



## SYNCHRONIZED SWIMMING TECHNICAL PACKAGE

### 1.0 SPORT; Synchronized Swimming

- 1.1 Competition Site: Marion Aquatic Centre
- 1.2 Competition Dates: February 16 – 19, 2014
- 1.3 Sanction: Yes: X

### 2.0 PARTICIPANTS

- 2.1 Competitors: Minimum 1; Maximum 10 - Female or Male
- 2.2 Coaches/Managers: 1 Coach and 1 Manager; one of who must be female

### 3.0 CLASSIFICATION

- 3.1 Year of Birth: Born between January 1, 1997– Dec. 31, 2003, inclusive

### 4.0 ELIGIBILITY

- Athletes:
  - ◆ Athletes who are registered in the Provincial Stream program with Synchro Saskatchewan.
  - ◆ Athletes must be in good standing with Synchro Saskatchewan.
- Coaches:
  - ◆ The Head Coach listed on the official registration form must be fully certified NCCP Synchro Introduction to Competition or NCCP Synchro Level 2 prior to the first day of competition (as stated in Synchro Saskatchewan Rules and Regulations Section 4.1.2)
  - ◆ The Manager (if coaching on deck) may be fully certified in NCCP Synchro Introduction to Competition or NCCP Synchro Level 2 or may act as an Apprentice coach. As stated in Synchro Saskatchewan Rules and Regulations, an Apprentice means they attend the Games under the supervision of the Head Coach who is fully certified. If they attend as an apprentice, they will have full access to the pool deck. The Manager can be



an apprentice for only one year. The Manager does not have to be registered in 'Introduction to Competition' or 'Competition Development' training to be an apprentice. The Apprentice coach must be registered with Synchro Sask along with the supervising Head Coach.

- Exclusion:  
Athletes who are registered in the National Stream and plan to attend Qualifiers or Nationals.

## 5.0 PROVINCIAL REGISTRATION

Registration is With: Synchro Saskatchewan

Name: Becky Thera, Technical Director  
Address: #209 – 1860 Lorne Street  
City: Regina, SK  
Postal Code: S4P2L7  
Phone: (306) 780-9227  
Fax: (306) 780-9445  
Email: [synchro.sk2@sasktel.net](mailto:synchro.sk2@sasktel.net)

Registration Date : TBA

## 6.0 PROVINCIAL TECHNICAL LIAISON

Name: Becky Thera, Technical Director  
Address: #209 – 1860 Lorne Street  
City: Regina, SK  
Postal Code: S4P2L7  
Phone: (306) 780-9227  
Fax: (306) 780-9445  
Email: [synchro.sk2@sasktel.net](mailto:synchro.sk2@sasktel.net)

## 7.0 COMPETITION

### 7.1 Type of Competition:

- ◆ Synchro Saskatchewan Rules and Regulations shall apply for all events
- ◆ There shall be Figures, Solo, Duet and Team events
- ◆ Each District may enter two Solos, two Duets and one Team routine
- ◆ An individual competitor may not compete more than once in each event entered
- ◆ An individual competitor may only compete in two routine events
- ◆ There shall be Preliminaries and Finals in all Routine events based on championship scores. The top Solo and Duet from each District after preliminaries will advance to the "A" Solo and Duet Finals. The second placing Solo and Duet from each District will compete in the "B" Solo and Duet Finals.
- ◆ In the Team events, all entrants will compete in both Preliminaries and Finals.



## 7.2 Figures:

11 – 12 Compulsory	11 – 12 Group 2
Ballet Leg Single Barracuda	Kip Walkover Front

- ◆ All competitors (including alternates) must compete in the Figure event
- ◆ Figure Selection between Group A and B will be made January 15 2014.

## 7.3 Routine:

- ◆ Time limits are as follows:  
Solo 2 minutes 15 seconds  
Duets 2 minutes 45 seconds  
Team 3 minutes 30 seconds

- ◆ The time limit for deck drill for all events shall not exceed 10 seconds and it is included in the routine time limit. A one-point penalty shall be assessed for each time limit exceeded.
- ◆ In routine events, the walk-on of the athletes from the designated starting point to achievement of a stationary position(s) may not exceed 30 seconds. Timing shall commence when the first competitor passes the starting point and end when the last competitor becomes stationary.
- ◆ There is no minimum time and routines may not exceed the maximum time without incurring a time penalty. A one-point penalty shall be assessed for each time limit exceeded.
- ◆ For team there is a minimum of 3, maximum of 10 competitors.

## 8.0 RESULTS

### 8.1 Scoring:

- ◆ Championship score shall be calculated on the basis of 50% routine and 50% figures.

### 8.2 District Ranking:

- ◆ At the conclusion of each event, ranking points will be awarded as follows. Equal points will be awarded to both the "A" and "B" flights.

