

# 2011 U.S. JUNIOR SYNCHRONIZED SWIMMING CHAMPIONSHIPS

March 30 – April 2, Clermont, FL



## OFFICIAL CHAMPIONSHIP ANNOUNCEMENT

- MEET MANAGER**      Betsy Caza      Adam Ashton  
University of Florida Synchro      Central Florida Sports Commission  
Gainesville, FL      126 E Lucerne Cir  
352-246-8854      Orlando, FL 32801  
[bcaza@cox.net](mailto:bcaza@cox.net)      407-648-4900 ext. 21  
      [aashton@centralfloridasports.org](mailto:aashton@centralfloridasports.org)
- FACILITY**      National Training Center, Aquatic Center  
1099 Citrus Tower Boulevard  
Clermont, FL 34711  
(352) 241-7144
- RULES TO GOVERN**      The 2011 Official USA Synchro Rulebook shall govern the Championships.
- SPONSORED BY**      Central Florida Sports Commission
- ENTRIES**      Appendix A      Register online at [www.usasynchro.org](http://www.usasynchro.org) - Entries, Fees, Credentials, Officials, 2011 Junior  
Team Trials Phase 1, National Team Skills Pipeline Training  
FORM B      Transportation and Housing Information

Foreign Federations may enter the US Junior Championships following the information posted in the invitation at [http://www.usasynchro.org/Assets/USSyncSwim+Digital+Assets/assets/documents/2011\\_Foreign+Invite.pdf](http://www.usasynchro.org/Assets/USSyncSwim+Digital+Assets/assets/documents/2011_Foreign+Invite.pdf) Contact Betty Hazle at [bettyhazle@yahoo.com](mailto:bettyhazle@yahoo.com) for additional information.

If you need assistance with transportation, please contact Adam Ashton [aashton@centralfloridasports.org](mailto:aashton@centralfloridasports.org). The host hotel is within walking distance of the pool, breakfast is offered, and a variety of restaurants are very close by. Adam can suggest fee based shuttle service from the airport if it is needed instead of rental vehicles.

### DEADLINES

#### PROGRAM PICTURES

Participating clubs may send digital photos via email for the official championship program. Price is \$15 per photo if received by March 3rd and \$20 per photo if received between March 4<sup>th</sup> and March 18th. Please send digital photos to Adam Ashton at [aashton@centralfloridasports.org](mailto:aashton@centralfloridasports.org), make checks out to Central Florida Sports Commission and send to the address above.

#### ENTRY

Entries must be completed by **March 14, 2011 5 PM EST** (later than normal 3 week deadline, enabled by on line entry.) (If a qualifying event is held after the entry deadline for this competition, a provisional entry must be submitted according to the above deadline. Within 72 hours of the completion of the qualifying competition, the proof of qualification must be submitted by phone and in writing to the Meet Manager.)

#### SCORING CHAIR:

For any questions on scoring, please contact scoring chair:

Maggie Downey  
227 SW 80th Drive  
Gainesville, FL 32607  
352-332-0082 (h) or 352-494-4850 (c)  
[downeymm@gmail.com](mailto:downeymm@gmail.com)

To avoid the need to mail score qualification documents, qualifying scores are to be entered on line with meet registration. In case any questions arise as to qualifications, please bring qualifying score meet results with you to the meet.

#### REGISTRATION

Wednesday, March 30<sup>th</sup> 4 - 8pm      National Training Center, Aquatic Center  
Thursday, March 31<sup>th</sup> 7 - 11am      National Training Center, Aquatic Center

#### WELCOME RECEPTION & COACHES/OFFICIALS MEETING

Wednesday, March 30<sup>th</sup> at Hampton Inn. All officials, coaches, sponsors and alumni are invited to a reception from 6:30 to 8:00. The meeting will begin at approximately 7:15pm.

