

Charlottesville Swans

Synchronized Swimming Team

2025-2026 Season



Welcome to Synchronized Swimming!

- ▶ Team was formed in October of 2012
- ▶ Team is in its 13th season
- ▶ Between 20 and 40 swimmers a year
- ▶ Became a Non-Profit Organization in 2018

Team Goals:

- ▶ Provide an opportunity for swimmers of all levels to learn synchronized swimming
- ▶ Improve strength, endurance, power, flexibility, body control and grace
- ▶ Develop creativity and confidence
- ▶ Understand the value of respect, commitment, and hard work
- ▶ Practice teamwork while learning the ultimate team sport!



We are a Competitive Synchro Team:

Swimmers are placed into developmentally appropriate categories by the coaches!

▶ Novice:

- ▶ Learn basic synchro skills
- ▶ Perform a technical routine that has is prescribed
- ▶ Two practices per week
- ▶ Participate at the Association and Regional Levels
- ▶ Most Flexible time commitment

▶ Intermediate:

- ▶ Next step for swimmers after the novice level or if they come in as with a background in swimming, dance or gymnastics move straight to this level
- ▶ Learn more complex elements
- ▶ Perform a technical routine that has required elements
- ▶ Two slightly longer practices per week
- ▶ Participate at the Association and Regional Levels

Advanced Intermediate and Age Group:

- ▶ Prior experience with synchronized swimming, strong swimmer, good body awareness
- ▶ Compete in 12 and Under, 13-15, 16-17, and 18-19 age groups
- ▶ Swimmers learn advanced synchronized swimming skills
- ▶ 12 & Under and 13-15 Age Group have more complex routines, figures
- ▶ 16-17 and 18-19 age group swim free and technical routines
- ▶ Athletes competed at the Association and Regional levels and will attend Zone Meets (13 +) and National Level competition based on placement and/or scores
- ▶ Out of State Travel is a component for all Age Group Swimmers

What to Expect at Practice:

- ▶ Land Drilling
- ▶ Dry Land Conditioning
- ▶ Gymnastics
- ▶ Speed swimming focused on all four strokes
- ▶ Synchro-specific conditioning and drills
- ▶ Figures and figure drills
- ▶ Routine and Routine Elements
- ▶ LTAD Skills



Needed at Practice:

All Swimmers:

- Swimsuit
- Goggles
- Swim Cap
- Several Nose Clips (not clear)
- Towel
- Water bottle
- Clothes for Dry Land

Novice and Intermediate Swimmers:

