different ages to develop friendships and boost team morale. Big sister/little sister activities will include practice and games together, including assisting in learning figures, working out and stretching. Not a requirement, but occasionally enjoyed by the girls, is a small gift exchange at Christmas, birthdays, meets... Keep gifts around \$10.00 or handmade; this makes it even more fun for all!

SUIT POLICY

Routine suits and headpieces will typically be purchased by the club with our suit fund. Suits are purchased based on needs of the club and on funds available. Swimmers are responsible for the suits while in their possession. This includes proper storage, transportation and cleaning. Suits should be returned to the athlete's coach or the designated suit person as soon as possible to avoid damage or loss. New suits are very expensive - approximately \$200 for the suit and headpiece - so If lost or severely damaged, swimmers may pay a \$100 fine.

NOVICE ATHLETES

There will be no rental charge for suits used from the routine suit inventory. Suits may be borrowed from the Club inventory based on availability. There will be up to a \$100 penalty charge for any suit not returned.

INTERMEDIATE ATHLETES

A rental fee *may be assessed* per swimmer up to \$20 per suit per competition season. Suits will be provided by the Club inventory based on availability. There will be up to a \$100 penalty charge for any suit not returned.

AGE GROUP ATHLETES

A rental fee *may be assessed* per swimmer up to \$75 per competition season. The athlete will be provided all routine suits and headpieces required for the entire competition season. The coach and athlete are responsible for determining routine suit selection. There will be up to a \$100 charge for any suits and/or gear not returned.

SWIMMER TRAVEL CONDUCT

The Stingrays travel to several meets each season and swimmers are expected to comport themselves with excellent sportsmanship, self discipline and appropriate behavior when traveling and when attending these meets. **Swimmers are expected to follow these rules of appropriate conduct:**

- When staying in a hotel, the swimmers have a curfew of 10:00 p.m., adequate rest is vital to swimmer performance. Cell phones, TV, music and social time ends at 10:00 and swimmers are expected to be in bed with lights off. Loud and rowdy behavior in the hotel will not be tolerated under any circumstances.
- Swimmers are accountable to a parent, chaperone or coach, referred to here as the adult in charge. The swimmer must check in with the adult in charge before making any plans to leave the venue, travel with other team members, or any change to the team plans. The adult in charge must know the swimmer's location at all times.
- The swimmer is expected to be respectful to all adults at all times, including judges, other team's coaches and parents. Swimmers are to be courteous when using electronic devices, such as iPods or cell phones at a meet. If these devices become a problem or a distraction, the adult in charge may elect to hold the swimmer's iPod or phone at a meet. **ABSOLUTELY NO CELL PHONE USE IS ALLOWED IN LOCKER ROOMS.**
- If a swimmer's conduct is in violation to the team rules, a parent will be notified by the adult in charge. Upon return from the meet, a meeting with the swimmer, parent, coach and board officers will be held to discuss the behavior violation. Consequences for behavior infractions are at the discretion of the coach and board officers, and may include, but are not limited to: a swimmer required to travel with parental supervision to upcoming meets. In case of extreme infraction, a swimmer will be sent home from the meet on an airplane at the parent's expense.

HOW TO SURVIVE A SYNCHRONIZED SWIM MEET

1. KEEP WARM -

Bring plenty of towels. (You get out of the water after each figure.) Bring warm, comfortable clothes to wear as well as the team uniform (shirt and shorts)

2. BRING FOOD -

Synchronized swimming meets are usually an all day affair. Figures are usually the first thing on the meet schedule. The routines start after the completion of the figures. The hosting club may have a snack booth where you can purchase food, but it is always best to plan to bring some food with you. High-energy snacks are most beneficial. The girls who have a hard time maintaining body temperature often appreciate hot drinks. Suggested foods: fruit (fresh or dried), energy bars, granola bars, nuts, sports drinks, peanut butter, cheese, juice, and lots of water. Remember to plan your eating so you do not eat just before swimming.