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## POOL SPECS

Length:	<b>Competition Pool - Outdoor</b> Competitive area is 25 meters long and 25 yards
Depth:	9'6" sloping to 12" feet
Deck to Water:	5 inches down, 12 inches back (Myrtha Pools)
Seating Capacity:	Seating for 174 spectators Bleacher seating for 225
Required Entry:	Enter from East, South side, West side has two diving boards <b>Practice Pool – Outdoors – Same as competition pool</b>
Width:	25 yards x 25 meters
Depth:	9'2" – 12'6"

## EVENTS

<b>Figures</b>	<b>JUNIOR COMPULSORY</b>	
313	Kip Split Closing 180°	2.5
112f	Ibis Continuous Spin (720°)	2.8

The remaining two figures will be drawn from the Junior Selection Groups on Monday, March 28<sup>nd</sup> at 10:00am EST by the USA Synchro VP-Competitive Operations and posted to the USA Synchro website at 10:15am CST. An email will be sent to all technical members of USA Synchro at the same time.

<b>Routines</b>	Routine competition in Solo, Duet, Team, and Combo
Qualifying Score:	Solo: 77.000 Duet: 76.000 Team: 74.000 Combo: no qualifying score required

## FEE INFORMATION

- Entry Fee \$25 per competitor per routine, including alternates. If paying by check, make check payable to **USA Synchro**. Note: Any swimmer who is listed as an alternate for a routine and who is not swimming any other routine event shall pay the entry fee (Appendix C).
- Sponsor Fee \$25 per competitor, including Team Trials only competitors. If paying by check, make check payable to USA Synchro.
- Program Pictures Price is \$15 per photo if received by March 3rd and \$20 per photo if received between March 4<sup>th</sup> and March 18th. If paying by check, make check payable to Central Florida Sports Commission.
- Personal Greetings \$75 Full page, \$50 half page, \$25 quarter page, \$10 per message printed in the event Program. The deadline is March 4, 2011. If paying by check, make check payable to Central Florida Sports Commission.
- Credentials Extra chaperone credentials may be purchased for \$15. If paying by check, make check payable to USA Synchro.
- Program \$5 per Championship Program ordered in advance, otherwise \$10 at the event. If paying by check, make check payable to USA Synchro.
- Tickets Tickets may be preordered at time of registration or at the door.
  - Friday Day Pass = \$10 for Adult or \$5 for Student/Senior
  - Saturday Day Pass = \$15 for Adult or \$10 for Student/Senior
  - All Session Pass (Friday and Saturday admission) = \$25 for Adult or \$15 for Student/Senior.
- Trials Entry Fee \$50 per eligible athlete. If paying by check, make check payable to USA Synchro.
- NT Pipeline Skills Training \$25 per official/coach wanting training in skills competition

## OFFICIALS

Register online by March 14, 2011. In addition, please email Judges Administrator Linda Loehndorf with your intent to attend [loehndorf@charter.net](mailto:loehndorf@charter.net)

## SCORING

We intend to use new scoring at this meet with three component scores.

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## HOST HOTELS

The host hotel for the 2011 US Synchronized Swimming Junior National Championship is  
**Hampton Inn Clermont (0.5 Miles): Standard = \$95.00+ tax: Suite = \$109.00+tax**  
2200 E. Highway 50  
Clermont, FL 34711  
(352) 536-6600

Additional lodging can be found by contacting  
**Fairfield Inn Clermont (1.4 Miles): \$85.00 – \$95.00 + tax**  
1750 Hunt Trace  
Clermont, FL 34711  
(352) 394-6585

**\*Please ask for US Synchro discounted rates when making room reservations\***  
**Both locations include breakfast.**

## ATTRACTIONS

Discounted tickets to all Orlando Area theme parks can be purchased by going to  
[http://centralfloridasports.org/USA\\_syncro/](http://centralfloridasports.org/USA_syncro/)

## AIRPORT

Orlando International Airport (MCO) 30 miles to venue; Daytona Beach International (DAB) 70 miles to venue; Orlando Sanford Airport (SFB) 50 miles to venue. Tampa International Airport (TPA) 85 miles to venue.

To help our members, we have an agreement with United Airlines. To receive a discount off the lowest available fare, call United at 800-841-0460 and tell them you're with "U.S. Synchronized Swimming" and use code **565EG**.

## DIRECTIONS

### ***Airport to Pool:***

From Orlando International: Take FL-528 toll way west for six miles. Take the Florida's Turnpike exit north (Exit 4) and follow the Turnpike for 17 miles. Exit at FL-50 west towards CLERMONT (EXIT 272, DO NOT take the earlier exit for FL-50). Turn left on FL-50 and follow for five miles. Turn right onto Citrus Tower Blvd. The National Training Center will be on the right, across the street from the Fairfield Inn.

