

# What is Synchro?

Learning Modules



NOVA SYNCHRO CLUB



# Learning Modules:

- What is Synchronized Swimming?
- About Nova – History, Mission & Programs
- Preparing for Competitions
- Competitions – Figures & Routines
- Judging
- Parent & Swimmer Behaviour
- Conclusion & Resources



# What is Synchronized Swimming?

About Nova Synchro



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# What is Synchro?

- **Synchronized Swimming** is the performance of figures and routines including solo, duet, team or combination
- **Routines** are choreographed to music by the coaches and swimmer(s) and performed in front of judges at competition. Routines are marked on their technical merit and artistic impression.
- **Figures** are a combination of basic positions joined together by transitional movements
- Both routines & figures are marked out of a possible perfect 10 points.



# About Nova

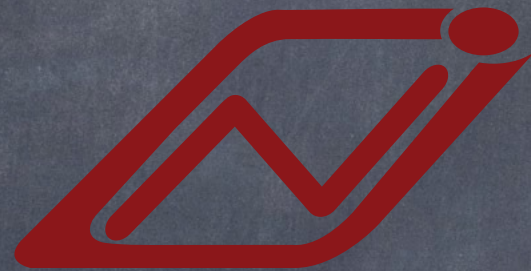
History, Mission & Programs



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# History of Nova Synchro



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In 1988 the Nova Synchronized Swim Club was formed to provide the opportunity for swimmers of all abilities to achieve their personal best in competitive synchronized swimming.



# Mission Statement

To provide swimmers of all abilities the opportunity to **achieve their personal best** as individuals, athletes, and team members in a club environment that values **respect, dedication and sportsmanship.**





# Recreational Programs

- Learn to Synchro & Little Synchro – Once/week

These swimmers enjoy learning all the basics while exploring the fun aspects of 'playing' and 'dancing' in the water. They also show off their routines in our Christmas & Year-End water shows!





# Competitive Programs

## Age Groups:

- 10&U - 2x/week
- 12&U - 2x/week
- Novice - 2x/week
- 13-15 - 3x/week
- 16-18 - 4x/week

## Extra Routines:

- Solo, Duet, Combo





# Preparing for Competitions

What do you need to know?



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# Pre-Competition

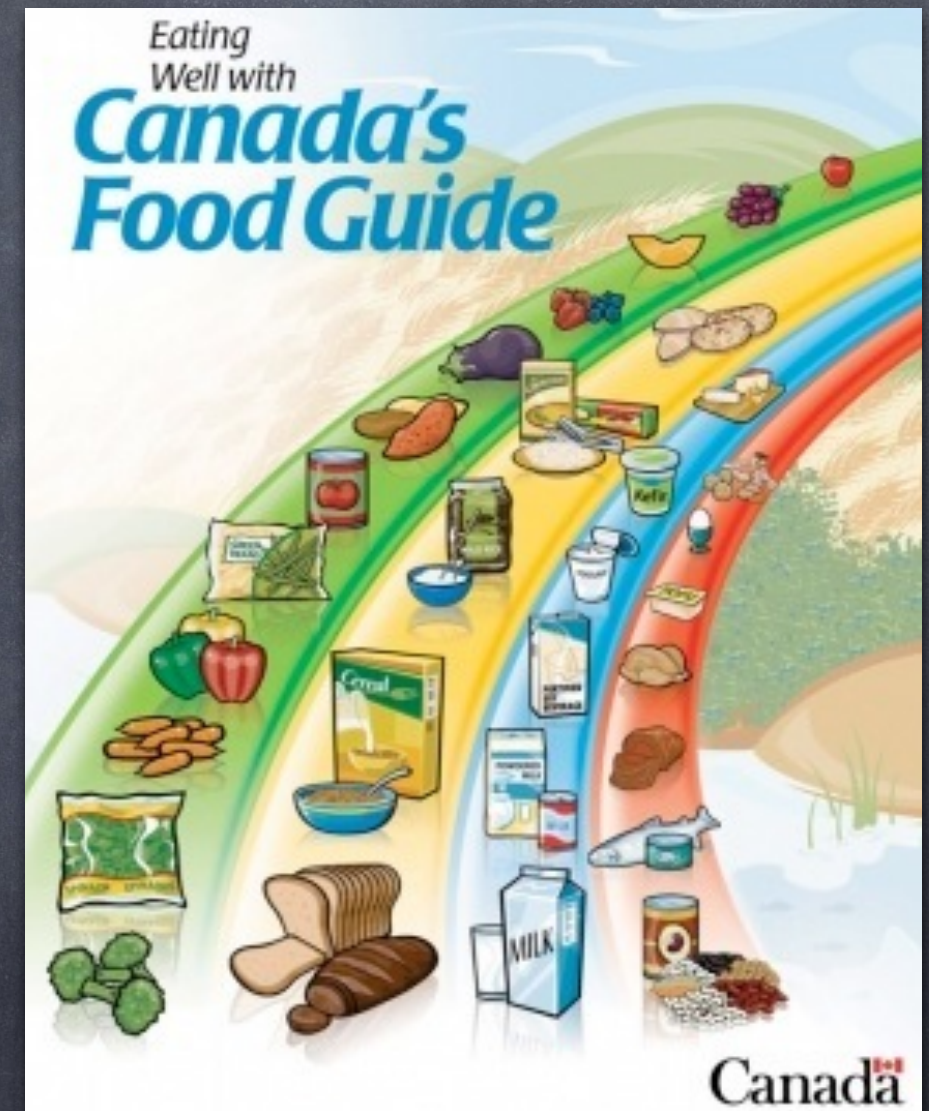
What do you need to do?