- Water Dumbbells

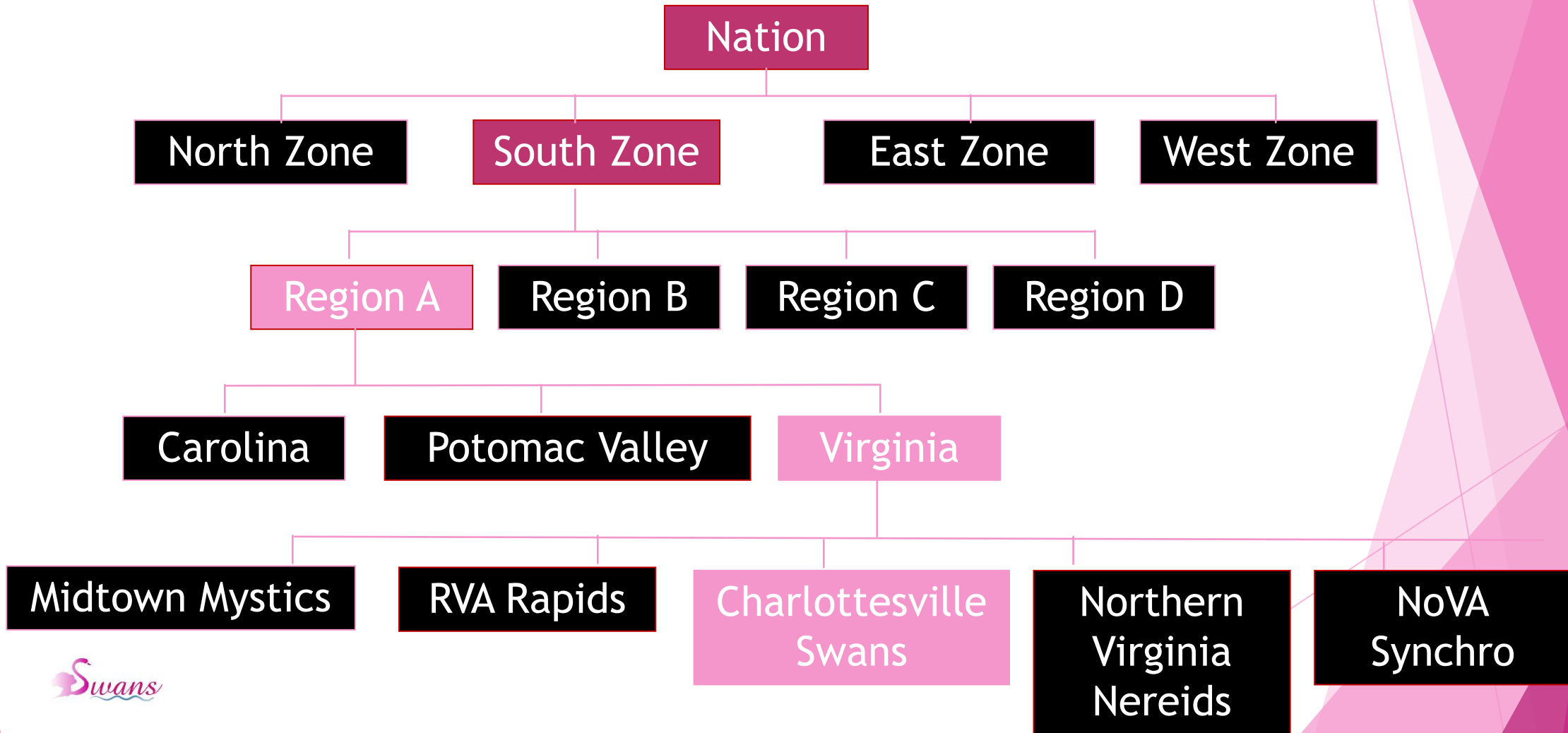
Age Group Swimmers:

- Extra Long Therabands and Yoga Mat



How Do The Swans fit in?

- ▶ What is the Association? The Region? The Zone?



2025-26 Swans Meet Calendar

Event (some dates TBD)	Novice	Intermediate	Age Group
12/6/2025: It Figures Meets in Northern Virginia, exact location TBD (Levels, Figures, Tech Routines)	Yes	Yes	Yes
2/7-2/8 Pre-Zones in Northern Virginia	-	-	Coach discretion
2/15/2026: Have a Heart Invitational in Laurel, Maryland	Yes	Yes	-
3/6-3/8/2026: South Zones Meet in Stuart, Florida	-	-	Coach discretion
3/22/2026: Capitol Classic Meet in Manassas, Virginia	Yes	Yes	Yes
5/9-5/10/2026 or 5/16-5/17/2026: Regionals in Laurel, Maryland	Yes	Yes	Yes
6/27-7/4/2026 Junior Olympics in Ypsilanti, Michigan	-	-	Must qualify / coach discretion

2025-26 Swans Non-meet Calendar

Event	Date	Needs
Measuring for Routine Suits (not optional)	October	Parent to help measure swimmers for suit sizes and help distribute routine suits
October/November Team Outing	October/November	Social Committee to coordinate date / time / location
Halloween Party	At practice in October	Social Committee to coordinate snacks, games, set up / break down
Holiday Fundraiser	November & December	Fundraising committee to coordinate time, location, communicate team needs (poinsettia fundraiser? Wrap gifts for donations?)
Holiday Party (Secret Swan sock exchange)	December (At practice)	Social Committee to coordinate snacks, games, set up / break down
Levels Testing (for AG Swimmers only)	TBD	On your own with instructions or help for a donation to Swans