From Daytona: Out of the airport, turn left onto International Speedway Blvd/US-92 West. Take 1-95 South for one mile. Merge onto I-4 West towards Orlando using Exit 260B. Stay on I-4 for approximately 50 miles. Merge onto FL-408 West and stay on for approximately 10 miles. Merge to Florida's Turnpike North and follow for six miles. Exit at FL-50 west towards CLERMONT (EXIT 272, DO NOT take the earlier exit for FL-50). Turn left on FL-50 and follow for five miles. Turn right onto Citrus tower Blvd. The National Training Center will be on the right, across the street from the Fairfield Inn.

Sanford-Orlando: Get directions from Rental Car agent to FL-417. Take FL-417 south for 15 miles. Exit at FL-408 West and follow for 15 miles. Merge to Florida's Turnpike North and follow for six miles. Exit at FL-50 west towards CLERMONT (EXIT 272, DO NOT take the earlier exit for FL-50). Turn left on FL-50 and follow for five miles. Turn right onto Citrus tower Blvd. The National Training Center will be on the right, across the street from the Fairfield.

From Tampa: Get directions from rental car agent to I-275 north. Take 275 north for five miles and merge onto I-4 East towards Orlando. Follow for 55 miles. Merge onto US-27 North via exit 55. Stay on for 27 miles. Turn right onto FL-50 for 1 mile. Turn left onto Citrus Tower Blvd. The National Training Center will be on the right, across the street from the Fairfield Inn.

For directions to hotels, please contact them directly.

## GROUND TRANS.

All major rental car companies' are available. Discount rates available through Dollar Rent-a-Car corporate code oi6011.

## PARKING

Parking will be \$5.00 per car per day. Parking passes for the entire event can be purchased for \$15. Parking passes can be purchased upon entering the parking lot

## PRACTICE

Practice Pool time is available Wednesday March 30, 2011 at the National Training Center. Contact Adam Ashton at 407-648-4900 ext. 21 or [aashton@centralfloridasports.org](mailto:aashton@centralfloridasports.org) for space and fees.

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## VENUE RULES

- Obey lifeguards at all times.
- Food is not permitted in locker room areas.
- Glass of any kind or balloons are not allowed anywhere in the facility or on the pool deck. Plastic water bottles are allowed.
- No cooking will be allowed in the facility. Clubs may bring coolers into the facility.
- There will be team-designated tents for sport bags, equipment and coolers located around the pool. The bleachers directly overlooking the competition area will be reserved for spectators.
- Please **arrive gelled**. There will be a small touch up gelling area outside the facility near the Snack Bar on the grass. **Do not use or remove gel inside the facility!** Anyone observed using or removing gel inside the facility will be fined \$100 to be paid immediately to Central Florida Sports Commission. **NO EXCEPTIONS.**
- In case of an accident, a lifeguard must be notified immediately and must complete a report. The meet manager must also be notified.
- The hospitality area is for officials, coaches, alumni and sponsors only.
- **Locker rooms:** Limited lockers are available. Do not leave locks on overnight. They will be cut off nightly. Please designate on your entry information the names of any male competitors.

## GELLING

Gelling is only allowed in the designated gelling station room located outside the pool deck, near the diving well. Those gelling outside the designated areas will incur a \$100 fine. No Exceptions. Please clean the area when done. On Saturday only, you may de-gel outside with a provided hot water hose, before entering the shower in the locker room. Anyone found de-gelling in the shower or locker room will be immediately fined \$100 payable.

## CREDENTIALS

All participants, officials and volunteers will receive credentials. Each club will receive 2 coach and 1 chaperone credential per 10 credentialed athletes. Chaperone credentials do not allow deck access. Extra chaperone and coach credentials can be purchased for \$15 each.

Coaches are reminded that they need to carry their USA Synchro proof of certification to be allowed on deck.

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$15 replacement charge for lost credentials. Make check payable to **Central Florida Sports Commission**.

## SOUND SYSTEM

A Clark Synthesis sound system with variable speed CD player will be used.

