USA SYNCHRO
ATHLETE SELECTION PROCEDURES
2019 WORLD CHAMPIONSHIPS, 2019 PAN AMERICAN GAMES, 2020 OLYMPIC GAMES
QUALIFICATION TOURNAMENT, 2020 OLYMPIC GAMES

November 2, 2018

1. SELECTION SYSTEM

1.1. Provide the minimum eligibility requirements for an athlete to be considered for selection to the Team:

1.1.1. Nationality/Passport requirements:

Athlete must be a national of the United States at the time of nomination.

Athlete must hold a valid U.S. passport that will not expire for six months after the conclusion of the Games or Championships.

1.1.2. Minimum International Olympic Committee (IOC), International Paralympic Committee (IPC), and Pan American Sport Organization (PASO) standards for participation:

Any competitor in the Olympic, Paralympic, Pan American or Parapan American Games must be a national of the country of the National Olympic Committee (NOC) or National Paralympic Committee (NPC) which is entering such competitor. For additional information regarding an athlete who is a national of two or more countries, has changed his or her nationality or acquired a new nationality, refer to the Olympic Charter (Rule 41), the IPC Handbook (Section 2, Chapter 3.1), or the PASO Statutes (Article XXII, Sections 4 and 5).

1.1.3. Minimum International Federation (IF) and/or Continental Federation (CF) standards for participation (if any):

Athletes must be fifteen (15) years of age (on December 31st on the year of the competition).

Athletes must be female.

NOTE: an athlete who will be at least age 15 by December 31, 2019 may participate in Phase 1 tryout event as referenced in Section 1.2.1.
1.1.4. **Other requirements (if any):**

Athletes must be a member in good standing of USA Synchro.

Athletes must meet the requirements of the Senior National Squad Agreement.

Athletes must have successfully completed all Games Registration requirements by stated deadline.

1.2. **Tryout Events:**

1.2.1. Provide the event names, dates and locations of all trials, events and camps to be used as part of the selection process.

**Phase 1 – 2018-2020 Senior National Training Squad Selection**
*August 12, 2018, Riverside, CA.* Athletes selected in Phase 1 continue through Phase 3.

**Phase 2 – 2018-2020 Senior Duet Squad Selection**
*November 2018, Moraga, CA.* Exact dates to be announced on the website [https://www.teamusa.org/USA-Synchronized-Swimming](http://www.teamusa.org/USA-Synchronized-Swimming) at least 45 days prior to the commencement of the tryout. Athletes selected in Phase 2 continue through Phase 4.

**Phase 3 – 2019 World Championships, 2019 Pan American Games and 2020 Olympic Games Qualification Tournament Teams Selection**
*April or May 2019, location TBD.* Exact dates and location to be announced on the website [https://www.teamusa.org/USA-Synchronized-Swimming](http://www.teamusa.org/USA-Synchronized-Swimming) at least 45 days prior to the commencement of the tryout. Select the maximum number of athletes allowable for entry for each competition: 2019 World Championships (12 athletes), 2019 Pan American Games (9 athletes), 2020 Olympic Games Qualification Tournament (9 or 10 athletes TBD by FINA).

**Phase 4 – 2019 World Championships and 2019 Pan American Games Duet Nomination**
*May 2019, Moraga, CA.* Exact dates to be announced on the website [https://www.teamusa.org/USA-Synchronized-Swimming](http://www.teamusa.org/USA-Synchronized-Swimming) at least 45 days prior to the nomination.

**Phase 5 – 2020 Olympic Games Duet Nomination**
*September or October 2019, Moraga, CA.* Exact dates to be announced on the website [https://www.teamusa.org/USA-Synchronized-Swimming](http://www.teamusa.org/USA-Synchronized-Swimming) at least 45 days prior to the nomination.
Phase 6 – 2020 Olympic Games Team Nomination
April or May 2020, Moraga, CA. Exact dates to be announced on the website https://www.teamusa.org/USA-Synchronized-Swimming at least 45 days prior to the nomination.

1.2.2. Provide event names, dates, locations and description of how athletes qualify for the trials, events and camps listed above in 1.2.1. (if any).

Phase 1 – 2018-2020 Senior National Training Squad Selection
August 12, 2018, Riverside, CA.

Eligibility:
2016 Olympic Games Duet athletes – are pre-selected into the 2018-2020 Senior National Training Squad; however, they must participate in Phase 1 tryout event in order to advance to Phase 2.

Phase 2 – 2018-2020 Senior Duet Squad Selection
November 2018, Moraga, CA. Exact dates to be announced on the website https://www.teamusa.org/USA-Synchronized-Swimming at least 45 days prior to the commencement of the tryout.

Eligibility:
Open only to Senior National Training Squad members training full-time at the National Training Center (up to sixteen [16] athletes) selected after Phase 1.

Phase 3 – 2019 World Championships, 2019 Pan American Games and 2020 Olympic Games Qualification Tournament Teams Selection
April or May 2019, location TBD. Exact dates and location to be announced on the website https://www.teamusa.org/USA-Synchronized-Swimming at least 45 days prior to the commencement of the tryout.

Eligibility:
Open only to Senior National Training Squad members training full-time at the National Training Center (up to sixteen [16] athletes) selected after Phase 1.

Phase 4 – 2019 World Championships and 2019 Pan American Games Duet Nomination
May 2019, Moraga, CA. Exact dates to be announced on the website https://www.teamusa.org/USA-Synchronized-Swimming at least 45 days prior to the nomination.
Eligibility:
Open only to Senior Duet Squad members training full-time at the National Training Center (up to six [6] athletes) selected after Phase 2.

Phase 5 - 2020 Olympic Games Duet Nomination
September or October 2019, Moraga, CA. Exact dates to be announced on the website https://www.teamusa.org/USA-Synchronized-Swimming at least 45 days prior to the nomination.

Eligibility:
Open only to Senior Duet Squad members training full-time at the National Training Center (up to six [6] athletes) selected after Phase 2.

Phase 6 – 2020 Olympic Games Team Nomination
April or May 2020, Moraga, CA. Exact dates to be announced on the website https://www.teamusa.org/USA-Synchronized-Swimming at least 45 days prior to the nomination.

Eligibility:
Open to all Senior National Team members who participated in the 2019 World Championships, 2019 Pan American Games and/or 2020 Olympic Games Qualification Tournament and are training full-time at the National Training Center (up to twelve [12] athletes selected after Phase 3).

The 2020 Olympic Games Duet athletes (two [2] athletes and one [1] replacement athlete), as outlined in Phase 5 above, will be nominated as part of the 2020 Olympic Games Team if a Team is qualified for the 2020 Olympic Games. A maximum of one (1) team of eight (8) athletes and a maximum of one (1) duet of two (2) athletes may be entered in the 2020 Olympic Games. NOCs qualified in both the team and duet competitions may enter a maximum of eight (8) athletes.

1.3. Provide a comprehensive, step-by-step description of the method that explains how athletes will go through the selection process (include maximum Team size).

Each Phase is conducted over one (1) or two (2) days and may contain physical and technical skill testing. Technical and Free routine evaluations as described below for each phase and in attachment D.
“Selection” is done through a trial format with judges and coaches on a specific day; whereas, “Nomination” is done by the coaches based on several months of evaluation. Both selection and nomination are approved by the Selection Committee.
Phase 1, 2 and 3 are evaluated by the “Evaluators” outlined in each section below: two (2) Senior National Team coaches (which includes the Senior Head Coach and a Senior Assistant Coach designated by the High Performance Director), the High Performance Director (or designee), the VP of Olympic International and two (2) FINA Judges. These “Evaluators” will provide the Selection Committee with their ranking order and recommendations. Rankings will be communicated via email to the participating athletes of each phase.

For Phase 4, 5 and 6, are evaluated by the “Evaluators” outlined in each section below: two (2) Senior National Team coaches (which includes the Senior Head Coach and a Senior Assistant Coach designated by the High Performance Director) and the High Performance Director (or designee). These “Evaluators” will provide the Selection Committee with their ranking order and recommendations. Rankings will be communicated via email to the participating athletes of each phase.

The 2018-2020 Senior National Training Squad athletes will be evaluated throughout each season until final nomination to the 2020 Olympic Games. The High Performance Director (or designee), the Senior Head Coach and the Senior Assistant Coaches will consistently observe and evaluate these athletes at training and competitions. They are looking for athletes who are performing at a level that is competitive in the current Senior international field and will be competitive in the Senior international field within the next four (4) years. The coaches (as outlined above) and the High Performance Director (or designee) will fill out the Coaches’ evaluation form (Appendix D) prior to Phases 3, 4, 5 and 6 to assess the athletes’ physical, technical and psychological skills.

For each Phase, each Evaluator provides their ranking order and recommendations to the Selection Committee and the Selection Committee determines the athletes for selection or nomination.

The Selection Committee includes the High Performance Director (or designee), the Senior Head Coach, a Senior Assistant Coach designated by the High Performance Director, (1) FINA judge, and an Athlete representative.