2025-26 Swans Non-meet Calendar

Event	Date	Needs
Winter Team Outing	January/February	Social Committee to coordinate date / time / location
Valentine's Party	February practice	Social Committee to coordinate snacks, games, set up / break down
Spring Fundraiser	March / April	Fundraising committee to coordinate time, location, communicate team needs (i.e., team car wash? bake sale?)
Water Show	May 24, 2026	Leader to coordinate / delegate pieces: - Work with Sam to create theme script - Help set up pool time / date / location - Share details with communications - Work with team to create decorations - Create program, social media posts, flyers
Sync n Drink Fundraiser	Water show	Families and/or businesses donate, Families sell raffle tickets
End of Year Social	Early June	Social Committee to coordinate date / time / location

Practice Schedule

Practice Group	Tuesday	Thursday	Sunday
Novice	-	5:00 - 6:00	2:00-3:30
Intermediate	5:00-6:30 5:00-7:00 (advanced intermediate)	-	2:30-4:30 2:30-5:00 (advanced intermediate)
Age Group	5:30 - 8:00	5:30 - 8:00	2:00-5:00

Costs

Team	Annual	Monthly x 8 (October - May)	Included Cost
Novice	\$1520	\$190 (\$150 + \$40)	Monthly total includes practice fees + meet / suit fee accrual
Intermediate	\$1880	\$235 (\$185 + \$50)	
Age Group	\$2960	\$370 (\$295 + \$75)	

*\$135 Registration - includes USA Artistic Swimming membership, swimmer insurance, Team t-shirt and Team swim cap

Registration information in separate PDF document (how to register via TeamSnap)



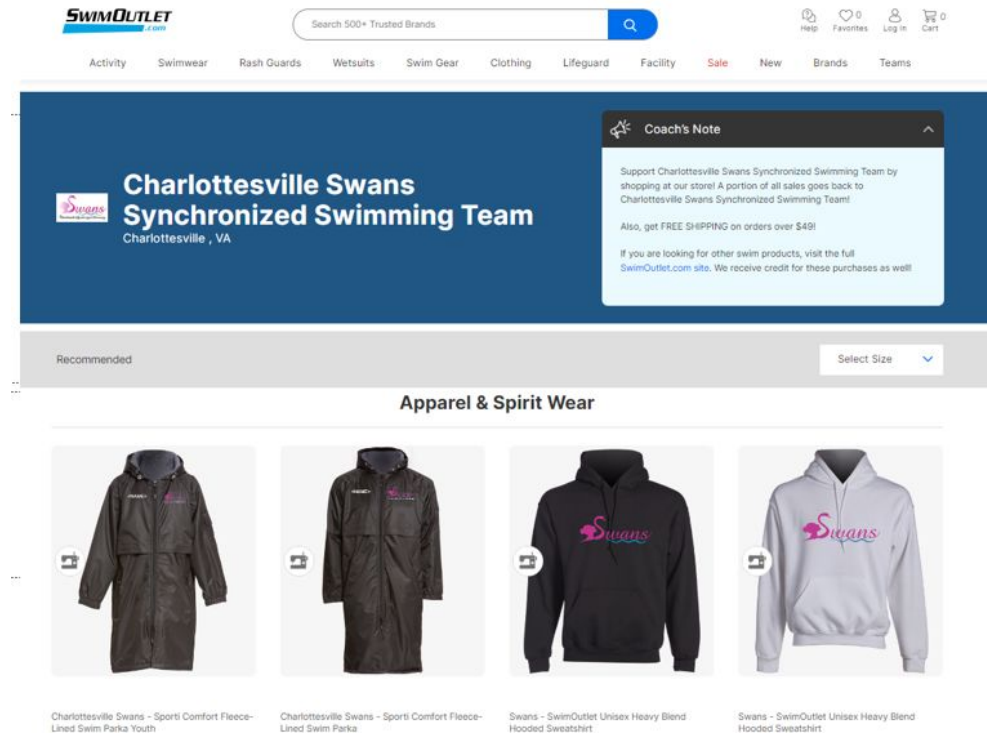
Routine Suits and Headpieces:

- Rented from the team for \$40.00 to \$80.00
- Custom suits cost between \$150 and \$350 to make
- Protect the suits with your life! 😊
- Return suits in the same condition you received them
- Will be provided a handout / link to document on how to care for suits. Please follow it!