3. REMEMBER GEAR -

FOR HAIR:

Covered elastics, hairnet(s), if hair is short; shampoo and conditioner; large and regular bobby pins; brush/comb; hair dryer; chignon form- aka donut (optional) to help form bun; headpiece (one for each routine); plain Knox gelatin (1/2 cup very hot water to 4 packages of Knox); plastic container with which to mix gelatin; applicator for gelatin (some type of foam or nylon paint brush or hair coloring brush or your hand); large garbage bag "cape" to keep gelatin from splashing onto swimmer's skin; washcloth to quickly wipe up Knox drips

PUTTING UP YOUR HAIR-

- Recommended to put hair up in bun inside of cap. It is important to look neat. Hair can be knoxed first if swimmer has a routine soon after figure competition.
- Put bun high on head with tight elastic hair band and bobby pins.
- Pin up all stray hairs.
- If hairnet is needed, put it on next.
- Apply Knox—PLEASE do this in designated area (usually NOT in shower area!) As it is applied, pat and smooth hair down.
- Dry hair thoroughly; use a hair dryer if doing this at the meet.
- Headpiece is applied last. It is easier to do if hair isn't totally dry, as it gets very hard when Knox is dry. Use lots of bobby pins: you want headpiece to be secure. It is

very distracting to the swimmer if it comes loose or falls off during the routine. It does NOT, however, count against her score, but can be very distracting to the swimmer.

- To remove gelatin, rinse and wash hair with warm water (**NOT** in pool shower area!) and it will melt away leaving hair with a beautiful healthy shine!

FOR SWIMMING -

Figures:

- Black suit white swim cap
- Goggles
- Nose clips(It is advisable to have extra!)

Routines:

- One swimsuit for each routine
- Headpiece for each routine
- Waterproof make-up
- 2 sets of nose clips, one on nose, one on suit

CLOTHING -

- **Deck sandals/shoes** as some of the surfaces are rough
- **Team uniform** - team shirt and black shorts
- **Underwear** - easy to forget if you wear a suit to the pool!
- **Music** - If you have any extra copies of your routine music, it is always a good idea to bring it with you...just in case. An iPod for land drilling is also helpful.
- **Medications:** If you take any, be sure to bring them with you. Eye drops formulated to help relieve eye irritation from chlorine are recommended.
- **Photography:** Cameras, phones, chargers, video recorder, tripod, etc.
- **Resting:** a mat or blanket to rest between events when possible.

4. MOST IMPORTANTLY -

- Synchronized swimming meets are supposed to be fun!!
- Remember your behavior and attitude reflect on the whole team. The same expectations we have for practice apply to all competitions, clinics, meets, and camps.
- Perform your best, but remember there is always room for improvement. If we all started out perfect, then we wouldn't have anything to accomplish!
- Arrive at the pool at the recommended time, well before figures start, so you have time to get in the water to warm up. Schedules are posted and shared by coaches.
- Any breaks must be taken in tandem when not in direct supervision of chaperone or coach.
- Try to meet girls from other teams. Some of the most lasting friendships can be made with girls from other clubs that you will be competing against time after time in the meets ahead.
- Try to leave our area of the pool and dressing room spotlessly clean - we are guests at the pool. Please pick up after yourself and offer to help where you see the need.



SYNCHRONIZED SWIMMING IS....

The execution

Of precision movements

On, above, and beneath

The water, performed to music.

To illustrate, imagine...

A gymnast performing underwater.

A six-minute miler

Running without breathing.

An ice skater perfecting figure movements

In an unstable medium.

A dancer's artistic flair

In choreographing routines.

A water polo player's power and strength

Needed to extend out of the water.

A long distance swimmers lung capacity

Developed for endurance.

Add to that a combination of grace,

Fluidity, and SYNCHRONIZATION

Of an entire team and you have just imagined...

SYNCHRONIZED SWIMMING!