

## Synchro America Open Notes for Coaches/Teams

**Meals:** International federations will have dinners through Wednesday evening at the Riverside Convention Center that is located within walking distance from the hotels. Dinner is served 6:30 – 8:30 p.m. Beginning Thursday, box lunches will be served at the pool as well as dinner at the end of competition.

Officials will have dinner at the pool on Wednesday evening following the judges/officials meeting.

USA team club coaches, please note that this meet is somewhat different in that snacks and water are provided throughout the day for all coaches and officials, but the meals (box lunches and dinners at the pool) are provided for the international teams and coaches only.

**Parking:** Parking is \$5 per day (or \$10 for the three-day competition) and needs to be paid in cash. Riverside Community College will have parking attendants available to assist in the purchase of your parking passes. Please park only in the **white** parking spaces.

**Fan Zone:** An exciting feature of the 2016 Synchro America Open is the entertainment provided prior to each evening's competition and during intermissions. Please note that the "Fan Zone" at the entrance will open at 4 p.m. on competition days. You can enjoy food truck cuisine and purchase merchandise, and on Saturday there will be an autograph booth with the five Olympic duets in attendance. Spectators can also purchase tickets online in advance or in the Fan Zone on the day of the event.

**Easy Up Tents and Coolers:** Teams may bring their own shade tents and coolers. All tents and coolers must be kept in the Cutter Pool area located behind the diving tower structure.

**Outdoor Precautions:** Coaches, please advise your athletes to drink plenty of water throughout the day. We will provide water in the large water cooler containers placed throughout the competition/practice area. Also have athletes wear and reapply sunscreen throughout the day. If you need ice, please ask a lifeguard or one of the organizing committee members to assist you.

**Practices:** Practice with music is indicated on the final schedule. On Thursday, the practice area of the competition pool is open throughout the day. On Friday and Saturday, we will also have use of the Cutter pools located behind the dive tower structure.

**Gel area:** A designated gel area will be set up for touch-ups. We encourage athletes to come to the pool gelled. No degelling is to take place in the shower facilities at the pool.