

MESA SYNCHRONIZED SWIMMING

I. Synchronized Swimming Philosophy

The synchro program is organized to help youth develop important qualities that will carry into their adult life. Through consistent practice, participants will enhance their physical coordination, fitness and skill development. Gradual improvement in competition encourages stronger self-confidence and personal esteem. Participation in a team environment generates sportsmanship and team spirit. This program encourages family participation as support spectators, members of parent support groups, or volunteer officials at the competitive meet. Mesa Parks, Recreation and Community Facilities hopes to make your child's experience fun and rewarding.

II. Objectives

Each child who participates in the program shall:

1. Be taught basic synchronized swimming skills.
2. Participate in rigorous, organized training sessions.
3. Develop the qualities of self-discipline, sportsmanship and fitness through cooperative and regular participation in the practices and team competitions.
4. Gain knowledge of the life-long benefits to be found in synchronized swimming and pride in accomplishment.
5. Learn the values of team membership.

III. Registration

No swimmer shall practice until registration form is complete and fee is paid.

IV. Eligibility

1. No league swimmer may participate in any organized competitive swim program other than those approved by the League Director any time after March 31st. If a swimmer participates in an unapproved program after March 31st, they are not eligible for participation in the Mesa City League. Any falsification of this rule will result in suspension from summer competitive leagues. Organized competitive programs will include, but is not limited to Arizona Aqua Stars and Arizona Desert Dolphins.
2. Determination of age for synchro in the league meets shall be the swimmer's age on the first day of the program. Proof of age must be made available upon the request of the League Director.
3. Participants must be at least 6 years old. Must be able to swim one lap across the pool using any stroke, and be comfortable in deep water. Participants who are unable to meet these basic requirements will be asked to move to our lesson program in order to strengthen their skills.
4. Age groups for competition shall be: 6 year olds; 7-8; 9-10; 11-12; 13-14; and 15-17.
5. Once a swimmer competes with a City of Mesa League team during that season, he/she may not compete with any other league during the same season without the permission of the League Director.
6. In order to compete in a duet, trio or team, participants must compete in one figure meet.

V. Risks and Weather

1. A parent or guardian signature is required on the registration form when registering for the synchro program. The form informs the parent of the risks associated with strenuous physical exertion when participating in competitive aquatic activities and injury may result. Mesa Parks, Recreation and Community Facilities and employees are not liable for any injury sustained in participation in the program including transportation to and from the activities. The supervisor, participants, and parents are also held harmless. If you have any questions about this, please contact the League Director.
2. Bad Weather- The safety of the swimmers and spectators are very important. Figure meets that are cancelled will not be rescheduled. You can call the pool or go to the pool to find out the decision of the meet.

Championship meets will be completed. If bad weather occurs, the meet will be postponed until the weather clears. If the meet cannot be conducted on that day, it will be rescheduled. Participants must call or come down to the pool to determine the scheduled start time.

VI. Swim Suit

1. Team suits for synchro are solid black, but the purchase is optional. Youth are NOT required to wear a team suit. Any suit that is functional for synchronized swimming is acceptable.
2. Team participants may purchase team suits from any vendor. Vendors in Mesa include East Valley Sports 6306 E. Main St. 480-832-8172 and Ski Pro located at 1924 W. Rio Salado Pkwy, at the Riverview shopping area. 480-962-6910.

VII. Awards and Meet Organization

1. Awards
 - a. Figure Meets- Ribbons will be awarded for 1st through 8th place in each age group, and participation ribbons given to all other participants in the weekly meets. An extra competitive event will be swum at the beginning of the meet, ribbons awarded at the end of their heat.
 - b. Duets and Trios Meet- Medals will be awarded for 1st-3rd place and ribbons will be awarded for 4th-8th place for each age group and type of routine. Participation ribbons will be given to all other participants.
 - c. Routine Championship Meet- Medals will awarded to 1st-3rd place and ribbons will be awarded for 4th-8th place for each age group. Participation ribbons will be given to all other participants.
2. Meet Organization and Administration
 - a. Figure Meets- These meets require the swimmers to compete in the 4 figures they have been working on in practice. Figure meets will be split meets; swimmers 10 and under will compete and receive their award first. Swimmers 11 and older will complete when they are finished. Two panels of judges will judge two figures each.
 - b. Routine Championship Meet- During the routine championship meet each individual will be allowed to compete in ONLY two separate routines. (i.e. duet and team, duet and trio, trio and team)
 - i. Duet- consists of two swimmers. The routine, which may include 15 seconds maximum of deck work, is to be at least 1 minute and 15 seconds, and at the
 - ii. most 2 minutes and 15 seconds. Two points will be deducted from the total if the team fails to meet the time requirement.
 - iii. Trio- consists of three swimmers. (Same rules as above).

Duets and trios are picked by coaches based on skill level of the swimmers. Please discuss placement with coaches. If your swimmer will be out of town or on vacation during these meet dates, please let the coach know as soon as possible so that they won't be placed on a duet/trio or team routine.

iii. Team- each pool may enter teams of four to nine swimmers. The 10 and under routines may include 30 seconds deck work and is to be at least 2 minutes but no more than 2:30 including deck work. The 11 and older routines many include 30 seconds of deck work and is to be at least 2 minutes but no more than 3 minutes including deck work.

c. All routines will be scored and totaled for award placement.

VIII. Basic Rules for Competition

1. The basic format and rules of the United State Synchronized Swimming (USSS) will be followed. Local rules will prevail where deemed necessary or practical.
2. The USSS rules will govern all meets with the following exceptions:
 - a. All age groups will do the required figures scheduled for each meet.

- b. Definitions of basic movements and judging of figures based on:
 - i. Transition- a continuous movement from one defined body position to another.
 - ii. Control- demonstrate total command in figure execution.
 - iii. Absence of traveling- performing a figure in a relatively stationary position.
- c. Judging: Two panels of judges will be used for each figure meet. If 5 judges are used, high and low score will be thrown out. If only 3 judges, all scores remain.

IX. Parents' Responsibilities

- 1. Provide transportation for their child to and from practices and competitions.
- 2. Give support to their child's efforts through praise, understanding and attendance at team events.
- 3. Respect coach's authority by:
 - a. Refrain from interrupting practice. Try to keep communication with a coach to before or after practice.
 - b. Staying out of the water during practices and meets.
- 4. All competition officials are volunteers. Parents are encouraged to support their athlete(s) by volunteering to officiate at meets.
- 5. Parents must pick up their children as soon as practice or meets are over. Coaches and staff are not responsible for children after their scheduled practice time or meets.

X. Concussion Awareness

- 1. Concussions can occur in any sport; therefore, all parents/guardians and coaches need to know concussion signs and symptoms and what to do if a concussion occurs. Coaches will notify parents/guardians and league director if a participant had contact with their head whether it seemed severe or not. The following is information for you as parents/guardians, please take a moment to read it over.

<http://mesaaz.gov/home/showdocument?id=6148>