- Nutrition & Hydration
- Adequate Rest
- Packing the swim bag
- Gelling Hair



# Nutrition

- Adequate nutrition before and during competition helps athletes compete at their best
- Proper nutrition includes an adequate amount of protein, carbohydrates and 'good' fats at every meal
- During competition, easily digestible food helps athletes perform better and not feel sluggish





# Snack Ideas

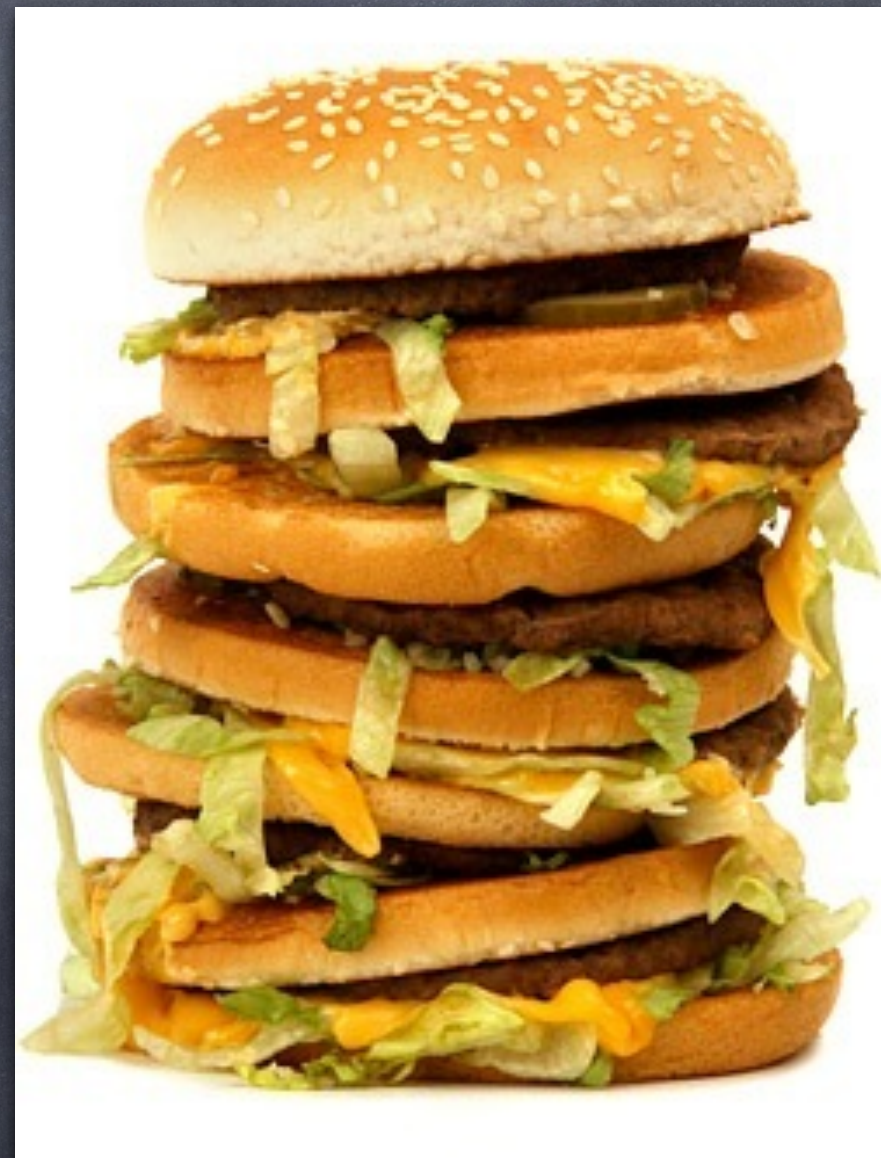
- Chocolate Milk
- Yogurt
- Cheese & crackers
- Fruits & veggies
- Sports Drinks
- Nuts  
(be careful of allergies)





