

# Fort Collins Synchronized Swimming Informational Packet

Summer 2021

website: [fortcollinssynchro.weebly.com](http://fortcollinssynchro.weebly.com)

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Welcome to the 48th season of the Fort Collins Synchronized Swim Team! The volunteer Parent Committee has been busy getting ready! It will be 8 quick weeks packed with lots of learning and fun!

## STATEMENT OF PURPOSE

Our season objectives are to

- 1) have fun!
- 2) foster new and existing friendships.
- 3) discover and develop the skills and fitness necessary for success in synchronized swimming.

We will be reinforcing several critical elements of the sport including strength, grace, cooperation, dignity, empathy, respect, responsibility and self-discipline.

## IMPORTANT TEAM CONTACTS

<b>President</b>	Arlene Samuelson	970-215-0818	<a href="mailto:samuelson@bajabb.com">samuelson@bajabb.com</a>
<b>Treasurer</b>	Michelle Harper	970-391-2636	<a href="mailto:michanneharper@yahoo.com">michanneharper@yahoo.com</a>
<b>Secretary</b>	DeeDee Hunt	970-210-4714	<a href="mailto:sixhunts@msn.com">sixhunts@msn.com</a>

## TEAM REGISTRATION

Registration form is available on our website: <http://fortcollinssynchro.weebly.com/join.html>

Registration forms and half of the registration fee are **due June 4<sup>th</sup>** to Treasurer, Michelle Harper; earlier if possible. The registration fee covers all practices, meets, water shows, USA Synchro membership, and a team t-shirt for all swimmer levels. The second half of the registration fees are due July 9<sup>th</sup>. Payment can be made on Team Snap.

### 2021 Registration fees:

Novice: \$300 / Intermediate: \$350

Intermediate swimmers pay a higher fee due to additional coaching and time spent in the water. USA Synchro fees are included. If you were a year-round swimmer for Orcas this year you may subtract \$30. Payment can be made on Team Snap.

## TEAM SPORTSWEAR

For figure meets, your swimmer will require a solid black one-piece swimsuit, a nose clip and a white swim cap. **These items will be provided to novice and first year swimmers at no additional charge.** Intermediate swimmers can purchase these items on your own or through the team, please contact the treasurer to place your order. Additional nose clips and swim caps can be purchased from the team throughout the season.

## PRACTICE INFORMATION

**Try It Sessions** are available June 1<sup>st</sup> and June 2<sup>nd</sup> – 8:45 - 10:00 AM

**Regular Practice** is Monday through Friday June 1 to July 19 (season through July 21st) at Foothills Green Pool (2006 Union Drive)

Intermediates from 7:30- 10:00am \*Times to be determined by coaches in April

Novices from 8:45 – 10:00am \*Times to be determined by coaches in April

July 4 practice dependent on coach availability.

**Weather Policy:** Practice will be held unless weather is extreme. On cool or rainy mornings, please dress warmly, bring running shoes and come prepared to jog and/or do land exercises in case the coaches decide not to get the team in the water. Look for communication on Team Snap.

## MEET INFORMATION

Synchronized swimmers compete in FIGURES MEETS (June 26 and July 10 in Denver) events which are scored and hosted by different teams typically in Denver each season. A black suit and white swim cap are required for these meets. Traditionally swimmers must compete at 1 of the 2 figures meets offered in order to qualify to swim at the FINALS MEET at the end of the season.

The FINALS MEET (July 20 and 21, 2021 in Denver) has a figures competition and routine competition where swimmers (both novice and intermediate levels) perform their routines to music. Separate costumes and headpieces may be required for the routine performances.

Finals this year are held in Denver and are on a Tuesday and Wednesday. The team traditionally reserves a block of hotel rooms if you wish to stay overnight in Denver for finals. If your child would like to attend but you are unable, please contact someone on the Board or parent committee and we may be able to make arrangements to help.

We request that you notify the coach immediately if you find yourself unable to attend the finals meet. You are still able to participate in the team season even if you know you are unable to perform at finals; just notify the coach at the beginning of the season. In this finals competition, routines are judged. The coach prepares all season extensively for each swimmer to uniquely participate in routines choreographed for teams, trios, duets, and solos.

## 2021 Meets/Shows

### FIGURE MEETS:

Sat. June 26 Crestmore (Denver)  
Sat. July 10 Skyline (Denver)

### WATER SHOWS:

Wed. July 17 @ 7 Foothills Green (Fort Collins)

### FIGURES:

#### **NOVICE**

Ballet leg  
Blossom  
Back Tuck Somersault  
Front Pike Somersault

#### **INTERMEDIATE**

Ballet leg  
Tower  
Barracuda  
Front Walkover

### FINALS MEET:

Tuesday July 22nd and Wednesday July 23rd at Virginia Vale (Denver)

### OTHER IMPORTANT DATES

Jun 1 First Day of Practice  
Jun 7 Sisters Assigned and Routines Announced  
Jun 25 Mock Meet  
Jul 22 Finals Meet - Team Party at Hotel ~6 PM  
Jul 23 Finals Meet - Opt. Dinner following Finals (TBD)