## OFFICIALS AND COACHES HOSPITALITY

Food will be available in the hospitality room throughout the competition for Officials and Coaches.

## CLUB BANNERS

Club banners will be collected at the registration table for staff to hang.

## FOOD SERVICES

A concession stand with healthy and reasonably priced food options is located in the balcony lobby of the aquatic center. Outside food for the athletes only, is allowed in the building. Coolers are only allowed on deck behind the athlete seating area. Outside food is not allowed in the balcony area. NO cooking or portable tables in the building. No glass containers permitted on the pool deck.

## SPECTATOR TICKETS

Tickets for Saturday's finals can be ordered in advance the USA Synchro website. \$10 for general admission, \$5 seniors (65+) and youth (6-12), 5 and under free. Life members get free admission into all national events and register online.

## PHOTO/VIDEO REGULATIONS

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Synchro.

## MEDIA SERVICES

To assist the USA Synchro Media Relations Director at the event, please bring a phone/fax list of your local media outlets. You can acquire this list from a local university athletic department Sports Information Office, university Media Relations, or your local government public relations office.

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- PROGRAM** Championship Programs may be purchased in advance for \$5, or they can be purchased for \$10 at the event. *Be sure to take home copies of the Championship Program for family and club members who could not attend!*
- PROGRAM PICTURES** Save photos as a JPEG (.jpg) digital file. Set JPEG compression for high quality. If prepared correctly the digital JPEG attachment should be between 250K and 1MB. Send photos as an attachment to an e-mail. In the e-mail subject line indicate the club name. In the body of the e-mail include the complete name of club, city, state, description of photo, and name of the swimmers. (DO NOT send a word text document.) Name your attached photo file a name that describes your team photo (i.e. SST\_trio.jpg) Send one photo and caption per e-mail (i.e. 4 photos = 4 e-mail messages.) E-mail photos to: aashton@centralfloridasports.org.
- PERSONAL GREETINGS** Family and Friends can submit personal greetings and pictures to be included in the championship program. Personal messages of good luck and a job well done can be submitted along with or without a photo. These photos and messages will be placed randomly in the program and will not be included in the team area of the program.
- OPTIONS**
- Full-page 8"x9.75" space w/ picture and 50 words or less \$75
  - Half-page 8"x4.65" space w/ picture and 25 words or less \$50
  - ¼ page 4X4.65" space w/ picture and 15 words or less \$25
  - Greetings only no picture (25 words or less) \$10
- PHOTOS AND GREETINGS**
- Photos & Greeting to be received by e-mail by March 4, 2011.  
Photos to be sent as a high resolution JPEG file (.jpg). Greetings as an e-mail message. (DO NOT send a word file attachment.)  
To order your ad space in the event program please goes to  
<http://www.formstack.com/forms/?1045403-nUdFkTzukF>
- 2011 JUNIOR TEAM TRIALS – Phase 1**
- Eligible athletes must compete in the Figure competition at the 2011 U.S. Junior Championship. To enter, athletes must register and pay the Team Trials fee of \$50.00, in addition to the sponsor fee. For the Junior Team Trials Selection Procedures, please see the 2011 Official USA Synchro Rulebook Appendix E or USA Synchro website.
- NT PIPELINE SKILLS TRAINING**
- This will be for members wanting to become officials for skills competitions. The clinic will cover both the General Athletic Skills and Water Skills. It can benefit any coach that wants to become part of the program when it expands to more local competitions and will give the coaches the exact procedure of the tests and how they are scored. The clinic will be \$25 and will be held Sunday, April 3, 2011 from 9am to 1pm.
- COLLEGIATE SYNCHRO SEMINAR**
- A seminar over viewing collegiate Synchro opportunities will be offered at times posted on the schedule. All parents, athletes, and coaches are invited. The same content will be repeated to enable attendance when you do not have a conflict.

