International Club Exchange
Opportunities for your club to meet and train with synchronized swimmers from around the world!

Sponsored by USA Synchro
usasynchro.org
ICE PROGRAM VISION

* Foster friendships and encourage mutual exchange of information and ideas!
* Share information to help synchro grow!
* Share technical, training and choreography strategies!
* Increase synchro exposure in your hometown area!
* Promote your own club through sport and cultural exchange!
ICE Program

* A US club develops a “sister club” relationship with a club in another country — a synchro, cultural, and educational exchange!

* A team from a foreign federation travels to the US for a 1 or 2 week visit.

* Foreign athletes live with club families, train with the US club, visit schools, learn about the local culture, interact in the community, etc.

* Trips could include an association, regional, or zone meet where more athletes can interact with international athletes and coaches.

* US club team travels to the foreign club for a reciprocal visit.
BENEFITS

Federations share synchro ideas.

- Techniques
- Training
- Choreography
- Flexibility and strength training
- Competition structure

Gain friends around the world.