1 <sup>st</sup> Place -	8 points	5 <sup>th</sup> Place -	4 points
2 <sup>nd</sup> Place -	7 points	6 <sup>th</sup> Place -	3 points
3 <sup>rd</sup> Place -	6 points	7 <sup>th</sup> Place -	2 points
4 <sup>th</sup> Place -	5 points	8 <sup>th</sup> Place -	1 point

## 9.0 TIE BREAKING PROCEDURE

- ◆ Ties shall not be broken in routine preliminaries. In the event of a tie in championship scores, the routine with the highest placing figures shall be awarded the higher championship placing. If the tie cannot be broken using this process, the



tie shall stand and equal awards will be made.

## 10.0 SPORT PROTEST PROCEDURE

- ◆ The only protests that can be taken to the Jury of Appeal will be in accordance with the rules and regulations of the CASSA Handbook.
- ◆ No protests shall be made against the Judges' marks
- ◆ Protest may initially be made verbally, but shall be made in writing to the panel referee before the end of the event involved. The Chief Referee shall arbitrate in case of protest; in the event that arbitration is not possible, the matter shall be referred to the Jury of Appeal
- ◆ When a protest is forwarded to the Jury of Appeal, its subject shall be announced and other interested parties (those with deck privileges) shall be allowed to present a counter protest, in writing

## 11.0 EQUIPMENT

### 11.1 Figures:

- ◆ Competitors shall be permitted to wear goggles and noseclips, and shall be required to wear plain black, one piece bathing suits and white caps, all devoid of identifying marks.

### 11.2 Routines:

- ◆ Suitable, one piece bathing suits. Competitors may wear noseclips, but not goggles (without medical certification)

### 11.3 Sound System:

- ◆ A sound system with underwater speakers and a microphone is required.

### 11.4 Digital Music Requirements

- ◆ The file must be in one of the following formats:
- ◆ MP3 files with a .mp3 file extension (preferred)
- ◆ Windows Media Audio (WMA) files with a .wma file extension
- ◆ In the event of a music failure during competition, the club must immediately provide a backup in the required format. Failure to provide a working copy will result in a \$50.00 fine. If the fine is not paid immediately after the event, a one point penalty will be applied. The Chief Referee shall instruct the scorer to deduct the penalty (Rule 4.6.5.7)
- ◆ Music must be labelled following rule 4.6.5.6 in the Synchro Sask Rule book
- ◆ Failure to comply with the above will result in fines to the appropriate club

## 12.0 JURY OF APPEAL

- ◆ The Jury of Appeal shall resolve any protests referred to it by the Chief referee
- ◆ Responses from the Jury shall be made verbally but must be followed by a written decision
- ◆ The decision of the Jury shall be final
- ◆ A report of the circumstances and the decision shall be forwarded to the Provincial Judges Chair to be available for discussion



- ◆ The Jury of appeal is composed of three members and one alternate. These individuals shall be without conflict of interest, appointed by the Chief referee to resolve any protest that may be made pertaining to the meet

## 13.0 OFFICIALS

### 13.1 Major Officials:

- ◆ The Judges will be a minimum of Level 1 appointed by Host Officials' Committee in co-operation with the Judges Chair and Synchro Saskatchewan

Total number of officials required:

- ◆ 8-10 Judges
- ◆ 1 Chief Referee
- ◆ 1 Chief Scorekeeper
- ◆ 2 Assistant Referees
- ◆ 1 Computer Scorer
- ◆ 1 Meet Manager

### 13.2 Minor Officials:

- ◆ All minor officials will come from the Prince Albert area.

The minor officials required are:

- ◆ 6 Scorers
- ◆ 5 Runners
- ◆ 1 Results/Awards Person
- ◆ 1 Assistant Meet Manager
- ◆ 1 Music Technician
- ◆ 1 Announcer
- ◆ 2 Hospitality People
- ◆ 2 Assistant Referees
- ◆ 2 Panel Referees

## 14.0 MEDALS

- ◆ 16 Gold, 16 Silver and 16 Bronze awards will be presented (Solo – 1, Duet – 2, Team – 10, C/M – 2)
- ◆ Medals shall be granted for Routine Finals in the “A” flight
- ◆ Ribbons\* for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place shall be presented in the “A” flight for all Routine Finals
- ◆ Ribbons\* for 1<sup>st</sup> to 6<sup>th</sup> place shall be presented in the “B” flight for all Routine Finals
- ◆ Ribbons\* for 1<sup>st</sup> to 6<sup>th</sup> place shall be presented in the Figure Event