Optional Swans Apparel: Swimoutlet

- Team Jacket and Pants (required for Age Group)
- Parka
- Sweatshirt and Sweatpants
- Team Bag
- Team Hat
- Parent Polo or T-shirt
- Flannel Pajamas
- Baseball t-shirt
- Tank Tops



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Swans Board of Directors:

- ▶ President - Samantha Elhart
- ▶ Vice President - Donna Chen
- ▶ Treasurer: Joy Hua
- ▶ Communications: Cynthia Tong
 - ▶ Webpage: Mike Frink
- ▶ Meet Manager: Meredith Simpson
- ▶ Fundraising: Kate Van Horn
- ▶ At Large: Jaime Easton & Chris Cannon
- ▶ At Large: Angie Nishio & Renzo Figari
- ▶ At Large: Sober & Zakiah Pierre



Communication:

- ▶ Communication from the coaches and Board and between Practice Groups:
 - ▶ Email from Communications Chair
 - ▶ Via Swans Slack Channel (you will be added once you register)
- ▶ Communication to the coaches:
 - ▶ Email whenever possible - samanthaelhart@gmail.com
 - ▶ Verbal communication is VERY difficult at practice
 - ▶ Last minute changes - text Coach Sam 434-996-8924
- ▶ Communication to the board:
 - ▶ Email swanscharlottesville@gmail.com
- ▶ New this year: Families in Sync
 - ▶ New swimmer families are paired with returning Swans families, and they can help with all your questions about Swans!
- ▶ Our Website has calendar of events, follow us on Facebook and Instagram



Competition Basics:

Figures

- ▶ All Novice, Intermediate and 12 & Under Swimmers perform a total of four figures in front of a panel of judges. 13-15 Age group swimmers perform two.
- ▶ Swimmers wear black suits, white caps, goggles, and a nose clip
- ▶ Each figure receives a score between 0 and 10, with tenths of points
- ▶ Judges look for design (proper body positions and transitions) and control (extension, height, stability, and uniform motion)
- ▶ Figures are generally performed in a stationary position with no “traveling”
- ▶ 50% of the figure score will be added to the routine score for the final score



Routines

- ▶ There are six free routine events: solo, duet, trio (novice and intermediate level only), team, and combination and acrobatic
- ▶ The length of the routine varies based on level and age group
- ▶ Routines receive a score of 0 - 10, with quarter increments for difficulty, execution, and artistic impression
- ▶ Novice and Intermediate routines are technical routines with required technical elements
- ▶ Swimmers wear routine suits and headpieces, Knox their hair, and wear makeup. **They do not wear goggles.**
- ▶ Junior and Senior Swimmers can also compete Technical Routines. This is a separate event this year. Categories include: Solo, Duet, and Team

Meet Etiquette:

Figures

- ▶ Swimmers and spectators remain quiet
- ▶ No one is allowed near the swimmers, judges, or scoring tables
- ▶ Parents, please video and/or photograph swimmers from the stands
- ▶ Only officials and workers should be walking around the competitive area during figures
- ▶ Pick up belongings and trash in team area
- ▶ Say “Thank you” to the volunteers, coaches, and officials that helped at the meet

Routines

- ▶ Please remain quiet after the referee blows the whistle so swimmers can hear the start of their music
- ▶ Once the swimmers are in the water, you can (and are encouraged to) clap and cheer
- ▶ Only officials and workers should be walking around the competitive area during a routine
- ▶ Please try and stay for awards
- ▶ Exhibit good sportsmanship and clap for all swimmers
- ▶ Use the Swans Cheer at the start of routines (C-S-W Go! Swans! Go! WOOOOHOO)



Needed for Competitions:

Black suit

White cap

Team warm-up suit

Team cap

Routine suits and headpieces

Hair supplies

Water proof makeup

Swans 2025-2026 team T-shirt

Black shorts, yoga pants, or sweats

Age Group Swimmers must have a team jacket for awards



How to Help: It takes a Village!

