

Intermediate Synchro Attendance Policy

With such a condensed season attendance at the majority of scheduled Synchro practices and meets is critical to not only our success as a club, but to giving our swimmers the practice time they need to feel confident and proud to perform. Commitment to attend practices in July is especially critical when we are learning and perfecting the majority of our routines. Our swimmers take on a very demanding work load to learn either two or three uniquely choreographed routines within our time constraints. Synchro is a very unique sport and has the element of not only individually learning skills, but learning and practicing together as a team to execute routines effectively. Attendance expectations are not only important for the execution and technicality of what we are trying to accomplish, but also for team morale and bonding.

The attendance policy outlined below is designed to alleviate stress and foster a fun and team oriented environment within our club. As a swimmer if you would prefer to have less commitment or if as a family you have a number of planned vacations over the summer that is completely OK, it will just mean adjusting the number of routines a swimmer participates in. As a coaching staff we always want to present routines that our swimmers have had an adequate amount of time to learn and feel confident in performing.

In addition to the below attendance policy, please note there are a number of practices in July leading up to the Watershow and State Finals that are mandatory for attendance (bolded on the Synchro calendar).

Intermediate Lower Division (10/11s & 12/13s)

If you will be missing more than 8 days of scheduled practices (M-Th.) over the season it is strongly encouraged to swim in either a small routine OR a team routine, not both.

Intermediate Upper Division (14/15s & 16-19)

If you will be missing more than 6 days of scheduled practices (M-Th.) over the season it is strongly encouraged to swim in one small routine versus two small routines.

If you will be missing more than 3 scheduled night practices (M-Tu.) over the season a team routine will be difficult to keep up with unless a specific plan for private lessons and make up time is discussed with the coaches.

**There may be exceptions, but this is something that will need to be discussed with the specific routine coach, head coach, swimmer and parent.*