# Foods to AVOID

- Carbonated drinks
- Fast food
- Foods high in fat or acid
- Refined Sugars – these don't supply sustainable energy and are harder to digest





# Hydration

- Adequate and proper hydration is critical during practice and competition. When practicing longer than one hour, athletes need to replace lost electrolytes.
- Sports drinks, like Gatorade or Powerade, are designed to replace electrolytes and are great choices for practice and competition.





# How Much Fluid?

Before Practice	During Practice	After Practice
4 hours before: 300–500mL	Every 20 minutes: 125–250mL	5–15 minutes after: 300–500mL
2 hours before: 300–500mL	Every hour of practice: replenish electrolytes	Replace lost sodium through food or drink
15 minutes before: 200–400mL	Athletes should drink a minimum of one water bottle each practice	Drink liberally that night and next day



# Adequate Rest

- Athletes need between 8–10 hours of sleep per night
- Sleep helps the body and brain to rebuild after each day
- Adequate sleep helps recharge athletes before each practice and competition, allowing them to perform at their best.



# Packing the Swim Bag

What do you need to bring?

- Club attire
- Club suit & cap
- Black suit & white cap
- Routine suit & headpiece
- Goggles & Nose plugs (2-4)
- Towels (2-3)
- Hair Supplies – gel, bobby pins, hair nets, brush, elastics & kettle
- Makeup
- Lots of healthy snacks
- Lots of fluids
- Warm clothing



# Gelling Hair

- Swimmers “gel” their hair for routine competitions and water shows.
- Gelatin (ie. Knox) is used to keep the hair in place. This can be purchased at grocery stores.
- When athletes are young, parents may be expected to help athletes “gel” their hair.





# Gel Steps 1-2-3

- Brush wet/damp hair into a tight ponytail at a 45° angle from the ears.
- Tightly twist the ponytail into a bun. Put two hair elastics around the bun and use hair pins at the base of the bun to hold it in place.
- Wrap the bun with a hair net and secure it with a few more hair pins at the base.
- Dissolve gel in hot water from a kettle. Use a spoon or fork to work out any lumps. Gel Recipe:
  - Apply one coat of gel made with 2 packs of Knox to a 1/4cup of water.
  - Apply a second coat of gel using between 1/4-1/3 cup of water, paying special attention to the areas around the scalp.
- Attach head piece/bun cover using bobby pins.



# Parent Tips

- Pack a large variety of snacks and fluids for competition
- Hydrate & fuel athletes during gel time (this keeps them occupied)
- Pack swim bags the night before competition





# Competitions

What do you need to know?