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## TENTATIVE SCHEDULE

*Please consult the FINAL SCHEDULE distributed at Registration for updates or adjustments.*

*Note that warmups may be split into first and second half, depending on size*

<b>Wednesday, March 30, 2011</b>	
daytime	Fee-based Practice Only
4:00 pm – 8:00 pm	Registration – National Training Center
6:30 pm – 8:00 pm	<b>Welcome Reception / Coaches &amp; Officials Meeting – Hampton Inn</b>
<b>Thursday, March 31, 2011</b>	
7:00 am – 11:00 am	Registration – National Training Center
8:00 am – 8:30 am	Lap Swimming
8:30 am – 9:00 am	Figure Warm-up (may be split into flights)
9:05 am – 3:00 pm	<b>Figure Competition-Junior Team Trials Phase 1</b>
9:30 am – 10:30 am	Collegiate Synchro Seminar
3:00 pm – 4:00 pm	Collegiate Synchro Seminar(repeated)
3:30 pm – 4:30 pm	Combo Practice – with music
4:30 pm – 7:30 pm	Team Practice – with music
<b>Friday, April 1, 2011</b>	
7:30 am – 8:00 am	Lap Swim
8:00 am - 8:20 am	Duet Warm-up
8:25 am – 11:55 am	<b>Duet Semi-Final Competition</b>
11:55 am – 12:25 pm	Combo Warm-up
12:30 pm – 1:30 pm	<b>Combo Semi-Final Competition</b>
1:30 pm – 1:50 pm	Solo Warm-up
1:55 pm – 3:45 pm	<b>Solo Semi-Final Competition</b>
3:45 pm – 4:45 pm	Team Warm-up
4:50 pm - 7:00 pm	<b>Team Semi-Final Competition</b>
<b>Saturday, April 2, 2011</b>	
8:00 am – 8:30 am	Lap Swim
8:30 am – 9:10 am	Duet & Solo Warm-up (20 min each)
9:15 am – 10:15 am	<b>Duet Final Competition</b>
10:20 am – 11:15 am	<b>Solo Final Competition</b>
11:15 am – 11:45 am	Open Pool
11:45 am – 12:15 pm	Team Final Warm-up (15 min each pre-4, 5-8)
12:20 pm – 1:25 pm	<b>Team Final Competition</b>
1:30 pm – 2:00 pm	Combo Warm-up
2:05 pm – 3:05 pm	<b>Combo Final Competition</b>
3:15 pm – 3:45pm	<b>Parade of Athletes</b>
3:45 pm	<b>Awards</b>

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## **Appendix A**

To register online, login to your account from the homepage of the [USASynchro.org](http://USASynchro.org) website, by clicking on "Registration". If you have any technical difficulties or questions, please email or call Jennifer at 317-237-5700 x5708 or [jennifer@usasynchro.org](mailto:jennifer@usasynchro.org).

Foreign Federations may enter the US Junior Championships following the information posted in the invitation at [http://www.usasynchro.org/Assets/USSyncSwim+Digital+Assets/assets/documents/2011\\_Foreign+Invite.pdf](http://www.usasynchro.org/Assets/USSyncSwim+Digital+Assets/assets/documents/2011_Foreign+Invite.pdf)  
Please email or call Jennifer at 317-237-5700 x5708 or [jennifer@usasynchro.org](mailto:jennifer@usasynchro.org) with any questions

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**FORM B: TRANSPORTATION AND HOUSING INFORMATION**

Club/Official Name \_\_\_\_\_ Club Code \_\_\_\_\_

Contact Name \_\_\_\_\_ Email \_\_\_\_\_

Contact Phone \_\_\_\_\_

**ENTRY DEADLINE = MARCH 14, 2011**

**TRANSPORTATION**

**Arrival**                      Please circle one:    Air    Auto    Other

Date \_\_\_\_\_ Time \_\_\_\_\_

Airline / Flight Number \_\_\_\_\_

**Departure**

Date \_\_\_\_\_ Time \_\_\_\_\_

Airline / Flight Number \_\_\_\_\_

**HOTEL/LODGING**

Hotel/Lodging \_\_\_\_\_ Phone \_\_\_\_\_

No. of Athletes \_\_\_\_\_ No. of Coaches/Officials \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION**

Please list three on-site emergency contacts for your club (these may be coaches, officials, chaperones or parents).

	<u>Name</u>	<u>Cell Phone Number</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____

Mail to:  
Adam Ashton  
Central Florida Sports Commission  
126 E Lucerne Cir  
Orlando, FL 32801  
[aashton@centralfloridasports.org](mailto:aashton@centralfloridasports.org)