Phase 1 - Senior National Training Squad Selection

Tryout Content:
- Technical and Physical Skill Testing as determined by the High Performance Director (or designee) and the Senior Head Coach. This will include speed swimming, ballet, synchro specific land training, flexibility, gymnastics, acrobatics, strength & conditioning, and synchro technical skills.
- Technical Team routine evaluation as determined by the High Performance Director (or designee) and the Senior Head Coach. This may include any parts or run-throughs of the routines individually, in pair or in group, in patterns or not. Athletes must learn the routine prior to the start of the tryout event.

Throughout the tryout event, the evaluators will evaluate the athletes according to FINA rules and the Coaches’ evaluation criteria. Refer to Appendix D.

Evaluators:
Two (2) Senior National Team coaches, the High Performance Director (or designee), the VP Olympic International and two (2) FINA Judges.

Selection:
Up to sixteen (16) athletes (not including petitions) are selected to the 2018-2020 Senior National Training Squad by the Selection Committee.

Phase 2 - Senior Duet Squad Selection
Tryout Content:
- Technical Duet routine evaluation as determined by the High Performance Director (or designee) and the Senior Head Coach. This may include any parts or run-throughs of the routines individually, in pair or in group. Athletes must learn the routine prior to the start of the tryout event.

Throughout the tryout event, the evaluators will evaluate the athletes according to FINA rules and the Coaches’ evaluation criteria.

Evaluators:
Two (2) Senior National Team coaches, the High Performance Director (or designee), the VP Olympic International and two (2) FINA Judges.

Selection:
Up to six (6) athletes (not including petitions) are selected to the 2018-2020 Senior Duet Squad by the Selection Committee.

Phase 3 – 2019 World Championships, 2019 Pan American Games and 2020 Olympic Games Qualification Tournament Teams Selection
Tryout Content:
- Technical and Free Team routine evaluations as determined by the High Performance Director (or designee) and the Senior Head Coach. This may include any parts or run-throughs of the routines individually, in pair or in group, in patterns or not. Athletes must learn the routine prior to the start of the tryout event.
- Coaches’ evaluation will be done for the period of full-time training from September 2018 to April 2019.

Throughout the tryout event, the evaluators will evaluate the athletes according to FINA rules and the Coaches’ evaluation criteria.

Evaluators:
Two (2) Senior National Team coaches, the High Performance Director (or designee), the VP Olympic International and two (2) FINA Judges.

Selection:
Up to: twelve (12) athletes (not including petitions) are selected to the 2019 World Championship Team, nine (9) athletes to the 2019 Pan American Games Team, and up to ten (10) athletes to the 2020 Olympic Games Qualification Tournament Team by the Selection Committee.

**Phase 4 – 2019 World Championships and 2019 Pan American Games Duet Nomination**

Tryout Content:
- Coaches’ evaluation for the period of full-time training from September 2018 to April 2019.

If the evaluators are unable to come to a ranking based on the Coaches’ evaluation, then the athletes will be evaluated through a Technical and Free Duet routine evaluation as determined by the High Performance Director (or designee) and the Senior Head Coach. This may include any parts or run-throughs of the routines individually, in pair or in group, in patterns or not.

Evaluators:
Two (2) Senior National Team coaches and the High Performance Director (or designee).

Nomination: two (2) athletes and one (1) replacement athlete are named to the 2019 World Championships Duet and two (2) athletes and one (1) replacement athlete are named to the 2019 Pan-American Games Duet by the Selection Committee.

**Phase 5 – 2020 Olympic Games Duet Nomination**

Tryout Content:
- Coaches’ evaluation for the period of full-time training from January 2019 to September 2019.
If the evaluators are unable to come to a ranking based on the Coaches’ evaluation then the athletes will be evaluated through a Technical and Free Duet routine evaluation as determined by the High Performance Director (or designee) and the Senior Head Coach. This may include any parts or run-throughs of the routines individually, in pair or in group, in patterns or not.

Evaluators:
Two (2) Senior National Team coaches and the High Performance Director (or designee).

Nomination: two (2) athletes and one (1) replacement athlete are named to the Olympic Games Duet by the Selection Committee.

Phase 6 – 2020 Olympic Games Team Nomination
Tryout Content:
- Coaches’ evaluation for the period of full-time training from June 2019 to April 2020.

If the evaluators are unable to come to a ranking based on the Coaches’ evaluation then the athletes will be evaluated through the Technical and Free Team routine evaluation as determined by the High Performance Director (or designee) and the Senior Head Coach. This may include any parts or run-throughs of the routines individually, in pair or in group, in patterns or not.

Evaluators:
Two (2) Senior National Team coaches and the High Performance Director (or designee).

Nomination: eight (8) athletes and two (2) replacement athletes are named to the 2020 Olympic Games Team by the Selection Committee. This Team nomination will include the Duet -two (2) athletes and one (1) replacement athlete already nominated to the 2020 Olympic Games Team through Phase 5.

1.3.1 Unforeseen Circumstances – Petition Process

USA Synchro recognizes that injuries and unforeseen circumstances may occur which would cause an athlete to be unable to participate in one or more steps of the try-out process for the 2019 World Championships, 2019 Pan American Games, 2020 Olympic Games Qualification Tournament and 2020 Olympic Games.

An athlete may file a petition if she is unable to compete in Phase 1, 2 or 3. No petitions will be accepted for Phases 4, 5 or 6.
In order to be considered by the National Team Review Subcommittee (see attachment E), petitions must be submitted in writing to the National Team Review Subcommittee Chair as soon as practical after the athlete becomes aware of her inability to participate and before the conclusion of Phase 1 (to be considered for a position on the Squad), before Phase 2 (to be considered for a position on the Duet Squad) and before Phase 3 (to be considered for a position on the Team).

The petition must state the specific injury, illness, or unforeseen circumstances which prohibited the athlete from participating in the competitive process. In the case of a petition based on injury or illness, the extent of the injury or illness are subject to verification by a doctor approved by USA Synchro. Petitions are reviewed on a case-by-case basis and subject to approval by the National Team Review Subcommittee. Details regarding the status of the petition will be provided in writing to the petitioner as soon as practical after receipt of the petition.

If the petition is approved according to the above, then Technical and Physical Skill Testing will be arranged and the National Team Review Subcommittee will evaluate the athlete’s readiness and performance within a month of the original tryout event date. The athlete may be added as an additional member of the squad (the number selected for that particular phase would increase).

2. DISCRETIONARY SELECTION (if applicable)

2.1. Provide rationale for utilizing discretionary selection (if any):

The sport of synchronized swimming is a subjectively judged event. In the selection of athletes who will compete together as a team or duet, it may not always be possible to make decisions based solely on objective criteria. To be competitive in the team and duet events, certain skill sets must be exhibited by one or more team/duet members. In addition, it is crucial that the athletes demonstrate the ability to complement each other, to work cohesively and to make and retain corrections consistently.

2.2. List the discretionary criteria and explain how they will be used (if any):

See Section 1.3 and 1.3.1

2.3. Provide the name of the committee that will be responsible for making discretionary selections, along with a complete list of the members’ titles currently serving on the committee:
The Selection Committee:
- High Performance Director (or designee)
- Senior Head Coach
- One (1) Senior Assistant Coach (designated by the High Performance Director)
- One (1) Athlete Representative
- One (1) FINA judge

2.3.1. Specify the process that will be used to identify and handle any potential conflicts of interest involving a member of the committee.

All Evaluators and all members of the Selection Committee must sign the USA Synchro Conflict of Interest Policy & Confidentiality Statement. Any member of the selection committee that has a possible conflict of interest must disclose it. If such conflict exists, the selection committee member must recuse him/herself from committee discussions and voting. Further, the committee member should not otherwise influence other members of the committee in the selection process. However, a committee member who recused him/herself, but who has relevant and necessary information with respect to athlete performance, for example a national team coach or High Performance Director (or designee), may, if requested by the selection committee, provide such information to the committee so long as such information is provided in a fair and unbiased manner and the committee member who declared the conflict of interest does not vote toward the final decision.

3. REMOVAL OF ATHLETES

3.1. Prior to entry by name to the Local Organizing Committee by the USOC, USA Synchro has jurisdiction over potential nominees.

An athlete who is to be nominated to the Team by USA Synchro may be removed for any of the following reasons, as determined by USA Synchro:

3.1.1. Voluntary withdrawal. Athlete must submit a written letter to the USA Synchro CEO and the High Performance Director (or designee).
3.1.2. Injury or illness as certified by a physician (or medical staff) approved by USA Synchro. If an athlete refuses verification of her illness or injury by a physician (or medical staff) approved by USA Synchro, her injury will be assumed to be disabling and she may be removed.
3.1.3. Failure to participate in Mandatory Training and/or Competition as defined in Section 9 of these procedures.
3.1.4. Violation of the USA Synchro’s Code of Conduct (Attachment A).
An athlete who is removed from the 2019 Pan American or 2020 Olympic Games Team pursuant to this provision has the right to a hearing per USA Synchro’s Bylaws (USA Synchro: Administrative rule article 22.01, 24.02-24.07) and the USOC’s Bylaws, Section 9.