**\* Ribbons to be supplied by Synchro Saskatchewan**



## 15.0 DISTRICT SPORT CONTACTS

### South East Saskatchewan Association for Culture, Recreation and Sport - District 1 Weyburn/Estevan

**Name:** Brenda Lyons  
**Address:** 1425 - 2ND STREET  
**City:** ESTEVAN, SK  
**Postal Code:** S4A 0M5  
**Phone:** (306)634-2584  
**Email:** [bren.lyons@sasktel.net](mailto:bren.lyons@sasktel.net)

**Name:** Tracey Rothwell  
**Address:** 776 RICK SMITH CRES  
**City:** Weyburn, SK  
**Postal Code:** S4H 1M3  
**Phone:** (306)848-2034  
**Email:** [wthothwell@sasktel.net](mailto:wthothwell@sasktel.net)

### Regina Sports District – District 2 Regina

**Name:** Natalie Good  
**Address:** 300 ANGUS CRES  
**City:** Regina, SK  
**Postal Code:** S4T 6N4  
**Phone:** (306) 546-3121  
**Email:** [natalie\\_good@yahoo.ca](mailto:natalie_good@yahoo.ca)

### South West District for Sport, Culture and Recreation – District 3 Swift Current/Moose Jaw

**Name:** Becky Thera  
**Address:** 1870 Lorne St  
**City:** Regina, SK  
**Postal Code:** S4P 2L7  
**Phone:** (306) 780-9227  
**Fax:** (306) 780-9445  
**Email:** [synchro.sk2@sasktel.net](mailto:synchro.sk2@sasktel.net)

### Parkland Valley Sport, Culture and Recreation District – District 4 Yorkton/Melville

**Name:** Tannys Madsen  
**Address:** Box 41  
**City:** Theodore, SK  
**Postal Code:** S0A 4C0  
**Phone:** (306)647-2889  
**Email :** [tmadsen@sasktel.net](mailto:tmadsen@sasktel.net)



**Prairie Central District for Sport, Culture and Recreation –  
District 5 Humbolt/Watrous/Fort Qu'Appelle**

**Name:** Kayla Brewster  
**Address:** BOX 133  
**City:** Wynyard, SK  
**Postal Code:** S0A 4T0  
**Phone:** (306)554-2222  
**Email:** [kayla.b-21@hotmail.com](mailto:kayla.b-21@hotmail.com)

**Saskatoon Sports District –  
District 6 Saskatoon**

**Name:** Laurie Wachs  
**Address:** 1019 MAIN STREET  
**City:** Saskatoon, SK  
**Postal Code:** S7H 0K6  
**Phone:** (306) 653-1072

**Email:** [lwachs@sasktel.net](mailto:lwachs@sasktel.net)

**Name:** Crystal Meakin  
**Address:** 25 MCLELLAN AVE  
**City:** Saskatoon, SK  
**Postal Code:** S7H 3K7  
**Phone:** (306)651-1581  
**Email:** [cdmeakin@sasktel.net](mailto:cdmeakin@sasktel.net)

**Rivers West District for Sport, Culture and Recreation –  
District 7 North Battleford/Lloydminster/Rosetown**

**Name:** Sheila Parker  
**Address:** 1072 105<sup>th</sup> Street  
**City:** North Battleford, SK  
**Postal Code:** S9A 1S5  
**Phone:** (306) 446-0001  
**Email:** [theparkers@accesscomm.ca](mailto:theparkers@accesscomm.ca)

**Lakeland District for Sport, Recreation and Culture –  
Zone 8 Prince Albert/Melfort/Nipawin**

**Name:** Jennifer Gerrond  
**Address:** 331 – 11<sup>th</sup> St. E.  
**City:** Prince Albert, SK  
**Postal Code:** S6V 1A6  
**Phone:** (306) 314-1403  
**Email:** [jgerrond@gmail.com](mailto:jgerrond@gmail.com)



**16.0 District Teams Selection Criteria**

See Attached Document

**17.0 Provincial Sport Contact**

Name: Becky Thera, Technical Director  
Address: #209 – 1860 Lorne Street  
City: Regina, SK  
Postal Code: S4P2L7  
Phone: (306) 780-9227  
Fax: (306) 780-9445  
Email: [synchro.sk2@sasktel.net](mailto:synchro.sk2@sasktel.net)

**18.0 THIS IS TO CERTIFY THAT THIS TECHNICAL PACKAGE, IN ITS ENTIRETY, WAS APPROVED BY OUR BOARD OF DIRECTORS. Please indicate in the space provided the date of the meeting when it was approved. This package must be signed by your President before it is sent in.**

MEETING DATE: Nov. 15, 2012

PRESIDENT'S SIGNATURE: \_\_\_\_\_

NAME: Brenda Lyons  
ADDRESS: 1425 - 2ND STREET  
CITY: Estevan, SK  
POSTAL CODE: S4A 0M5  
PHONE: (R) (306)634-2584  
FAX: N/A  
EMAIL: [bren.lyons@sasktel.net](mailto:bren.lyons@sasktel.net)







*Synchro Saskatchewan*

Grassroots Committee

2014 SASKATCHEWAN WINTER GAMES

DISTRICTS TRIALS PROCESS



## **2014 SASKATCHEWAN WINTER GAMES**

### **OVERVIEW**

The Saskatchewan Winter Games Team (hereafter referred to the SWG team) will be comprised of the top eleven age eligible Synchronized Swimmers from each district that have agreed to the training commitments of each district. These athletes will train together at camps and practices prior to the Games in February 2014 and may continue to train and compete as a team until the completion of the 2013/14 season. Only 10 athletes will travel to SWG.

