

## **GROSSE POINTE WOODS SYNCHRO TEAM 2021**

Synchronized swimming is a sport in which members of a team of swimmers perform coordinated or identical movements in time to music. One of our goals for the swimmers is to develop a strong foundation, understanding, and love of the sport. We also hope that we can bring enthusiasm, and fun to each practice. Listed below is some important information regarding this year.

**Email:** [synchro@gpwmi.us](mailto:synchro@gpwmi.us)

This is the preferred mode of communication because it is an easy way for communication to be saved and in writing. It will be checked at a minimum of two times on week days, once in the morning and once in the afternoon.

### **Attendance/Practice**

Practice begins Monday, July 5. Attendance at practice will be recorded for each swimmer. We expect the swimmers to be at practice every day Monday-Thursday and meet on the bleachers on the pool deck. The younger swimmers (ages 7-10) will have practice from 12:45-1:45 p.m. and the older swimmers (ages 11-15) will have practice from 1:45 – 2:45 p.m. If for any reason you have vacations, or other conflicts please let us know.

### **Weather**

The swimmers will still have practice if it rains. During practice time we will be land drilling in the bath house. However, on a rainy day the swimmers might get out early depending on their knowledge of their routines.

### **Uniform**

The swimmers will be wearing plain black bathing suits for this year's show. You can find black bathing suits on swimoutlet.com for 20 dollars or less.

The swimmers can use goggles for the first couple weeks. However, we would prefer if they did not wear them for the performance. This is so the audience can see the swimmers' faces when they are performing. If your child needs to wear the goggles, we would like to know prior to the performance.

Every swimmer needs a nose plug. We would suggest getting at least two. It is very common for the swimmers to lose the nose plugs when they jump into the pool.

## **Performances**

### **Rehearsal Practice Times**

We will have two rehearsal days this year: Thursday, August 12, and Friday, August 13. All the girls are required to be at the rehearsals from 1-3, regardless of age group.

### **Routines**

We guarantee that each swimmer will swim in at least 3 routines if they have made all the required practices.

### **Performance Day- Saturday, August 14 @ 10 a.m.**

On the performance day, swimmers are required to check in with their coach upon arrival at 8:30 a.m.

Each swimmer must stay in the team section during the performance. If they are anywhere else, there is a high chance they will miss their routine. They must let a coach know if they need to leave the pool deck for any reason. Swimmers are expected to know what routines they are in.

### **Suit; Hair and Makeup**

The swimmers are required to wear their black bathing suit to all the performances.

On the day of the show, swimmers are required to show up with a bun in their hair. Also, swimmers should have waterproof red lipstick and blush on. Other makeup is optional but not required.