3.2. Once athlete entries have been submitted to the Local Organizing Committee by the USOC, the USOC has jurisdiction over the Team, at which time, in addition to any applicable USA Synchro Code of Conduct, the USOC’s Code of Conduct and Grievance Procedures apply. The USOC’s Code of Conduct and Grievance Procedures can be found at:

http://www.teamusa.org/Footer/Legal/Governance-Documents
https://www.teamusa.org/Athlete-Resources/Athlete-Ombudsman/Games-Info/Athlete- Conduct

3.3. An athlete may be removed as a nominee to the Team or from the Team for an adjudicated violation of IOC, PASO, IPC, WADA, IF, USADA and/or USOC anti-doping protocol, policies and procedures, as applicable.

4. REPLACEMENT OF ATHLETES

4.1. Describe the selection and approval process for determining replacement athlete(s) should a vacancy occur:

2018-2020 Senior National Training Squad – Replacement athletes process after Phase 1 through the beginning of Phase 3 (September 2018 – April/May 2019).
Athletes ranked 17th to 20th according to Phase 1 (or the next four {4} ranked athletes if less than sixteen {16} athletes are selected) as part of Phase 1, who are not selected to train full-time at the National Training Center, in ranking order (highest to lowest) from Phase 1. Rankings will be communicated directly to all participating athletes.

All Senior National Training Squad members not selected as part of Phase 2, in ranking order (highest to lowest). Rankings will be communicated directly to all participating athletes.

Athletes ranked 13th and 14th (or the next two {2} ranked athletes if less than twelve {12} athletes are selected) after Phase 3, who are not selected to continue to train full-
time at the National Training Center, in ranking order (highest to lowest). Rankings will be communicated directly to all participating athletes.

2020 Olympic Games Duet – Replacement athletes process after Phase 5 - 2020 Olympic Games Duet Nomination (September or October 2019)
By order of priority (highest to lowest).
1. Athlete ranked 3rd after Phase 4.
2. Duet Squad athletes selected after Phase 2 in rank order.
3. Remaining Senior National Team members selected after Phase 3 in rank order.
Rankings will be communicated directly to all participating athletes.

2020 Olympic Games Team – Replacement athletes process after Phase 6 – 2020 Olympic Games Team Nomination (April or May 2020)
By order of priority (highest to lowest)
1. Athlete ranked 9th after Phase 5.
2. Athlete ranked 10th after Phase 5.
3. Remaining Senior National Training Squad members selected after Phase 1 in rank order.
Rankings will be communicated directly to all participating athletes.

Replacement athletes must be able to demonstrate competitive readiness as determined by the High Performance Director and the Senior Head Coach when joining the 2018-2020 Senior National Training Squad or when joining the Team or Duet prior to a competition.

4.1.1. prior to submission of Entries by Name to the Local Organizing Committee, including any applicable group or committee:

See 4.1 above.

4.1.2. after submission of Entries by Name to the Local Organizing Committee, including any applicable group or committee:

See 4.1 above.

5. SUPPORTING DOCUMENTS

USA Synchro will retain the approved Selection Procedures and all supporting documents, including scouting or evaluation forms, etc., and data from the selection process for six months past the date of the Closing Ceremony of the 2020 Olympic Games.

6. REQUIRED DOCUMENTS
In addition to the USOC Code of Conduct, the following documents are required to be signed by an athlete as a condition of nomination to the 2020 Olympic Games, 2019 World Championships, and 2019 Pan American Games and are included as attachments:

2018-2020 Senior National Team Agreement and Code of Conduct – Attachment A  
2018-2020 Senior National Team Athlete Handbook – Attachment B

7. PUBLICITY/DISTRIBUTION OF PROCEDURES

The USOC approved Selection Procedures (complete and unaltered) will be posted/published by USA Synchro in the following locations:

7.1. USA Synchro Website:  https://www.teamusa.org/USA-Synchronized-Swimming

These procedures will be posted as soon as possible, but not more than five business days following notice of approval by the USOC.

7.2. Other:

These procedures will be emailed to all age-eligible registered USA Synchro athletes.

8. DATE OF NOMINATION

The Nomination of Athletes form, including replacements, will be announced to all athletes and submitted to the USOC on or before:

June 1, 2019 for the 2019 World Championships  
June 3, 2019 for the 2019 Pan American Games  
TBD for the 2020 Olympic Games Qualifying Tournament  
June 1, 2020 for the 2020 Olympic Games

9. MANDATORY TRAINING AND/OR COMPETITION

All athletes selected to the Senior National Training Squad must train full-time at the National Training Center and must continue to do so until the next phase of tryout event.

- After Phase 1: selected athletes must be training full-time at the National Training Center from September 10, 2018 to April or May 2019 (exact date TBA).
- After Phase 2: selected athletes must be training full-time at the National Training Center from November 2018 to May 2019 (exact dates TBA).
- After Phase 3: selected athletes must be training full-time at the National Training Center from April or May 2019 to March 2020 (exact dates TBA).
- After Phase 4: named athletes must be training full-time at the National Training Center from May 2019 to August 2019 (exact dates TBA).
• After Phase 5: named athletes must be training full-time at the National Training Center from September or October 2019 to August 2020 (exact dates TBA).
• After Phase 6 (if USA qualifies to the 2020 Olympic Games in Team event): named athletes must be training full time at the National Training Center from April 2020 to August 2020 (exact dates TBA).

Full-time training means that athlete must:
• Live in the Moraga area for the specified period of time, and
• Sign the National Team Agreement and Code of Conduct and the Senior National Team Athlete Handbook, and
• Train six (6) days per week at the National Training Center for the base training hours of 7am to 1 or 4pm, and
• Compete for the National Team only.
Additional hours may be required for Duet Squad members, during training camps as outlined in the Annual Calendar in Attachment C and based on daily performance level.

All requests for waivers from participation in mandatory events must be presented to the High Performance Director (or designee) and the Senior Head Coach in writing prior to the event. Following receipt, the High Performance Director (or designee) and the Senior Head Coach will review the request and approve it or deny it. All waivers granted must be in writing and signed by the High Performance Director (or designee) to be valid.

It is the athlete’s sole and exclusive responsibility to provide the High Performance Director (or designee) with written verification of any emergency, illness, or injury. Illness or injury may require verification by a physician approved by USA Synchro.

Athletes will be responsible for their living expenses and all expenses related to their academics. USA Synchro covers expenses related to training including facility rental, coaching, support staff, travel to competitions, outfitting, and competition suits.

10. ANTI-DOPING REQUIREMENTS

Athletes must adhere to all IOC, IPC, PASO, WADA, IF, USADA and USOC anti-doping protocols, policies and procedures, as applicable. This includes participation in Out-of-Competition Testing as required by the IOC, IPC, PASO, WADA, IF, USADA and USOC Rules, as applicable.

11. DEVELOPMENT OF SELECTION PROCEDURES

The following committee/group (include names and titles) was responsible for creating these Selection Procedures:
• Myriam Glez, former CEO/HPD
• Virginia Jasontek, Vice-President Olympic International
• Elizabeth Hazle, International Relations Committee Chair
• Loredana Montico, Senior Head Coach
• Elvira Khasyanova, Senior Assistant Coach
• Olivia Morgan, USOC AAC Athlete Representative
• Mariya Koroleva, AEC Athlete Representative
• Megan Hansley, At Large Athlete Representative
• Linda Loehndorf, President

12. NGB/HPMO BYLAWS AND GRIEVANCE PROCEDURES

The USA Synchro Bylaws and Grievance Procedures can be found at:

https://www.teamusa.org/usa-synchronized-swimming/resources/usa-synchro-rulebook

13. INTERNATIONAL DISCLAIMER

These procedures are based on IOC, IPC, PASO, as applicable, and/or FINA rules and regulations as presently known and understood. Any change in the selection procedures caused by a change in IOC, IPC, PASO, as applicable, and/or FINA rules and regulations will be distributed to the affected athletes immediately. The selection criteria are based on the latest information available to USA Synchro. However, the selections are always subject to unforeseen, intervening circumstances, and realistically may not have accounted for every possible contingency.

If any force of nature, or force majeure, should cause the altercation or cancellation of any of the selection events listed in this document, these selection procedures will be revised, pursuant to their resubmission to the USOC.

14. ATHLETE OMBUDSMAN

Athletes who have questions regarding their opportunity to compete that are not answered by USA Synchro may contact the USOC Athlete Ombudsman, by:

• Telephone at (719) 866-5000
• Email at ombudsman@usathlete.org
• http://www.teamusa.org/Athlete-Resources/Athlete-Ombudsman
15. **NGB/HPMO SIGNATURES**

I certify that I have read and understand the standards/criteria set by our IF and/or CF (PAG/PPAG only) and incorporated those standards/criteria into our Selection Procedures. I further certify that the information provided herein regarding Athlete Selection Procedures represents the method approved by USA Synchro.

<table>
<thead>
<tr>
<th>Position</th>
<th>Print Name</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>NGB President or/Executive Director</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nat. Team Head Coach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>USOC Athletes' Advisory Council Representative</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* If the USOC AAC Representative has delegated authority to the Alternate AAC Representative to sign the Selection Procedures, attach a letter from the AAC Representative indicating the reason he/she has delegated authority.

