



Coaches, Judges & Chaperones – Don’t forget this is the perfect time to update your certifications!

The latest Coach Certification list is posted on the website, please be sure and check that you are up to date. Click [HERE](#) to view the list.

Coaches - Please send all certificates to coachcerts@usasynchro.org. Non-Coaches are not required to send certificates.

2020 Olympics Postponed Until 2021!

Although it is heartbreaking for many athletes that the Games have been postponed, it is also wonderful that they are only postponed & not cancelled!

Keep in Touch

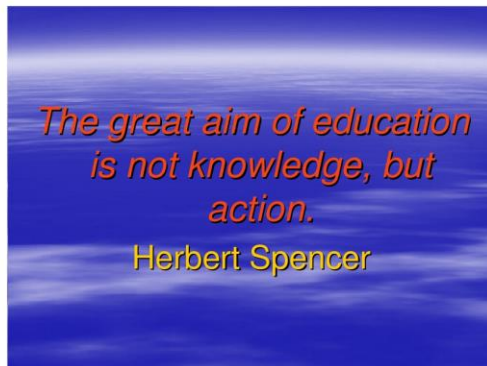
- FaceTime
- Zoom
- Skype

COACHES COLLEGE & ALL STAR CAMP

These camps have been set for the weekend of November 6-8, 2020 (arrival 11/5, departure 11/8) at the Spire Institute in Geneva, Ohio. All-Star Camp participants are chosen by their Zones.

NATIONAL TALENT CAMP

This camp will be held the week of July 15 – 19 (arrival on 7/14, departure on 7/20), at the OPTC in Colorado Springs, Colorado. Camp is by invitation only - information will be posted soon!



Training Ideas

Beyonce Workout – click [HERE](#)

YMCA Health & Fitness Videos – a variety to choose from – click [HERE](#)

SyncEffect Land Training Workout #1 – click [HERE](#)
Workout #2 – click [HERE](#)

Uptown Funk – click [HERE](#)

Waka Waka – click [HERE](#)

Lisa’s Jazzercise – click [HERE](#)

Just Dance – Click [HERE](#)

Billy Blanks’ Tai Bo Workout – Click [HERE](#)

Spice Up Your Training

- Flash Dance (dress in 80’s workout attire)
- At the Pool (wear swimsuit, goggles, caps, noseclips)
- At the Zoo (dress as favorite animal)
- Nerd Day
- Crazy Hair Day
- Dress as Your Coach Day
- Neon Day



Minutes to Win It

How Many Can You Do In A Minute?

- Jump ropes
- Push-ups
- Crunches
- Burpees
- V-Ups

How Long Can You Hold...?

- Hollow Body
- Arabesque
- V-Sit
- Handstand
- Squat
- Plank