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# Types of Competitions

There are 3 types of synchro competitions:

- Figures Only
- Routine Only
- Figures & Routine



# Typical Competition Schedule

Most competitions combine both figures and routine.

Competitions are usually structured as below:

- Spacing – a chance for the athletes to practice their routines in the competition pool
- Figures
- Routine

Note: Before figures & routine the athletes are given a warm-up time.



# The Figures Meet

- Figures are the technical component of a synchro competition where a combination of basic positions are joined together by transitional movements
- Figures are not swum to music
- Only athletes 18&Under compete figures
- Each age group has their own set of unique figures that include 2 compulsory figures and 3 optional figure groups
- Each optional figure group has 2 figures



# What do you wear for Figures?

- All athletes at figure meets wear a plain black suit, white cap, goggles and nose plug.
- During the meet athletes are not allowed to wear anything that distinguishes them from other swimmers like:
  - jewelry
  - watch
  - nail polish



# Swimming Figures

Each swimmer is assigned a number by a random draw prior to the competition. The order is then listed on the 'draws' wall at the meet and given to the coach.

During the competition, swimmers line up in their number order and take turns swimming the assigned figure in front of a panel of judges.





# Figure Selection

Swimmers compete four figures at each figure meet:

- Two compulsory figures are swam at every meet and are always the same
- Two optional figures – the optional figure group is randomly drawn 72 hours before each competition



# Parent Tips

- Pack a bright towel to help identify your daughter on deck
- Figures are not the exciting portion of a competition so there is no need to invite family
- Remind your daughter to remove all nail polish and jewelry
- Take picture/video with NO FLASH
- When watching figures, it is expected that you do not create any noise or distractions
- Remember, your daughter already has a coach on deck, what they need is a supportive parent in the stands



# The Routine Meet

Routines are usually the most exciting part of a competition for athletes, parents and family members. This is the 'show' of each meet where the athletes perform to music and highlight their creative choreography.





# Types of Routines

There are 4 types of routines:

Team



Duet



Combo



Solo





# Routine Attire

During routine competitions swimmers need to wear:

- Routine suit
- Nose clips
- Makeup
- Gelled Hair
- Head pieces  
(decided by team & coach)
- Bun covers  
(decided by team & coach)

Note: Goggles are not worn during a routine meet unless there are medical reasons.



# Routine Suits

- Routine suits are usually custom made to illustrate the theme of the routine
- There are usually sequins or rhinestones to add to the suit to make it stand out
- Routine suits are only worn for competition and water shows





# Basic Rules

- During competition, swimmers wait with their coaches at the side of the pool until the referee tells them to start their walk-on
- Judging of the routine begins when the whistle is blown
- Routines are only allowed 10 seconds for deck work
- Each routine has its own time limit. A routine that is over or under this limit will receive a penalty.
- Swimmers are not allowed to touch the sides or bottom of the pool
- Teams are comprised of 4-10 swimmers



# Parent Tips

- Cheer loudly!
- Parents & family are not allowed on pool deck
- Take pictures/video with NO FLASH
- Remain seated while a routine is in progress
- Arrive early to get a good seat





# Judging

What do you need to know?



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# Scoring & Awards

There are three types of awards distributed:

- Figures
- Routine
- Championship





# Calculating Figure Scores

- Each figure is marked out of a possible 10 points
- After a swimmer completes their figure, each judge shows their score on a flash card
- Each mark is recorded and the scorers use a formula to determine the swimmer's mark for each figure. Usually the lowest and highest mark are not counted.
- The swimmer's overall figure score is calculated based on the marks and difficulty of all four figures



# Calculating Routine Scores

Each routine is calculated based on:

- Execution
- Difficulty
- Artistic Impression

Each routine will receive a score for the above components. Execution and Difficulty are both worth 30% while Artistic Impression is worth 40%.

The scores are announced following the next swimmer's performance.