* Signature by the Athlete Representative constitutes that he/she has read and understands the Selection Procedures. If the Athlete Representative reads and does not agree with the Athlete Selection Procedures being submitted by the NGB/HPMO, he/she may submit those reasons in writing to his/her Sport Performance Team.

* If, for some reason, a sport does not have an elected USOC AAC Representative, the NGB/HPMO must designate an athlete from that sport to review and sign the Selection Procedures.
15. **NGB/HPMO SIGNATURES**

I certify that I have read and understand the standards/criteria set by our IF and/or CF (PAG/PPAG only) and incorporated those standards/criteria into our Selection Procedures. I further certify that the information provided herein regarding Athlete Selection Procedures represents the method approved by USA Synchro.

<table>
<thead>
<tr>
<th>Position</th>
<th>Print Name</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>NGB President/Executive Director</td>
<td>Linda Loehndorf</td>
<td>Linda Loehndorf</td>
<td>11-9-18</td>
</tr>
<tr>
<td>Nat. Team Head Coach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>USOC Athletes' Advisory Council Representative*</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* If the USOC AAC Representative has delegated authority to the Alternate AAC Representative to sign the Selection Procedures, attach a letter from the AAC Representative indicating the reason he/she has delegated authority.

* Signature by the Athlete Representative constitutes that he/she has read and understands the Selection Procedures. If the Athlete Representative reads and does not agree with the Athlete Selection Procedures being submitted by the NGB/HPMO, he/she may submit those reasons in writing to his/her Sport Performance Team.

* If, for some reason, a sport does not have an elected USOC AAC Representative, the NGB/HPMO must designate an athlete from that sport to review and sign the Selection Procedures.
15. NGB/HPMO SIGNATURES

I certify that I have read and understand the standards/criteria set by our IF and/or CF (PAG/PPAG only) and incorporated those standards/criteria into our Selection Procedures. I further certify that the information provided herein regarding Athlete Selection Procedures represents the method approved by USA Synchro.

<table>
<thead>
<tr>
<th>Position</th>
<th>Print Name</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>NGB President</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>or Executive Director</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nat. Team Head Coach</td>
<td>LORÉDANA MONTEA</td>
<td></td>
<td>11/09/18</td>
</tr>
<tr>
<td>USOC Athletes' Advisory</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Council Representative*</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* If the USOC AAC Representative has delegated authority to the Alternate AAC Representative to sign the Selection Procedures, attach a letter from the AAC Representative indicating the reason he/she has delegated authority.

* Signature by the Athlete Representative constitutes that he/she has read and understands the Selection Procedures. If the Athlete Representative reads and does not agree with the Athlete Selection Procedures being submitted by the NGB/HPMO, he/she may submit those reasons in writing to his/her Sport Performance Team.

* If, for some reason, a sport does not have an elected USOC AAC Representative, the NGB/HPMO must designate an athlete from that sport to review and sign the Selection Procedures.
I certify that I have read and understand the standards/criteria set by our IF and/or CF (PAG/PPAG only) and incorporated those standards/criteria into our Selection Procedures. I further certify that the information provided herein regarding Athlete Selection Procedures represents the method approved by USA Synchro.

<table>
<thead>
<tr>
<th>Position</th>
<th>Print Name</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>NGB President or/Executive Director</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nat. Team Head Coach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>USOC Athletes' Advisory Council Representative*</td>
<td>Olivia Morgan</td>
<td>[Signature]</td>
<td>11/9/18</td>
</tr>
</tbody>
</table>

* If the USOC AAC Representative has delegated authority to the Alternate AAC Representative to sign the Selection Procedures, attach a letter from the AAC Representative indicating the reason he/she has delegated authority.

* Signature by the Athlete Representative constitutes that he/she has read and understands the Selection Procedures. If the Athlete Representative reads and does not agree with the Athlete Selection Procedures being submitted by the NGB/HPMO, he/she may submit those reasons in writing to his/her Sport Performance Team.

* If, for some reason, a sport does not have an elected USOC AAC Representative, the NGB/HPMO must designate an athlete from that sport to review and sign the Selection Procedures.
Attachment A

2018-2020 SENIOR NATIONAL TEAM AGREEMENT AND CODE OF CONDUCT

United States Synchronized Swimming, Inc. ("USA Synchro") congratulates you on your selection to the 2018-2020 Senior National Training Squad! Because of the many privileges and responsibilities which National Team Athletes, Coaches, Team Managers and other members of the official delegation receive and incur as representatives of the United States and USA Synchro in international and national competition(s), USA Synchro requires that you sign this Agreement as a condition of your becoming a member of the 2018-2020 Senior National Training Squad. This is a legally binding document, so please read it carefully before you sign it.

AGREEMENT

In order to meet its obligations as the National Governing Body for the sport of synchronized swimming, including fielding teams to represent the United States in international competitions, USA Synchro selects and trains the National Teams.

I hereby accept USA Synchro’s offer that I become a member of its 2018-2020 Senior National Training Squad, and hereby agree to comply with each and all of the following terms and conditions. I recognize that, as a member of the National Team, I am serving as a representative of the thousands of people participating in synchronized swimming throughout the United States who are members of USA Synchro, and I will conduct myself accordingly.

1. Participation in Year-round Training, Training Camps, Exhibitions and/or Competitions.
   a. If I am participating as an Athlete, I will comply with all training requirements established by the High Performance Director (or designee), Coaches and/or Team Manager. This includes, but is not limited to, requirements that I:

      (1) participate in all 2018-2020 Senior National Training Squad training and training camps for the full duration of those camps, unless excused by the High Performance Director (or designee) and/or Coaches in writing;

      (2) attend all practices and events; follow established procedures and present proper documentation when, under extenuating circumstances, I am unable to attend;

      (3) adhere to training schedules and regimens provided by the Coaches;

      (4) participate in all required psychological, technical and physical testing;

      (5) maintain myself in competition-ready physical condition during vacation periods;

      (6) Use my best efforts to keep myself in good health, and will:

         (a) practice a safe and proactive approach to prevent illness and injury. I will promptly report any illness and/or injury to the Coaches; and
(b) maintain appropriate and healthy nutrition habits to sustain my ability to train and compete at the high intensity levels required for elite athletes.

An athlete who declines an invitation to a training camp, competition or exhibition, unless excused prior to the camp, competition or exhibition by the High Performance Director (or designee) and/or Coaches in writing, will be removed from the National Team or Squad.

b. As an Athlete, I will be available to:
   (1) participate in national or international competitions and exhibitions when invited to do so by USA Synchro; and
   (2) perform to the best of my ability whenever participating in any competition or exhibition.

c. If I am participating as a Coach or Team Manager, I will comply with all requirements established by USA Synchro, including that I will:
   (1) participate in all National Team or Squad training camps for the full duration of those camps, unless excused by the High Performance Director (or designee);
   (2) prepare and implement training schedules and regimens for athletes;
   (3) voice all concerns and comments within the coaches/team meetings and not in front of the athletes;
   (4) refrain from gossip and any conversations or activities which could be construed as inappropriate or divisive;
   (5) support the decisions of, and be responsive to the High Performance Director (or designee); and;
   (6) not voice concerns, selection/competition results, or other information from training/preparation or selection to non-national team members via phone, e-mail or other methods.

d. As a Coach or Team Manager or other member of a delegation, I will be available to:
   (1) participate as such at national or international competitions and exhibitions when requested to do so by USA Synchro; and
   (2) perform my duties to the best of my ability whenever participating in any competition or exhibition.

2. Reimbursement of USA Synchro and the USOC Upon Withdrawal. I hereby acknowledge that if I voluntarily withdraw from the 2018-2020 Senior National Training Squad, or from any training camp, competition or exhibition for which my participation is expected as a National Team or Squad member,
a. I shall reimburse USA Synchro for costs incurred on my behalf associated for the 2018-2020 Senior National Training according to the following rules:

1. Prior to the 2019 World Championship and 2019 Pan American Games: I shall pay USA Synchro a flat fee of $3,000.

2. Prior to the 2020 Olympic Games Qualification Tournament: I shall pay USA Synchro a flat fee of $4,000.

3. Prior to the 2020 Olympic Games: I shall pay USA Synchro a flat fee of $5,000.

I understand and agree that any premature departure by me from the expected activities of the 2018 National Team shall be deemed to be a voluntary withdrawal, except a departure necessitated by my injury or illness certified by a USOC or USA Synchro physician, or an extreme personal or family emergency. In case of a dispute, I agree that the USA Synchro National Team Review Subcommittee shall determine whether the withdrawal is voluntary. I will not be able to enter a National Team or Squad selection trials until I have paid in full the penalty fee for withdrawing from the National Team or Squad.

3. **Compliance with Rules.** I will abide by the rules for synchronized swimming events and participants as established by USA Synchro and/or Federation Internationale de Natation Amateur (FINA).

4. **Code of Conduct.** I will comply at all times and in every respect with the “Code of Conduct for United States Synchronized Swimming Inc.,” a copy of which is attached hereto when attending USA Synchro-sponsored training and camps or participating in a competition or exhibition as a National Team or Squad Athlete, Coach, Team Manager, or other member of the National Team program.

