



Synchro NB Newsletter

November 3, 2016

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Message from the Board of Directors

Welcome back for a new season with Synchro NB! We are thrilled to be back for another exciting season. We have many exciting plans for 2017!

We hope you enjoy this newsletter. If you have any photos, articles or ideas for our next newsletter please let us know!

Launch of synchrocoach.ca



Synchro Canada unveiled this resource for coaches at the annual meeting in Montreal this fall. It is bursting with information for coaches at all levels, such as videos, drills, rules and more!

Synchro NB is looking for one recreational, provincial, and national stream coach from each club to try out this website, and provide feedback on its relevance to us in our province. The \$50 registration fee would be paid by Synchro NB. Please contact Synchro NB if you would like to participate! Other coaches may register at their own expense. Note that this website is only for coaches.

Renee Matte named as ADC Coach of the Year!



Congratulations to Renee Matte from the Fredericton Synchro Club for being named the Atlantic Development Committee Coach of the year at the AGM in August. This honour is very well deserved – great job, Renee!

Figures 101 – What you always wanted to know but were afraid to ask!

Whether this is your 1st figures meet or you're a seasoned veteran, it can feel a bit intimidating. There is no music or cheering, everyone is dressed the same, and the judges: always so serious! Here are a few pointers to get you through it.

Figures are a combination of Basic Positions and Basic Movements, as defined by the synchronized swimming governing body, FINA. They are evaluated on a scale of 1-10, with 10 being "perfect".

Ideally, each figures event is evaluated by 5 judges, with the head judge positioned furthest away from the panel referee. The panel ref will announce the competitor, the competitor performs their figures, and the judges each present a score. Depending on the position of the swimmer relative to the judges,

each judge gets a slightly different perspective, and the results may vary. The highest and lowest score is thrown out, and the remaining three scores are what count.

Some of the things that the judges are looking for are:

Accuracy of positions, as defined by FINA. There are standards to compare against, such as the angle and alignment of the body.

Height out of the water. This height is relative to the height of swimmer by using points of reference on the body, such as the kneecap of pelvis. It is a myth that longer legs will earn you higher marks in figures!

Control. The figures should appear effortless. Jerky motions or uneven tempo are examples of what may cause deductions.

Each part of the figures has an assigned degree of difficulty (DD). The more difficult the component, the more heavily the judges weight that in their score. The combined DD is used for the figure, and factored in with the judges' marks when determining the overall figures score.

As you can imagine, watching figures consecutively for several hours requires intense focus. Thank you for your support in maintaining a quiet atmosphere on deck during figures so the athletes and officials can focus and achieve their best performance!

'Official' Recognition



At their General Meeting in Montreal in September, Synchro Canada recognized Stacey Wood for her 10 years of judging at the National Level. Stacey has been a long-standing member of Synchro New

Brunswick, as an athlete, coach (including serving as the Canada Games manager twice), and Judge. Congratulations Stacey!

Respect in Sport Initiative

Creating a safe, healthy, and positive environment for our athletes is a shared vision for all our members. The Respect in Sport group offers a certified training program for activity leaders (coaches) and parents. These programs are well respected and, in several provinces, a requirement to participate in organized sports.

The Respect in Sport Coaches Program will train youth leaders to recognize, understand and respond to issues of bullying, abuse, harassment and discrimination.



The Respect in Sport Parent Program is effective and informative for parents and caregivers of active children. This program encourages positive sport behaviors, and provides insight into the roles of coaches and officials. This program empowers parents to ensure the safety of their children, encourages positive and effective communication and enhances a child's overall enjoyment of the activity

These courses are web based and can be completed entirely online. They are certification courses: it's a one-time deal.

Synchro NB will cover the cost of all registered coaches to participate in this training. For 2016/17 participation is optional, but in coming years it will be a requirement for registration. **Synchro NB will also subsidize the cost for parents to participate**, so that the out-of-pocket cost for each family is less than \$10.

Please contact the President of Synchro NB by email or the website if you would like to participate!