# Execution

The Execution Score is made up of the following components:

	Solo	Duet	Team
Execution	90%	50%	50%
Synchronization	10%	50%	50%

The first panel of judges award all scores for each component from 0–10 points. The computer scoring program calculates the total score from each judge based on the weighting of each component (see above). The three component scores are added together to determine the judges Final Mark (rounded at 3 decimal places).



# Difficulty

The Difficulty Score is based on the quality of how hard the movements are in each routine. Like Execution, the third panel of judges award their scores from 0-10 points to determine the judges Final Mark (rounded at 3 decimal places).



# Artistic Impression

Artistic Impression Score is made up of the following components:

Choreography

Music Interpretation

Manner of Presentation

Like Execution, the second panel of judges award all scores for each component from 0-10 points. The computer scoring program calculates the total score from each judge and the three component scores are added together to determine the judges Final Mark (rounded at 3 decimal places).



# Championship Scores

Championship Score is the average of:

- 50% Figure score  
(average figure mark for all swimmers in routine)
- 50% Routine Score  
(average of execution, artistic & difficulty)

The routine with the highest championship score wins the event.





# Posting Results

All marks are posted on the results board on pool deck and in a common area for spectators.

Unofficial marks are announced for:

- Routine Score
- Championship Score





# Medals & Ribbons

Medals are given to swimmers with the highest scores in the following categories:

- Figures – Ribbons for placings 1–6
- Routine Score – Ribbons 1–6
- Routine Championship – Medals 1–3, Ribbons 4–6



# Parent & Swimmer Behaviour

What do you need to know?



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# Club Expectations

- Parents or other spectators are not allowed on deck at any time during the competition.
- Be a good steward of Nova Synchro Club by treating other spectators, volunteers, officials and athletes with respect.
- Remember, it's about FUN! Creating a positive experience builds confidence and increases your daughter's love for the sport.



# Behaviour Tips

- Parent behaviour can have a significant impact on your daughter and her ability to enjoy a competition.
- Support your daughter from a distance by cheering in the stands and being supportive on the ride home.
- Get to know other parents in the club to increase your enjoyment at competition.



# Code of Conducts

Look in the Nova Handbook for:

- Parent Code of Conduct
- Swimmer Code of Conduct





# Conclusion

Review & Resources



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# Review

Through these learning modules you now know more about:

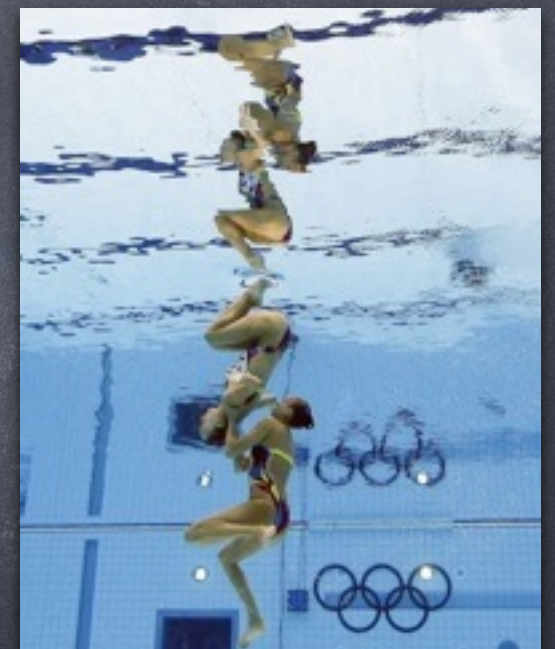
- What is Synchro
- Preparing for Meets
- Competitions
- Judging
- Parent & Swimmer Behaviour





# Resources

- Synchro Alberta Website
- Synchro Alberta Rules
- Synchro Canada Website
- Synchro Canada Rules
- Nova Website
- Nova Handbook
- Nova Athlete Handbook





# Nova Synchro Contacts

## Executive

President

Vice-President

Treasurer

Secretary

## Coach Contacts

Head Coach – Kim Phillips Langer

Club Manager – Elizabeth Scott





# Congrats!!

You are now an informed Nova Synchro parent.