Coaches, Judges & Chaperones – Don’t forget this is the perfect time to update your certifications!
The latest Coach Certification list is posted on the website, please be sure and check that you are up to date. Click HERE to view the list.

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

2020 Olympics Postponed Until 2021!
Although it is heartbreaking for many athletes that the Games have been postponed, it is also wonderful that they are only postponed & not cancelled!

Training Ideas

Beyonce Workout – click HERE
YMCA Health & Fitness Videos – a variety to choose from – click HERE
SyncEffect Land Training Workout – click HERE
Uptown Funk – click HERE
Waka Waka – click HERE
Lisa’s Jazzercise – click HERE
Just Dance – Click HERE
Billy Blanks’ Tae Bo Workout – Click HERE

Spice Up Your Training

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

Minutes to Win It
How Many Can You Do In A Minute?
- Jump ropes
- Push-ups
- Crunches
- Burpees
- V-Ups

How Long Can You Hold…?
- Hollow Body
- Arabesque
- V-Sit
- Handstand
- Squat
- Plank

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

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

The great aim of education is not knowledge, but action.
Herbert Spencer