

Introduction to Synchronized Swimming

- Synchronized Swimming is a recognized Olympic and NCAA sport, although it is available only at some selected Universities.
- It has been described as a combination of swimming, dancing, and gymnastics requiring high levels of teamwork and athleticism. In other words, **IT IS HARD**.
- Like all sports, it takes time to develop the necessary skills. New swimmers will start with a “short” routine (less time and difficulty).

High School Synchro

- Only a few states in the US have high school synchro
- In Minnesota, the high school system includes 13 schools, divided into 4 sections
- Wayzata is in the West Section, along with Eden Prairie, Hopkins and Prior Lake.
- There are 6 competitive meets in the season, before the Sections competition, but not all girls will compete at each meet. Early in the season, routines have not been developed, so the meets are figures only.
- After Sections, some routines may qualify for the State Synchronized Swimming Championship.

Competing in Synchro

- Later competitions have two components.
 - Figures**, required skills for synchronized swimming performed individually, without music. Scored by a panel of judges, on design and control. All swimmers wear black suits and white caps for figures.
 - Routines** include Solos, Duets, Trios and Teams (from 4 to 8 swimmers). They are judged by a panel of officials for Technical Merit and Artistic Impression. One quarter point is added to the score for each additional swimmer over four.
- Scores for Figures and Routines are combined, for a total performance score at Sections & State.
- Points for each routine are combined into an overall team score for each competing high school.

Learning Synchro

- Build Endurance and Flexibility
- Sculling and Hybrids
- Figures
- Counting and Synchronizing with Music
- Teamwork, Respect, Tolerance, Responsibility
- Leadership (helping each other)
- Fun
- Decking, Decking, Decking

The Challenges

- Short Season, 3 months for a lot of learning
- Customized Routines – based on talents of specific girls on a team
- Fast Decisions – music, costumes, team assignments

The Benefits

Being valued as part of a team with
high principles, goals and spirit

PRICELESS

Parents Role in High School Synchro

- Like most high school activities, there are many supporters involved to make things happen: parent volunteers, coaches, officials and administrators.
- You can help by:
 - Supporting practice and decking
 - Contacting coaches with concerns and issues
 - Supporting carb-ups and meets