### **ATHLETES ELIGIBILITY**

The age category for the 2014 SWG is 11-17 years of age (born between 2003-1997 inclusive).

Athletes that have attended Western Divisionals, Nationals, Western Canada Summer Games and/or Jeux Canada Games are not eligible for the Saskatchewan Winter Games.

Each of the athletes eligible for selection to the SWG team must be a member in good standing with Synchro Saskatchewan.

### **TEAM SIZE**

The SWG team size will be ten athletes plus one alternate per district. There will be two duets and two solos formed from within this group.

### **COACHING SUPPORT**

The successful SWG candidates for Team Coach and Manager positions must be fully certified under the NCCP to a minimum of least Level 2 / Intro To Competition prior to the first day of competition.

SWG Coaches and Managers are determined by the Clubs within the District.

### **ATHLETE SELECTION**

**TEAM** - each district is responsible for choosing their team. If there are more than eleven eligible athletes interested in the Games, then District trials must be used to decide the top eleven athletes.

#### **Team Event Selection:**

Ten athletes plus one alternate will be determined by District Trials to represent their District at the SWG for the Team Event. The selection process and specific criteria for the Team Trials are outlined below in the Trials Process. Results will be available to athletes and coaches after their District Trials are completed.

**DUET** and **SOLO** – coach and manager of each district team determines the duet and solos. An individual competitor may only compete in two routine events.

Synchronized Swimming - September 19, 2013



### **Duet & Solo Selection:**

The duets and solos will be determined from the eleven members on each District Team. An individual competitor may only compete in two routine events. For example, a competitor cannot swim in solo, duet and team. She would have to choose two out of the three routines.

### **ROUTINE CHOREOGRAPHY**

The routine choreography will be determined by the coach and manager of each District. SS Technical Director will provide feedback where necessary.

### **TRIALS PROCESS** **(where applicable)**

Each District is responsible for organizing their District Trials.

Each eligible athlete who expresses interest and commitment to the SWG and the trials process will be considered.

All competitive figure marks during the 2012/13 competitive season will be recorded, including the judged marks from HP trials.

**The athlete's top three marks, combined with their marks from the High Performance Trials** will be combined to obtain the athlete's mark and placing within their respective age group.

*\*Note: An athlete does not have to be selected to the HP Program to be a member of the SWG team.*

**Please refer to 2012/13 Synchro Sask. Rule Book for the current Age Group Figure list.**

It is agreed that athletes will be encouraged to attend a minimum of three qualifying events AND commit to training and /or qualify for the **Saskatchewan High Performance Program**.

### **2012/13 Qualifying Saskatchewan Meets:**

Marnie Eistetter Fall Figure Event- Nov. 18/12 – North Battleford

Diane Lemon Invitational -Feb. 2+3/13 – Regina

Sand Roberts Invitational -Mar. 2+3/13 – Saskatoon

Sadie Caulder Knight Provincials -Apr. 13+14/13 – Saskatoon

Canadian Prairie Invitational (formerly MASY) -May 10-12/13 – Regina

SS High Performance Trials -location TBD / date -TBD (spring)

### **OUTCOME OF DISTRICT TRIALS**

After the completion of the qualifying meets, the District coaches will be notified of the official marks and then determine and notify the successful athletes. The successful athletes will then receive an “Athlete-Team Agreement”.

This agreement, much like a “contract”, will outline details of the athlete / family commitment, Synchronized Swimming - September 19, 2013



including training time-lines, financial responsibilities, etc.

There will be a group informational meeting following to review the Athlete-Team agreement. Following this meeting the athlete will have 3 days to accept a team position or decide to forfeit their spot

Appeals

All Appeals will be heard and dealt with by the Sport for All Committee.

**DISTRICT CONTACTS:**

TEAM SOUTH-EAST:

Brenda Lyons - Estevan Mermaids Head Coach  
306-634-2584  
[bren.lyons@sasktel.net](mailto:bren.lyons@sasktel.net)

Tracey Rothwell – Weyburn Synchro Stars (WSS) Head Coach  
306-848-2034  
[wrothwell@sasktel.net](mailto:wrothwell@sasktel.net)