5. **Eligibility Rules.** As an Athlete, I will comply at all times and in every respect with the eligibility rules established by FINA and USA Synchro.

6. **Banned Substances.** As an Athlete, I will not commit a doping violation as defined by the International Olympic Committee (IOC), the World Anti-Doping Agency ("WADA"), FINA, the U.S. Anti-Doping Agency ("USADA") or the USOC.

I AGREE TO SUBMIT TO PERIODIC, UNANNOUNCED DRUG TESTS AS CONDUCTED BY THE IOC, WADA, FINA, USADA OR THE USOC.

I understand and agree that the WADA and FINA Anti-Doping Rules and U.S Anti-Doping Agency Protocol for Olympic and Paraolympic Movement Testing (USADA Protocol) and all other policies and rules adopted by WADA, FINA, USADA and the USOC apply to me and that it is my responsibility to comply with those rules. I agree to submit to drug testing at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules would make me subject to the penalties including, but not limited to, disqualification and suspension. If it is determined that I may have committed a doping violation, I agree to submit the results management authority and processes of
USADA, including arbitration under USADA PROTOCOL, or to the results management authority of WADA, FINA and/or my national federation, if applicable or referred by USADA.

7. **Travel and Lodging.** I agree to travel with the National Team and use the food and lodging services provided for the National Team. If for any reason I cannot do so, I hereby assume any and all additional costs resulting from my decision not to take advantage of (or to change) the transportation, food and/or lodging services provided by USA Synchro while traveling with the National Team.

8. **Passport.** I will have in my possession at all times a valid and current passport when attending USA Synchro-sponsored training, camps or participating in a competition or exhibition as a National Team Athlete, Coach, Team Manager, or other member of the National Team. I will provide additional passport-style photos for use in visa applications. I will notify the USA Synchro Team Manager of my passport number, place of issue and date of issue.

9. **Appearance.** I will dress in appropriate USA Synchro apparel provided by USA Synchro’s national suppliers and sponsors, as required, including warm-up, competitive and travel apparel. I will refrain from wearing apparel manufactured by or displaying the logo of a competitor of USA Synchro’s national suppliers and sponsors when:
   a. I attend USA Synchro-sponsored training or camps, participating in competitions or exhibitions;
   b. I participate in public or media appearances as a member of the National Team;
   c. I appear in any advertisement or other commercial promotion in which my name or likeness is associated with the National Team.

10. **Promotional Activities.** I will participate in promotional events arranged to publicize USA Synchro, the sport of synchronized swimming and competitions in which the National Team will participate. I further understand and agree that USA Synchro has the sole and exclusive marketing rights to the name of the National Team, and that in arranging for my participation as part of such exhibitions, USA Synchro is acting as the owner of those intellectual property rights and not as an agent for me as an athlete.

11. **Social Media.** As a member of USA Synchro’s National Team, you are expected to represent USA Synchro in a positive and professional manner at all times. This includes on social media (Facebook, Twitter, Instagram, Snapchat, etc). You must not publish the following types of photos/videos or public statements on any public website:
   a. Photos of you or team members drinking alcohol, or giving the impression of drinking alcohol. No photos with cups or any type of bottles allowed.
   b. Photos of you or team members posed with other people who are drinking, or who are giving the impression of drinking alcohol.
c. Photos of you or team members who are nude, or wearing only undergarments or photos with suggestive sexual connotation.

d. Use of profanity, by you or any person posting on your site.

e. Statements or photographs reflecting a negative image of USA Synchro.

f. Statements or photographs meant to harm or humiliate a teammate or a competitor.

As a general rule, use common sense: if the photo/statement is questionable, it should not be posted.

Failure to take public image seriously, by posting inappropriate photos and/or comments on a public website, may result in sanctions as defined below.

12. **Media Activities.** I will submit to reasonable requests for media interviews arranged by or through USA Synchro. (USA Synchro will consider your time commitments, previous obligations and specific training requirements when scheduling such interviews).

13. **Use of Image.** I grant to USA Synchro the non-exclusive right to use, license, assign, sell or otherwise use my name, image likeness, voice or performance as an Athlete, Coach or Team Manager of the National Team (in accordance with NCAA regulations if applicable) indefinitely for the purposes of:

a. promoting the sport of synchronized swimming, my achievements as a synchronized swimmer, and the work of USA Synchro (including sponsorship solicitation materials).

b. promoting events sponsored or sanctioned by USA Synchro, provided, however, that this right shall not extend to events which have a title or presenting sponsor that is a competitor of a company with which I have an endorsement relationship;

c. producing educational or safety materials;

d. producing television broadcasts, recordings or other factual accounts of the performance of the National Team or its members;

e. raising funds for USA Synchro through the sale of merchandise (including photographs, posters and prints) featuring images of the National Team or any images or collection of images featuring more than one member of the National Team; and

f. allowing a company to identify itself as a national sponsor or official supplier of USA Synchro in advertising or promotions approved by USA Synchro. The permission given in this Subsection 12(f) is subject to the following limitations:

(1) that the use of my name, picture, image or performance by a national sponsor or official supplier be used only in connection with that company’s reference to its status as a sponsor or supplier of USA Synchro or its National Team, and not to represent that I personally endorse the company’s product or service; and

21
any use, license or assignment made by USA Synchro pursuant to this Subsection 12(f) and prior to the expiration of this Agreement may continue for the duration of calendar year 2018 and for the duration of any contract entered into by USA Synchro which exceeds the 2018 calendar year.

g. As part of this commitment, I agree to pose for National Team pictures.

h. This license shall survive the expiration of the Term of this Agreement.

i. USA Synchro agrees to advise National Team athletes when it plans to use their images for the purposes set forth in Section 12 (f) (1).

14. **Medical Attention.** I give my consent to USA Synchro to provide, through a medical staff of its choice, customary medical care and athletic training, transportation and emergency medical services as warranted in the course of my participation as an Athlete, Coach, Team Manager or other official member of the National Team. I also understand that if I am injured and/or sick and unable to train with the National Team, the Coaches and High Performance Director may remove me from the National Team and replace me with another athlete.

15. **Waiver and Release.** I AM FULLY AWARE OF THE RISK OF CATASTROPHIC INJURY, PARALYSIS, AND EVEN DEATH, AS WELL AS OTHER DAMAGES AND LOSSES, ASSOCIATED WITH PARTICIPATION IN SYNCHRONIZED SWIMMING. I FURTHER AGREE THAT UNITED STATES SYNCHRONIZED SWIMMING INC., AND ITS SPONSORS, SUPPLIERS, EMPLOYEES, AGENTS, ATHLETES, COACHES, TEAM MANAGERS, OFFICERS AND DIRECTORS SHALL NOT BE LIABLE FOR ANY LOSS OR DAMAGES OCCURRING AS A RESULT OF MY PARTICIPATION IN SYNCHRONIZED SWIMMING, EXCEPT FOR THAT WHICH RESULTS DIRECTLY FROM THE GROSS NEGLIGENCE OR WILFUL MISCONDUCT OF ANY OF THE ABOVE.

16. **Term.** This Agreement is effective from the date of the Athlete's / Parent's, Coach's or Team Manager's signature to August 31, 2020 or the day after the end of the last competition.

17. **Discipline.** I understand and acknowledge that, in the event that I do not fully discharge each of the above responsibilities that I have undertaken as a National Team Athlete, Coach or Team manager, I will be subject to any or all of the following disciplinary actions which may be taken by USA Synchro:

   a. **Private Action:** I may be counseled individually and in private by members of the National Team staff, USA Synchro officers or their designees.

   b. **Immediate Action:** After a meeting with the Coaches, the High Performance Director (or designee), the National Team staff or USSS officers, I may be temporarily or indefinitely suspended or removed from all National Team activities, including, if I am an Athlete, that I may be immediately scratched from competitions in which I am entered and if I am a Coach or Team Manager, I may be precluded from participating in competitions, and may be sent home. I acknowledge that, if I
am advised that I will be precluded from participating in a competition for disciplinary reasons, I have a right to a hearing.

b. **Delayed Action:** USA Synchro may recommend that its National Team Review Subcommittee investigate my actions. If the Subcommittee requires my attendance at/or participation in one or more hearings, I will attend at my own expense.

c. **Final Action:** Upon recommendation of the National Team Review Subcommittee, disciplinary proceedings before the USA Synchro National Board of Review may be convened against me.

18. **Governing Law.** This Agreement is governed by the laws of the State of Colorado.

The signatures of the parties below indicate their willingness to be bound by the terms of this agreement.

I HEREBY CERTIFY THAT I HAVE READ THE FOREGOING AGREEMENT AND AGREE TO BE BOUND BY ITS TERMS.

__________________________________________________________________________  ________________
Name of Athlete, Coach or Team Manager  Date

I HEREBY CERTIFY THAT I HAVE READ THE FOREGOING AGREEMENT AND MY CHILD’S ACKNOWLEDGEMENT AND AGREE THAT MY MINOR CHILD WILL ABIDE BY THE AGREEMENT.

