



SYNCHRONIZED SWIMMING TEAM

The HCP synchronized swimming team offers swimmers the chance to develop unique skills while participating in a team bonding program. Each swimmer will be part of a group and develop a routine throughout the summer that will be presented at the ALPS Summer Synchro Show. Synchro is a fun and challenging sport that focuses on teamwork and often creates many new friendships.

It is required that any swimmers who wish to join the synchronized swimming program are available for the final competition.

Joining the team

Our synchro team welcomes any swimmers over the age of 7 who can swim confidently by themselves. All participants must also be comfortable staying afloat and swimming in the deep end for several minutes at a time.

Practice attendance and vacation

The most important part of creating a strong routine is practice and hard work. Therefore, this summer, it is mandatory that any swimmer who wishes to join synchronized swimming commits **to attending all four practices during the week**. This participation ensures that each teammate, individually and collectively, has time to learn and perfect the routine in time for the competition.

This attendance policy excludes family vacations. Please advise a synchronized swimming coach if you have a vacation planned at the tryout date you attend.

Which team will I be on?

We will be hosting tryout practices the week leading up to the season. We will give 3 timeslots and everyone wishing to be on a team must show up to at least one of them for a general skill assessment. If you are a returning synchro swimmer you must still attend. We will not be accepting synchronized swimmers later in the summer.

What to expect during practices

Each team will have four practices per week. These practices will focus on learning new moves, building endurance and developing a routine. Overall, swimmers can expect to improve treading water, sculling and endurance in general.

Additional fees

Most swimmers find a nose plug very helpful for both practice and competition. We recommend that each swimmer try a few practices without a nose plug first, and then buy one if needed. There are two options available, one that is plastic and another that is metal and rubber. Only the metal and rubber nose plug is adjustable, but preferences vary between the two.

Additionally, each swimmer must buy a bathing suit that will be specifically designed for the competition. Last summer, after extensive fundraising, the suits cost only 20\$ (per participant). The average price for the suits is between 55–95\$. This summer, we will once again hold fundraising events, such as bake sales. Participating in fundraising initiatives will be required for any swimmers who wish to reduce the cost of their bathing suit.

Competition Day

The competition day is quite often the highlight of many synchro swimmers' summers. The coaches and swimmers all meet at the Community Center in the morning to start preparing. This process involves styling the competitors hair, holding it in place with Knox gelatin and then doing makeup. This will also be among the final opportunities to do some dryland routine practices. The competition itself starts at 12PM and the order of the competition is as follows:

Junior Solos - Senior Solos - Junior Duets - Senior Duets - Junior Teams (10 and under)- Supper Break (usually around 4PM) - Junior Teams (11-12) - Senior Teams - Awards Ceremony

If you have any questions or concerns about the synchro program, please do not hesitate to speak with any of the coaches.