Individuals:

- ▶ Suit Measurements / Fitting (to be done in October!)
- ▶ Sewing Towel Pants for fundraisers (there is always something that needs to be done)
- ▶ Fundraising committee - Fundraising events (can do just one or several), Corporate Sponsorships
- ▶ Social Coordinator - Coordinator makes sure it happens, other people for individual events
- ▶ Media coordinator - Sending press releases about our water show and our sport as possible.
- ▶ Team Photography - Team pictures, videos of routines, collecting data for the team website to show off the great things we are doing.
- ▶ Meet Coordinator - Roles vary depending on location
 - ▶ Hotel reservation coordination
 - ▶ Coach travel coordination
 - ▶ Meal / snack coordination
 - ▶ Flight coordination (for team travel)
 - ▶ Team “Parent” - a person to make sure swimmers have what is needed and are getting to where they need to be.
 - ▶ Meet communications (i.e., central person to communicate during the meet)
- ▶ Water Show Coordinator (big job, but many pieces to sign up for)
- ▶ Suit Inventory



Next Steps: Action Items for a Successful Year!

- ▶ Register and Sign Parent Agreement through Team Snap
- ▶ Verify email when it comes from USAAS
- ▶ Approve of your swimmer's Team suit size selection
- ▶ Approve of your swimmer's Routine suit size selection
- ▶ Order Team Suit (details coming soon!)
- ▶ Learn who your small routine partners are
- ▶ Support your swimmer by making sure they bring their gear and water bottle to practice
- ▶ Commit to communicate with your coach and other parents, especially in your practice group
- ▶ Volunteer to help out!
- ▶ Get Ready to be part of something special! We are more than just a team, we are family!



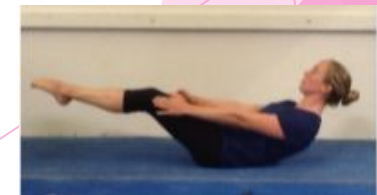
Levels:

- ▶ Levels go from 1 - 6
- ▶ Examiners administer skills assessments in the following areas: flexibility, conditioning, acrobatics, swimming, routines, and figures
- ▶ In order to compete at Junior Olympics for any age - athletes must have passed Level 2
- ▶ In order to compete at Junior or Senior Nationals athletes must have passed Level 6



Level 1

Flexibility	Conditioning	Swimming	Routine	Figures	Acrobatics
• Sitting with feet flexed against the wall, must be able to touch the wall with hands and hold for 10 seconds • Bridge - 10 seconds hold	• Plank hold on hands for 30 seconds • Hollow body hold with bent knees for 30 seconds	• 75 Medley (back, breast, Free) in under 2 minutes • 25 Yard Freestyle in under 40 seconds	• 2 Lap prewritten routine • Includes: eggbeater, layouts, back tuck, vertical against the wall at ankles	• With counts • Right and left bent knee back layout • Split position with support scull	• Front and Back rolls • Balance with bent leg - 10 second hold



Level 2

Flexibility	Conditioning	Swimming	Routine	Figures	Acrobatics
• Straddle split laying down, legs against the wall (150 degrees) 10 seconds • Right and left ballet leg on land with counts	• Plank hold with feet elevated on block for 30 seconds • Hollow body hold with bent knees for 60 seconds	• 100 Medley (butter, back, breast, free) in under 2:40 • 25 Right side flutter kick with left arm up under 35 seconds	• 2 Lap prewritten routine • Includes: eggbeater, ballet leg, back tuck, porpoise, vertical against wall at height	• With counts • Right ballet leg • Surface Prawn	• Right and Left Cartwheel • Balance Straight Leg 10 seconds hold