__________________________________________________________________________  ________________
Signature of Parent if Athlete, Coach or Team Manager is under 18  Date

__________________________________________________________________________  ________________
Representative of United States Synchronized Swimming Inc.  Date
APPENDIX A - CODE OF CONDUCT

UNITED STATES SYNCHRONIZED SWIMMING, INC.

Purpose

The purpose of the Code of Conduct is to provide a means of assisting the National Team, which consists of the Team Managers, Coaches, and Athletes of USA Synchro, to identify ethical conduct and to promote the best possible performance of United States synchronized swimmers in international, state games and USA Synchro-sanctioned events. Adherence to the Code of Conduct is intended to promote a favorable image and ensure the highest level of performance of United States Synchronized Swimming National Team representatives as ambassadors of their sport, sponsors of their programs, and of their country. Failure to comply with this Code of Conduct shall result in disciplinary proceedings as established by the National Team Agreement.

General Conduct

1. This Code of Conduct applies to the National Team, which consists of the Athletes, Coaches, Team Managers and other members of the official delegation when representing USA Synchro in all domestic and international events and at training camps for such events.

2. The National Team shall comply with USA Synchro uniform and equipment requirements. The Team Manager or Coach shall detail the uniform and equipment requirements at the beginning of each training camp or competition.

3. The use of alcohol is prohibited during training hours and competition. National Team Staff may responsibly consume alcohol after hours but never in the presence of underage athletes. The operator of any motor vehicle during a training camp or competition shall not consume alcohol.

4. The use of controlled substances is prohibited, except controlled substances prescribed as medication by a physician and approved by a member of the medical staff responsible for the National Team in compliance with the WADA and USADA standards.

5. The National Team shall adhere to curfews established by the Team Managers or Coaches each day of training camp or competition.

6. The National Team shall not violate any laws or regulations of the country in which the training or competition takes place.

7. Any additional guidelines required for a particular competition, training or training camp for the USA Synchro National Team shall be established by the Team Manager or Coaches.
Attachment B
2018-2020 SENIOR NATIONAL TEAM - ATHLETE HANDBOOK

Rules and General Policies

The following General Rules and Policies apply anytime the Senior National Training Squad is together, at home training, travelling for a camp or competitions or for an event.

When travelling to a Pan American Games and Olympic Games, a USA Synchro/USOC athlete is also subject to the USOC Code of Conduct and Grievance Procedures.

While these policies may not cover every conceivable situation, we have compiled general guidelines that each athlete should follow. In addition, there is one guiding principle that must always be observed: athletes are expected to conduct themselves in a manner that will reflect positively upon them, their teammates, USA Synchro, the USOC and the United States of America. Athletes failing to follow USA Synchro’s Rules and General Policies may be disciplined by the High Performance Director, the Senior Head Coach and/or Team Manager, and USOC staff if the athlete is part of a USOC team. Violations could result in a suspension or dismissal from the program or event. Athletes may have additional rights defined by the Ted Stevens Amateur Sports Act and the U.S. Olympic Committee Bylaws.

A. Travel
1. You must bring your valid passport with you on all trips, unless recommended otherwise. At all international games, your passport must be presented as proof of citizenship and age. Athletes will not be permitted to compete without it.
2. Please return a photocopy of the picture page of your passport along with other requested information. It is vital that this information is on file with USA Synchro at all times. (If you do not currently hold a valid passport, please begin the application process immediately by contacting either your local passport agency or post office). Certain countries require that we obtain a Visa which will be stamped in your passport. The cost of obtaining a passport is the responsibility of each athlete.
3. Upon request, be prepared to send or give us your passport. This will allow USA Synchro to obtain Visas for the entire delegation at one time. If you are already in possession of a passport, be sure to check the expiration date. Please note that some countries do not allow entry if your passport expires within six (6) months of a trip. It is imperative that you keep your passport updated!
Note: You may obtain a passport application at your nearest major post office or nearest government agency. For the location nearest you, please refer to their website at http://travel.state.gov/passportservices.html
4. Realize ample administrative time is needed to arrange all airline reservations, visa applications and hotel accommodations. Procrastination may result in unneeded schedule delays and possible roster changes.
5. After the arrangements have been made, your ticket along with pertinent trip information will be emailed to you. It is your responsibility to make sure you understand your travel arrangements.
6. You are expected to be on time for your flight. If you miss the plane, experience a delay or are re-routed, you must notify your National Team Manager and you will be expected to make the next scheduled flight. If you miss the flight for personal reasons, you will be responsible for the difference in airfare cost if applicable.
7. You must be on the chartered transportation to and from the airports, hotels, training fields and competition venues. No one is excused from the team transportation unless permission is given by the High Performance Director or Team Manager in writing.
8. At competitions, especially in the US, athletes are not allowed to travel on their own or with friends without prior authorization of the High Performance Director and Team Manager.
9. If you should desire to make arrangements to have your city of departure different than your city of return we can arrange for that. You will be charged the difference over and above the normal roundtrip fare.

8. Training Camp/Hotel & Dormitory Rules
1. Prior to your departure, you will be supplied with the address(es) and telephone number(s) for the team's accommodations. You will also receive a memo prior to departure providing detailed information regarding your travel, flight, accommodation, ground transportation and other important information.
2. USA Synchro has a policy that athletes’ families and friends do not travel with or stay in the same hotel as the official delegation. Past experience has shown that this policy, while appearing somewhat restrictive, is vital to the trip’s efficiency - both on and off the field - and will contribute to the success of the National Squad.
3. You are a guest of the hotel or other organization providing accommodations. You must always maintain a cooperative relationship and conduct yourself in an exemplary manner.
4. You are also responsible for the conduct and care of your room. If your teammates are in your room being loud, it is your responsibility to quiet them. If an item is broken, missing or stolen from your room, you are responsible and will have to pay for it.
5. Squad members will eat all meals together and at the prescribed time unless directed otherwise by the Coaches and Team Manager. It is mandatory that you attend every scheduled meal.
6. All incidental room expenses (phone, room service, movies, etc.) will be paid by the athlete prior to checking out from the hotel or facility. Athlete should clear incidental expenses the night prior to departure whenever possible.
7. Curfew for all athletes will be determined and set by the Coaches. At the assigned curfew you must be in your own room and in bed. Ample rest is crucial for your best performance.
8. Make all telephone calls before curfew. No phone calls or Skype/Facetime sessions will be permitted during the night. In the event of inappropriate communications, the Coaches and/or Team Manager will be collecting phones at curfew time every day and will return them to the athletes in the morning. This may also apply during training sessions at the competition.
9. Show respect for your roommate and other guests of the hotel - no loud radios, TV's or musical instruments will be permitted. If you want to have a private time or phone conversation, do it outside your room and prior to curfew.
10. No guests are permitted in your room, unless permission is granted by the Coaches and/or Team Manager.
11. If you are going to be out of your room make sure the Coaches and/or Team Manager knows where you will be and for how long.
12. USA Synchro will provide for your transportation, meals and lodging during competitions. If you would like to participate to excursions or buy souvenirs, you must bring spending money. Also note, that Team Managers do not loan USA Synchro money for personal expenses and excursions during camps and competitions. Under no circumstances will USASynchro give personal loans to athletes. You should make arrangements to have sufficient spending money to take care of your personal needs while on the road. If your personal needs differ from the rest of the group (drinks, meals and snacks), then you will be responsible for these needs.

C. Dress, Appearance and Behavior
1. Use good judgment when appearing in public. Always be neat and presentable. You are accountable for what you say and do in public.
2. Your conduct in business establishments is always noticed; don't disgrace yourself and/or your teammates by acting in an appropriate manner.
3. It is your responsibility to be on time for all practices, meetings, and other appointments. Excuses will not be accepted.
4. It is expected of all athletes to be courteous with Coaches, Team Manager, other Athletes, Volunteers and Officials. Athletes must say ‘Good Morning’, ‘Thank you’ and greet other people appropriately when needed.
5. Athletes must wear Team Outfitting as instructed by the Coaches and/or Team Manager.
6. Athletes must not wear USA Synchro National Team outfitting off the field, unless permitted to do so by the Coaches and/or Team Manager. You are not allowed to trade or switch your outfitting unless otherwise allowed by the Coaches and/or Team Manager.
7. Special outfits may be required to be worn for selected appearances/events.
8. Athletes must conform to the athletic look when attending Competitions and Training Camps. It is part of the image of the Team to look fit, athletic and professional.

