

OVSC Synchro Team FAQ's

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For further information: www.olympicview.net

Q: What is synchronized swimming (synchro)?

A: Synchro is a team sport that combines swimming, dance and gymnastics moves in the water. Individual "figures" (somewhat like those in diving, figure skating or gymnastics) and swim strokes are choreographed to music to form a routine. The OVSC team is a recreational team, although synchro is also a competitive sport. We do it for fun! The season culminates in a water show on Saturday, August 1st.

Q: What are the age limits for the synchro team?

A: We recommend 7-18. No synchronized swimming experience is necessary, but certainly welcome. We recommend that the swimmers be able to swim 25 yards each of freestyle (crawl), backstroke and breaststroke and tread water. We will teach you the "eggbeater" or alternating whip kick for treading water (same as water polo!).

Q: Do I need to be a member of OVSC to join the team?

A: No, members and friends are all invited. Non-members pay an additional \$10. To get in the water for practice on June 24th, you must complete the registration form and pay your team fee. Forms are in the pool office or available online for download.

Q: Is it possible to participate in multiple teams at OVSC (i.e., synchro, dive, tennis and/or swim team)?

A: Yes, check with the coaches to coordinate practice times if necessary. Synchro is only held from 10:30 to 11:30 a.m. on weekdays. We encourage swimmers (members) to join swim team, too, to build endurance. We may recommend supplemental swim lessons for stroke improvement in some cases.

Q: How is the six-week season planned?

A: The emphasis in the first two weeks is on skill building. Then the coaches will place the swimmers into their routine groups. Each swimmer will learn one routine plus their part in the finale. To maximize pool time, groups will come to practice on specific days of the week, not every day after the first two weeks. The coaches will continue to work on skills with each routine group. See the online OVSC Events Calendar for overall days and times, including extended practices to be held the week of the show. Note that the finale (with all swimmers) will be taught and practiced that last week. Dress rehearsal and pictures are taken the day before the show.

Q: What should I bring to practice?

A: You do not need a team suit, but you must purchase a nose clip (nose plug) for synchro. Synchro requires that you spend time underwater, upside down and you cannot blow out your air to equalize the water pressure. Goggles are recommended so you can see movements underwater during practice, but are not worn during the performance. When routines are being practiced, we ask that each group brings a CD player and CD of the song to practice land drills and learn choreography.

Q: Where can I get synchro nose clips?

A: We have ordered special synchro nose clips that will be available the first week of practice. You can purchase them for \$1.00 each from the coaches at practice. Plan to have a couple on hand in case you lose one.

Q: What about music and costumes for the show?

A: The show will have an overall theme, to be announced by the coaches. They will compile a list of potential songs and accept suggestions, but will approve the final song choice for each routine. (We do have music editing capability if needed.) All parents in each routine group will receive an email with routine information and the final song choice in MP3 format. Each group will create their own costumes and may have props to match the theme of the routine. The parents of the swimmers in each routine will be responsible for selecting the costumes and props. Shop early in July and look for sales. We recommend that one parent take the lead in each group to facilitate communications among coaches, parents and swimmers.

Q: Do all swimmers participate in the show?

A: Yes, all swimmers will perform in the show. This is a team effort, so your routine partners are depending on you to attend practices and know your choreography. Please let them know if you have any conflicts or vacation time scheduled on a practice day.

Q: When can I talk to the coaches?

A: The coaches should be focusing on the practice session, so wait until before or after practice or send an email. They may also call another meeting near the show.

Q: How can the parents help?

A: We have two team parents to coordinate the decorations and set up of the show. However, lots of help is needed the day of the show. The team parents will contact you closer to the show to ask for help.

Q: Is there a team banquet at the end of the season?

A: Immediately after the show, we give out team awards, and then have a dessert potluck. Everyone brings their own drinks plus one dessert for the potluck.