D. Equipment Rules
1. You are responsible for ensuring that you have the proper equipment for your training.
2. Any equipment problems must be reported immediately to the Team Manager.
3. Athletes are required to carry a small medical kit with them when travelling to camps and competitions. This kit should contain: band aid, earplug, sleeping mask, Ibuprofen, Tylenol, mosquito repellent, etc, as recommended by the Team Physician.
4. Athletes will be given their competition suits by the Team Manager. All Athletes must rinse all suits and head pieces after use. Pins must be removed from the Head Pieces. Suits and Head Pieces must be returned dry, in the same state as when it was given to the athletes – in a plastic bag with name or on a hanger.
5. If a suit and/or head piece is lost or damage, the athlete will have to pay for the replacement or repair of the suit. Cost will depend on each suit and head piece.
6. All suits, head pieces and other competition equipment cannot be checked in. It must be carried on the plane during travel, including domestic travel.
E. Training Room/Injuries
1. All athletes must complete a Medical Questionnaire Form and a check-up annually with the Team Physician if they are training at the National Training Center. This information is confidential and is kept on file for the season with each athlete’s personal records.
2. You must keep the Team Physician and Coaches informed and updated regarding injury, illness, hospitalization, medical condition. For the National Training Center athletes, the Team Physician must know all medication that you are taking at all times. You can communicate these by emails or phone. Any athlete who does not report an injury, disregards the physician/trainer’s advice or does not keep a doctor’s appointment is subject to disciplinary action.
3. While training at the National Training Center, athletes may continue to see their family doctors but will be responsible to keep the Team Physician informed of all injury, illness, hospitalization, medical condition. The Team Physician is the lead person for athlete’s rehabilitation treatment following an injury, illness, hospitalization, medical condition.
4. Whenever possible, an athletic trainer (and/or a doctor) will travel with the team.
5. We require that you use your own insurance as the primary coverage in the event of an injury or illness. USA Synchro’s insurance is used only as primary insurance in the case of an accident or injury which happened at practice, at a competition or during an official event.
6. All athletes are expected to arrive into camp or resume the season healthy and fully fit. Any sub-standard situation will be penalized, and may include fine, suspension or a dismissal from camp.
7. If you are already suffering from an injury or you are not 100% fit when called into camp, you must immediately notify the Coaches and Team Manager.
8. When a training room is available, it is only for taping, first aid and the treatment of injuries. It is an important working area and is not to be used as a lounge. Absolutely no horseplay will be tolerated.
9. Treatments will be given outside of practice hours and any additional time needed will be scheduled by the athlete with the trainer/physiotherapist outside of practice hours.
10. Injured athletes who cannot participate in practice must wear the uniform of the day unless otherwise excused by the Coaches and must attend all practices and meetings unless instructed otherwise by the Coaches.
11. All members of the National Training Center work in an integrated manner. The Performance Support Team, Medical Support Team and Synchronized Swimming Coaches share information on a regular basis and work in collaboration to ensure fully integrated performance and training. Member of the National Training Center will be asked to fill out a consent form to allow the Medical staff to share medical information related to their performance with the Performance Support Team and the Synchronized Swimming Coaches.

F. Drugs and Banned Substances
1. Alcohol will not be consumed by any athlete during a National Team event (training, training camps, events, competitions).
2. No athlete is permitted to possess or use any illegal drugs.
3. USA Synchro will not tolerate any of its athletes using banned substances. Banned substances are defined by FINA, World Anti-Doping Agency (WADA) and the U.S. Anti-Doping Agency (USADA). Athletes must adhere to all WADA, FINA, USADA and USOC anti-doping protocols, policies and
procedures. This includes participation in out of competition testing as required by the WADA, FINA, USADA, USOC Rules. Athletes will be provided with information on banned substances and may be subject to random drug testing. Athletes must understand the consequences of using substances that are banned. Any athlete associated with the buying, selling or use of illegal or banned substances will be subject to penalties determined by USADA and/or FINA.

4. Any questions that you may have concerning drug education, banned substances and drug testing procedures can be answered by calling the USADA Drug Reference Line @ 1-800-233-0393 or 1-719-785-2020 (outside the U.S.) or on line at www.us antidoping.org.

5. You must complete your USADA whereabouts on a timely manner and remember to update them if there is a change in the schedule. This is the athlete’s responsibility not the Team Manager. If you miss a control, make sure to notify the High Performance Director, Coaches and Team Manager.

G. Practice and Field Rules
1. When you report for a training session you must be fit and ready to train. That means awake and ready to go. In the morning, you must have had breakfast before practice.
2. When requested, you must wear the assigned practice uniform - no exceptions.
3. You will be assigned to carry the equipment (Video, Ipads, Ipod, Speaker, TV, Medical Kit...) on a rotating basis.
4. Practice officially begins with warm up. Video, land drill and other meetings are part of practice.
5. You must not leave the practice unless permission is given by the Coaches.
6. The Coaches or Team Manager will communicate the schedule. There may be changes to the schedule depending on the quality of practice and unforeseen circumstances (change in music schedule, weather...).
7. At competition, athletes must ensure they carry their accreditation at all times.
8. Strength training, Gymnastics, Ballet, Pilates, Weekly Nutrition, Weekly Sport Psychology Sessions are fully part of the training requirements of the Senior National Training Squad. National Training Center athletes must meet with the Nutritionist and Sport Psychologist on a regular basis as advised by the Coaches. Failure to do so may results in disciplinary sanctions, fines and dismissal from the Squad.
9. Athletes who have specific training requirements for Nutrition, Sport Psychology, Strength training or posture rehabilitation may have to sign a ‘Better Health Agreement’ which defines what these requirements are, when they need to be completed by and the consequences if they are not completed on time.

H. Nutrition
1. You are now a member of the Senior National Training Squad and as such your diet and preparation should reflect the fact that you are a world-class athlete. Foods that will enhance your performance include complex carbohydrates (Vegetables, whole cereals, fresh fruit, fish, poultry) and protein; try to avoid any fried preparations and simple sugars like chocolate and soda, which only serve as empty calories.
2. You also must stay well hydrated at all times and especially when travelling long distance by plane.
3. As you travel to different countries you must be prepared for foods which look and taste differently than what you are accustomed to. Be prepared to adapt to this situation, because a proper diet is essential for maximizing your performance.

I. Publicity and Public Relations
1. You should go out of your way to act as a role model.
2. Publicity and promotion of this sport play an important part in the continued growth of synchronized swimming, so you may often be asked to participate in events and promotional activities.
3. All interviews with the media must be cleared with the High Performance Director, Coaches, the Team Manager and/or the Media Officer. USA Syncho’s Media Officer is Dax Lowery.
4. In media interviews, be courteous, on time and cooperative.
5. Be careful what you say! There is no such thing as “off the record”. All communications from the athletes must reflect positively on USA Syncho. If you do not have anything positive to say, do not say anything or let someone else comment.
6. USA Synchro promotes good sportsmanship and respect of the competitors, do not criticize the performance of other athletes or countries but rather reflect on your personal performance.
7. USA Synchro may organize media training. You must attend all Media Sessions as directed by USA Synchro.

J. Disciplinary sanctions
1. Offense level 1 - these includes minimal offenses such as stopping in a training set, refusing to perform the training requirements requested by the coaches (stopping in a figure or routine run through), poor attitude and disrespect (rolling eyes, responding back).

The consequences for the level 1 offenses are defined by the Coaches as needed. Example of possible sanctions applied to the whole team (not just the offender):  
- 50 meters double ballet leg  
- 2 run throughs

2. Offense level 2 – these includes on-going tardiness, failing to meet with support staff (nutrition, sport psychologist, physician, physiotherapist) for regular meetings, repeat level 1 offenses (following multiple warnings), inappropriate social media and publicity communication, loss or destruction of equipment (competitions suits, sound equipment), not

The consequences for level 2 offenses are defined by the Coaches and the High Performance Director. Example of possible consequences are:  
- Warning letter to athletes/parents  
- Monetary fine (for lost or damaged equipment)  
- 3-day suspension  
- Temporarily moved to alternate position  
- Community hours  
- Counseling
3. Offense level 3 – these includes repeat offense level 1 and 2 (following multiple warnings), missed practices without notice, violations of USA Synchro Code of Conduct (alcohol and substance use), USADA violations (failed testing), not respecting curfew times without notice to the HPD or coaches.

The consequences for level 3 offenses are defined by the Coaches, the High Performance Director and an Athlete Representative. Example of possible consequences are:
- Removal from small routines
- Prolonged suspension from the training and competing
- Removal from the National Training Center and/or squad
- Removal from training camp and/or competition and send home

AFTER READING THIS ATHLETE HANDBOOK SECTION, PLEASE SIGN THE AGREEMENT FORM BELOW AND RETURN IT TO THE HIGH PERFORMANCE DIRECTOR OR TEAM MANAGER.

 iniciative, have read the USA Synchro Senior National Training Squad Athlete Handbook. I accept its provisions and agree to abide by the guidelines set forth within.

Athlete Signature:

Date:

Parent Signature: (If Under 18 Years of Age)

Date:
### Attachment C
#### 2018-2020 SENIOR NATIONAL TRAINING SQUAD - ANNUAL CALENDAR
As of 7/20/2018

<table>
<thead>
<tr>
<th>September 2018</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Week 1</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Week 2</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Week 3</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Week 4</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>October 2018</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Week 5</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Week 6</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Week 7</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>Week 8</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Week 9</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>November 2018</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Week 9</td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Week 10</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>Week 11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>Week 12</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Week 13</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>December 2018</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Week 13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Week 14</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Week 15</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Week 16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Week 17</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>Week 18</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

December 8 = Phase 2 - Duet Squad Selection

<table>
<thead>
<tr>
<th>January 2019</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 18</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Week 19</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>Week 20</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
</tbody>
</table>

32
### February 2019

<table>
<thead>
<tr>
<th>Week 22</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Week 23</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Week 24</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Week 25</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Week 26</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### March 2019

<table>
<thead>
<tr>
<th>Week 26</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 27</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Week 28</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Week 29</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Week 30</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
</tbody>
</table>

### April 2019

<table>
<thead>
<tr>
<th>Week 31</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Week 32</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Week 33</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>Week 34</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Week 35</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

April 26-27 = Phase 3 – Worlds, Pan-Am, Olympic Games Qualification Tournament Selection

### May 2019

<table>
<thead>
<tr>
<th>Week 36</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Week 37</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Week 38</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Week 39</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>Week 40</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### June 2019

<table>
<thead>
<tr>
<th>Week 41</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Week 42</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6 US Open</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Week 43</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Week 44</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Week 45</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
</tbody>
</table>
### July 2019

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 46</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Week 47</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12 Worlds</td>
<td>13</td>
</tr>
<tr>
<td>Week 48</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>Week 49</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26 PanAm</td>
<td>27</td>
</tr>
<tr>
<td>Week 50</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*World Championship – July 12 to 28, 2019*
*Pan American Games – July 26-August 11, 2019*

### August 2019

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 50</td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Week 51</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Week 52</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Week 53</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Week 54</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Week 67</td>
<td>Mon</td>
<td>Tue</td>
<td>Wed</td>
<td>Thu</td>
<td>Fri</td>
<td>Sat</td>
</tr>
<tr>
<td>--------</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Week 68</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Week 69</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Week 70</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>Week 71</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Week 72</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 72</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 73</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Week 74</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Week 75</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>Week 76</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 77</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Week 78</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Week 79</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Week 80</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Week 81</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 81</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Week 82</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>OQT?</td>
<td>7</td>
</tr>
<tr>
<td>Week 83</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Week 84</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Week 85</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>Week 86</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Dates for Olympic Games Qualification Tournament in Tokyo – TBD**

<table>
<thead>
<tr>
<th>April 2020</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 86</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Week 87</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Week 88</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Week 89</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>Week 90</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Phase 5 – Olympic Games Team nomination (only if team selected to OG)**
<table>
<thead>
<tr>
<th>May 2020</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 90</td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Week 91</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Week 92</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Week 93</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Week 94</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>June 2020</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 95</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Week 96</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11 US Open</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Week 97</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>Week 98</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Week 99</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>July 2020</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 99</td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Week 100</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Week 101</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Week 102</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24 OG</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>Week 103</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>August 2020</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 103</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Week 104</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Week 105</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Week 106</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Week 107</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>Week 108</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vacations/Days off
Full-Time Training
Training Camps
Trials/Competitions
**Full-time training:**

- Train six (6) days per week at the National Training Center for the base training hours
- Training hours are:
  - 2 days from 7am to 1pm,
  - 2 days from 7am to 3pm,
  - 2 days from 7am to 4pm,

Additional hours may be required for Duet and Solo members.

**Training camps:**

- Could be at the National Training Center or an off-site location
- Likely to include more training hours than usual (8 to 9 hours per day) and a different cycle of training (4 days training, 1 day off).

There may be additional competitions prior to the 2019 World Championships and 2020 Olympic Games to participate in the FINA World series but the dates for the World Series are not known yet.
## Appendix D
### COACHES’ EVALUATION FORM

**Description of Criteria**

For each criterion, athletes are evaluated on a scale of 1 to 10 with 1 being the lowest score and 10 the highest score (with 10 being the score for the TOP WORLD athletes)

<table>
<thead>
<tr>
<th>Criterion</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Physical Fitness</td>
<td>Evaluate general physical fitness including strength, flexibility, speed, coordination, balance, power, not specifically relate to synchro.</td>
</tr>
<tr>
<td>Synch Specific Fitness</td>
<td>Fitness related to synchronized swimming, specifically for routines run through competition format.</td>
</tr>
<tr>
<td>Lean and Athletic</td>
<td>Focus on demonstrating athleticism through visibly defined long muscles achieved through correct nutrition and regular long term physical training and development.</td>
</tr>
<tr>
<td>General Mobility</td>
<td>Evaluate all areas of flexibility including shoulders, back, hips, spine, knees, ankles both with passive, active and ballistic flexibility.</td>
</tr>
<tr>
<td>Split</td>
<td>Evaluate flexibility specifically for right split, left split and middle splits.</td>
</tr>
<tr>
<td>Leg Extension</td>
<td>Evaluate quality of passive and active leg extension (raking leg extension refused to NW of the knee joint but must imperatively score leg extension related to the athlete’s ability to hold isometric muscle contraction to maintain optimal extension during routines).</td>
</tr>
<tr>
<td>Ankles and Points</td>
<td>Evaluate quality of passive and active ankle extension (balance ankle) control of the toes and calf of the toes.</td>
</tr>
<tr>
<td>Leg Height</td>
<td>Evaluate height in figures, hyenas and transitions with legs above water during routines.</td>
</tr>
<tr>
<td>Egg Height</td>
<td>Evaluate egghead and jump height above the water during routines.</td>
</tr>
<tr>
<td>10 Energy/Speed</td>
<td>Evaluate the ability to move fast, sprint, complete fast movements and move from position A to B fast, but also the energy level of each move (sharpness and dynamism).</td>
</tr>
<tr>
<td>Execution/Claire</td>
<td>Evaluate ability to execute correct techniques, accurate positions and moves, demonstrate clearly the choreography with clear movements and steps between the movement, no splash and not blurry moves.</td>
</tr>
<tr>
<td>Spins</td>
<td>Evaluate quality of spin techniques (both right and left), core control during spin, speed of spin, vertical alignment, shape of technique.</td>
</tr>
<tr>
<td>Baracuda</td>
<td>Evaluate quality of baracuda (limited roving, energy and sharpness, height at the top, similes technique, vertical alignment, ability to add difficulty and complexity to the baracuda with spin or splits for example).</td>
</tr>
<tr>
<td>Synchronization</td>
<td>Evaluate ability to consistently count the music, to continuously count the music and respect the counts.</td>
</tr>
<tr>
<td>Propulsion</td>
<td>Evaluate the ability to move fast, efficiently and accurately in the water with various propulsion techniques.</td>
</tr>
<tr>
<td>Patterns</td>
<td>Evaluate respect of patterns, accuracy of patterns and speed of propulsion when changing patterns.</td>
</tr>
<tr>
<td>Lifts</td>
<td>Evaluate understanding of lift techniques, speed, capacity to accelerate, capacity to push or jump depending on the position.</td>
</tr>
<tr>
<td>Presentation</td>
<td>Evaluate manner of presentation in routines which includes changes of facial expression, sincerity of expressions, eye contact with judges, upper body posture, showmanship, feeling of effortlessness and fluid performance.</td>
</tr>
<tr>
<td>Confidence</td>
<td>Demonstrate maturity, self assurance, charisma, leadership skills, with her opinions, is positive within the team.</td>
</tr>
<tr>
<td>Work Ethic</td>
<td>Evaluate capacity for work ethic through elements such as enthusiasm, self drive, sense of responsibility, ability to push through things, working harder every time, trying again when failing.</td>
</tr>
<tr>
<td>Focus/Concentration</td>
<td>Evaluate ability to stay focused on the task and concentrate during training, for example ability to switch from play to focus again.</td>
</tr>
<tr>
<td>Regularity/Consistency</td>
<td>Evaluate regularity and consistency every day of practice and between routines with the objectives to limit mood swings and their effect on performance.</td>
</tr>
<tr>
<td>Potential for improvement</td>
<td>Perception of the coaches on how much an athlete can improve based on current skill level, physical potential and work ethic.</td>
</tr>
</tbody>
</table>

The Coaches evaluation form is filled out by each coach with the final score for each athlete consisting of 50% Senior Head Coach score, 25% Senior Assistant Coach and 25% High Performance Director.
<table>
<thead>
<tr>
<th></th>
<th>1- General Fitness</th>
<th>2- Synchronised Fitness</th>
<th>3- Lean (5) and Athletic (5)</th>
<th>4- Overall Flexibility</th>
<th>5- Splits</th>
<th>6- Leg Extension</th>
<th>7- Ankle and Points</th>
<th>8- Legs Height</th>
<th>9- Egg Height</th>
<th>10- Energy/Speed</th>
<th>11- Execution/Clarity</th>
<th>12- Spins</th>
<th>13- Barracuda</th>
<th>14- Synchronisation</th>
<th>15- Propulsion</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall Scores</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: Coaches may slightly amend the above criteria prior to October 2018. Team Captains may suggest additional criteria to be added to this evaluation to the coaches prior to October 2018.
Attachment E
NATIONAL TEAM REVIEW SUBCOMMITTEE

Denise Shively, National Team Review Subcommittee Chair
Ginny Jasontek, Olympic International Vice-President
TBD, High Performance Director
Janet Redwine, Athlete Representative
Kris Olson, 5th Person

All petitions must be submitted in writing to Denise Shively, National Team Review Subcommittee Chair at: denshively@gmail.com.